



Addiscombe & Shirley Park Residents' Association

www.theaspra.org.uk

Summer 2015

1989-2015



Hot air balloon landed in Addiscombe Recreation Ground.

For more info see Croydon Advertiser article:

<http://www.croydonadvertiser.co.uk/Hot-air-balloon-makes-emergency-landing/story-26580974-detail/story.html>

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An independent, non politically aligned organisation
run for and by the residents of Addiscombe

Road Representatives

Addiscombe Road (275-393)	Paul Pinder	28 Sefton Road
Annandale Road	Patricia West	5 Annandale Road
Ashburton Avenue	Kiff Paddon	49 Ashburton Avenue
Ashling Road	Sheila Newbold	3 Baring Road
Ashurst Walk	Shirley Vine	11 Ashurst Walk
Baring Road	Helen Tilbury	27 Baring Road
Bingham Corner	Jenny Crook	29 Bingham Road
Bingham Road (1-94) Bingham Road (93-186)	Jenny Crook Jenny Tighe	29 Bingham Road 139 Bingham Road
Birch Tree Way	Sheena D'Souza	6 Birch Tree Way
Brockenhurst Road	Sheila Newbold	3 Baring Road
Carlyle Road	Chris Facey	19 Carlyle Road
Cheyne Walk	Ruth Rassou	26 Cheyne Walk
Claremont Road	Volunteer needed	
Colworth Road	Lyn Simmons	3 Colworth Road
Compton Road	Shashi Kotecha	21 Compton Road
Craigen Avenue	Jean Carson	13 Ashburton Road
Craven Road	Anne Nation	28 Ashburton Road
Elmgrove Road	Volunteer needed	
Fernhurst Road	Terry Eames	23 Fernhurst Road
Fryston Avenue	Sharon Rees	7 Sefton Road
Glenthorne Avenue	Mike Rothern	33 Glenthorne Avenue
Greencourt Avenue	Paul Pinder	28 Sefton Road
Greencourt Gardens	Volunteer needed	
Harriet Gardens	Bill Callow	3 Harriet Gardens
Kingscote Road	Claire Binnie	58 Kingscote Road
Lower Addiscombe Road (194-362)	Volunteer needed	
Northampton Road	Bob Sleeman	50 Northampton Road
Parkview Road (Evens) Parkview Road (Odds)	Shelagh Clark Rinish Shah	53 Bingham Road 37 Parkview Road
Sefton Road	Sharon Rees	7 Sefton Road
Selwood Road (1-44) Selwood Road (45-87)	Hilary Chelminski Jan Rutter	75 Ashburton Avenue 73 Selwood Road
Sherwood Road	Tom Wells	45 Sherwood Road
Shirley Park Road	Maddie Henson	3 Shirley Park Road
Shirley Road (1-52) Shirley Road (57-196)	Margaret Grimsley Volunteer needed	22 Shirley Road
Whitethorn Gardens	Mike Foster	4 Whitethorn Gardens

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Letter from Committee

Dear Member

We continue to operate the chairman role on a rotational basis shared between existing committee members. The Chair and Vice Chair roles remain vacant. **Please think about taking on one of these roles.**

The Post Master represents ASPRA on a working group set up to create an independent Croydon Resident's Groups Forum (CRGF), developed from a Croydon Council initiative (Strategic Partnership) because it was not representative of Croydon Residents Associations; over 50 residents groups have now been identified. Work to create a directory which can feed into CRGF is underway and the Postmaster has taken on the role of Information Coordinator. CRGF aims to create ways of communicating between formally constituted residents groups and Croydon Council over common issues such as planning, parking, transport and the image of Croydon. The Croydon Communities Consortium is a Council funded group, for coordinating various groups across the borough, including Residents Associations and there have been a number of issues with finance, representation and interactions with the Council. The view across many of the groups involved is that currently it is not making a real impact. The Secretary attended the Croydon Voluntary Sector Alliance. However, it was felt that due to the wide spectrum of people who volunteer who were present, it is not relevant for ASPRA. The Mayor of Croydon is very interested in Croydon's voluntary sector and arranged a series of evenings at the town hall to meet those involved which was attended by some road reps and committee members.

We are awaiting a decision on our application for Local Heritage Area designation. At the last road reps meeting it was agreed to go ahead with a project for Lighting during the Festive Season which will be a 5 year rental contract for supply and maintenance of lighting on the 43 lampposts on Lower Addiscombe Road shopping area. ASPRA is hopeful of a high level of interest and financial support from the local businesses. Bingham Road traffic calming and safety measures have been the subject of considerable focus by members, committee and local councillors. We were pleased to receive confirmation that work on the changes agreed will be undertaken during July. ASPRA will continue to monitor the situation following completion of these works.

Thank you for your continued support.

ASPRA COMMITTEE

John Ruskin Choral Society

Find your voice and join a local choir!

THIS TERM'S PROGRAMME INCLUDES:

John Rutter Magnificat
Karl Jenkins The Armed Man
Karl Jenkins A Mass for Peace Choral Suite

Whether you sing soprano, alto, tenor or bass, or are not sure which voice type you are, you would be welcome.

No auditions!

REHEARSALS

Wednesday @ 7:45pm
Shirley Methodist Church Hall
Eldon Avenue, CR0 8SD
Starting 16th September

CONCERT

Saturday 28 November 2015

For more information contact

Wendy Twitchett
wmtwitchett@gmail.com
8777 3594
<http://johnruskinchoralsociety.weebly.com>

Letter from the Councillors

It has been just over a year since we were elected as Councillors for Ashburton and it has been a fun and rewarding time so far. Considering none of us had never held elected to office before it has been a steep learning curve but we are privileged to have well established Residents' Associations and community groups, such as ASPRA to help us along the way.

It is fantastic to see the hard work and passion of the Committee and membership of ASPRA and I am delighted that Festive Lights will be coming back to Addiscombe. In recognition of the importance of this for all of Addiscombe and Ashburton I will be putting some of my Council ward budget towards the project this year.

Likewise working with ASPRA on Bingham Road we have finally managed to secure road calming measures along Bingham Road, something that is long overdue. We look forward to working with ASPRA to secure the best solution for the area on the 20MPH and parking consultations that are due at the end of this year, we will always fight hard to secure the best interests of Ashburton residents.

As ever if you have anything you wish to raise please do come along to our monthly surgery at:

St Mildred's 1st Tuesday 6pm-7pm
or contact us on phone or email:

Andrew Rendle: andrew.rendle@croydon.gov.uk 8656 7554
twitter: @andrewrendle

Stephen Mann: stephen.mann@croydon.gov.uk 8656 7002
twitter: @stephenjmann

Maddie Henson: maddie.henson@croydon.gov.uk 8405 4907
twitter: @ashburtonlabour

Councillors Road Reps Meeting Report

Stephen Mann

- Bakerloo Line very positive consultation responses
- Night bus consultation deadline on 1st July
- Brighton Main Line 2 proposals are a worry as potential to rip up tram line if they want the whole route to be progressed.
- We are monitoring Bingham Road, 20mph and CPZ ; very good to see progress on Bingham Road. As with all traffic and road issues we are happy to work alongside ASPRA to build a strong resident response to any proposals. Confirmed formal consultation for CPZ will be next year
- Sefton gates I am investigating. We also had a hot air balloon land in the park
- New village system launched for bins; a few teething problems but generally going well
- Travellers in Ashburton Park; removed quickly and new height gate due soon
- There was an unexploded WW2 bomb issue along Lower
- Addiscombe Road recently. The emergency services did a great job of disarming it
- Friends of Ashburton Park (FOAP) held a very positive community picnic in Ashburton Park; it was good to see some ASPRA representation
- Selwood/Craigen yellow lines consultation under way
- Ward budgets have launched. I will be happy to put some money towards the Festive Lights
- Gospel church problems and planning applications; we are monitoring situation
- As I am no longer on planning committee, I am now able to take views on individual applications
- Cycle race through central Croydon was a success, despite a small incident of people breaking through the barriers.
- Issues raised on Council grass cutting verges
- Lack of information on new bin collection in some areas was taken up by me with the individuals who raised these at the end of the meeting.
- Finally, in my new deputy role for Culture Leisure and Sport please do come along to Ambition Festival in late July!

**Extracts from SPRA Newsletters
1989 & 1990
Reproduced by Bob Sleeman**

Newsletter - September 1989 (First Edition)

Shirley Park residents' Association is a non-profit making, non-party political organisation, which was formed on Wednesday 26th July 1989 to represent the views of it's members to the local authority and other organisations on matters of public concern. Naturally, the main issue of the moment is the South London Assessment Study. Therefore, this newsletter is a brief resumé updating members on "Action" and "Information Received" over the past month.

[see website for more details of the Greenlink meeting 16 August'89]

Your Association ----- How far have we got?

We've joined the co-ordinated association of Resident' Associations for this area, hence enabling us to put up a united front. This means that two members of our committee will automatically get invited to other meetings taking place in this area. We will report back in our newsletter, which we hope to publish quarterly. The next news bulletin will be on a meeting being held on Thursday 7th September at which we will be able to meet the leader of Croydon Council, Sir, Peter Bowness.

***Chairman: Mr Steve White
Secretary: Mrs Kim Duthie
Treasurer: Mrs Mary Alexander***

Newsletter Extra

A meeting was held at St Matthews Church, Park Hill on Thursday 8th September which included representations from each of the 15 local residents associations and was addressed by Sir Peter Bowness, Leader of Croydon council here is a brief summary of the meeting and Sir Peters comments on behalf of Croydon Council (L.B.C.) L.B.C. are opposed to any new trunk roads in the East Croydon Area. L.B.C. Have requested a statement from the Department of Transport regarding options 8 & 9 in the 2A study to relieve the blight on prices of houses in Croydon (As yet not received). L.B.C. have registered their opposition to new road building in the borough with the Department of Transport. L.B.C. are in favour of a light bus/tram link between Wimbledon via Croydon to New Addington. This is included in the Croydon Traffic management programme proposed over the next 5 years at a cost of £40. Million and also includes junction improvement as are already under construction

Newsletter—September 1990 No 1.

Your Association ----- How far have we got ?

The Committee have been working quite hard over the last few months. Since March Tony Miziolek has been doing a great job attending the Public Council Meetings in his newly appointed role of 'Council Rep'. You will find a report from him further into the news letter. Since the A.G. M. we have also appointed two Social Secretaries and they are Ruth Shorney and Maureen Wade. They are in the process of organising a children's Christmas party and also a possible Coach trip to a French Hypermarket - if enough people are interested! For more details and application forms please turn to the social calendar page. We have also elected a member of the Committee to represent us on the Ashburton Outreach Committee and he is Phil Brimacombe. This is a great step forward as it will hopefully give us a chance to voice our opinions and work with staff towards improving the name of Ashburton High.

Minutes of the Annual General Meeting held on Thursday 9th July 1990 at St. Mildred's Large Hall

The Chairman then read through his report for the year. It started with mentioning the question of the new trunk roads, which was the original reason that our Association was formed. As we all know now the plans to build these major Roads were for the time being scrapped.

Any Other Business. It was proposed by the Chairman that after the initial £3.00 per household had been paid membership would be free. This was opposed by our newly elected Road Rep, Jack Brown. He stated by saying that he did not share the Chairman's confidence regarding the scrapping of the major trunk Roads and went on to say that although £738.69p sounded a lot of money he could think of lots of ways of improving area where money would have to be spent. This issue was put to the vote and Mr. Brown won.

Local Council News

Road Traffic Improvements

At the Council Meeting on 9th July 1990 Councillor Eddy Arram formally requested that the Council relook into the traffic management of the Bingham Road and surrounding areas. This may include speed control devices, junction improvements, traffic signs, one way roads etc.



Activities at Ashburton Library

croydon.ashburtonlibrary@carillionservices.co.uk

020 3700 1001

ADULTS

Crime Reading Group

Mondays 5.30-6.30pm Monthly .

Knit and Stitch Group

Fridays 9.30-11.30 fortnightly. All abilities welcome.

Computer Sessions for Beginners

Learn to set up an email account, use Facebook, do online shopping, use Word, Excel and PowerPoint or improve your typing skills.

Sessions offered on weekdays. Booking essential.

We also have regular free monthly author/speaker talks, Police surgeries and craft activities.

CHILDREN

Summer Reading Challenge - 11th July – 12th September

Join in the Summer Reading Challenge fun this summer! Read 6 books between collecting stickers as you go! Activities and author events running throughout the holidays. Contact the library for more info and tickets.

Homework Help Club - Back in September

Tuesdays & Thursdays 4-6pm. Saturdays 2-5pm.

Homework help for 9-16s. Extra sessions during 1/2 terms and holidays.

Book Buddies

Thursdays 4pm for under 7s. Term time only. Join our reading club and listen to stories followed by fund crafts. Collect certificates along the way.

Please contact the library for further details for any of these activities as above

Ashburton Library Knit & Stitch Group Gill Lee

The Knit and Stitch group have been meeting at Ashburton library fortnightly on Friday mornings 9.30 – 11.30am since September 2012. We are a diverse group of ladies who have an interest in knitting and/or crocheting. There are no men so far, but men are welcome to join us! The group exists for those who enjoy knitting, the opportunity to learn a new skill, or develop existing skills. We come together to share our interest, whilst enjoying a good natter over coffee, tea and biscuits. There are ad hoc opportunities to take part in learning sessions such as crochet for complete beginners or different ways of casting on stitches. We are a very friendly group who enjoy supporting each other and sharing our knowledge and skills (in between chatting) whilst being led by a highly skilled knitter.

Various projects are run throughout the year. We are currently knitting squares to make Elmer the Elephant for a library project. We recently knitted 50 hats for the Innocent Smoothie bottles raising money for Age UK. Another enjoyable project was knitting poppies which formed part of the library display to commemorate the start of WW1. Each Christmas we knit decorations and display these on a tree in the library.

New members always welcome including men - just turn up



Your Committee Members

Chairman

VACANT

chairman@theaspra.org.uk

Vice Chairman

VACANT

vicechairman@theaspra.org.uk

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treasurer@theaspra.org.uk

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Projects Consultant

(Co-opted)

Hilary Chelminski

75 Ashburton Avenue

ASPRA NEEDS YOUR HELP!

**Will you volunteer for one of the following roles,
to keep ASPRA going?**

OFFICERS

*Chairman
Vice Chairman*

ROAD REPS

*Claremont Road
Elmgrove Road
Greencourt Gardens
Lower Addiscombe Road (194-362)
Shirley Road (57-196)*

We are an enthusiastic and committed Committee and will give you all the help and support you need. **Without volunteers for these roles the Association will not be able to continue.** If the Association is important to you please think about getting involved. You can do this by becoming an officer, road rep or as an ad hoc volunteer as needs arise.

Please contact The Secretary for more information.

EDITORIAL

Articles, local information and events for inclusion in the magazine are welcomed. Articles should preferably be emailed as an attached document of 2 A5 pages **maximum**. We also welcome feedback/letters/responses to articles featured. **We cannot accept anything as pdf.** Articles should be sent as word, publisher or powerpoint and pictures/posters as a document or jpeg.

Sometimes we are unable to publish content or it may become out of date before publishing **which is out of our control** and sometimes it may need to be edited due to space restrictions and article length; if this is a problem please let us know.

Please also visit our website for news/updates about the Association and local area and use the reload/refresh button to get the latest version.

THE EDITOR

Croydon Petanque Club
French boules
Terry Eames

The Croydon Petanque Club has been established in Ashburton Park (by the car park) for nearly 20 years and offers members the opportunity to play either socially or in a more competitive environment. The atmosphere is friendly and relaxed and we would welcome anyone who would like to try a new sport. Our membership covers all ranges of abilities from beginners to experienced players and there is always someone to offer help and coaching. Please, come along to any of the sessions below; equipment is provided. We meet four times per week as follows:

Wednesdays & Sundays	10am
Fridays & Saturdays	1pm

For more information, please contact:

Brian	86546929
Terry	86542601 teames571@yahoo.co.uk



THE TRAM STOP



Now open in Addiscombe, The Tram Stop is an independent cafe offering delicious food and great coffee.

Find us at: 231 Lower Addiscombe Rd. Tel: 020 8656 7885

We're open: Monday - Friday: 7am - 5pm Saturday: 8.30am - 5pm

Future Dates



1989-2015

Road Reps Meetings

14 September 2015 (Small Hall)

2 February 2016 (Pavillion)

AGM 2016

26 April 2016 (Pavillion)

Road Reps Meetings are for road reps to bring concerns from residents but any member who wishes to attend is welcome.

All meetings are held at :

St Mildred's Centre, Bingham Road

Refreshments: 7:30pm

Meeting starts: 8pm



Nail Stop etc.

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Email: enquiries@lmb-lofts.com Web: www.lmb-lofts.com

A black and white advertisement for Streets Ahead Estate Agents. The background is a photograph of a dark door with a decorative handle, a potted plant to the left, and a mat on the ground that says 'WANTED'. The text is overlaid on the image. At the top right, the company name 'streets ahead' is in a light oval, with 'ESTATE AGENTS' below it. The main headline asks if the viewer is looking to sell or rent property, followed by a large 'The Market is Booming!' statement. A circular callout on the left offers a free valuation. Contact information is at the bottom left.

streets ahead
ESTATE AGENTS

Are You
Looking to Sell
or Rent Your Property?

**The Market
is Booming!**

Call us for a
FREE
up to date
valuation

020 8655 1300
www.streetsahead.tv
www.streetsahead.info

Update on ASPRA's Action over Traffic and Pedestrian Safety in Bingham Road

Bob Sleeman

After discussions with the Road reps for Bingham Road, a site meeting with Councillor Rendle, Mike Barton (Highways), Fred Demay and Bob Sleeman was held on Wednesday 24th September 2014 in Bingham Road. The conclusions are listed below. Work on crossing points and associated road works is now scheduled for July 2015; much earlier than originally expected.

1. The introduction of 20MPH zones in residential areas across Croydon is actively under discussion. This would include Bingham Road, as well as all other roads in the ASPRA area, excluding Addiscombe and Lower Addiscombe Roads.
2. The extension of the Controlled Parking Zone might help reduce commuter parking. Residents would be consulted as this would require parking permits.
- 3.. The most favoured option is to improve sight lines for drivers and pedestrians. Road narrowing could be provided at Claremont and Parkview Roads and road narrowing increased at Sherwood Road.
4. Some figures on accidents of personal injury reported to the Police were provided (10 in the period of 36 months to 31st May 2014). These show accidents at all junctions apart from Sherwood and Kingscote Roads.

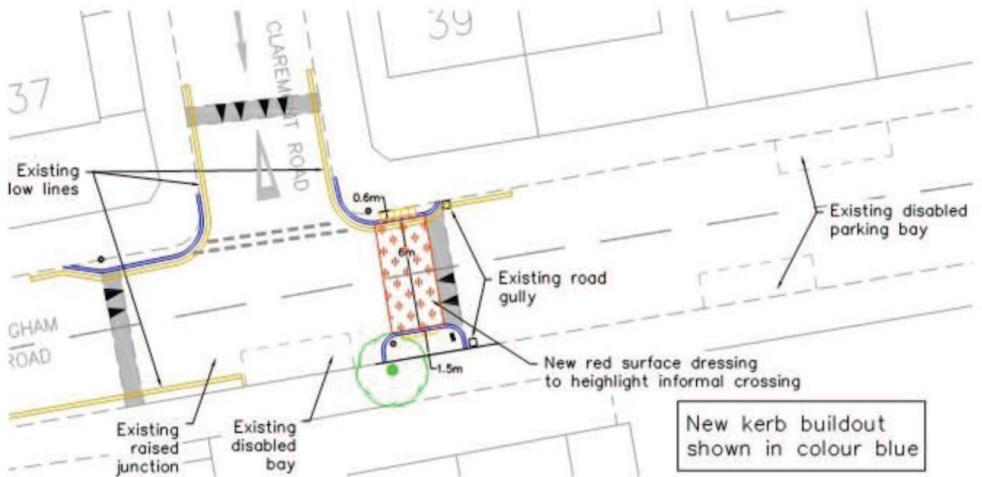
Data for a sample weekday in April 2014 from the speed sensor near Craven Road shows that 82% did not exceed 30mph, 17% drove between 30 and 40mph and 1% exceeded 40mph. This is a significantly better statistic than in many roads across the borough.

A more detailed report will be published on the website
see ASPRA News and Announcements.

Bingham Road Update

Please check the website for updates: www.theaspra.org.uk/news.php

In early May Councillor Rendle provided the proposals for the road narrowing scheme at the junctions with Bingham Road at **Claremont Road, Parkview Road** and **Sherwood Road** as shown below.



A 20 MPH Zone in North Croydon has been proposed and details are available from the Council Offices and at

<https://www.croydon.gov.uk/transportandstreets/roadsafety/croydon-20mph-o>

Extension of the Controlled Parking Zone depends on the results of the public consultation of local residents.

Festive Lights for Addiscombe

Hilary Chelminski

ASPRA Projects Consultant

For the first time in a number of years, Addiscombe shopping centre is to have Festive Lights this Christmas, thanks to the kindness and generosity of our ASPRA Members.

It used to be organised by the owners of the Lighting Shop, who have since retired and the Addiscombe Traders' Association, which no longer exists, so we have been sadly lacking in seasonal illuminations in recent years.

However, with initial advice from our MP Gavin Barwell and Sarah Bashford in his office, followed by extraordinary help from John Algar, the PFI Contracts Manager for Lighting in Croydon & Lewisham, together with the excellent team of people at Skanska, ASPRA has now found its way through to a brighter Christmas in 2015 and the years ahead.

Our local Ashburton Councillors: Stephen Mann, Andrew Rendle and Maddie Henson have supported us in this idea and Stephen Mann also a resident, has pledged his additional financial help.

For the lights themselves, we have liaised with Vernon Peake of the Festive Lighting Company (who recently won the contract for Central Croydon). For the original proposal that the lights might possibly be re-installed, we have to thank our own ASPRA Webmaster Bob Sleeman. For the invaluable survey of the lamp posts in Lower Addiscombe Road and much else, we have to thank Dave and Gill Lee, our ASPRA Postmaster and Secretary. For projections, costings and fiscal judgement and responsibility, we have to thank Fred Law, our ASPRA Treasurer.

For voting to pursue the idea through and ultimately to fund the costs, at least initially, we have to thank you, the marvellous ASPRA Members. For taking responsibility for the legal and financial niceties, we have to thank the elected Members of the ASPRA Committee, particularly our Treasurer, Secretary and Webmaster, who will be signatories to the Contract.

ASPRA Members were offered the choice of a 3 or 5 year contract and voted for 5 years as being the most cost effective option. The annual charge will be somewhere in the region of £2,000 per year. It is hoped that ASPRA may obtain some help with these costs from the shops and businesses in Lower Addiscombe Road, many of whom already advertise in our ASPRA Magazine.

Our local Councillors are also hopeful of reviving the Addiscombe Traders Association, so perhaps this gesture by ASPRA will serve as a unifying inspiration to our local businesses, who should soon feel the benefit and effect of having Festive Lighting in the area once again.

ASPRA intends to apply for some of the Grant funding which may be available to help us out in future years and perhaps some “crowd funding” too. We are also hopeful that some of our neighbouring Residents’ Associations might be more willing or able to help ASPRA with this endeavour, once they can see it successfully “up and running”. If anyone else has any useful suggestions as to how ASPRA might obtain help with the Lighting costs, they will be very gratefully received.

The lights will run the full length of Lower Addiscombe Road from the Doctors’ Surgery at Stovell House to the Dentists’ Surgery at 355 Lower Addiscombe Road, as seen in the computer simulated illustrations at the Road Reps Meeting. Unfortunately the simulated photographs were not good enough to reproduce in the magazine.

Thanks and congratulations are due to all ASPRA Members for such a tremendous achievement and contribution to our local community.

Police Ward Panel Update

Bob Sleeman and Hilary Chelminski attended the recent Police Ward Panel. At the meeting these points were asked to be circulated to residents.

1. Please ask a neighbour to push items through your letter box when you are away; some criminals are using leaflet distribution to identify empty homes.
2. Mopeds are a popular method of escape for criminals because they are able to cut through traffic and go down narrow alleys. Also riders without a helmet may not be chased. So **please** make an extra effort to securely chain up your moped, to make it less attractive to criminals.

Famous Colworth Road Residents

by Lyn Simmons


D.H. Lawrence is probably the most famous former resident of Colworth Road and a splendid plaque adorns house number 12. However I wonder how many ASPRA members know of a very important and inspiring woman who lived at number 1 Colworth Road up until the year 2000. When I moved into number 3 over thirty years ago, I was totally unaware of the significance of my neighbour Betty Westgate.

To me and my family, she and her husband Jim were just a lovely couple and perfect neighbours. I became intrigued by the constant ringing of the telephone at all times of the day and night coming from Betty's house; and the reason; the calls were from people all over the world seeking advice, guidance and support they needed following a diagnosis of breast cancer and surgery, which at that time was not available elsewhere. Betty was a real pioneer and drew on her own experience following diagnosis and treatment for breast cancer in 1968. She identified a need and then put all her energy into setting up what was to be the forerunner of the major charity Breast Cancer Care. As the work of the charity then called the Mastectomy Association needed to expand, Betty secured funding from the Department of Health to continue the important work she had started. A few years later in 1981, further expansion resulted in the charity being able to operate from an office in Putney and to pay staff. However, Betty's involvement did not diminish and she had an important role as a figure head for the charity. I can vividly remember when cars used to arrive at 6am to whisk her off to take part in television interviews about the work of Breast Cancer Care.

Further information about Betty Westgate can be found in the very interesting obituary featured in the Guardian.

<http://www.theguardian.com/society/2001/jan/04/voluntarysector>

Her name continues to be mentioned on the Breast Cancer Care website and in their press releases. It is testament to this remarkable woman that since she founded the charity, millions of women and their families have been supported through face-to-face, phone and online services, which all started at 1 Colworth Road! On a recent walk in Greenwich I passed a house with a plaque commemorating the founder of the NSPCC. ASPRA has agreed to support Lyn in getting a plaque erected for Betty.



Margaret Underwood, 76,
cancer survivor

**1 in 3 women who get
breast cancer are over
70, so don't assume
you're past it.**

A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away. Finding it early makes it more treatable and could save your life.

**BE CLEAR
ON CANCER**

[nhs.uk/breastcancer70](https://www.nhs.uk/breastcancer70)

The NHS Cancer Campaign runs 13 July - 6 September

Autism Spectrum Disorder

Cllr Andrew Rendle

Autism Champion

Autism Spectrum Disorder (ASD) is close to my heart as my 2 sons are both autistic. They have opened up a fascinating world for me and I quickly realised my knowledge of autism was patchy. So I educated myself and am determined to use my position as a Councillor to make services better .

Autism is a ***lifelong*** developmental disability which affects how a person communicates with, relates to other people, affects how they make sense of the world around them and is a lifelong condition. Many have trouble understanding sarcasm and irony, cannot read facial expressions and will take words literally. If you say to someone who is autistic “that’s cool” they will think you are asking them to turn off the air conditioning, not realising “cool” can have other meanings. Its a spectrum, so people with autism will share certain difficulties, but it will affect them each in different ways. Some are able to live relatively independent lives as adults but others may need a lifetime of specialist support.

The 3 main areas are: difficulty with social communication, interaction and imagination. The characteristics of autism vary from one person to another but they may have: love of routines and fearful of new ones, sensory sensitivity, special interests, learning disabilities and no awareness of danger. Because it affects each person differently it can be difficult to diagnose and understand, especially as autism is a ‘hidden disability’ which can make things difficult for teachers, GPs and social care providers. Raising the awareness of autism is vital in children so they are not seen as naughty or parents viewed as inadequate and in adults in braking down the barriers to employment.

Only 15% of adults with autism are in full time employment. The common view is that with a love of routine and difficulties with social interaction an autistic person will love a repetitive solo job, such as working on a production line. The Autistic Mind can have amazing attention to detail (engineers & IT). It can be visual; thinking in pictures and seeing how things work by playing things over and over in their head (inventors & designers). It can be a special interest (Academics) and can be an abstract pattern (Music & Maths genus).

If you go to Silicone Valley ½ of the people you will meet will be Asperger's 'high functioning autism'. They were given the breaks which we must all give autistic adults; the chance to make the changes necessary for them to excel.

Sir Isaac Newton was very quiet and not very good at 'small talk', or typical day to day conversations. He was extraordinarily focused on his work and had a hard time breaking away. He was often so focused that he forgot to eat and would have been diagnosed on the autistic spectrum if autism had been known about in those days. The actress **Daryl Hannah** is diagnosed with Asperger's "I never went on talk shows or to premieres. Going to the Academy Awards was so painful. I was so socially awkward and uncomfortable that I eventually got blacklisted."

In Croydon we are re-launching the Autism Partnership group to make sure what we and other bodies do is accessible and relevant to those with ASD. We are running autism events, raising awareness and working with partners such as Crystal Palace FC and I have a prepared talk on autism. I have launched an on line presence at www.croydon.gov.uk/autism and a vibrant well used Facebook page at www.facebook.com/autismcroydon.

Letters and Notices from Residents

Garden Bonfires

There is one matter which I would like to raise. This is the problem of garden bonfires. It is always good to enjoy the garden and to dry washing outside instead of in the tumble dryer. It is very annoying when unneighbourly neighbours light bonfires, especially in the morning. I see no reason why bonfires should be necessary anyway, when the garden waste collection service is so efficient? Is there anything that can be done about this?!

I would also like to note our appreciation for all those that give of their time running ASPRA and thank them for their work.

Geoff & Lois Haddow

YMCA Volunteer Cycle Project

Vince Hemment (our previous postmaster) is currently working with the YMCA (Croydon) as a volunteer on a cycle project for disadvantaged people. They desperately need adult bikes in a reasonable condition, for the project. There must be lots of people who have bikes in their garage or shed they no longer use, but, have never got around to getting rid of them. If you live within the ASPRA area, he would be happy to call and collect any bikes being offered to the project. If you can assist Please send an email to: register1947@yahoo.co.uk

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