

The Selsdon — Gazette —



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THE SELSDON GAZETTE

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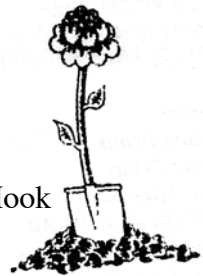
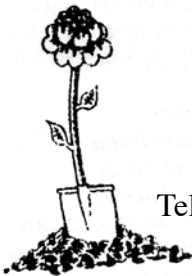
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Clr Yvette Hopley Yvette.hopley@croydon.gov.uk 0208 640 7033

Clr Helen Redfern Helen.redfern@croydon.gov.uk

Full details of the roads falling within each of the Selsdon wards can be found on the home page of the SRA website <http://selsdon-residents.co.uk>



Editor's Note

Hello everyone and welcome to the May Selsdon Gazette. I was pleased to receive so many entries for our Easter Egg Hunt competition for children last month. Participation in activities like these makes Selsdon more of a community. That community spirit is echoed by the number of volunteers (100+) I have contacted to invite to a 'Thank You' tea and cake for delivering the Gazettes to you each month, and by those who turn up to pick up litter around the shopping area of Selsdon on a regular basis. You also have an opportunity to get that community spirit by entering the Selsdon Residents Association's Grow a Sunflower Competition. Could you grow the tallest sunflower in Selsdon this year? - give it a go.

Fortunately for us, Selsdon is surrounded by so many green spaces and this is reflected in this edition. We have a report from the Friends of Selsdon Wood about all the activities that they have carried out this year. We have information about an Open Day at the Central Library in June about Croydon's Green Spaces. Ian Leggatt gives us the second instalment of his series about the Sun-Homes built in Selsdon. Ted Forsyth in his Nature Notes, describes the different grasses that can be found in our grassland and the Gardening Tips this month outline the benefits we can gain from getting out in our gardens. Finally, the quiz tests your knowledge about our native birds.

Also featured this month is the second instalment from Janet Sharp about Medical Issues, this time the Practical Self Help Guides available from the NHS, Mary Gill has a poem about Dementia as it is National Dementia Week in May, and Su Yates considers the topic of Hobbies and encourages us all to take up some. There is good news from the charity, Mind in Croydon, as they receive an award and our Village Club present another charity, Macmillan's, with a sizeable cheque from the funds that they have raised over the past year.

I hope that you enjoy your read. Please do contact me with your photos taken in the Selsdon area, emails about the good and bad in Selsdon, etc., as this magazine is for our community.

Chris Jones

☞ SUBMISSIONS FOR THE JUNE 2024 EDITION SHOULD
BE WITH THE EDITOR NO LATER THAN
20TH MAY - PREFERABLY BEFORE! ☞

SRA NEWS 'n' VIEWS

SELSDON WOODS

It was too late to comment in the April Gazette why it had a cover showing a family of owls. They arrived in Selsdon Woods courtesy of a very skilled chain saw carver - Alasdair from Essex Chain Saws. He also crafted a wonderful Green Man from another tree stump in the woods. Have you found these wonderful pieces yet? The Friends of Selsdon Wood (FSW) are so pleased by the response and the donations, that they have commissioned one more and hope that a Carvings Trail can be established through future donations. You can read more on the FSW website <https://www.friendsofselsdonwood.co.uk> which includes lost and found items in the woods. Recently a wallet was returned to its owner. Do go and look at the carvings, the renovated Linden Glade and Pool and maybe some bluebells lingering by the time you get this gazette.

'THANK YOU' TEA FOR THE GAZETTE VOLUNTEER DELIVERERS

It has been some years since we held a thank-you tea for all the gazette volunteers and that will be rectified on 18th May at the Baptist Hall (who also let us use their hall without charge for our committee meetings). Without this band of regular helpers (some have been with us 30 years) you would not be reading this. If anyone can join our group, please contact Chris Jones or myself. We always are in need of your help!!

THE BIG HELP OUT

As part of this national event, Andrew Baxter has arranged another litter pick on Saturday 8th June. Meet at the clock at 9.45 am. All equipment will be provided by Croydon Council; the more the merrier. Previous picks have been very successful.

SELSDON RECREATION GROUND

This wonderful area used by families, dog walkers, basketball players, exercise sessions, Tai Chi, Nursery and many more is having the

children's play area upgraded.

Here's hoping we are enjoying warmer weather.

Sheila Childs, Chair SRA

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Selsdon Residents Association



SUMMER CLEAN UP
part of the Big HELP OUT Event



Saturday 8 June 9.45am – Noon

Can you please help with a 'Litter Pick' around the shopping area of Addington Road.

Meet at the Selsdon Clock where collecting equipment will be provided by the Council.

Please contact Andrew on 07873 587593 or ambax62@icloud.com for more information.

The Gazette Needs Help



One Distributor needed for Ridge Langley/ Arundel Avenue/Langley Oaks Avenue

Could you spare a couple of hours a month? You would be given about 400 copies from our Distribution Manager. Your job would be to put them into about 8 bundles of about 60 copies and then pass these to your deliverers.

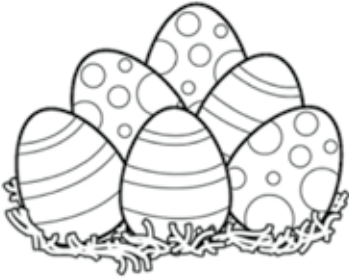
Two Deliverers Needed:

- (1) Owl Close and top of Kingfisher Gardens (20 homes)**
- (2) Lapwing Gardens (20 homes)**

Please contact our Editor, Chris Jones email:
selsdongazettesra@gmail.com

Selsdon Residents Association

Children's Egg Hunt Competition 2024



During the week from Thursday 28 March until Wednesday 3 April, six shops along our High Street displayed a coloured egg in their shop window. Selsdon children were then invited in the Gazette to find the location of each egg and their parents then emailed the editor their entry form.

We had a good response and the winners were drawn at random from all the correct forms received. The two winners this year were Scarlett and Alesh. Well-done to all those who entered.

~~

Selsdon Residents Association

Grow the Tallest Sunflower Competition 2024

**Open to all residents of Selsdon,
especially those with green fingers!**



May is the month to plant your seedlings outside in full sun. Flowers appear between July and September. Take a photo of your tallest sunflower, preferably with you alongside it. Measure its height from ground level to its tallest point and send the measurement and photo to the editor of the Gazette selsdongazettesra@gmail.com by the 20 September with the grower's name and address. The tallest sunflowers will win the prizes.

This photo shows the progress of the editor's sunflower grown from seed in the greenhouse. It is not too late to sow your seeds and enter our competition.



COUNCILLORS' NOTES

NO THREAT TO SHIRLEY HEATH AND ADDINGTON HILLS

Recently there has been a classic example of how a small group of people can create a large amount of worry and concern in a very short space of time about an issue that was simply never going to happen.

The subject? The Addington Golf Club's plans to build a driving range and associated works on Shirley Heath and Addington Hills.

Let's start by making it very clear that this plan was NEVER going to happen.

No-one at the Council or indeed any elected politician in Croydon has ever backed it for a second. As the Council owns the land that means it wasn't going to happen.

Let me run through where this all came from.

About a year ago, The Addington Golf Club contacted the Council and the Executive Mayor. They wanted to discuss their plans for the Club and how they saw an opportunity to make the Club bigger and more attractive as a major golf venue. They are a business and coming up with ideas for improvements and growth are exactly what you would expect and want from them.

These types of meetings take place between lots of local businesses and the Mayor and Council on a regular basis. The Mayor's door is always open for anyone's plans to improve Croydon and rightly so. However, the Club's plans involved using land that is currently public green space. In a Borough with a population the size of Croydon's and after Covid made us all much more appreciative of the amazing and varied parks, woodlands and heaths we enjoy, a proposal of this nature was unlikely to win public favour and never likely to be approved and the Club were told this.

The Addington Golf Club chose to try and move forward with their scheme by engaging with local residents' associations and went public with their plan. This was poorly judged and subsequent events have clearly demonstrated that the initial feedback they were given on likely public opinion was accurate. Local residents want their green spaces protected.

CONTACT YOUR COUNCILLORS

Councillor surgeries are held on the first Saturday of the month 10am - 11.15am (no surgery in August/January). Surgeries are at The Jubilee Cafe, lower ground floor of the Sainsburys building.

We are happy to 'meet' residents online so if you have any issues you wish to discuss with your councillor please get in touch by email:

Selsdon and Addington Village

Joseph.lee@croydon.gov.uk

Robert.ward@croydon.gov.uk

Selsdon Vale and Forestdale

Andy.stranack@croydon.gov.uk

Fatima.zaman@croydon.gov.uk

PLANNING APPLICATIONS

24/01136/HSE - 243 Addington Road South Croydon CR2 8LR
Alterations and first floor roof extension and a single storey rear infill extension.

24/00043/HSE - 50 Foxearth Road South Croydon CR2 8EE
Demolition of the existing garage and rear conservatory and erection of a two storey side extension, single storey rear extension with terrace and a rear lower ground floor addition. Alterations to the garden, and the remodelling of the front forecourt.

24/00994/FUL - Greenvale Primary School Sandpiper Road South Croydon CR2 8PR
Demolition of the existing 2 prefabricated classrooms and the erection of a two storey building to accommodate four classrooms and a hygiene unit.

(Remember that you can use this website to view planning applications http://www.localplanningapps.co.uk/croydon/sra/anupdate/planning_table.html)

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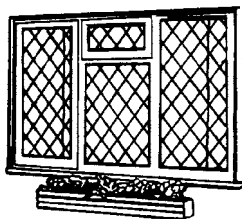
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MP Chris Philp's Report

Member of Parliament for Croydon South



Facial Recognition catches nearly 100 criminals in Croydon

Nearly 100 arrests of wanted criminals have recently been made in Croydon Town Centre using new Live Facial Recognition (LFR) technology, following my request for a LFR trial here.

LFR starts with a “watchlist” of images of wanted criminals. A Police camera and advanced facial recognition software sees if anyone walking past matches. If there is a match, officers intervene to confirm identity and arrest if needed. The matching software is now incredibly accurate. Images of passers-by not on the wanted list are immediately and automatically deleted.

LFR has been deployed in Croydon Town Centre on a number of occasions since December and almost 100 wanted people have been arrested. This includes a man wanted for two rapes dating back to 2017 who had not been found – until he walked past the LFR camera. Other arrests were made for people wanted for firearms and knife offences, GBH, theft, robbery, assault, fraud and drug dealing. They would not otherwise have been caught.

The accuracy rate is better than 1/6000 and the only false positive in Croydon during these LFR operations was the twin brother of the wanted man.

I was really keen to see this new technology at work in Croydon and I pushed the Metropolitan Police to try this in Croydon Town Centre.

I am very pleased that these dangerous people have been taken off the street. There are further deployments planned and I now want this technology rolled out nationally. LFR means many more wanted criminals can be caught.

In a separate operation, local Police have targeted gangs robbing school-age children of mobile phones in Croydon Town Centre, South Croydon and Purley and they have made over 10 arrests. Reports of street robbery for phones have now dropped, but constant vigilance is needed and this is certainly something which I am keeping a very close eye on.

Chris Philp

Member of Parliament, Croydon South: [020 7219 8026](tel:02072198026)

chris.philp.mp@parliament.uk

UPDATE FROM PCSO TINA NASH, SELSDON & ADDINGTON VILLAGE SNT



A big thank you to everyone who came and supported us in Sainsbury's at Selsdon on 11th April with our Crime Prevention/ Recruitment stand. We will be holding more of these in the future and not just at this location. It was great to speak to so many of you, some who were residents and some who had just popped in to get some lunch and do some shopping. In the photo are Alex and Sarah on the stand.

Kind Regards

Tina

Please do not hesitate to contact your local police team if required:

Emergencies – 999, Non-emergency crime - 101

Selsdon & Addington Village:

SelsdonandAddingtonVillageSNT@met.police.uk

Selsdon Vale & Forestdale:

SelsdonandForestdaleSNT@met.police.uk

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Good Time for Gardening – May

Why do we bother gardening, apart from the fact it keeps our gardens neat and tidy? Here are some of the benefits:

- ~ Improved mobility – squatting or bending to sow seeds, stretching to pick fruit can all boost flexibility. Moving bags of compost, pushing a laden wheelbarrow are weight bearing activities which can boost strength and help with balance, minimising falls.
- ~ Being outside for just 20 minutes per day, observing the changes in the garden or area connects you with the changes in the seasons and can reduce anxieties.



- ~ Gardening is a gentle outdoor workout and builds activity levels. Shovelling compost, mowing the lawn, raking and bagging leaves are the top three calorie-burning garden activities.
- ~ Taking cuttings, handling seeds or pricking out small plants stimulate fine motor skills, boost hand/eye co-ordination and can offset damage from weakened nerve endings or stiff finger joints.
- ~ Growing your own veg and fruit gives produce that is free from pesticides and also means enjoying produce when the nutrients are highest.
- ~ Gardening boosts your immune system with nutritious food and your digestive system through ingesting healthy soil bacteria on your hands and the produce.
- ~ The physical activity gives a rush of endorphins, lifting your mood; being in the sunshine gives vitamin D, helping brain function, bone strength and blood pressure. Planting for the coming season give reasons to look ahead.
- ~ Increased oxygen intake is good for the lungs and boosts serotonin which aids wellbeing. Even going out after rain is beneficial as the negative ions in the damp air help to lift the mood.
- ~ Gardening is a skill to learn and so it challenges you. Visiting other gardens extends knowledge and encourages you to try new things in your own garden.
- ~ If you volunteer with a community or hospital garden or at a National Trust or RHS property you can overcome loneliness. Mood and levels of happiness increase when connecting with others.

Having listed the above benefits of gardening, don't be surprised if your GP directs you to some outside activities rather than to the pharmacy.

The article this information is based on was first published in the SAGA magazine, March 2024.

Frederick, Cedric and Sunflower Sid
www.sandersteadhorticulturalsociety.org.uk

Costains 4th Selsdon Housing Development. Sun-Homes. Pt 2.

We saw last month that Costains were going to banish all ills and ailments in their final development in Selsdon with their Sun-Homes in Sundale Avenue, Benhurst Gardens and Close, Endsleigh Close and Elm Park Gardens, now some 90 years ago.

What of the details and facilities provided in the three styles of houses, the 'Rosewood', 'Briarwood' and 'Hazlewood'? We saw that the former and latter were available as semi-detached, with the Hazlewood benefiting from more space *"these charming homes are built in pairs in the choicest positions on the Estate, many of them arranged in semi-circular groups, forming sun-courts and affording choice of aspect."*

Costains were at pains to point out that their houses contained all modern conveniences:



'Note the complete range of kitchen cabinets with folding table for cooking, ironing, etc, also the Gas Cooper for easy washdays, which is included in the superb fittings. Chromium taps feed the glistening porcelain sink, with constant hot water heated from the dining room fire. Handsome Gas Cooker also fitted"

"The Bathroom is beautifully tiled and fitted with panelled-in, white porcelain enamelled bath and modern lavatory basin, etc., all with chromium taps and fittings."

"A corner of the lounge in the Rosewood Home. Note the beautifully tiled fire-place with its wood surround. There is plenty of room here to furnish well and still move about"



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In the Sales Brochure Costains also emphasised that high quality materials were used in their exciting Sun-Homes and the variety of choice provided to the home owner:



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A DEEP Portland Cement concrete bed covers the whole site of your house. This ensures dryness and safeguards health. It also prevents floor-rot and uneven settlement of the house after building.

The Bricks, Roof Tiles and Cement used by Richard Costain Ltd. are all of first quality and selected for their permanence and durability. Built of these materials your home will stand for generations and require minimum of upkeep.

Crittall's Steel Window Casements in heavy wood frames and with oak sills are another standard feature in Costain Homes that will stand all the tests of time.

Copper water-pipes, frost resisting and everlasting, are fitted throughout. All roads are paved and completed for adoption by Local Authorities. Free for ever of charges to the home-owner.

Clean concrete pathways are provided and all fencing, gateways, etc., completed.

Beautiful tiled and enamelled fireplaces to suit room decorations to your own selection.

Floorboards are of such smooth, close-fitting quality that stained surrounds are possible, thus necessitating smaller and less costly carpets and linoleums for centre only, or rugs may be used on fully stained floors, if desired.

All joinwork and choice decorations are completed.

From page 14 of the Costains
Brochure

*“A Deep Portland Cement concrete bed covers the **whole** site of your house. This ensures dryness and safeguards health. It also prevents floor rot and uneven settlement of the house after building.*

The Bricks, Roof Tiles and Cement used by Richard Costain Ltd are all of first quality and selected for their permanence and durability. Built of these materials your home will stand for generations and require minimum of upkeep.

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Floorboards are of such smooth, close-fitting quality that stained surrounds are possible, thus necessitating smaller and less costly carpets and linoleums for centre only, or rugs may be used on fully stained floors, if desired.

All paintwork and choice decorations are completed”

What was the cost of this luxury? How easy was it to step on the housing ladder in such a healthy and desirable part of the Surrey suburbs?

To be continued....

Ian Leggatt

Again, Ted Frith's journals set me on a path. I am grateful to CW and BT for providing me with the original Costains brochure from which much of the above is taken verbatim.

The brief specification above, of the building materials used by Costains, may seem basic to our modern standards. The concrete bed over the whole of the house footprint was certainly a bonus to the home owner, compared to a dirt floor. It would also have made construction of the house simpler for Costains. The proposal that Crittalls Steel Windows 'will stand all tests of time' has been proven to be completely fallacious. The traditional material for water pipes was lead so copper was definitely an improvement. It was traditional for home owners to have to pay to get their road 'made up' and adopted by the Local Authority, indeed some of the earlier Selsdon sites by Costains were blighted by this factor where homeowners were faced with unexpected bills to make up their roadway and were charged on a £s per foot of frontage basis. The concept of fully fitted carpets as we know it was virtually unknown. Linoleum (Lino) was a durable and relatively inexpensive material popular from the late 1800s onwards until the mid-20th Century. Floors could be covered in strips of woven carpet stitched together, or sheet Lino cut to fit and laid over the floor or around a central rug. A more cost effective total flooring solution was to stain or varnish the floorboards but just around a feature piece of carpet, rug or linoleum.

~~

Good Health - NHS Practical Self-Help Guides

The NHS 'Better Health – How are you?' test – This voluntary pro-active online test asks you general health questions about your diet, exercise, mood, lifestyle etc., and then offers you advice and links to specialised NHS apps.
<https://www.nhs.uk/better-health/how-are-you-quiz>

The NHS recognises that medication is only one tool to help patients particularly those suffering with long term conditions because of the complex

relationship between the brain, the nervous system and the body's hormones.

Free online resources! - The NHS website aims to HELP YOU TO HELP YOURSELF not only with information and external contacts and links but with NHS **apps, videos and audio guides** providing such things as guided mediation or CBT (cognitive behavioural therapy) or specialised *online programmes* with external agencies.

The NHS website has a '**Live well**' section of their website regarding tools for healthy living, e.g. exercise, weight, stopping smoking etc. For example, a large number of people have tried their '*Couch to 50K*' app. In the '**Better Health**' section it also focuses on mental well-being. In both online sections they provide very practical help – not just written advice.

If your health could be better, please consider having a look and see if any of this may help. Some of the specialised advice and programmes cover areas such as:

- General aches and pains
- chronic pain,
- low mood, depression
- lack of energy,
- breathlessness,
- addiction issues,
- sexual health concerns,
- weight problems,
- anxiety, stress, trauma,
- low self-confidence,
- sleep problems,
- AND MANY MORE.



Regular Self Body checking – this is for EVERYONE - **know what is normal for you or the person you care for.** (This may change for women during the menstrual cycle – plot what is normal for you). Checking for new or unusual lumps, changes of shape/colour/texture of body parts, moles etc. Checking any worrying changes to pee or poo.

The NHS provides regular physical checks and vaccinations to identify/prevent common illnesses and health problems (See NHS website or last month's Gazette article.)

Social care –If you or someone you know needs help with day-to-day

living because of illness, infirmity or disability there is information available on the website about support and benefits.

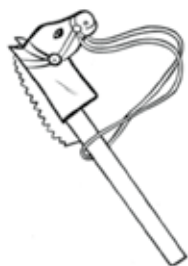
If things have already gone beyond self-help and reached emergency level - speak to your GP, emergency services or call free to The Samaritans on 116 123.

Janet Sharp

~~

Hobbies

Do you have a Hobby? – perhaps it was something that you threw yourself into during lockdown but don't have the time for now? Or did you have a hobby as a child – stamp collecting perhaps – that you no longer do? A hobby is a wonderful way of “escaping” and can help overcome any sense of loneliness or boredom. Statistics show that Hobbies can help reduce stress and make you feel good, many are good for your physical health and some can make you money. Above all, Hobbies should be fun.



In the 13th century the word hobby referred to a small horse or a pony. It later came to describe a toy horse – a hobby horse, or, as Stanley Holloway would have said in the tale of The Lion and Albert, “a stick with a horse’s head handle”.

The top two hobbies in the UK are listed as Reading and Cooking/Baking. Also listed in the top 20 UK hobbies are arts and crafts, painting, football, DIY, woodworking, music, knitting, photography, gardening, puzzles, scrapbooking, board games and socialising. With apparently 20% of the population not having a hobby.

Rarer hobbies include: ant farming; cheese rolling; drain cover spotting; parkour; geocaching and bubble football, which incidentally is known in Germany as “Loopyball” – take a look on the website and you will understand why.

Two of the oldest hobbies in the UK are coin collecting and backgammon; no doubt both still enjoyed today. In 1837, the first year of Queen Victoria’s

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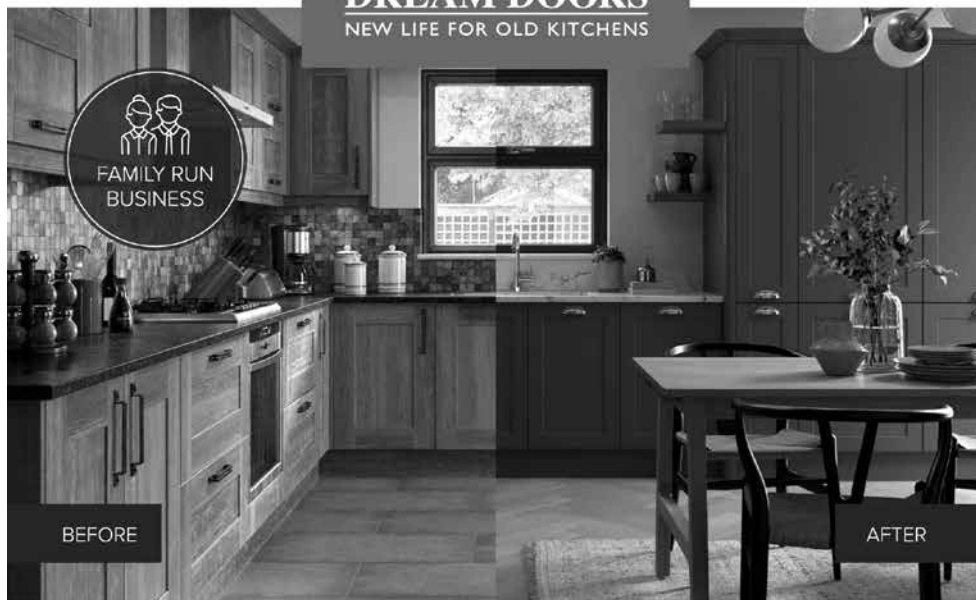
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reign, the colour printing process known as chromolithography was invented. This led to the production of “ready-made” scraps in bright colours, some embossed, and sold in sheets. Victorian scraps were a popular pastime for both children and adults who would decorate books, room screens, table tops etc. Many of the best quality scraps were produced in Germany where bakers and confectioners used small reliefs to decorate cakes and biscuits for special occasions.



Ten years earlier in 1827, Joseph Niepce took the first photograph – it required an 8-hour exposure! Fortunately, by 1837, Louis Daguerre had developed a faster method of making photos common place. By the 1850s a form of photography called carte de visite (visit card) started to spread across Europe. The small photos were printed in sheets of 8 and ultimately led to the creation of the first true scrapbooks. Today many of us use our mobile phone for taking photos and sadly, photo albums seem to only be for weddings.

The collecting of cigarette cards was first invented in the US in 1871. Cigarette cards strengthened the cigarette packet and were given away free to encourage smokers to buy more packets to complete their collections. They hit their heyday in the 1930s but WWII and paper shortages halted their production and they never really regained that popularity.

On Saturday 14th September, the Sanderstead & Selsdon Rotary will be hosting a Hobby Fair at St John’s Church Hall. If you would like to hire a table to demonstrate your hobby (a bargain at £10) please contact the Rotary Secretary, Wendy Parr on 07774 186792. I will be back next month with details of which Hobbies will be demonstrating – there are several new ones for this year, including two local social clubs, a local WI and a table top sale of donated books and puzzles. Plenty of interest for everyone. Do please make a note in your diary now.

And finally, one for the quizzers out there. What is Formicarium, Philately and Cartophily?

Ant farming, Stamp Collecting and collecting Cigarette cards.

Su Yates

Here is a summary of the Annual Report from the Friends of Selsdon Wood about the work that they have carried out in the last year.

Maintenance of Selsdon Wood

Work has included:

- a. **Clearing fallen trees** - Many tree and branch falls across paths and seats were cleared throughout the year. One fall in Great Field was too dangerous for the Friends of Selsdon Wood to tackle, so it was reported to the Council Tree Officer and cleared quickly by Council operatives.
- b. **Maintenance of the Butterfly Bank** - In July and November many of the perimeter stakes were replaced. In Autumn the area was tidied by the removal of dead vegetation with the help of the Outreach Team (see below).
- c. **Removal of Invasive Species** - Invasive Laurel was cut down on many Work Sessions and also on visits from The Conservation Volunteers. The cut material was placed in trees above ground level to prevent the possibility of re-rooting and left there to die back. In October Holly was removed at the junction of West Gorse and Farleigh Border.
- d. **Outreach Support Work** - We met with Oliver Connolly, Director of Grow Wild Outreach a support service that supports people with disabilities and mental health needs to help them contribute and take part in local environmental projects. They support people from Croydon Monday to Friday and would like to support Selsdon Wood in any way possible. The group visited the wood on several occasions and were shown how to clear Laurel, Bracken & Brambles. They also helped clear away arisings cut back by our team and helped to clear the Linden Glade pool as part of the renovation.
- e. **Clearance around Name Boards, Seats and Benches** - Clearance of encroaching vegetation was carried out in the summer months around many of the field perimeters.
- f. **Replacement of rotten Guide Posts** – The guide post at the junction of Broad Walk and Beech Grove was replaced in June and the marker post in the car park for the start of the Red walk and the end of the Green was repaired and replaced with a Metpost in February 2024.
- g. **Replacement of Rotten Seats and Benches** – In September the old seat in the car park dedicated to Miss Margaret Horn was renovated

and in September the Croydon National Trust bench in Great Field by the Centenary Plantation, was repainted.

- h. **Installation of New Benches** – Two new dedicated benches were installed in October in Field 3 and 2 further benches, were installed in Addington Border and Langford's Way in December.
- i. **Creation and installation of Nesting Boxes and a Leaflet Dispenser** – A Bird Nesting Box, built by one of the Friends, was erected in Vale Border in June. Last year several of the plastic leaflet dispensers were destroyed by vandals. In response, a wooden dispenser was built out of an old nest box and installed it at the Courtwood Lane entrance.
- j. **Work on the Bird Feeding Station in the Jubilee Plantation** - In January 2022 a Bird Feeding Station was set up in our wood in dedication to David Malins, a very active founder member of FSW who died in 2021. The feeders have been regularly replenished ever since they were installed by some of the Friends. In November Jubilee Pond was dredged, taking out a lot of leaves and branches, which were then raked away, and the vegetation between the pond and the fence was trimmed.
- k. **Clearance of the Centenary Plantation** – Several winter Work Sessions involved clearance work in the Centenary Plantation by removal of Brambles and dead wood
- l. **Removal of Old Fencing and plastic sheeting close to David's Crook** – Fencing and plastic sheeting, possibly left over from a past Autumn Fair, were found in the wood close to David's Crook. This was removed in January and taken to the car park where it was broken up and left for collection by the Council.
- m. **Litter Picking** - Several Friends now do this on a regular basis as part of their daily walks. The FSW dog poo bin at the top of Field 1 is also emptied by the Friends on alternate days

Sustainable conservation and restoration work

- a. **Repair of Muddy Paths** – This project was revived this year starting with the purchase of two electric trolleys with tipper function. These can easily be loaded with gravel or shingle (250 kg load max) and driven to where needed. Several bags of ballast were purchased, and a start was made laying several trolley-loads at the muddy spot in Farleigh Border. Channels were also cut to allow some drainage.
- b. **Renovation of the Linden Glade Pond** - Work was carried out throughout the year commencing with clearance of mud and removal of edging stones in preparation for laying of a fibreglass liner. In

September, FSW paid a contractor, Fab Fencing, to erect a sturdy fence around the pool with a locked gate. A path was cleared around the outside of the fence so that the public could view the pool from around the full perimeter. The soil in the area inside the fence was turned over and a few appropriate plants added. The surroundings of the memorial stone were cleared.

- c. **Removal of Fence at the Yew Tree Way entrance** - The fence at the Yew Tree Way entrance has been broken for some time and lay on the ground looking untidy and neglected. This fence served very little purpose and a complete replacement would have been expensive, so FSW paid to have it removed. The area now looks much better.

Education of all volunteers in the principles and practices of nature conservation and the encouragement of public interest

- a. All the scheduled walks have been well attended and the presenters have provisionally agreed to come back next year when we plan to run a similar programme. Reports of all walks are published on the website.
- b. To support users of the wood, especially newcomers, three main leaflets (Membership Application, General Information, Red & Green Walks) and a pocket-sized map are produced. All are available to download from the Friends' website. Dispensing boxes for the maps at some main entrances are kept stocked by committee members. A QR version of the information booklet is available and the QR code is posted on all the dispensing boxes and also at minor entrances which do not have the dispensers.
- c. As in previous years our annual calendar is produced.
- d. The FSW website is regularly updated and provides a rich source of information about the wood. This year the website has been restyled to make it mobile responsive and legally compliant. In addition, there is a FSW Facebook group which now has over a thousand members. This is a rich resource for the sharing of information about the wood, especially interesting sightings.
- e. **Open Day 2023** - Open Day was held, as usual, on the first Sunday in September.
- f. FSW members continue to receive an illustrated newsletter each month, circulated via email.
- g. **In the 2023 Photo Competition** there were 20 entrants who submitted over 80 photographs. From these, a shortlist of 45 were selected and printed for display on the FSW Open Day when the public were invited to participate in a secret ballot to select the winners.

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- h. The Friends have commissioned **Alasdair Craig of Essex Chainsaw Carving** to carve a few sylvan scenes on old tree stumps throughout Selsdon Wood. To date two carvings have been made, a group of owls and a green man. These have been very well received.

Discussion on issues that may affect the aims and activities of the Friends of Selsdon Wood

- a. The AGM was held in March 2023 and Committee Meetings were held in May, September and November 2023 and February 2024. In addition, the committee kept in constant contact by email.
- b. The FSW Facebook group is well used and promotes much discussion. The website also continues to be a rich source of information about the flora and fauna of the wood as well as being a public record of the work of the Friends and a notice board for all information.
- c. The FSW have maintained liaison with other local groups through the Association of Croydon Conservation Societies.

Fundraising to support our work

- a. Open Day, was our main money raiser again this year.
- b. Membership exceeds 200 and most memberships are eligible for Gift Aid, which adds to the funds.
- c. The FSW calendar was available for a minimum donation of £5.

**The Friends have had a busy and successful year.
Many thanks to all members of the management group for their
commitment to the FSW and for all the work they have done
throughout the year.**

~~

This May sees the RSPB running the Big Croydon Bird Watch. You can choose any day during the month to do a Big Day seeking out as many birds as possible at your chosen site(s) in Croydon either on your own or as a team of up to four people. The current record for the number of species recorded during a single day in Croydon is 69. So far, no-one has officially managed the mythical total of 70. That should be possible on a good day, but requires individuals or teams going round as many sites as possible in Croydon. (More information can found here [RSPB.org.uk/Big Croydon Birdwatch 2024](https://www.rspb.org.uk/Big-Croydon-Birdwatch-2024)). Here is a quiz to test your knowledge about the

birds around us.

BIRD QUIZ

1. Which common garden bird is associated with winter and is often portrayed on Christmas cards?
2. The children's rhyme "One for sorrow, two for joy etc." is about which bird?
3. What is special about the bones of most birds?
4. Which birds, group to mate and are shot in brace?
5. The wren is not the smallest British bird, what is?
6. What is the common name for all small birds of prey?
7. What name is given to a flock or gathering of crows?
8. Which species of bird migrates back from Africa to their previous year's nests, often built in the eaves of houses?
9. Why are Tawny Owls NOT found in the Isle of Man or the Isle of Wight?
10. What bird features on the logo of the RSPB?



Answers after Nature Notes

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16th March 6th April
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21st September 19th October
30th November 14th December

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We welcome your letters so do **please get in touch** if you have something to share with Selsdon residents.

Please remember to state your name, address, contact number and publication anonymity requirements in **all** correspondence to the Editor. Anonymity can be granted on request, but anonymously sent letters/e-mails will not be published.

~~~

Here are two uplifting stories from our residents.

Dear Editor,

RANDOM ACTS OF KINDNESS

Just a note to say that about two years ago a new neighbour had moved in a few doors up the road. We had introduced ourselves before and one day when passing she was planting spring bulbs in her front garden. As I was saying goodbye, she offered me several pots of bulbs that she had spare which I accepted gratefully. Now in spring each year at random points in our garden we have this delightful selection of spring bulbs and we think of our neighbour, smile and say 'thank you' for the pleasure they bring us.

Chris Alexander



Dear Editor,

Just a picture of the eggs that were left hanging in Littleheath woods. There were loads! Big thanks to whoever took their time to do this. Very excited kids

Regards

Graham Tydeman

Here a concerned resident sent in a copy of the letter that he sent to our local MP, Chris Philp, together with Chris's reply. The moral of this tale is that you should contact the authorities with your worries, however, you will need patience.

24 November 2023

Dear Chris Philp MP,

Vehicle excessive speeding [40 to 80mph] up and down the Old Farleigh Road is getting worse and especially between Sandpiper Rd and Beech Way.

The Speed Monitor outside 123 Old Farleigh Road CR2 8QH has not been working for months, similarly, the triangle speed monitor sign near Beech Way. I have noticed that other speed monitor signs are not working for months in Old Farleigh Road and indeed elsewhere in the borough.

It seems to me bordering on criminal that apparently Croydon Council do not maintain speed monitor signs to ensure they ALL work 24/7!

I am a frequent user of the Kersey Drive junction with Old Farleigh Road which, due to the speeding traffic along this road, is dangerous when emerging from Kersey Drive, either turning right or left.

Please would you investigate this urgent matter and get the Old Farleigh Road speed monitors back in service together asap with a commitment from the Council to ensure all speed monitors in the borough are working 24/7.

Frank Kippin

Chris Philp's reply

2 April 2024

Dear Frank,

Following from our previous correspondence, I have now received a response from Croydon Council. Please find a copy of this response below for your reference which I do hope you find helpful.

'Selsdon traffic speed monitors not working (Case Ref: CP61616)
I write further to your enquiry dated 27/11/2023 relating to the speed visor sign on Old Farleigh Road. Please accept my apologies for the delayed response. We have undertaken an audit on all the speed visors within the borough and are aware that there are numerous signs (including Old Farleigh Road) that are not working. We are working with the contractor to get these repaired.'

Thank you again for taking the time to contact me and if I can be of any other assistance, please let me know.

Kind regards,
Chris

Rt Hon Chris Philp MP

~~

I recently visited the Croydon Archives to look at some of the earliest Gazettes and found that in December 1947 speeding along the Old Farleigh Road was causing a problem 77 years ago!

“Road Safety

A letter from the Selsdon Residents' Association was mentioned in the report of the Highway Committee. The Association referred to the danger from fast-moving cars at the bottom of Old Farleigh Road, and suggested that the Council should consider re-siting the speed limit signs by moving them towards Farleigh, in an endeavour to reduce speed, at the junction with Kingswood Way, to 30m.p.h. The Council approved the suggestion and the Surveyor is to obtain the views of the Ministry of Transport.”

~~

Here our regular contributor, Jessica Blake, welcomes the warmer weather and new growth in her garden.

Yes, Spring has Sprung and what a relief.

Seriously, I think there should be a special channel on TV and radio for we human ostriches, who are feeling depressed by the constant stream of bad news. If we want to feel miserable, there are plenty of opportunities for that every day, be it the international bad news or quite often our own



domestic version, via telephone, e-mail, etc.

Today I am sitting behind a nice warm pane of glass called “a window”. Thankfully, it doesn’t need any anti-blast or reinforcement measures. I am just gazing out at the beautiful pink blossom, the clumps of brightly coloured tulips, some gorgeous yellow daisies, and patches of bluebells and forget-me-nots. Just out of sight, my tiny greenhouse has trays of seeds beginning to sprout, and a few empty trays with packets of seeds on the shelves waiting to be sprinkled into the steadily warming earth.

Last Autumn I saved so many seeds, I begin to wonder where on earth I can plant them!

The aeroplanes are flying overhead taking and returning MPs, business men and women, and holiday makers to and from their destinations; - er, dare I mention “Global Warning”? Or does that only apply to others?

Well I am staying home. I love English beaches, the tides whooshing up the beach when the wind gets up. The windsurfers, swimmers, paddle boarders and the yachts, motor boats and fishing boats, and just paddling and jumping over the waves, immersing myself on hot days in cool seas. Best of all, I do not need lots of noise, just peace and calm and listening to the natural sounds around me. It is so relaxing and calming. Yesterday there were two butterflies flying around in our garden. Not certain what they were, but they looked lovely hovering about.

Don’t let the current troubles upset you. Dress for the weather and then get out into it. Rain will not make you damp if you wear a waterproof and boots, but if there is no one about - it is amazing to dance in a puddle!

~~

Poetry Corner

Dementia Action Week is a national event that sees the UK public taking action to improve the lives of people affected by dementia. In 2024, the Week will take place on the 13th – 19th May. Mary Gill’s poem this month is for her friend, Valerie, a victim of dementia.



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A FORGOTTEN DAY

That cruel twist of fate laid waste your mind.
It stole your treasured words, robbed you of speech,
but even in its shadow you could find
small, passing pleasures that it could not reach.

Late springtime: in the rolling Sussex Weald
someone's dream of rural idyll lay,
and ev'ry corner that we turned revealed
one more divine delight to boost your day.

You stood entranced by Arts and Crafts designs -
exquisite pots of ev'ry shape and size.
The beauty and the grace of simple lines
induced enchanted smiles that lit your eyes.

And, finally the gardens – at their best
with flowers fresh and bright and newly bloomed.
Then on this rustic gate you leaned to rest
at peace until the mem'ries were consumed.

~~

Nature Notes from Ted Forsyth – Grassland

Not surprisingly, grassland tends to be covered in grass! However, this usually involves many different grass species with different species favouring conditions ranging from alkaline to acidic.

Many of our food crops, though modified by hundreds or thousands of years of farming, are essentially grasses. There can be extreme forms like bamboo and rice but they still belong to the grass family. We have no enormous areas like the prairies of North America, nor the savannahs of East Africa, nor do we have the relatively predictable seasonal rains and the consequent movement of large numbers of grazing animals. However, what we are most concerned about in relation to Selsdon Wood is chalk grassland. One reason that grasses are so successful is that they can recover after being grazed to ground level. In Selsdon Wood the main grazing is done by Roe Deer, and they are mainly browsers which feed on the lower leaves of trees and saplings. Rabbits do a marvellous job

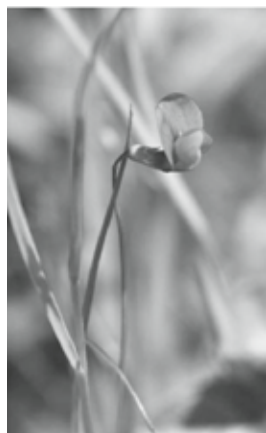


of keeping grass short but the effect of myxomatosis and the presence of many foxes and badgers means that there are few, if any, rabbits left in the wood. Many years ago there used to be a small group of rabbits, including some black ones, which could be found, opposite the Courtwood Lane entrance, in what is now a golf course.

The grass areas are relatively small and are bordered by bushes and trees which provide some shelter from harsh weather conditions and must affect the composition of the grassland. Many species of flowering plants are found in the area. In spring Dandelion and Buttercup appear in profusion while later Pyramidal orchids can be numerous but Common Spotted orchids are rather few in number, and Bee orchids are not found every year. All plants are affected by what is happening underground. As orchids have minute seeds containing little in the way of nutrients, they must form a close association with underground fungi if they are to succeed. No fungi, no orchids.



Many of us can put a name to at least a few plants when in flower, but probably there are fewer people who can confidently identify plants before the flower appears. I defy anyone, other than an expert, to identify a Grass Vetchling when it is not displaying its bright reddish flower at the top (see photo on left). The change from non-flowering to flowering is more subtle in grasses as there is no drastic colour change.



A field guide for flowers will usually include some species of grass and there are several worth starting with in the process of learning to identify grasses. The most obvious one is Cocksfoot – named for the resemblance to the foot of a cockerel when the top of the flowering grass is turned upside down. Timothy Grass is reasonably distinctive as the flowering head forms a vertical cylindrical spike but there is a similar, though smaller species, Meadow Foxtail, which might cause initial confusion. Yorkshire Fog can cover large areas and the soft flowering heads have an almost fluffy appearance. Another which should be mentioned, if only for its name, is Crested Dog's-tail – the flowering head is a tight arrangement rather like a miniature ladder of individual flowers along a small stem.

Unlike the names for orchids, which give some idea of the shape or

pattern to expect (Pyramidal, Common Spotted, etc), grass names seem almost random and mostly give no indication of what to expect. Learn to identify some of the common ones mentioned above then dive into the technicalities if you want to learn more.

~~

Answers to the Bird Quiz

1. Robins
2. Magpie
3. They are hollow
4. Pheasants
5. Goldcrest
6. Hawks
7. Murder
8. House martins
9. They don't like flying over water
10. The Avocet

~~

GARDENS MATTER

FEELING GUILTY ABOUT MOWING YOUR LAWN?

More and more gardeners are being encouraged to love the idea of an imperfect and wild looking lawn, especially with the high profile “No Mow May” campaigns of recent years. However, the fact is that shorter grass can also provide a great habitat as long as it's managed in a nature-friendly way.

Firstly, it's vital to avoid using moss killers, artificial fertilisers and weedkillers – often combined into “weed & amp; feed” products. Without these, your lawn will be allowed to become a rich tapestry of grasses, mosses & amp; lichens along with low growing wildflowers such as clovers, speedwells and selfheal.



During the mowing season, if you mow fortnightly rather than weekly it allows the low growing plants to flower and provide food for bees, hoverflies and butterflies. Bumble bees are particularly fond of the nectar from clover.

It's not just about the green bits either. Bare patches in a sunny lawn can offer good conditions for ground nesting solitary bees.

If you do decide to reduce your mowing regime more drastically, it's still beneficial to create some paths of shorter grass through longer areas of lawn. Not only are they aesthetically pleasing but also provide places for insects to sun themselves, especially valuable to newly emerged butterflies.

So, your lawn mower may not have to be consigned to the environmentally unfriendly category after all.

Chris Hyde

Information drawn from an article in the RHS publication "The Gardener"

~~

CROYDON IN OLD POSTCARDS



Illustrated talk showcasing images from 1905 onwards.

Sunday 19 May 3-5pm

St Peter's Church, St Peter's Road, South Croydon CR0 1EZ

Entry with tea and coffee served £10

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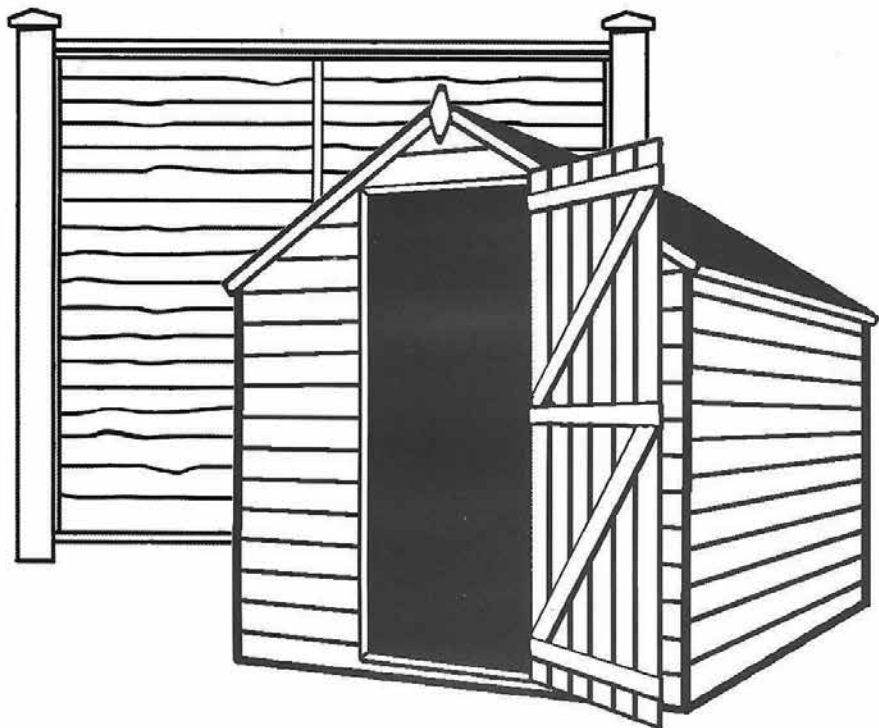
FRIENDS OF GREENVALE BOOKSHOP

We are a community second hand book shop that operates from a converted shipping container situated at Greenvale Primary School. All of the books that we stock have been donated by the community. Suggested donation is £1- £2 a book and we take cash and card with all of the money from books going straight to the school. We also have a seating area called 'The Reading Retreat' where you can read your new book and enjoy a tea or coffee whilst kids can enjoy colouring and the occasional craft.

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In our second container we have a gift shop stocking bookish gifts and items from local small businesses.

We are typically open on Saturdays 10am – 4pm and Wednesdays 4 – 6pm, however, we advertise our opening times monthly on social media as we occasionally open on Bank Holidays, polling days, inset days etc.

We are on Facebook and Instagram @ FOGBookshop
Book donations can be handed to us during our opening hours and we take all books.



Any queries please contact us through our social media page or at fogbookshop@yahoo.com

~~

SELSDON FLOWER CLUB

We have pleasure in announcing that our Flower Club is continuing in our 54th year with the following programme:

We are a small friendly club who meet on the second Wednesday afternoon of each month at 2pm at the rear of St. John the Divine Church, Selston. Subscription £30 per annum (£15 half year). We have demonstrations and practices. All abilities welcome!!



8 May	Practice - Holiday Theme
12 June	Demo - Graham Harmer
10 July	Summer Afternoon Tea & Practice Arrangement in a Cup & Saucer

Please contact the Secretary - Maureen Browning on 020 8651 5821 for more information

Contact
Selsdon Community Centre
132 Addington Road
South Croydon, CR2 8LA
Tel: 020 8651 4944
Fax: 020 8657 2268
Email: info@selsdoncontact.org.uk



www.selsdoncontact.org.uk

Join us in making a difference: Volunteer Outings Helpers needed

Are you passionate about adventure, community engagement, and making a difference? We're seeking Volunteer Outings Helpers to join our team and assist our clients on days out. Our excursions are either half days or whole days out, once a month. We take clients, in our minibus to a variety of different places, i.e. Garden centres, Museums, seaside trips, lunch days and many other interesting places.

As an Outing helper, you will be providing on-site support during the trips, ensuring the safety, comfort and enjoyment of all participants. Where necessary assisting our clients on/off the minibus and generally, lending a helping hand.

If you love spending time outdoors, this role will allow you to explore new destinations and meet like-minded individuals. You will gain valuable experience in outdoor leadership, but most importantly, you will play a key role in creating memorable experiences.

In addition, we understand that life can be busy, so we offer flexible volunteering opportunities that can accommodate your schedule and interests.

So, if you're ready to embark on an exciting volunteer journey and help us create unforgettable outings for our clients, we'd love to have you on board! Simply reach out via email/telephone or visit us in the office and learn more about



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Volunteer Outings helper role and how to get involved. You can find us on the Lower Ground Floor of the Sainsbury's store.
Look forward to seeing you.

Selsdon Churches Neighbourhood Care Registered Charity 1124346
Charitable Incorporated organisation.

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THE PARLOUR PLAYERS



For lovers of amateur dramatics, the fact that Selsdon's own St John's Dramatic Society had to close must have been a big disappointment. However, there is a local alternative.

The Parlour Players have been operating from the Sanderstead United Reform Church, just down the road, for more than 40 years.

Unfortunately, the news of their current production is probably too late for the Gazette delivery. It is Ronald Harwood's funny yet poignant 'Quartet', set in a home for retired opera singers. The play will be performed on 9, 10 and 11 May at 7.45pm, with a matinee on Saturday 11 May at 3pm. They will also perform Noel Coward's 'Private Lives' later this year on 7, 8 and 9 November.

For information on how to buy tickets or to join The Parlour Players go to their website www.parlourplayers.co.uk

~~

Mind in Croydon wins Health and Wellbeing Award

A service which boosts the mental wellbeing of Croydon residents through sport and physical activity has won the Health and Wellbeing award at the prestigious London Sport Awards 2024. Now in its 16th year, the Mind in Croydon service, Active Minds, was commended for going beyond physical activity, creating a sense of community, friendship and peer support to its members.

Active Minds Manager, Jo Darville, said of the recognition: "It is so important that we continue to champion physical activity as a transformative way to improve mental health. I hope that the award



Receiving the Health and Wellbeing award at the Guildhall: Emma Turner, (CEO of Mind in Croydon), Jo Darville, (Active Minds manager) and Helen Thompson (Head of social inclusion)

highlights the value of projects like ours and the immense positive community impact it has.

We are tailor-made to support people through any anxieties in getting more active, at their own pace and in an inclusive, welcoming environment. Our staff, volunteers and coaches really care, and our members show a truly supportive community spirit with one another.

When everyone is struggling with the cost of living and those experiencing poor mental health at a higher risk of poverty, providing these groups for free is a lifeline. With the section 114 notice on Croydon Council meaning there are drastically reduced support services available in the community, it is vital funders get behind third sector organisations like Mind in Croydon, to prevent people from needing more intrusive and medicalised mental health interventions.”

With the help of grants from City Bridge Foundation and Sport England, Active Minds is currently able to provide a full weekly schedule of activity sessions such as tennis, badminton, tai chi, gardening, boxercise, cycling, walking and yoga, as well as mindfulness and relaxation. Last year they supported a total of 384 people. To continue with the project, they need to find funding for coaches and venues each year.

People can get more information and support for their mental health or donate to Mind in Croydon online at www.mindincroydon.org.uk



SELSDON BAPTIST CHURCH
Addington Road
PLANT SALE

SATURDAY 18 MAY 10.30 – 12.30



All proceeds to International Needs’ Disability Inclusion Project

THE VILLAGE CLUB

On Saturday 23 March a cheque for £3938 was presented to Macmillan Cancer Support by the Village Club. The money had been raised by members of the club throughout last year. A statement from Macmillan read: “The incredible total which you have raised will make a huge difference to the lives of people affected by Cancer. Macmillan’s aim is to be there for everyone affected by cancer from the point of diagnosis and we can only achieve this with the help of incredible people like you.”



Above Megan Freeman (Charity Team Member) presents the cheque.



At the same meeting Jasmine Singh talked about the club’s next chosen Charity of the Year, Selsdon Contact. Let us hope the Village Club can raise even more for Contact.

~~

CROYDON LIBRARIES

Croydon Green Spaces Open Day
Croydon Central Library
Saturday 1st June 2024, 11am-4pm



Celebrating Croydon’s Green Spaces and caring for our local environment.

Join us to discover more about Croydon’s green spaces, local wildlife and nature groups at this special Open Day. Find out how you can become a volunteer and take part in activities. Items for sale too.

There will be an adult talk on the history of Croydon's Green Spaces by Lindsay Ould and a special Book Buddies children's story time event and craft. Stall holders include: Croydon RSPB, Croydon Natural History & Scientific Society (CNHSS), Croydon Ecology Centre, Wandle Industrial Museum, Croydon Climate Action, Croydon Community Gardens, Croydon Beekeepers and Croydon COPSE.

The History of Croydon's Green Spaces Saturday 1st June 2pm

A talk by local historian, Lindsay Ould

The London Borough of Croydon has over 120 green spaces and parks, these include Farthing Downs & Happy Valley, Selsdon Woods Nature Reserve, South Norwood Lake & Country Park, and Wandle Park. Join local historian Lindsay Ould, as she takes us on a historical journey through our borough's much loved green spaces, each with their own fascinating story to tell.

To book a free place, please follow the link below or contact us on **020 7884 5140**.
<https://bit.ly/CroylibsALtalks>

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Cafe St. Columba (Queenhill Road, Selsdon)



We hold our Cafe every first Wednesday in the month in the church hall, from 10am serving teas, coffees & cake, then serving lunches from 11:45am-1:15pm.

Very reasonable prices - all proceeds go to various charities - Come along to meet new friends, chat and share food.

St. Columba's Community Group

We meet every first Wednesday evening in the month from 7:30-9:30pm in the church hall - holding a different activity each month.

If you prefer to attend afternoons - we meet every 3rd Wednesday in the month from 2-4pm. You're welcome to come to both. We serve refreshments and charge £3 per session.

Our Rota for the next month in May is a Book Club - bring along your current reading book to discuss. June - Board Games & Bingo. July - Shared Meal in the evening (tba) and Afternoon Tea for 17 July at 2pm in the hall.

We do not meet during August - for further details, please contact our parish office: -selsdon@rcaos.org.uk





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Selsdon Baptist Church	Office	020 8651 4308
St Columba's (Roman Catholic)		020 8657 3747
St Francis (Church of England)	Monks Hill	020 8657 7864
Croydon Jubilee Church	Office	020 8651 2807
Forestdale Salvation Army Church		020 8657 0078
Selsdon Christian Fellowship		020 8668 9779
Church of Jesus Christ of LDS		020 8651 2211

DOCTORS & EMERGENCY CARE

Farley Road Medical Practice		020 8651 1222
Queenhill Medical Practice		020 8651 1141
Selsdon Park Medical Practice		020 8657 0067
Croydon University Hospital		020 8401 3000
New Addington Minor Injuries Unit		020 8251 7225
Purley War Memorial Hospital		020 8401 3515

POLICE

Selsdon & Addington Village: SelsdonandAddingtonVillageSNT@met.police.uk
Selsdon Vale & Forestdale: SelsdonandForestdaleSNT@metpolice.uk

CLUBS, GROUPS & CHARITIES

CONTACT (Neighbourhood Care)	Jasmine Singh	020 8651 4944
Selsdon Centre for the Retired	Craig Anderson	020 8651 1111
Croydon Hearing Resource Centre	Office	020 8686 0049
Croydon Vision		020 8668 2486
Cruse Bereavement Care Helpline		080 8808 1677
Friends of Littleheath Woods	Ian Leggatt	020 8651 1140
Friends of Selsdon Wood	www.friendsofselsdonwood.co.uk	
Sanderstead Plantation Partners	michaellishmund@gmail.com	
Friends of Kingswood	www.friendsofkingswood@hotmail.co.uk	
Girlguiding (Rainbows, Brownies, Guides & Senior Section)		0800 999 2016 https://girlguiding.org.uk/get-involved
1 st Selsdon & Addington Scout Group (Beavers, Cubs, Scouts)		www.1stselsdon.org.uk
2 nd Selsdon & Addington Scout Group		www.2ndSandAScoutGroup.org.uk
Croham Valley Explorer Scout Unit	Christopher Dean	tinkerscorner@aol.com
Arts Society Croydon Area	Jean Aarons	https://tascroydonarea.org.uk
Parkinson's UK Croydon & District Branch	Roy Court	07704 683373
Rotary Sanderstead & Selsdon	Wendy Parr	07774 186792
RSPB Croydon Local Group	John Davis	020 8640 4578
Selsdon Art Group	Fiona Hooper	07973 412952
Selsdon Bridge Club	Bob Steadman	07545 384899
Selsdon Centre Bridge Club	Betty Borfiga	020 8656 4212
Selsdon Community Hall	Cottie Campbell	selsdonhall.info@gmail.com
Selsdon Flower Club	Maureen Browning	020 8651 5821
Selsdon Townswomen's Guild(pm)	Christine Holland	020 8657 4861
Sanderstead Horticultural Society		www.sandersteadhorticulturalsociety.org.uk
Sanderstead Local History Group		sandersteadlhg@gmail.com
Selsdon Tennis Club	Geoff Littlewood	020 8651 4748
St John's Wives	Jane Guglielmi	020 8657 6672
66(Selsdon) Squadron Air Training Corps	Rob Cleeter	020 8651 5958



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