

The Selsdon — Gazette —

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July 2020



THE SELSDON GAZETTE

Editor: selsdongazettesra@gmail.com

Website: www.selsdon-residents.co.uk

Advertising Enquiries: Carlo Rappa, selsdon.adverts@gmail.com

Advertising payments and Treasurer: Mrs Choi Kim, choi_joy@outlook.com

Distribution: Enquiries to Wendy Mikiel, wmikiel@hotmail.com 020 8651 0470

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There is no August Gazette.

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Andy Stranack Andrew.stranack@croydon.gov.uk 07816 123204

Councillors for Sanderstead Ward

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Cllr Yvette Hopley Yvette.hopley@croydon.gov.uk 0208 404 3462

Cllr Tim Pollard councillor@timpollard.co.uk 0208 251 8500

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

Welcome to the July edition of the Selsdon Gazette, still on-line only due to the current safeguarding guidelines, but hopefully we will be able to also have our printed copies delivered for the September edition.

As we enter the fourth month of the Covid crisis, the government is planning further easing of the lockdown regulations but many families are now facing an economic crisis. Although we must still be mindful of social distancing, the wearing of face coverings and only the essential use of public transport, it is also important to support local businesses where we can. To this end I welcome the arrival of a third charity shop to our High Street to add to the St Christopher's and the MIND shops (both of which have had recent refits). The Chartwell Cancer Trust Lily Pad Appeal shop has taken over the shop formerly occupied by SG Flooring. The Lilypad Appeal wants to raise £750,000 for a new oncology unit in the brand-new paediatric village at Croydon University Hospital. The unit will transform the patient experience for children, young people and their families who are dealing with cancer and the possibility of spending up to two years in treatment for their illness. So, if you have been using your lockdown time to sort out your homes please donate unwanted items to our three charity shops or visit the shops to pick up items to finish off newly decorated rooms.

When this pandemic experience is finally over many of us will reflect about how we spent our time in this unique lockdown. On this note please can I encourage you to share your experiences by contributing an article describing how you spent your time. Please do consider contributing to the Gazette, whether it is a story, poem, activity to try, recipe or photo for the cover by sending me an email to (selsdongazettesra@gmail.com).

In this issue we have useful articles about hay fever, gardening jobs for July and foods in season and we look back to the sweets of the 1950s. I hope that you enjoy your read.

Best wishes and I do look forward to hearing from you!

Chris Jones

✿ SUBMISSIONS FOR THE SEPTEMBER 2020 EDITION
SHOULD BE WITH THE EDITOR NO LATER THAN
20TH AUGUST - PREFERABLY BEFORE! ✿

SRA NEWS 'n' VIEWS

Subscription Envelopes

What a response!!

Firstly, we want to thank all our volunteers who delivered the envelopes and made it possible for such an excellent response this year from you, either by returning the envelope, paying online or by standing order. It has made it a more challenging task for our treasurer (and we thank her) but very worthwhile.

Also, thanks to the vast majority of advertisers who have continued to support the Gazette for the next 6 months by renewing their subscription. This will help secure the future of the Gazette.

Flowers

We finally managed to source compost and plants for the planters and, now the shops are opening up, we have a good source of water to keep them moist.

Sunday 6th September Picnic

We are still hoping to go ahead with this but it will very much depend on what the government allows. It may just be a family picnic with social distancing or we may still be able to have a few stalls. Please watch out for notices around Selsdon as the Gazette is not produced in August. You can also check on our Facebook page or website for updates.

Police

The reports from the local team have said there has been an increase in motor vehicle crime in June and they plan to do more plain clothes work to combat potential theft/damage to vehicles. Good news is that no house burglaries were reported during lock down!

Former Selsdon Garage, 230 Addington Road

At a recent zoom meeting between the SRA committee and our local MP, Chris Philp, I asked about the progress with the development of the former Selsdon Garage site. After the meeting Chris made enquiries for us and he received this reply from Heather Cheesbrough, Director of Planning and Strategic Transport:

Re: Site of former Selsdon Garage, 230 Addington Road, Selsdon CR2 8LL

The above site currently benefits from a planning permission that was granted in June 2018 under reference 16/05537/FUL. Planning permission was granted for

"Demolition of existing garage and showroom. Erection of four storey building with retained lower ground floor level and basement comprising mixed use retail and 11 two bedroom, 14 one bedroom and 1 three-bedroom flats".

The planning permission was granted subject to a number of Conditions and a Section 106 Legal Agreement. The Legal Agreement sought to secure matters such as Affordable Housing, to restrict future occupiers from obtaining car parking permits and financial contributions towards improving air quality and reducing air pollution and a contribution and commitment to skills and employment in the Borough.

Full details of the planning permission can be viewed here: <http://publicaccess2.croydon.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=OFPR9RJLJFT00>

The applicant/developer has 3 years to implement this scheme from the original grant of planning permission. Planning permission was granted on June 2018 and therefore the applicant/developer has until June 2021 to decide if they wish to implement this planning application.

Finally, I can advise that officers have been in dialogue with the developer and local Ward Councillors who are looking to bring forward development on the site.

Once again stay safe and well.

Sheila Childs, SRA Chair

SRA Subscriptions

This year, all Selsdon residents should be aware by now of our new way of collecting the membership subscriptions: no longer the little brown envelope tucked into your copy of the June Gazette coming through your letter box, but a special delivery by our band of dedicated volunteers of a larger white envelope (and an optional Standing Order form) - too large we hoped to put behind the clock and then to be promptly forgotten.

It seems to have worked, or maybe it was just being locked down with it nagged you into action, as we have had a very good response already - for which we say a big 'thank you'. However, there is one small hitch with not all people completing the Standing Order form with their address as their reference (rather than their name) as we asked. This has caused our treasurer a lot of extra work in trying to decide which household address the subscription is for.



In an attempt to improve on this, we have slightly redesigned the form and have appended it to this message. It states even more clearly, we hope,

that we really do need the first line of your address as the reference so the treasurer has a record, as far as possible within the terms of the data protection regulations, of which households in the membership area have subscribed.

If you have not yet subscribed by Standing Order and now wish to do so, you can still use the delivered form (ensuring you do give the correct reference) or download this new version and use that instead. Delivery instructions remain the same both for the envelope and the form, with the addition of Bill Gale at 19 Albatross Gardens who has kindly offered his letterbox as a collection point too to help people, on Selsdon Vale especially, to have another nearby address to use.

We are aware that the Gazette now reaches more easily beyond the boundaries of the official SRA membership/delivery area (see map on previous page) through its on-line availability and copies found in the library. However, many of those readers probably live nearby and benefit from the shops and services of Selsdon and from the ways the SRA tries to make it a more pleasant place to live e.g. by providing the Christmas lights and high street flowers and supporting local organisations whenever possible, such as the local Covid19 emergency help arrangements. If you are one of those people who do not actually live in Selsdon (as defined for SRA purposes) and feel you would like to support our work, then please do send us a donation, using a download of the SO form (for the reference address just state that you do not live in the SRA area) or using a copy of the large white collection envelope – both appended now.

We are grateful for everyone's support through payment of subscriptions or donations, or just by giving Selsdon residents some of your time.

Thank you from the SRA Committee

SELSDON RESIDENTS' ASSOCIATION (SRA)

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c/o Tudor Library/Selsdon Post Office or
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 or Burchells Chiropody - 30 Farley Road

or to any of the following addresses

SRA Treasurer – 24, Southviews

Sara Bashford - 20, Wagtail Gardens

Sheila Childs - 6, Cowley Close

Yvonne Huber - 121, Farley Road

Linda Morris - 48, Ravenshead Close

Ian Leggatt - 53, Queenhill Road

Janet Sharp - 16, Brent Road

Peter Underwood - 12a, Abbey Road

Bill Gale – 19, Albatross Gardens

The SELSDON RESIDENTS' ASSOCIATION

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☐

Please tick this box to give us your permission to retain your personal details for our records.

**Please send completed form to: SRA Treasurer, 24 Southviews, CR2 8SH,
or deliver to any of these Committee Members:**

Sheila Childs - 6, Cowley Close, CR2 8LU

Sara Bashford - 20, Wagtail Gardens, CR2 8TA

Linda Morris - 48, Ravenshead Close, CR2 8RL

Yvonne Huber - 121, Farley Road, CR2 7NL

Janet Sharp - 16, Brent Road, CR2 7NR

Peter Underwood - 12a, Abbey Road, CR2 8NG

Ian Leggatt - 53, Queenhill Road, CR2 8DW

or via Bill Gale - 19, Albatross Gardens, CR2 8QW



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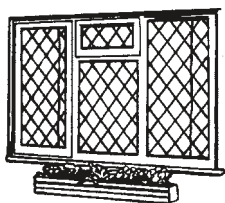
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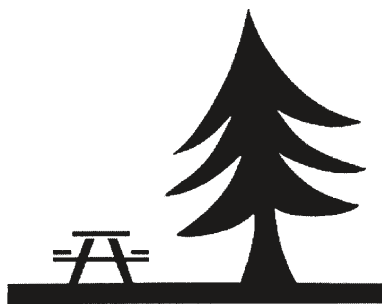


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SUNDAY 6TH SEPTEMBER 12-4pm

FRIENDS of SELSDON WOOD OPEN DAY and SRA COMMUNITY PICNIC and FUN AFTERNOON



At the time of writing this (end of June) we cannot be sure whether this combined annual event will be able to go ahead or not. Most of our stall holders have indicated they would be available to come, if permitted to do so by Covid 19 advice/ regulations and so we do hope to offer this community gathering if at all possible.

If the Scouts are not permitted by their national organisation to attend, unfortunately we will be unable to offer their refreshments and seats to our visitors: please be prepared to bring your own.

We will advertise full details as soon as they are definitely known through all the usual channels – FSW and SRA websites, Facebook, NextDoor and posters etc around the neighbourhood. Do please look out for the news – good, we hope!

If we can have the FSW Open Day and you would like to support us by having a stall (table) to display wares (perhaps things you have made during lockdown) or 'stuff' you want to sell, please contact **Selsdonwood@gmail.com** to apply for a space and we will send you more details.

Selsdon Wood is of course open anyway for your continuing enjoyment and you can of course picnic with your own group there now as long as you keep the correct social distance from others in accordance with all the current Covid advice.

Linda Morris, Vice Chairman of SRA

COUNCILLORS' NOTES

SUPPORTING SELSDON BUSINESS

Businesses in Selsdon are amongst the many businesses that have suffered from the effect of lockdown. As we are emerging from lockdown Cllr Robert Ward arranged a meeting of community leaders and local businesses to draw up a plan to bring people back to Selsdon high street. The online meeting took place on 16th June and it was decided that posters and banners would be produced to promote the reopening of the district centre at Selsdon. This would coincide with the 4th July and the branding would reflect this.

Your local councillors fully support this initiative to provide reassurance that Selsdon is back in business and is a safe place to shop, eat or access services. We are impressed at the measures shop owners are putting in place to ensure visitor are safe.

PLANNING APPLICATIONS

One thing that hasn't stopped during the Covid-19 pandemic, is the work of Croydon's Planning Department. A new application was submitted for the demolition of a bungalow to be replaced with a four-storey building containing 9 flats at 219 Farley Road. We have received many objections about the proposal so a formal objection has been submitted to the Council. This means the development can't be approved unless it comes before a public hearing at a Planning Committee. Here's a picture of the proposed development.



FAIRFIELD HALLS

It was sad to see the pianos being removed from Croydon's premier entertainment venue a few weeks ago. This one event raises many questions about Fairfield Halls as it remains closed during the Covid-19 pandemic.

It is a tragedy for Croydon that coronavirus hit the town just as Fairfield Halls was re-establishing itself after the over-long and over-budget closure for refurbishment. The £43m project was supposed to set the venue up for years to come and enable it to hold events that appealed to diverse audiences from Croydon and beyond. BH Live had agreed to act as the operator for the venue and brought with them a wealth of experience from their other venues including those in Bournemouth.

The scene was set for a grand reopening in 2018 after the planned £30m refurbishment following closure in 2016. Planned works included the removal of asbestos, updates to the whole venue and a new dance studio. In the end, the project cost £43m, opened more than a year late and didn't deliver all the elements of the intended works. When the venue finally re-opened it became clear the project had not been completed and visitors suffered the effects of closed/broken toilets, dirty seats and other things that detracted from the enjoyment of their visit. Not a great start.

One of the best things about Fairfield Halls is its concert hall which has some of the finest acoustics in Europe. It is the perfect auditorium for classical music concerts. Central to many concerts is the piano, and top pianists expect to play on a Steinway Grand piano. They also expect to have a Steinway practice piano. Sadly, the two Steinway grand pianos that were in Fairfield Halls before it closed in 2016, are no longer there. Instead, an arrangement was made with Phoenix Pianos whereby they provided 9 pianos for Fairfield Halls (some grand and some upright), and were given naming rights for the Concert Hall which was renamed the Phoenix Concert Hall.

A few weeks ago, the Phoenix pianos were removed from Fairfield Halls. I have asked the Council what will replace these pianos, and whether the Concert Hall would no longer be the Phoenix Concert Hall. I hope the venue will once again have Steinway pianos so it will attract world-class pianists.

One of the major changes that was part of the refurbishment was the demolition of the Arnhem Gallery to be replaced with a two-storey building which included a performance space on the ground floor and a dance studio on the first floor. The aim of building the dance studio had been to promote dance within Croydon and provide a home for the many diverse dance groups in the borough. I'm not sure what happened but the dance studio has become the home of Talawa Theatre Company, not a dance company. It is great to have another theatre company, but what has happened to the plan to develop dance in Croydon? Was it worth the expense of a sprung floor if the Dance Studio is being used as a theatre?

Shortly before the venue shut due to the coronavirus, BH Live's manager for the venue resigned so the venue no longer has a manager. Given the recent series of events, I am concerned about the future of Fairfield Halls. There is no dance company. There are no pianos. There is no manager.

Cllr Helen Pollard

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MEET YOUR COUNCILLORS

PLEASE NOTE: DUE TO THE CORONAVIRUS, COUNCILLOR SURGERIES ARE SUSPENDED.

If you have any issues you wish to discuss with your councillor please come to the surgery or get in touch by email:

Helen.pollard@croydon.gov.uk

Robert.ward@croydon.gov.uk

Stuart.millson@croydon.gov.uk

Andy.stranack@croydon.gov.uk

PLANNING APPLICATIONS JUNE 2020

20/02221/LP – 222 Addington Road South Croydon CR2 8LD
Change of use of the ground floor unit from a coffee and retail shop (Use Classes A1 and A3) to a bakery (Use Class A1).

20/01680/LP – 27 Ballards Way, South Croydon, CR2 7JP
Rear dormer extension and front rooflights

20/02146/HSE – 11 Chapel View, South Croydon, CR2 7LG
Erection of a two storey rear extension, balconies at first and second floor levels, alterations to openings, new front rooflights.

20/01836/LP – 3 Courtlands Close South Croydon CR2 0LR
Alterations, roof extension and conversion of a garage into a habitable room

20/01953/FUL – 219 Farley Road, South Croydon, CR2 7NQ
Demolition of existing dwellinghouse and the construction of a part-single and part-four-storey building comprising 9 flats, with associated vehicle and cycle parking, refuse store, hard and soft landscaping.

20/02187/HSE – 17 Quail Gardens, South Croydon CR2 8TF
Demolition of existing single storey garage and erection of a single storey side extension.

20/02193/LP – 29 The Ruffetts, South Croydon, CR2 7LG

Erection of a rear dormer and gable end roof extension to facilitate a loft conversion.

20/02197/GPDO – 29 The Ruffetts, South Croydon, CR2 7LG

Erection of a single storey rear extension projecting out 6 metres from the rear wall of the original house with a height to the eaves of 3 metres and a maximum overall height of 3 metres.

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

~~

MP Chris Philp's Report

Member of Parliament for Croydon South

Update on the Brighton Mainline

The Brighton Mainline runs from London to Brighton and goes through our neighbourhood. It is one of the busiest train lines in the country carrying over 300,000 passengers each day. This means the line is running at 99% capacity.

As a result, any small problem creates wider disruption and rush-hour trains are over-crowded. This is why Brighton Mainline passengers experience 60 percent more knock-on delays than passengers on the South West Mainline. The line is also historically underfunded, and its track-bed, points and signals are in need of maintenance or repair.



Some time ago, I led a delegation of MPs to see the then Prime Minister, Theresa May. This meeting led to a £300m programme of works to upgrade the infrastructure (for example, fixing points and signals). This work is now happening, and should ensure there are fewer delays and cancellations once completed. Over 2018/19 Network Rail used £67m to upgrade infrastructure and tackle congestion hotspots - this initial spending is expected to reduce delays by up to 15 percent.

Another solution is to create more capacity. Passenger numbers have more than doubled since the year 2000. The biggest bottleneck on the network is around East Croydon station – Network Rail describe it as “the most challenging bottleneck on Britain’s railway network.” Services converge from across Surrey, Sussex and parts of Hampshire through East Croydon, before diverging to Victoria, London Bridge and Blackfriars. Unless we solve the bottleneck at East Croydon, delays and overcrowding will continue to get worse.

I have therefore been campaigning for the Government to provide around £2 billion to fix this bottleneck. This project would mean expanding East Croydon from 6 to 8 platforms and widening other areas of track in the vicinity. It would also involve grade separating Windmill junction - another bottleneck on the line. Not only would this prevent a lot of delays, but it would allow for more services to run, increasing capacity by 30 percent.

Network Rail launched a consultation on 1 June, which will be open until 20 September. As well as East Croydon, the consultation will include Selhurst Triangle, Windmill junction and Norwood Junction. You can find out more details and have your say here:

<https://www.networkrail.co.uk/running-the-railway/our-routes/south-east/croydon-area-remodelling-scheme/>

I have been pressing hard to make sure that these important improvements go ahead. This would be one of the biggest rail infrastructure upgrade projects in the country. I will continue to keep you updated.

Coronavirus update

Once again, I would like to thank everyone for their dedication in ensuring that the spread of the Coronavirus is kept to a minimum during the lockdown. I know it has not been easy. At the time of writing this, the lockdown is being eased and it looks hopeful that we begin re-opening more in the near future. However, it is vital that we all continue to follow the rules and listen to the scientific advice. We need to keep going! Note - this article was written in early June and was accurate at the time of writing.

Chris Philp

Member of Parliament, Croydon South:

020 7219 8026 chris.philp.mp@parliament.uk

Message from Jack Killian, Police Community Support Officer

Hello Residents,

We have had an increase of crime over the last few weeks especially vehicle crime, as most of you would've seen on Facebook, we have had 3 Ford Fiestas stolen over a short space of time as well as at least 3 cars have been criminally damaged on Courtwood Lane. We have an idea of who the culprit of the Courtwood Lane criminal damage crimes are but we are still working on the theft of motor vehicles crimes.

Last week we did a plain clothes operation aiming at stopping potential theft of/from motor vehicles. We were unable to stop any but we did manage two stop and searches, one resulted in a possession of cannabis and we recovered a vehicle for no insurance. We are planning to do more plain clothes operations on a regular basis as this is one of the best ways to combat vehicle crime.

As always if you need our assistance or advice just contact the ward team with the below details.

Kind Regards,

PCSO Jack Killian 7114SN
Selsdon and Forestdale
Safer Neighbourhood Team

Telephone number:
020 8721 2464

Ward Email :
SNMailbox-
SelsdonandForestdaleSNT@met.
police.uk

Address :
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Addington Village Road
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Report from Contact

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

How COVID19 has changed our community

At the beginning of March this year Selsdon Contact was offering its valuable suite of activities to many elderly and vulnerable residents living in Selsdon, with regular coffee mornings, outings, a shopping bus, medical transports, face to face advice, a home visit befriending service and a regular telephone call to check everything was ok.

Then COVID19 hit and in the space of a week our whole business model changed. Over the last three months we have been able to provide a 'minor community miracle' by bringing residents, local businesses and Churches together, we have been able to provide: -

- A door delivery service of free 'essentials' shopping bags to over four hundred of the most vulnerable residents in Selsdon.
- Over four thousand 'befriending' telephone calls to the lonely and isolated in the area.
- A team of 'street champions' set up so that every street has a good neighbour -willing to offer practical help and support.
- The local Fire Brigade offering to do shopping delivery and a prescription collection service.
- A local butcher "Bashfords" offering to provide 140 free 'meat packs' to feed the hungry.
- A virtual weekly pub quiz to bring people together.
- A local school opening their kitchens and the caterers making 160 meals per week to feed the hungry.

There are so many people to thank for this herculean effort, to name a few: -

- Sainsbury and Aldi have always been supportive.
- Croydon High School have been amazingly generous to give us use of their kitchen and catering staff.
- Croydon Jubilee and St. John's have given us use of their buildings
- Finally, an amazing thank you to Jaz Potter who has helped Jasmine and I co-ordinate the whole crazy project.

The only thing we can say about the future is that it feels very uncertain, a lot of our existing volunteers are over 70 and will be less flexible in what they can do. A number of people in the amazing street champion network will be re-starting work and will have less time to give to community activities.

If you do have any spare hours please do sign up as a Contact volunteer. It has never been easier to do so. To start the process, you just need to fill in a simple on-line form here [**https://www.selsdoncontact.org.uk/volunteer**](https://www.selsdoncontact.org.uk/volunteer) . We would very much welcome new members of the team and have volunteers that help out for an hour or so occasionally through to people who are helping us a number of hours each week. It is completely up to you how much you want to be involved. We never put pressure on our volunteers, as we know people have busy lives and are just grateful if people are willing to give up an hour of their time to help.

One thing the last three months has taught us is that Selsdon is an amazing place to live and work, it has been inspirational to see the number of people who have been willing to sacrifice time, money and effort to help us keep everyone safe. I actually have a tear in my eye as I write this and remember the many acts of human kindness I have witnessed. Thank you to everyone who has given up even a minute to help us over the last three months.

Many thanks

Andy Stranack Jasmine Singh (June 2020)

125 Years of The National Trust

The National Trust was founded on 12 January 1895 by Octavia Hill, Sir Robert Hunter and Hardwicke Rawnsley, united by a common belief that nature, beauty and history are for everyone. 125 years later it is the biggest conservation charity in Europe, with a membership of millions who own and support 250,000 hectares of farmland, 780 miles of coastline, more than 500 historic properties as well as glorious gardens and nature reserves. This means that ordinary people can have access to walk, view and enjoy land and property previously reserved only for the rich and their servants.



Founder and lawyer Robert Hunter gained an Act of Parliament, passed in 1907, enshrining in law for ever the right and legal obligation of the National Trust to hold property 'inalienably' on behalf of the nation. That means that no compulsory purchases can be made so any potential threat of future development and loss of public access for Trust property is avoided. The Trust cares for everything from stately homes and prehistoric monuments to pubs, radar stations, even a theatre and diverse habitats such as waterfalls and coastlines, bogs and moorland. Of course, none of this could have been achieved without the generous donations and voluntary work of supporters. Selsdon Wood was gifted to the National Trust and so benefits from this legal protection.

Many planned anniversary celebrations for this year have been shelved due to the current pandemic. This included a garden party in May at Buckingham Palace hosted by the National Trust President (for the past 25 years) HRH The Prince of Wales. The Trust have stated that the biggest threat is that of climate change and biodiversity loss and they are keen to ensure that Nature is valued properly. The National Trust has plans for the next ten years to plant 20 million more trees and develop green corridors to enhance biodiversity. The trust has the scope to restore and improve the natural environment and to demonstrate on a large scale that using renewable energy and acting more sustainably can be both practical and achievable. Furthermore, the Trust allows people to connect personally with Nature and our heritage and get involved. It also helps publicise the UK's profile internationally by allowing film crews access to their properties and land.

Close to home, as well as Selsdon Wood, The National Trust owns Morden Hall Park a former deer park which is one of the few remaining estates that used to line the River Wandle during its industrial heyday. It is free to access and can be easily reached by tram or river walk or cycle from Croydon town centre. Other properties within an easy drive from Selsdon are Chartwell, Emmetts Gardens, Knole House, Polesden Lacey, Ightham Mote and Ham House. Check their websites to check when they may re-open after this pandemic has passed. **www.nationaltrust.org.uk**

So Happy Anniversary to The National Trust! If you would like to find out more check their website to see how you could support their work by donating, get involved with volunteering, attend special events or just enjoy a day out and buy something nice from the gift shop or cafe. Everyone with kids should check out their suggestion list '50 things to do before you're 11¾' too (available on their website). In these days of lockdown, it is a brilliant way for you to have fun together, connect with nature and get away from those electronic devices!

Janet Sharp

~~~~

## A Good Time for Gardening – July 2020



Oh, my goodness ... what a busy time it is in the garden. Hopefully the weather will continue to be kind. However, just in case of bad weather make sure tall plants and climbers are well supported.

Other jobs –

- ~ Water in the evening and use mulch to retain moisture around plants
- ~ Regularly dead head plants to encourage new blooms
- ~ Feed the plants in hanging baskets
- ~ Cut back geraniums, lupins and delphiniums to encourage new growth and further blooms
- ~ Divide clumps of bearded iris
- ~ July is a good time to deal with ground elder, bindweed and other persistent weeds using a specific weed killer
- ~ Take off the growing tips of courgette and squash plants to encourage bushiness



- ~ Regularly feed your tomato plants once each week and whilst doing this, pinch out any side shoots. Also cut off any leaves below the lowest ripening truss of fruit to improve air circulation. If the leaves look pale and yellow then feed more often.
- ~ Use grass clippings as a mulch around potato plants to stop the tubers near the surface from going green.
- ~ Harvest beetroot, peas, carrots, potatoes, tomatoes and salad leaves this month.
- ~ If you have plants fruiting in containers, give them a high potash liquid feed to keep them healthy and productive.
- ~ Peg down the runners on strawberry plants to create more plants for next year. If these are not wanted, just cut them off.
- ~ Prune the fruited stems of blackcurrants after harvesting.
- ~ Remove floating blanket weed from ponds by twirling it around a stick or garden cane. Leave this near to the pond for a few hours to allow any creatures to crawl back into the water.
- ~ Water camellias and rhododendrons well through the month to ensure that next year's flower buds develop.
- ~ Cut back herbs to encourage a new flush of leaves.
- ~ Trim lavender bushes when they've finished flowering to maintain compact plants.

... and take time to enjoy the garden, especially if it's hot. Sit in the shade and admire all your efforts.

The weather has been even more perverse than usual with heavy rain earlier in the year and soaring temperatures during May. After that, it's been a bit hit and miss but not really the gardener's friend. Should we need to encourage rain, I finish with the instructions for a simple rain dance. I will look for individual rainclouds lurking over specific gardens in the locality!!

*Spin around in circles. Begin spinning clockwise at a slow and steady pace. Chant your own simple rain chant as you spin. Your chant can be something as simple as the word "rain" repeated over and over or an entire phrase, such as "Come down rain." Raise your hands to the sky occasionally to urge the rain to fall ... and wait for the comments from your neighbours!!*

### **Bill, Ben and Little Weed**

**[www.sandersteadhorticulturalsociety.org.uk](http://www.sandersteadhorticulturalsociety.org.uk)**

Unfortunately, the annual Summer Show of the Sanderstead Horticultural Society could not take place but they have created a virtual one which is freely available to view on their website.



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## Good Idea from One Thoughtful Walker

On one of my daily walks in the local countryside I came across a brilliant idea from a very young entrepreneur.

It read 'Have you ever taken your dog for a walk and you suddenly realised that you have unfortunately forgotten poo bags? Well your guilt trip is over because I thought why not use empty bottles to hold them.'

Many thanks to Heidi Coulson age 10.

*CJ*



~~

## Seasonal Food in July and August

### Fruits in Season

Bramley apples, blueberries, cherries, plums, raspberries, rhubarb and strawberries.

### Vegetables in Season

Broad beans, runner beans, spring green cabbage, savoy cabbage, red cabbage, carrots, cauliflower, celery, courgette, cucumber, cos lettuce, curly lettuce, iceberg lettuce, marrow, peas, and spinach and sweetcorn.

### Cooking Ideas for Courgettes

#### Carrot and Courgette Loaf

##### Ingredients

90 g butter  
30g brown sugar  
2 tsp orange rind  
2 eggs beaten

350g self-raising flour

½ tsp ground cinnamon

2 tbsp orange juice

2 tbsp milk

120ml chopped walnuts

120ml shredded carrot

120ml shredded courgette

Preheat oven to gas mark 4, 350° F, 180° C. Grease a loaf tin.

Beat butter and sugar until smooth and creamy beat in orange rind and add eggs beating after each addition

Stir in all the remaining ingredients and pour into prepared tin. Bake in oven for about 45 minutes or until an inserted skewer comes out clean. Allow to cool for 5 minutes before turning out.

Serve with butter or make a cream cheese frosting.

60 g spreadable cream cheese

3 tbsp icing sugar

1 tbsp orange juice

2 tsp orange rind

Beat together until smooth.

## **Courgette Fritters**

### **Ingredients**

450 g/1 lb courgette coarsely grated

50 g/ 2 oz grated Parmesan cheese

2 eggs beaten

60ml/4tbsp plain flour

Vegetable oil for frying

Salt and pepper

Squeeze the courgette in a tea towel to remove excess water. Combine with parmesan, eggs and flour. season to taste, with salt and pepper.

Heat enough oil to cover the base of a large frying pan. Add 2tbsp of mixture for each fritter. Cook 2 or 3 at a time. Cook for 2-3 minutes on each side until golden brown (keep warm while you cook the rest). Drain on kitchen paper.

Makes about twelve fritters but I always freeze any excess.

These are really good served with chilli jam, a combination of onion, garlic, chilli fried in oil and a little dark brown sugar.

# St Swithin's Day (15 July)

It is well known that the English love to discuss the weather so here is an article about a long-held belief that by looking at the weather on St Swithin's Day people could predict the weather for the next forty days. According to a popular Elizabethan verse:

*"St Swithin's day if thou dost rain  
For forty days it will remain  
St Swithin's day if thou be fair  
For forty days will rain na mair."*

## What is the story behind this belief?

St Swithin's Day (or St Swithun's) is the feast day of a ninth century Anglo-Saxon Bishop of Winchester who died in 862 AD. Swithin was born in the Kingdom of Wessex (an Anglo-Saxon Kingdom in the South-West) and educated in Winchester, the Kingdom's capital. He was appointed Bishop of Winchester in 852 and acted as the spiritual adviser to the King of Wessex. He was famous for his piety and his zeal in building new churches or restoring old ones. However, his enduring legend is due to events after his death on 2 July 862.



With his dying breath Swithin is said to have requested that his final resting place be outside, where his grave could easily be reached by both members of the parish and the rainfall from the heavens. Swithin's wishes were met for over 100 years. However, in 971 the current Bishop of Winchester and the Archbishop of Canterbury decreed that Swithin was to be the patron saint of the restored Cathedral at Winchester where



an impressive shrine was built for him. Swithin's body was duly removed from its simple grave and interred in the new Cathedral on 15 July 971. Miraculous cures were associated with the event, and Swithin's feast day is the date of the removal of his remains, not his death day.

However, the removal was also accompanied by ferocious and violent rain storms that lasted 40 days and 40 nights and are said to indicate the saint's displeasure at being moved. This is probably the origin of the legend that if it rains on Saint Swithin's feast day, the rain will continue for 40 more days.

There is of course little proof to support the superstition and the Met. Office has recorded data across a number of years which disproves it.

Whatever you choose to believe, it certainly makes for an interesting conversation whenever the weather is mentioned!

Many thanks to bbc and historic-uk websites.

CJ

~~

## Sweet Memories from the 1950s



Like most children at the time my brother, John, and I made our own way to our primary school, which was just over a mile from home. We were always given our bus fare (about 1½ old pennies I seem to remember). We used to walk to save the bus fare so that we could buy some sweets on the way home. Our parents didn't mind as it was our choice. I

cannot imagine many primary school children nowadays making their way alone to school so far away!

I was too young to realise that sweets and chocolate were still rationed until 1953 (I started school after that). The sweet shops were an exciting feast for the eyes, with jars of colourful sweets of every kind on the shelves. Dolly mixtures, aniseed balls, sherbet lemons, cough drops, jelly babies and toffees immediately spring to my mind, but I am sure some of you could make a longer list.

Then there were the black jacks, fruit salads, packets of tootie frooties, flying saucers and sweet cigarettes which allowed us to mimic our favourite film stars. Who can remember seeing who could make a gob stopper last longest? There were the lucky dip bags and sherbet fountains all within our budget. Usually we could get four sweets for a penny. On a Sunday walking home from church, John and I would cut through the park sucking a Jubbly, (not sure if that came from the bus fare or the collection money!).

Sweets from the jars were normally weighed out in two or four ounces and put in a paper bag. When my brother and I had saved a few pennies for a real treat we used to be particularly demanding by asking for one ounce from several jars. Mum would apologise and I can remember the shop keeper saying 'No problem, I like to see children who know their own minds' as my brother would make his choices and they climbed up and down their ladder to reach the top shelves. Afterwards I would then pipe up 'and the same for me please'!



At 5 old pennies a Mars bar seemed a bit extravagant. Spangles were also a treat at 3 pennies. In 1957 Nestlé (then pronounced nestles) introduced Nestlé's Snap, peanuts in crunchy brittle covered in milk chocolate. If you saved the wrappers you had a chance of winning a prize such as a camera or a wristwatch! However, Jamboree bags were more our style as they usually included toys, games or puzzles, instant rewards! Bertie Bassett used to feature in the liquorice allsorts adverts; I am not sure when it was introduced but who could forget 'Murray Mints the too good to hurry mints'!

Many of the sweets of my childhood have disappeared (as far as I know) Spangles, Sky bar, Punch bar and Crackermilk. Happily many are still there to delight the children of today, KitKat, Aero, Maltesers, Polos, Munchies, Rolo (would you give someone your last Rolo?), Rowntree's fruit gums, though most of these seem a bit grown up as I think back to my childhood treats. I think that my taste buds must have changed with age as nowadays some sweets seem disgustingly sweet to me compared with my memory of them.

## ***Marie Fuggle***



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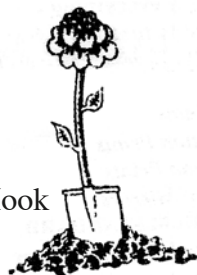
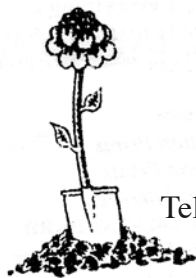
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# Lockdown Boredom? - Competitions for All



The **Foyle Young Poets of the Year Award** is the biggest poetry competition for 11-17-year olds in the world.

The Foyle Young Poets of the Year Award 2020 is now open for entries and this year will be judged by the amazing Maura Dooley and Keith Jarrett.

The deadline to enter your poem/s is midnight 31 July 2020. Entries must be written in English, but you can include phrases in your mother tongue or another language. If you would like to enter an entry in British Sign Language or Braille then please contact **fyp@poetrysociety.org.uk**.

It is completely **FREE** to enter and you can enter as many poems as you wish.

Winners receive a fantastic range of **prizes**, from mentoring to a residential Arvon writing course, Poetry Society membership to books. The Poetry Society also continues to support winners' development with performance, publication and internship opportunities.

## RSPCA Young Photographer Awards



The aim of the RSPCA Young Photographer Awards is to encourage an interest in photography and an appreciation and understanding of all the amazing animals around us. It's open to anyone aged 18 or under and all that is required is for entrants to enjoy the process and get creative. Every year the RSPCA are blown away by the incredible images sent in.

The very first RSPCA Young Photographer Awards was a one-off event to celebrate our 150th royal anniversary in 1990. 30 years later it's still going strong, attracting thousands of entries from young people across the UK.

The competition includes a range of subject and age categories. Awards are given for each category, encouraging all ages and abilities to take

part, and an overall winner is crowned. More than one photograph in each category can be entered so entrants can select a range of their best work to enter.

### Key Dates

- 4 May: competition opens at 10am
- 20 July: Instagram category opens
- 3 August: Instagram category closes for entries
- 14 August: competition closes at 12pm
- 10 September: judging day
- October: finalists contacted
- 17 December: awards ceremony held at the Tower of London and winners announced
- 22 February 2021: People's Choice Award opens for public voting

### Wild Art Competition



The RSPB and the Cameron Bepolka Trust have an exciting competition for talented young artists. They would like children to create a piece of art inspired by nature.

There are two categories to choose from. Real life is for entries using the more traditional approach of paints, pastels, acrylics, pens and pencil. The Go Wild category is for those who want to experiment with textiles, sculpture, recycled and eco-friendly materials, collages – anything goes!

The competition is split into three age groups: under 8s, 8 – 12, and 13 years and over. To enter email a photo of your artwork to **competitions@rspb.org.uk** with the heading WildArt 2020 competition.

The winner for each category in each age group will receive an art gift voucher worth £100. There are also runner-up prizes. Closing date Friday 28 August 2020.

....and one for adults



**The Kindle Storyteller Award** is a £20,000 literary prize recognising outstanding writing. It is open to writers publishing in English in any genre, who publish their work through Kindle Direct Publishing. Readers play a significant role in selecting the winner, helped by a panel of judges including various book industry experts.

The 2020 Kindle Storyteller Award is open for entries to anyone over the age of 18 who publishes their book through Kindle Direct Publishing on Amazon.co.uk between 1st May and 31 August 2020.

~~



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. Publication dates may mean a delay between receipt of your letters and when they appear.

Dear Editor,

*(A further instalment from Jessica about 'life under lockdown'.)*

## **SLOWLY UNLOCKING**

As the weeks trundle slowly past, and we try to banish the thought of the Autumn and what it could bring, but sincerely wish it is not as horrible as we dread, the thought flashes through our brains, the summer is here, hoorah! Of course rules are still in place, but not quite so many, so now



we can laugh to ourselves as we play the “zig zag” game whilst crossing the road to prevent others coming too close; we walk instead of driving to see one of our friends at a time, because we have the time to do it at present. “Strange times”, we say to ourselves as we sit outside a friend’s front door drinking coffee we made ourselves and from our own cup.

It felt quite extraordinary, visiting family through the side gate and walking straight into the back garden carefully lugging our bag, with plates, cups, plastic cutlery, plastic glasses and old mugs. There we were warmly greeted - but of course no kisses and hugs. There was a separate table for two, which was for my husband and I only, and our table even had a real cloth on it, what no plastic or paper cloths? - that’s not normal BBQ style! We laid out two glasses to be filled with Pimm’s by our host pouring into them from a jug, thereby not touching either glass. The BBQ was dished onto our plates and we scooped out the salad with separate spoons. It tasted great. I had supplied a homemade cake, and it was carefully cut up and distributed as if we were in a restaurant instead of a sunny garden.

Just in case we needed the toilet, a way was left open so no handles except the toilet one was opened or closed. Inside the toilet was disinfectant, antiseptic wipes and a rag to clean everything inside the room, including wash basin and taps and handle, all to be placed into a polythene bag and thrown away as soon as we left.

This Summer there was no game of “catch” with the children but a gentle game of football, and as we have performed Joe Wicks exercises so often, the entire group found it great fun to do the exercises altogether. This was followed by an energetic burst of the Can Can, performed with great enthusiasm by all.

We left quite early from this surreal meeting but It may be remembered as “very strange” someday further down the years.

The news this week that some people are responding positively to an already known drug, which is manufactured around the world and reasonably priced so that it is accessible to everyone, is absolutely wonderful. Perhaps the vaccine will come soon. That too must be accessible to everyone in the world. Thank you to everyone who is researching and being guinea pigs, so all mankind can benefit.

***Jessica Blake***



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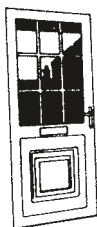
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## Nature Notes from Ted Forsyth – Niche

In nature nothing remains the same forever. A cliff falls, a forest burns, a valley floods, a sea wall is breached – all changes which create opportunities to be exploited. At Samphire Hoe near Dover some of the spoil from digging the channel tunnel was dumped in this area and now supports a colony of Early Spider orchids. On the Scottish island of Ronaldsay the local laird decided to start raising cattle so he built a wall to keep sheep out, exiling them to the sea shore where they now exist by eating seaweed. Presumably their gut flora evolved to enable them to digest the seaweed and as a result the sheep can no longer digest grass. Deer are basically woodland animals but in some urban areas Fallow Deer make nocturnal visits to browse on the grass growing in the warmer conditions of the built environment. Cemeteries often provide a haven for wildlife and small numbers of Roe Deer have moved in to take advantage of the conditions.

When I used to commute to London and was waiting for a train to arrive it was not unusual to be able to watch Brown Rats investigating the edge of the railway line. After the war there were many bomb-damaged buildings where the site was left for a long time before rebuilding took place. During that time a beautiful little bird, the Black Redstart, took up residence both for nest building and for finding food – I have often watched them singing from the tops of buildings both in London and in Croydon, though they no longer need to rely on the damage caused by bombs. These overgrown sites often have a family of Foxes and even a few Badgers which have probably been there longer than the buildings have.

Cliff-dwelling Peregrine Falcons have moved into many towns and cities where the buildings do duty as cliffs and the local feral Pigeon population provides a ready supply of food. Examination of remains near nests has shown that their diet is not restricted to pigeons and even birds which migrate at night are not exempt from attack. Ring-necked Parakeets obviously like the London area as they are now present in many woodlands where they nest in holes in trees and might have an adverse effect on other species which also want to use the same holes – they have been known to kill bats to gain access to the potential nest hole. They feed on buds, berries and fruits while in winter will frequently return to what is on offer on garden bird feeders.

The Hairstreak butterflies have all found their own niches – Purple

Hairstreak favours Oak trees, the White-letter requires Elms, Brown lays its eggs on Blackthorn, and so on. The breeding of the Large Blue butterfly was an enigma until careful observation showed that the caterpillar required the help of ants and in turn they needed a short grass turf. Providing the right habitat enabled a successful reintroduction in the West Country. Charles Darwin found an orchid in which the nectar appeared at the base of a very long tube. He predicted that there had to be a moth with a proboscis long enough to reach the nectar, and was proved right when such an insect was found many years later.

We might expect two bird species with similar habits and in similar habitats to evolve somewhat similar characteristics but at times the degree of similarity is astonishing. In Africa there is a Yellow-throated Longclaw which looks like a large brown-backed Pipit with a bright yellow throat and underparts, separated by a dark band across the chest. In USA the Eastern Meadowlark almost looks like its twin. Though comparison of the two birds shows obvious differences, the similarities are remarkable. The birds are not only different species, they do not even belong to the same genus. This is an example of convergent evolution taken to the extreme.



Eastern Meadowlark



Yellow throated Longclaw

There are many animals, birds, fishes, insects, etc which have developed habits and adopted a way of life which appears to suit them. Even when two different species seem to have the same requirements, careful examination will show that there are sufficient differences to keep them separate. One exception might be when there is change, such as the introduction of the Ring-necked Parakeet, the effects of which on other species might take a long time to show up.

## Poetry Corner

July and August are the months for summer holidays. Here Mary Gill reminds us about an enjoyable trip to the seaside.

### A TRIP TO THE SEA

On that lost childhood day,  
we played in the sand,  
splashed madly in the sea  
beneath the bright sun.  
Laughter echoed all around us,  
rebounding off the waves.  
The sky, limpid blue  
above a sparkling horizon,  
spirits soaring and wheeling  
with the screeching gulls,  
as smiles creased  
ice-cream smeared faces.

Time melted into memory  
as night shadows fell,  
but we never forgot.  
Now, we sit in the deckchairs,  
lazily watching the children play,  
much as we did,  
and, just for a moment,  
we are back there,  
splashing as wildly,  
shrieking as loudly  
and drenched in  
Innocent joy.



***Mary Gill***

# Hay Fever



Hay fever (seasonal allergic rhinitis to give it the official name) is an allergy caused by pollen grains released during the pollen season which normally runs from March to November in the UK especially when it's warm, humid and windy. This is when the pollen count is at its highest. It is a common allergic condition that affects one in five people at some point in their life. Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

## **What causes it?**

Pollen is a fine powder from plants. Grass pollen is the most common allergen (May to July), but tree (February to June) and weed (June to September) pollens can also cause the allergic reaction we know as 'hay fever'. (In 'perennial allergic rhinitis' the symptoms continue all year round and usually relate to indoor allergens, such as house dust mites, pets, including birds, or moulds.

## **Hay fever symptoms**

Hay fever symptoms include sneezing, runny or blocked nose, itchy eyes, mouth and throat, pain around the temples, headaches, earaches and hives. Tiredness and even a loss of smell can occur. This can make you feel very poorly and in the current climate be alarming however for the avoidance of doubt the two main symptoms of Covid-19 are a high temperature and a new, continuous cough, as the NHS outlines. These Covid-19 symptoms are not the symptoms of hay fever.

## **Hay fever relief**

There's currently no cure for hay fever and you cannot prevent it but you can do things to help you to minimise exposure and ease your symptoms when the pollen count is high.

Every person is different you will need to find the right strategy for you. Below is some advice on hay fever gathered from experts at the NHS ([www.nhs.uk/Conditions/Hay-fever/](http://www.nhs.uk/Conditions/Hay-fever/)) and Allergy UK. [www.allergyuk.org](http://www.allergyuk.org)

### **• Avoid it**

A lot of the advice on hay fever seem to be about avoiding it – staying indoors, keeping windows and doors shut, drying clothes inside, washing hair and changing clothes every time you come in and even avoiding alcohol and some foods which can worsen symptoms. Identifying what



Marie Winter

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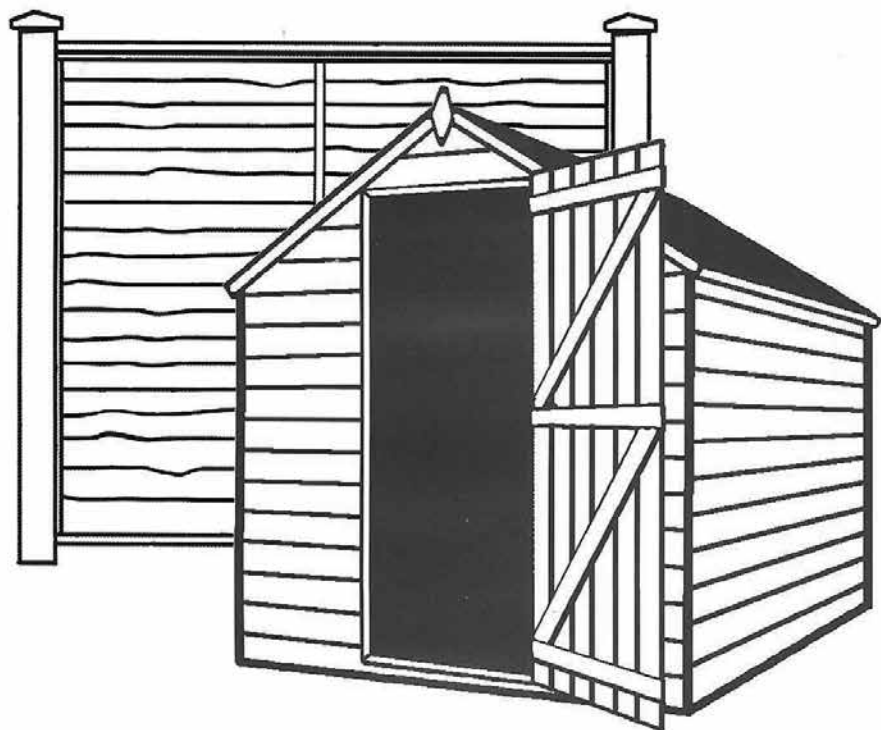
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triggers you and when it is worse (Download the Met Office [Weather App](#) to keep up to date with pollen levels.) and you may be able to make adjustments accordingly.

- **Block it**



So, if all avoidance measures are taken (such as staying indoors) this might sound like a depressing spring and summer! So, whilst trying to still live your life try 'blocking' pollen by dabbing a nasal barrier balm such as Vaseline on the nostrils to trap and stop incoming pollen. You could even try a 'nose filter'. Wraparound glasses and a peaked cap will prevent pollen from getting into your eyes. Buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter. These days no-one would look twice if you wear a mask over your nose and mouth either!

- **Treat it**



For treatment try a saline nasal douche – see image! Saltwater treatments can be very effective but you can also try steroid nasal sprays when things get bad. Anti-histamine drops, tablets and nasal sprays can be purchased at a pharmacy – ask your pharmacist for advice on long acting and non-sedating types - Do not use old formulas. For those really suffering who have tried all else you should ask your GP. They may be able to recommend other treatments, such as anti-histamine drops that are only available on prescription. For extreme cases immunotherapy is available to desensitise you (this can take several years).

- **Rethink it**



It is worth noting that stress can make any medical condition worse for example adrenalin activates the release of histamine. Therefore 'rethinking' is a good tool to have ready. Keep calm and positive. Starting each day with meditation and/or exercise can be helpful. It is also worth knowing that hay fever can come and go during your life and it is not unusual – it effects a lot of people – you are not alone.

You may not be able to affect your environment but you can help your

immune system by keeping your gut healthy with a diet rich in pre and probiotics and reduce intake of sugar, caffeine, dairy and alcohol. This may help your general level of inflammation and hence immune 'over' response with allergies. See [www.netdoctor.co.uk/healthy-eating/a26424/6-nutrition-tips-to-help-with-hay-fever/](http://www.netdoctor.co.uk/healthy-eating/a26424/6-nutrition-tips-to-help-with-hay-fever/) I've started to be affected by hay fever, hence this research and article and I've been pleased to see Nettle Tea is recommended so I'm off for a cuppa!

**Janet Sharp**

~~



## **St. John's Church Hoorah!**

**We are reopening the church.**

Initially the church will reopen from 10am to 2pm on Sundays and Thursdays. **This will be for private prayer only.** Please do come if you would like a quiet place to pray, meditate or reflect.

Sadly, there are still a number of restrictions in force which we need to follow, including keeping toilets closed.

Please do not come to church if you have a temperature, a new cough or loss of taste or smell as this could put others at risk.

~~

## **Test your Bird Identification Skills**

I have received some stunning photos of birds visiting David Pinkney's garden during lockdown. As hopefully this will be the last on-line edition only and I do not have to worry about the cost of printing colour photos, I thought that I would take the opportunity to test your identification skills for common birds found in the UK. Here goes (only 5 to try!):

Many thanks to David for such wonderful photos!

My answers are after the article 'Useful information about services during lockdown'.



1



2



3



4



5

## Could you write for the Gazette?



Do you have a hobby, interest or story to share with our readers? Don't be shy. We are looking for more voices to contribute articles to the Selsdon Gazette. No long-term commitment necessary. Would you be interested? All ages welcome. For a full breakdown on terms and guidance please contact the Editor at **[selsdongazettesra@gmail.com](mailto:selsdongazettesra@gmail.com)**

In summary ideal contributions would be:

From a Selsdon resident, your own words (copyright free!), no more than 650 words, clearly written and suitable for a family/community audience. Topics to write about should be interesting, useful, educating or entertaining to read but ideally contain some local angle or way for readers to engage with your words.

We can't guarantee submissions will be published as the Editor will decide based on edition theme, if there is space and if an article is suitable.

~~

### **Useful Information about Services during Lockdown** (updated 22/6)

#### **GROCERIES**

##### **SAINSBURY'S**

Monday to Saturday: 08:00 - 22:00

Sunday: 10:00 - 16:00

Every Monday, Wednesday and Friday shopping is only available for elderly customers, disabled customers and carers from 08.00 to 09.00.

NHS and social care workers will be able to shop for half an hour before the shop opens from Monday to Saturday. Anyone with NHS ID will be able to shop from 07.30 to 08.00 on these days.

##### **ALDI**

Monday to Saturday: 08:00 - 22:00

Sunday: 10:00 - 16:00

All day, every day, key workers in the NHS, Police and Fire Service will take priority ahead of queues upon showing a valid ID. This is in addition to early access on a Sunday, where they can enter stores 30 minutes prior to opening for browsing.

Open 30 minutes early Monday - Saturday for the Elderly (over 70) and vulnerable for browsing only.

## **ICELAND**

Monday to Saturday: 10:00 - 19:00

Sunday: 10:00 - 16:00

## **CO-OP** in Forestdale

Monday to Sunday: 07:00 - 20:00

Dedicated shopping for vulnerable customers from 8am to 9am Monday to Saturday and from 10am to 11am on Sundays.

New limit on contactless card payments: increased to £45, making it easier to use this service in all stores and helps to protect customers and staff.

## **PHARMACIES**

**Lloyds Pharmacies** in Selsdon can deliver prescriptions.

Tel: 020 8657 1292

**Goldmantle Chemist** in Forestdale will deliver prescriptions. Tel: 020 8651 1270

**Day Lewis** in Selsdon can also deliver.

Tel: 020 8657 6172

## **PET SHOPS**

**Village Pets** in Sanderstead is open but their current opening hours are listed on their Facebook page, and they will do local deliveries.

Please visit their **Facebook page** or call: 020 8657 1791

## **TELEPHONE BEFRIENDING**

Croydon Neighbourhood Care Association offers anyone over the age of 80 the opportunity to have telephone befriending during these difficult



times. Email: [info@cnca.org.uk](mailto:info@cnca.org.uk)  
Tel: 07926 525472

If you have any concerns about an older or vulnerable person, you or they can contact CVA on 020 8253 7076 or 07540 720102 Monday to Friday 10 - 4pm or email [connectwellcroydon@cvalive.org.uk](mailto:connectwellcroydon@cvalive.org.uk)

## DENTISTS

The government has allowed dentists to open from 8 June, but each dentist surgery has adopted different approaches so phone the surgery to find out what services they are providing and the precautions that they are taking.

~~

### My answers to bird identification:

1. Pigeon
2. Magpie
3. Coal tit
4. Blue tit
5. Sparrowhawk

~~

## Can you help keep the Selsdon Christmas lights shining brightly?



Without increasing our income we do not know for how many more years we can keep our fantastic Christmas lights. To help raise funds the SRA have joined *Easyfundraising* under the name 'SelsdonChristmaslights'.

If you ever **shop online** you can raise a donation for us, at no cost to you, by using the well trusted 'Easyfundraising' app or site, as your starting point, over 4,000 retailers and other websites (most of your usual shops and websites!) will donate to us when you buy. Whether you do your weekly supermarket shop online or just the occasional 'special' purchase –to coin a supermarket phrase, 'every little helps' if you use Easyfundraising and support us.

Please tell as many people as possible about this easy and financially painless way to support our local worthy cause. The more people you can pass the link to, hopefully, the more we will raise.

<https://www.easyfundraising.org.uk/causes/selsdonchristmaslights>

## WHAT TO DO

1. Use the link above to go to the correct easyfundraising webpage
2. Make a free account and if you request that the automatic reminder link is added to your tool bar then it will appear on your screen whenever you go to a participating seller's website.
3. Search for a retailer and select.
4. Now on the retailers site make your purchases as usual.
5. A donation is made by the retailer to Selsdon Lights when you pay for your goods.

***Thank you in advance for your support - from the SRA Committee***

~~



As we continue through this slightly strange time we remain here to help. We have a number of banners around the Selsdon, Sanderstead & Hamsey Green area's & I am happy to say we are supporting a number of elderly, house bound, self isolating & shielding folks across our region.

**So, if you know someone who needs help just call, we remain 'Happy To Help'**

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# **A SELECTED LIST OF SELSDON ORGANISATIONS**

The information provided is, we hope, accurate, but we cannot take any responsibility for any mistakes. Any alterations should be sent to the Editor.

## **CHURCHES**

|                                                   |                |              |
|---------------------------------------------------|----------------|--------------|
| Forestdale & Selsdon Community Church             |                | 8657 0078    |
| St John the Divine (Church of England)            | Parish Office  | 8657 2343    |
| Selsdon Baptist                                   | Office         | 8651 4308    |
| St Columba's (Roman Catholic)                     |                | 8657 3747    |
| St Francis (Church of England)                    | Monks Hill     | 8657 7864    |
| Croydon Jubilee Church                            | Office         | 8651 2807    |
| Upper Selsdon Road Hall (Christian meeting place) |                | 8657 2417    |
| Church of Jesus Christ of LDS                     | Bishop Hawkins | 01883 349914 |

## **DOCTORS, DENTISTS & EMERGENCY CARE**

|                                                                               |           |
|-------------------------------------------------------------------------------|-----------|
| Farley Road Medical Practice                                                  | 8651 1222 |
| Queenhill Medical Practice                                                    | 8651 1141 |
| Selsdon Park Medical Practice                                                 | 8657 0067 |
| Croydon University Hospital (formerly Mayday Hospital, 24/7)                  | 8401 3000 |
| New Addington Minor Injuries Unit (Mon-Fri 14:00-22:00/Sat-Sun 12:00-22:00)   | 8251 7225 |
| Purley War Memorial Hospital (Urgent Care Centre, 08:00-20:00, 365 days/year) | 8401 3238 |

## **CLUBS, GROUPS & CHARITIES**

|                                                                                                                               |                                                                                                 |               |
|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------|
| CONTACT (neighbourhood care)                                                                                                  | Andy Stranack                                                                                   | 8651 4944     |
| Selsdon Centre for the Retired                                                                                                | Craig Anderson                                                                                  | 8651 1111     |
| Croydon Hearing Resource Centre                                                                                               | Office                                                                                          | 8686 0049     |
| Bourne Society                                                                                                                | Roger Packham                                                                                   | 01883 349287  |
| Croydon Natural History & Scientific Society                                                                                  | Brian Lancaster                                                                                 | 8668 6909     |
| Croydon Recorded Music Society                                                                                                | Liz Brereton                                                                                    | 8656 7382     |
| Croydon Voluntary Association for the Blind                                                                                   |                                                                                                 | 8668 2486     |
| Cruse Bereavement Care Helpline                                                                                               |                                                                                                 | 8916 0855     |
| Friends of Littleheath Woods                                                                                                  | Ian Leggatt                                                                                     | 8651 1140     |
| Friends of Selsdon Wood                                                                                                       | see website: <a href="http://www.friendsofselsdonwood.co.uk">www.friendsofselsdonwood.co.uk</a> |               |
| Rainbows, Brownies, Guides & Senior Section                                                                                   |                                                                                                 |               |
| Girlguiding UK: <a href="http://www.girlguiding.org.uk/get_involved.aspx">http://www.girlguiding.org.uk/get_involved.aspx</a> |                                                                                                 | 0800 169 5901 |
| Parkinson's UK Croydon & District                                                                                             | Jacky Green                                                                                     | 01737 355487  |
| Police (Selsdon & Ballards SNT)                                                                                               | Beat Officer:                                                                                   | 8721 2464     |
| RSPB, Croydon Local Group                                                                                                     | John Davis                                                                                      | 8640 4578     |
| Rotary Sanderstead and Selsdon                                                                                                | Wendy A Parr                                                                                    | 07774 186792  |
| Probus Club of Croydon South                                                                                                  | John Barker                                                                                     | 8657 2093     |
| St John's Dramatic Society                                                                                                    | Caryl Rapps                                                                                     | 8651 1326     |
| St John's Wives                                                                                                               | Jane Guglielmi                                                                                  | 8657 6672     |
| Sanderstead Plantation Partners                                                                                               | Michael Lishmund                                                                                | 020 8651 2760 |
| 1 <sup>st</sup> Selsdon & Addington Scout Group:                                                                              | Website: <a href="http://www.1stselsdon.org.uk">www.1stselsdon.org.uk</a>                       |               |
| Beaver Colony (6-8yrs)                                                                                                        | Maddie Dunn                                                                                     | 07703 531652  |
| Cub Pack (8-10yrs)                                                                                                            | Louise Baker                                                                                    | 07737 404668  |
| Scouts Troop (10-14yrs)                                                                                                       | Douglas Gordon                                                                                  | 07514 651711  |
| Croham Valley Explorers                                                                                                       | Anthony Woodin                                                                                  | 020 8651 3780 |
| 2 <sup>nd</sup> Selsdon & Addington Scout Group:                                                                              | Website: <a href="http://www.2ndSandAScoutGroup.org.uk">www.2ndSandAScoutGroup.org.uk</a>       |               |
| Selsdon Art Group                                                                                                             | Mrs F Hooper                                                                                    | 07973 412952  |
| Selsdon Bridge Club                                                                                                           | Tony Cherrett                                                                                   | 01883 730304  |
| Selsdon Community Hall                                                                                                        | Tim Potter (Centre Manager)                                                                     | 8657 4300     |
| Selsdon Afternoon Townswomen's Guild                                                                                          | Elizabeth Veasey                                                                                | 8657 1092     |
| Selsdon Floral Club                                                                                                           | Maureen Browning                                                                                | 8651 5821     |
| Selsdon Social Club                                                                                                           | Beryl Gascoigne                                                                                 | 8660 2611     |
| Selsdon Tennis Club                                                                                                           | Geoff Littlewood                                                                                | 8651 4748     |
| 66 (Selsdon) Squadron Air Training Corps                                                                                      | Rob Cleeter                                                                                     | 8651 5958     |



# A J Taylor

On behalf of D J Taylor & Son



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