



# The Selsdon — Gazette —

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March 2020

# THE SELSDON GAZETTE

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There is no August Gazette.

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# **SELSDON RESIDENTS' ASSOCIATION**

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## ***Executive Committee 2019/2020***

President:	R. H. R. Adamson	
Vice-Presidents:	P. Holden,	
	R. F. G. Rowsell.	
Chairman:	Sheila Childs, 6 Cowley Close CR2 8LU	8651 2285
Vice-Chairman:	Linda Morris, 48 Ravenshead Close CR2 8RL	8651 4010
Hon. Secretary:	Janet Sharp, 16 Brent Road CR2 7NR	8651 6882
Hon. Treasurer:	Iris Jones, 24 Southviews, CR2 8SH	8651 1907
Committee:	Sara Bashford, 20 Wagtail Gardens, CR2 8TA	8651 3871
	Yvonne Huber, 121 Farley Road CR2 7NL	8657 4576
	Ernie Sweeney, 2 Mountwood Close CR2 8RJ	8657 3815
	Su Yates, 10 Foxearth Road CR2 8ED	8657 9284
	Peter Underwood, 12a Abbey Road, CR2 8NG	8651 0601
	Ian Leggatt, 53 Queenhill Road, CR2 8DW	8651 1140
	Phil Roberts, 44 Dulverton Road, CR2 8PG	07511 431207
	Jenny Stawman	
	Arthur Wilson	

## **One Committee Vacancy**

### ***Councillors for Selsdon & Addington Village Ward***

Cllr Helen Pollard	Helen.pollard@croydon.gov.uk	0207 617 7310
Cllr Robert Ward	Robert.ward@croydon.gov.uk	07783 152363

### ***Councillors for Selsdon Vale & Forestdale Ward***

Stuart Millson	Stuart.millson@croydon.gov.uk	07783 152376
Andy Stranack	Andrew.stranack@croydon.gov.uk	07816 123204

### ***Councillors for Sanderstead Ward***

Cllr Lyn Hale	Lynne.hale@croydon.gov.uk	0208 405 6721
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 our March edition The Anglo-Saxon word for March was 'Lenctentid' which also meant 'Springtide'. The greenery responding to the increasing light at this time of year - remember the clocks go forward 1 hour on 29<sup>th</sup> March at 1am!



Octavia Hill one of the founders of The National Trust wrote of the common human need to "have air and the sight of sky and of things growing". One of the Office of National Statistics' measures of 'well-being' is whether you are accessing the natural environment at least once a week and also they assess your level of 'belonging' to a neighbourhood.

We are fortunate in Selsdon to have both beautiful natural places easily accessible and also many local neighbourhood social activities and care support. I hope you are able to get out and use them. If not please see our article on 'well-being' and how to get help if you need it. We also have many other articles with ideas of things to do to get active and involved. Thanks to our new contributors for getting in touch to share these, feel free to join in.

We have just heard that Croydon is to become London's Borough of Culture in 2023. This is good news as it will bring £1m funding from The London Assembly to enable Croydon to "deliver a programme of ambitious cultural activities celebrating the unique character of local people and places, and to develop a plan to make culture an integral part of the borough's future." They'll be planning this now so if you have ideas I suggest you contact the Council and try to get involved. We'd love to hear how you get on!

Best wishes,

Janet Sharp (SRA Secretary)

 SUBMISSIONS FOR THE APRIL 2020 EDITION SHOULD  
BE WITH THE EDITOR NO LATER THAN  
20<sup>TH</sup> MARCH - PREFERABLY BEFORE! 

# **SRA NEWS 'n' VIEWS**

## **Planning**

Brick by Brick, the council-owned building firm, held another meeting for residents to comment on the plans to build 8 three bedroom terraced houses on the green space in front of Hawthorn Crescent. Plans have not been submitted but should be sometime in March. The SRA feel this is an unsuitable development on this site and will object to the plans based on the most recent drawings available to us. *Croydon have recently had their housing target reduced by the London Mayor so we feel the need to develop such small sites is now unnecessary.* Should you wish to look at the present proposed plans they are on the Brick by Brick website.

## **Houses of Multiple Occupancy (HMO)**

Private houses have previously needed no planning consent to change from a private dwelling to a HMO but now they will need planning approval from the council. This can only be good news for the borough.

## **Annual Subscription**

This is due in June and this year we will be printing details in the Gazette to enable you to set up a standing Order or pay online. You will, of course, still be able to put cash in an envelope and deliver to any of addresses on the list printed in the Gazette. If anyone on the collection list wishes to be removed could you please let us know.

We hope introducing this easy electronic payment method will raise much needed cash for the Christmas lights and floral displays we have come to enjoy every year.

## **Highstreet**

Belated public thanks are due to Selsdon Tandoori for their donation for our 2019 Christmas Lights. Although we say goodbye to 'Yaalu Yalu' we will soon welcome 'Shaws Pie and Eel shop' and I believe a tanning salon in the old Smallworths shop. Our councillors, traders, churches and ourselves will be holding meetings to see how the high street can be improved. We and the Councillors will keep you updated.

*Sheila Childs, SRA Chair*

## 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/?campaign=raise-more>

If you have any queries or difficulties the app helpline cannot resolve please contact:

mail2.selsdonresidents@gmail.com.

\*To avoid possible typos in copying the link, we have placed a directly clickable link on the SRA website ([www.selsdon-residents.co.uk](http://www.selsdon-residents.co.uk))

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

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## **SRA ANNUAL GENERAL MEETING INVITE**

Wednesday 1<sup>st</sup> April 2020  
Church hall, St John the Divine, Upper Selsdon Road  
Doors open 7.40pm, 8pm start.

Selsdon residents are invited to attend this annual opportunity to meet the SRA Committee, Gazette Editor, local councillors, local Police and MP to talk about your neighbourhood. We have one Committee vacancy to be filled this year.

The AGM lasts about an hour, with a chance for drinks and chat afterwards. Please arrive in good time to read the 2019/20 minutes and financial accounts.

At this AGM we propose to increase the SRA Annual Membership subscription from £3 to £5 (to be determined by vote). This is proposed to better help cover the costs of running this non-profit association and its community activities.

We hope you can join us and perhaps bring a neighbour. We enjoy meeting you all 😊

## **COUNCILLORS' NOTES**

### **SELSDON PEDESTRIAN CROSSING**

Many readers will use the pedestrian crossing at the junction of Old Farleigh Road/Farley Road/Addington Road/Selsdon Park Road. This is a busy junction with complex light sequencing for drivers and pedestrians. The roads are all very busy much of the time and quite a lot of traffic turns right from each of the roads - without the benefit of a filter light system to ensure that right turns can be undertaken safely.

A number of residents have had near misses when crossing the road from



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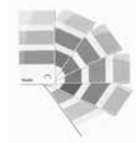
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outside KIBA towards Day Lewis Pharmacy. After waiting for the green man to show which should have indicated that the road was safe to cross as far as the central refuge, vehicles turning right out of (northbound) Old Farleigh Road turn towards the pedestrians crossing the road.

Please be careful when crossing the road at this junction.

We have raised this issue with Transport for London (TFL) but so far there has been no commitment to change the junction. We will keep trying to find a way to make this area safer.

## **HAWTHORN CRESCENT**

On 4th February Brick By Brick held a consultation event about their revised plans to build on the green space at Hawthorn Crescent. They have responded to some of the earlier comments and have:

- reduced the number of houses on the site from 9 to 8
- improved vehicle and pedestrian access
- increased planting

The scheme is slightly better than before but there is still fierce opposition from local residents because, however good the scheme, it still means the loss of a precious green space. The historic air raid shelter would also be lost.

We continue to work with residents to resist this development, but at the moment, it seems the Council and Brick By Brick are intent on going ahead.

## **SELSDON GARAGE SITE**

The Selsdon Community Plan consultation is ongoing and we hope residents have taken the opportunity to give views on the future of Selsdon.

In the meantime, there has been some movement in relation to the Garage site next to Aldi. The owners of the site have asked to meet councillors to discuss a new planning application they are proposing for the site. The meeting is taking place on 28<sup>th</sup> February and we wait with interest to see what their proposals are.

## COUNCILLOR BUDGETS

Each Councillor in Croydon has a 'Councillor Budget' of £8,000 each, to spend on projects that will benefit residents in their ward. This can include borough-wide initiatives, or very local projects. Here are details of some of the projects the local Selsdon councillors have supported in the last year.

High street related projects include support for the *Selsdon Christmas Lights*, the *Selsdon Community Plan* initiative and the first ever *Selsdon Christmas Market*.

On the sporting front, we have help with funding for *Palace for Life Walking Football* at the Monks Hill Sports Centre and *Foundation 47* which runs basketball, fitness and mentoring sessions for young people on Monks Hill.

We have supported the *Friends of Littleheath Woods* with funding for pathways and tools to help the volunteers maintain the woods. Support has also been provided for the *Scouts mobile climbing wall* that goes to many events in the borough.

There are many other projects, but this should give an idea of how we support local events and community groups. If you know of any groups that would like support in the future please get in touch.

## MEET YOUR COUNCILLORS

The Selsdon Team of Councillors will be holding surgeries in the Selsdon Centre (next to Sainsbury's) on the first Saturday of the month from 10am – 11.15am (except August).

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](mailto:Helen.pollard@croydon.gov.uk)

[Robert.ward@croydon.gov.uk](mailto:Robert.ward@croydon.gov.uk)

[Stuart.millson@croydon.gov.uk](mailto:Stuart.millson@croydon.gov.uk)

[Andy.stranack@croydon.gov.uk](mailto:Andy.stranack@croydon.gov.uk)

## PLANNING APPLICATIONS FEBRUARY 2019

19/05866/HSE – 288 Addington Road, South Croydon, CR2 8LF

Erection of a single storey rear extension with juliette balcony to the rear elevation at first floor level

20/00473/HSE – 46 Foxearth Road, South Croydon, CR2 8EE  
Alterations, erection of a single storey rear extension and raised platform

19/05685/HSE – 15 Mountwood Close, South Croydon CR2 8RJ  
Demolition of a garage and conservatory and erection of a single storey front/side extension and loft conversion including a rear hip to gable extension and front dormer

20/00175/FUL – 129 Addington Road, South Croydon, CR2 8LH  
Change of use from Retail (A1 Use Class) to 1 x studio flat (C3 Use Class) and external alterations including replacement shopfront

19/03161/FUL – 17 Ballards Way, South Croydon, CR2 7JP  
Creation of 1 new three-storey house adjacent to no.17 Ballards Way

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## **SELSDON RESIDENTS' ASSOCIATION, Annual General Meeting**

Wednesday 1<sup>st</sup> April 2020, 8pm, Church Hall, St John the Divine, Upper Selsdon Road

### **2020 SRA AGM Agenda**

1. Apologies for absence
2. Police report
3. MP Chris Philp
4. Minutes of the Annual General Meeting held on Wednesday 13<sup>th</sup> March 2019. (Copies available at the meeting)
5. Matters arising from the Minutes
6. The Annual report for 2019 (Printed in March Gazette and available at the meeting)
7. Treasurers Report with adoption of the Accounts for 2019 (Copies available at the meeting)
8. The Selsdon Gazette - Editor Report
9. Christmas Lights
10. Annual Subscription – to resolve the cost per household for 2020/2021 (proposed to increase to £5 from £3)
11. Election of Officers and Members of the Executive Committee for 2020/2019
12. Adoption of the Hon. Accounts Reviewer for 2020
13. Any other business

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## SRA Annual report 2019

The SRA's aim is to advance and protect the interests of the residents of Selsdon. It is run by volunteers on goodwill and funds raised by subscription and donations (no-one gets paid!) Our membership covers about 4,000 households.

### What does The SRA Committee do?

The Committee are local volunteers elected at the AGM's to represent Selsdon. They can add collective weight to any individual resident concerns about the area and are a useful watching 'eye'. They meet once a month as a Committee to discuss Selsdon issues and respond and take action where necessary. They also plan special events and community improvements. Individual representatives will also attend council, police, transport and other meetings on our behalf. SRA news is passed to the community via public noticeboards (by the library and on the high street) and via The Gazette. There is one vacancy on the Committee, any volunteers please contact [mail2.selsdonresidents@gmail.com](mailto:mail2.selsdonresidents@gmail.com) or speak to the Chair, Sheila Childs 0208 6512285.

### SRA Activities in 2019

Lampposts and railings on the High Street were enhanced by floral baskets. The contract cost to the SRA involves not only procurement and placement but also regular watering. Sadly due to the costs involved it may not be possible for future years.

A free 'bring your own' Community picnic was held in conjunction with the Selsdon Wood Open Day in September. The weather was glorious, we were entertained by Soul Symphony Choir, fun games and refreshments from the 2<sup>nd</sup> Selsdon & Addington Scouts and the Rotary. They were also craft and charity stalls to view.

The decorative Poppies returned to the High Street Lamp posts in November followed by the fantastic Christmas Light display.

The SRA organise and fundraise for the eye catching Selsdon Christmas lights. In 2019 this involved the extra cost of replacement wires and new lights which was paid for by the goodwill donations of residents, The



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Townswomen's Guild and some traders and this year as last by a large donation from the 2019 Councillors Community fund.

It was great to see so many people turn up for the Community switch on night (third Friday of November) with special thanks to the Greenvale Primary school choir, Rotary and all the volunteers (churches, schools and local groups) who helped with their time or with donations and of course to Father Christmas! We can no longer close the road but barriers and helpers were in place and the Police altered their shifts to be there for us.

This year Greenvale Primary school craft group helped the SRA by providing homemade decorations for the Selsdon Triangle to increase the festive cheer.

The SRA continues to pay for access to an online planning app designed to summarise the Council Planning site to aid our residents see for themselves in good time what relevant local planning applications have been made. Find the link from the 'About the SRA' page of our website or from <http://www.localplanningapps.co.uk/croydon/sra/anupdate/planningtable.html> keep checking this and if you can see a problem with an application make your suggestions/objections known in good time. Sensible changes to plans will save a lot of grief later!

The Selsdon Gazette – This is a non-profit publication delivered to the door (with grateful thanks to all volunteers involved, particularly Wendy Mikiel) to over 4000 households in Selsdon. Gazette printing costs are covered by the advertising with special thanks to our Advertising Manager Carlo Rappa. Some copies of The Selsdon Gazette were placed online [www.selsdon-residents.co.uk](http://www.selsdon-residents.co.uk) during the year.

At the end of 2019 after two years in the post our Editor and web manager Heather Govier had to step down after health concerns. We will have a new Gazette Editor in control for 2020. We welcome your contributions of local stories or news. Paper copies of The Selsdon Gazette are available at Selsdon Library and an archive is also held by the Croydon Natural History and Scientific Society (to which the SRA pays an annual subscription) as well as The British Library. We hope to have a new Web manager or even a new SRA web site available in 2020 with new copies of the Gazette added each month.

## Accounts

A full balance sheet for 2019 will be presented at the next AGM which will be held on 1<sup>st</sup> April 2020 at St John's Hall, Upper Selsdon road. The continuation of the SRA depends on your voluntary annual subscriptions. It is proposed that this year the subscription rate increases to £5 per household. We hope to encourage residents to pay their subscription using online banking but cash and any other donations are also gratefully received! Thanks to the Treasurers Iris Jones (SRA) and Choi Kim (The Gazette) and to Jeff Bayton who reviews the Accounts.

## 2019 Local news

Following the change of the Selsdon electoral ward boundaries from May 2018 the Council split Selsdon into two\* – north and south and linked it to other areas with other priorities. The Police followed suit which has meant that the SRA must attend two sets of Police meetings to ensure Selsdon is not forgotten. Selsdon fortunately remains a low crime area. We are pleased to be able to say that the four Councillors who cover the north and south Selsdon wards work together well and take turns to attend the monthly SRA meetings. Councillor Helen Pollard writes the monthly update in The Gazette. \*A few Selsdon roads were taken into the Sand-erstead Ward but we still count them as members and they still get The Gazette and our help should they need it.

There were some unwanted attempts by the Council to develop some of Selsdon's green spaces and fortunately most of these were shelved but a few are ongoing and still being resisted!

Nationally 'Climate change' and 'Brexit' were two big ongoing issues of the year and many people were left feeling stressed that so much talk seemed to go in circles. Even at a local level using your consumer choice and political voice can make a difference to the 'bigger picture'.

The Councillors organised a Selsdon Plan day for residents to put forward their ideas for Selsdon and say what they value about the area. The SRA were pleased to see from the collated feedback that the SRA activities mentioned above are valued! Whilst volunteers and funds are available we will continue! We hope to see you at the AGM and hear your thoughts.

*Janet Sharp, SRA Secretary*

## Farley Road - Potholes

Dear Reader, you may remember that some time ago your SRA chased our Council about the poor state of Farley Road, particularly the section between Queenhill Road down to Littleheath Road and beyond. Back then Croydon Council eventually responded that the condition of the road had been inspected and did not meet their 'intervention level' and that no resurfacing, other than reactive patch repairs would be carried out.

Having recently experienced a few 'boneshaker' journeys on the 433 and 64 buses down towards Croydon, dodged the potholes when driving down the road, and after the latest limited nocturnal resurfacing exercise, I thought it time to again check with the Council on their plans for this section of road. This time I enlisted the help of our Councillors Helen Pollard and Robert Ward and they facilitated a speedy response to my query. This is the response from Croydon Council, verbatim:

*"Dear Cllr Pollard*

*Thank you for your e-mail date 14<sup>th</sup> January 2020*

*In terms of resurfacing of Farley Road, unfortunately the carriageway does not meet our intervention level for resurfacing for the financial year 20/21, our officers have inspected it and whilst it is starting to deteriorate it is safe. At our last safety inspection, a number of orders were raised for localised repairs to be undertaken to the worst affected areas. In turn the condition of the highway had also been captured and confirmed via our condition survey software "As no need for action" prior our to site visit investigation.*

*In the meantime I have copied the highways inspector for the area, into this email who will be monitoring Farley Road to see if any further localised repairs are required. I am sorry that we are unable to repair every road that some level of immediate or foreseeable defect may be identified however, our Highways team continue to do our best to ensure that repairs, where identified, are prioritised and carried out as soon as practical.*

*Moving forward you may be pleased to know that Sections of Foxearth Road will be programmed for resurfacing in the next and up and coming months.*

*Residents will be notified in the usual method via letter drop 2 weeks prior before implementation"*

It is not clear from the response just how far the road has to deteriorate to trigger the Councils 'intervention level' and resurfacing is required. So, it appears we will have to wait at least until some time in financial year 21/22 before we can potentially enjoy a smooth and untroubled ride on the entirety of Farley Road.

In the meantime if you should gouge your wheel rim or crack a suspension arm on any of the many potholes, loose manhole covers, dropped gully gratings or collapsed trenches on your journey up or down Farley Road or, indeed, any of our poorly maintained roads, you may best advised to report it to the Council via telephone on 020 8725 2816 or online via 'My Account', 'Don't Mess With Croydon' or 'Love Clean Streets' on your smartphone or tablet, and our Council may reactively respond to your complaint.

At the risk of adding to the caseloads of our hard working Councillors I would suggest keeping them in the loop with any highway condition complaints that you raise with Croydon Council.

*Ian Leggatt, For The Selsdon Residents Association*

~~

## **Mental Health and Wellbeing**

Life can certainly get tough at times. Bereavement, social isolation, trauma, physical ill health, poverty, stress, bullying, relationship issues, hormone imbalance and exhaustion are just some of the challenging circumstances that can lead to mental distress. We can all be subject to these at some point in our lives.

It is natural that such negative experiences and challenges without recognition, help and support might lead to unruly thoughts, feelings, behaviours, even physical symptoms that can get out of control. Thankfully the taboo about this is diminishing as more people are being open and sharing their experiences of mental distress and sharing ways to get help and make positive life changes.





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## Quick self-review checklist

- *Mood self-assessment test* on NHS website [www.nhs.uk/conditions](http://www.nhs.uk/conditions) search 'mental health and wellbeing'. They also have information guides and contacts.
- *Support network*: Do you have people or known organisations easily available to help bolster you? If not reach out – See a selection of ideas at the end of the article.
- *Physical health*: when was the last time your health and any medication was reviewed? See your GP for a check-up.
- *Exercise*: Are you getting regular exercise? Known as the 'wonder drug' it is a sure fire way to improve your mental health. Pick something you enjoy but it is possible to exercise too much!
- *Sleep*: Trouble sleeping? Establish a stable and relaxing bedtime routine avoid stimulants and gadgets close to bedtime. Get worries onto paper.
- *Diet*: Caffeine, Sugar and Fatty foods can be automatically reached for in times of distress but can actually work against your mood. Be aware and try to eat regularly and healthily to get the necessary vitamins and nutrients needed. (Vitamin D from sunlight)
- *Alcohol and Drugs*: These addictive products can act as depressants rather than as the intended comfort when in distress. Overuse and dependency can delay healing and create new problems.
- *Digital technology and social media*: Do you spend too much time alone reading stories that are getting you down or anxious? Take or break or turn your worries into positive action.
- *Having a break*: How regularly do you undertake hobbies, activities and meet people who make you happy? Try local groups and clubs or home visitors see ideas below.
- *Crisis?*: Spot the signs. Mental distress can appear as physical symptoms. Don't ignore a problem. If you might be near breaking point, if others are putting you in danger physically or psychologically, or you have self-harm feelings and behaviours this must be addressed.

## Help is out there

- If you are in **CRISIS** contact the Samaritans (call 116 123), ChildLine (call 0800 1111).
- A supportive GP may be able to offer medication, counselling or 'social prescribing' which are activities known to improve mood. NHS 'Walk in' practices and Emergency visitor treatment at any GP practice is available if not registered or away from home.
- For the Selsdon housebound and their Carers try Selsdon Contact, Selsdon Community Centre. Telephone: 020 8651 4944, Email: [info@selsdoncontact.org.uk](mailto:info@selsdoncontact.org.uk)
- Local community and Religious groups may be able to offer help (see inside back cover of Gazette for details)
- For the disabled – SCOPE [www.scope.org.uk](http://www.scope.org.uk)
- MIND – the mental health charity is great place for advice – [www.Mind.org.uk](http://www.Mind.org.uk)
- Books endorsed by health experts – [www.Reading-well.org.uk](http://www.Reading-well.org.uk)
- Croydon's Psychological Therapies and Wellbeing. Free for 18+ Croydon residents who are GP registered [www.slam-iapt.nhs.uk/croydon](http://www.slam-iapt.nhs.uk/croydon) (Due to high demand there are waiting lists.)
- Find a private therapist: [www.bacp.co.uk](http://www.bacp.co.uk)
- Self-help through creative expression – try diaries, poetry, music
- Time spent with pets and animals can greatly help mental health. Equine therapy can be helpful for those who are effected by suppressed feelings and emotion.

There are many other sources of help available depending on your situation try a personalised internet search or your local library for advice and help, books and resources. (Selsdon Library, Addington Road, CR2 8LA, Phone: 020 3700 1017)

## **Janet Sharp**

(with thanks for article inspiration to NHS website, leaflets and to Motability Lifestyle issue 102's interview with Disabled counsellor Emma West [www.motability.co.uk](http://www.motability.co.uk))

## **MP Chris Philp's priorities for the next Parliament**

I am very grateful to have been re-elected as our MP last December, with an increased majority of 12,339. To the 30,985 people who voted for me, I would like to say thank-you for your trust and support, which I will endeavour to repay with continued hard work for our area. I will try to work in all our community's interests, whether you voted for me or not.

I hope that the decisive election result nationally means that we can move on from the divisive atmosphere of the past few years, and come together as a country. The Government has already made national investments that will benefit Croydon. There is funding for 20,000 extra Police Officers across the UK over the next three years. I calculate that Croydon will receive over 100 new officers – an increase of around 15 percent.

The NHS is seeing the largest funding increase in its history – an extra £23 billion (+18%) a year by 2022 starting with £6 billion (+5%) next year. These are after-inflation figures. This means that the brand new A&E at Croydon University Hospital that has just opened and the £12m for a re-vamped intensive care unit there are just the start of the further improvements we will see in Croydon.

Schools are getting substantially more money. This will help all Croydon schools and comes on top of improvement over the last two years.

Extra police, NHS and education funding are things that I hope everyone can get behind.

Locally, I am supporting the resident run campaign for a Directly Elected Executive Mayor (DEM). Currently the council run by a committee and a leader made up of the largest party locally. This means a party can win the town hall based on a few marginal seats in the centre of the Borough. This has a negative impact on the rest of the borough, especially in the south, where many residents feel ignored.

A group of residents' associations from across the Borough wants to fix this by changing the way Croydon is run to a Directly Elected Executive Mayor model – where we directly elect an Executive Mayor. This means all our votes would count equally, and whoever runs the town hall will have to listen to everyone if they want to win. If about 14,000 signatures are collected, the council has to hold a referendum on adopting a DEM. Please go to the Residents' Group's website and donate to their campaign

and/or download their petition sheet (it has to be done on paper). We have around half the signatures needed already, and I will be working closely with residents in this year to get the rest. There is more information at [www.demco.org.uk](http://www.demco.org.uk). This is being run by local Residents Associations and I am fully supporting them.

### **Chris Philp**

Member of Parliament, Croydon South: 020 7219 8026

[chris.philp.mp@parliament.uk](mailto:chris.philp.mp@parliament.uk)

(Editor notes -The SRA is not a part of the DEMOC campaign detailed above, believing residents can choose to join and support individually: as the SRA is a non-political organisation. MP Chris will be attending our SRA AGM on 1<sup>st</sup> April)

~~



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.

~~

### **Sanderstead & Selsdon Rotary (by email)**

Thank you to Selsdon residents for your support for our Santa visits and collections, a great success. With your help we can support many charities & make a difference. What next? Lot's happening! You are most welcome to attend, put the dates in your Diary. We look forward to seeing you.

- **Hobby Fair – Saturday 16<sup>th</sup> May 2020** St John's Church Hall, Selsdon  
This is a purely community based project, no financial gain or fund



raising involved. The intention of the fair is to allow charities, clubs & organisations to have a stand to promote what they do. Contact me to take part.

- **Music Quiz Night** – Saturday 23<sup>rd</sup> May 2020 St John's Church Hall, Selsdon
- **Sponsored Walk** – Saturday 20<sup>th</sup> June 2020 - St Mary's Church, Farleigh

Please contact, me for more details. 07774-186 792

*Wendy A Parr*

~~

### **Friends of Littleheath Woods, Annual General Meeting (by email)**

Everyone interested in Littleheath Woods is invited to attend our AGM to be held on **Tuesday 5 May at 8pm** in the Selsdon Baptist Church, Addington Road

This is a chance to meet the committee and Friends of Littleheath Woods and hear about the work being done in the woods as well as participating by asking questions, making comments or requests.

If you would like to renew your membership for 2020 or become a member of the Friends, please place your subscription (£5 per household) in an envelope with your name, address and contact details and post at any of the following addresses: 53 Queenhill Rd, 51 Foxearth Rd, 42 Farley Rd.

*Chris Hyde, Treasurer*

~~



### **Selsdon Primary School 1970 Reunion invitation (by email)**

Did you leave Selsdon Primary School in 1970? Were you in Mr Worth or Mrs Bishop (Miss Grout's) class? We are planning a

reunion on **Saturday June 13th** in the afternoon in the Sanderstead area, and if you are interested in attending, please contact me on [hilanding@btinternet.com](mailto:hilanding@btinternet.com)

The host is kindly providing both a venue and making the catering arrangements. More details will follow if you show an interest! We look forward to having a great get together and sharing lots of memories.

*Hilary Richardson*

~~

**To any musicians out there -- I'm available!** (January by email)

I write in response to the article in the January Gazette 'Discovering Selsdon's Music Culture'. I originate from Bath, Somerset and studied Singing & Piano. I formed a "Rock'n'Pop" group in the '60's & supported several "headliners" during that time including THE BEATLES! Shortly after that we followed their lead in going to Germany to play most of the popular clubs all over! We had a Contract with "PHILIPS RECORDS "

On returning to these shores I settled in London & eventually worked at the BBC recording on programmes such as DAVID HAMILTON, GLORIA HUNNIFORD, JOHN DUNN, STEVE RACE with all the Radio Orchestra's including THE BBC BIG BAND as well as thro' the night programmes & loads of 'live' concerts here & all over Europe. I signed with PHILIPS once again in the '70's & had many singles/albums released over a lot of years!

Since the demise of the radio orchestra's, I toured all over the world with THE GLENN MILLER ORCHESTRA! along with performing with my own 'Jazz' outfit around London and the south east etc.

Getting to the point, I met my wife who's from WARLINGHAM and settled in SELSDON in 2012! I hope this is of interest & more details if required? To any musicians out there -- I'm available! Check out my website.  
Many thanks,

COLIN ANTHONY, 07951 093002, [www.colinanthony.co.uk](http://www.colinanthony.co.uk)

~~

## **What is there to like about Selsdon?** (February 14<sup>th</sup> by email)

Reading our Councillors Notes about the Selsdon Community Plan in the February Gazette I was minded to cogitate on all that is wrong with Selsdon: litter, unswept and unkempt roads, the derelict and unloved garage site and much more. Later, in a more positive frame of mind I began to think about all that is right about Selsdon.

Here are a few of my thoughts:

I can be at London Bridge or Gatwick Airport in less than 45 minutes. Croydon shops and restaurants are a (free) bus ride away. I can be immersed in Green Belt land within 5 minutes and there is 60 acres of woodland across the road. I have a variety of Shops, Pubs and Restaurants within a 5 minute walk. My doctors' surgery is just around a couple of corners and my dentist is down the road. My neighbours are lovely and there is a lively and varied community spirit in the area with an active Residents' Association. In winter we have the best Christmas Lights in Croydon and in the summer I can hear the thwack of tennis balls being served at the Selsdon Tennis Club and when the wind is in the right direction in the morning I can hear the chickens of a not so near neighbour. From my bedroom windows I can see the skyline of Croydon, the Ikea Towers and, on a clear day, Wembley Arch. I am fortunate indeed.

*What's not to like about Selsdon?*

The Community plan online consultation has closed (12<sup>th</sup> March) but there will be a further chance to comment on the draft Community Plan within a few months time.

More information can be found on Croydon Council website: <https://www.croydon.gov.uk/planningandregeneration/regeneration/places/selsdon-regeneration/selsdon-community-plan-2020-2025> or search for Selsdon Community Plan.

*Ian Leggatt*

~~

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## ***Selsdon Policing (by email 24 January)***

It was a pleasure to read PCSO Jack Killian's article in January's Gazette, giving helpful information, advice and contact details. How many readers though, are aware that the "Selsdon & Forestdale" Policing Team doesn't cover the whole of Selsdon?

The area on the Croydon side of the Addington Rd (Foxearth, Littleheath, Queenhill Rds et al) is covered by the Selsdon & Addington Village Team. It seems ridiculous to split Selsdon in half – hardly a recipe for joined up policing – but there it is.

I wonder if the Gazette editor or someone from the SRA could approach the Selsdon & Addington Village Team to elicit a similarly helpful article from them for publication?

*Chris Hyde, Foxearth Rd*

(Thanks Chris, I can confirm that The SRA is in agreement with you and the Chair, Sheila, attends all Police meetings making the same points. The Police have been approached for potential Gazette contributions and they will be attending the SRA AGM at St John's church hall on 1<sup>st</sup> April so residents can also bring this up in person. We have these contact details: Selsdon & Forestdale PCSO Jack Killian [Jack.Killian@met.police.uk](mailto:Jack.Killian@met.police.uk), Selsdon & Addington Village PCSO Tina Nash [Tina.M.Nash@met.police.uk](mailto:Tina.M.Nash@met.police.uk) - Editor)

~~

## **Plastic Bags of Dog Poo pollute our environment. (15<sup>th</sup> Feb by email)**

Selsdon Wood's 81 hectares (200 acres), like our oceans, has a problem with plastic contamination. The Forestry Commission and other similar organisations have become concerned about the proliferation of plastic bags of dog poo in the countryside, as they pollute our environment. The main visitors to Selsdon Wood are dog walkers and plastic bags of dog poo are an increasing problem.

After a recent Friends of Selsdon Wood and dog owner's campaign for more bins, Croydon Council increased the number of waste/dog poo bins in Selsdon Wood National Trust nature reserve from 5 to 9. The problem has decreased but it is still significant.



This is despite constant appeals on FSW posters around the wood - to flick the poo into the wood, or place the bags in waste bins, or take them away. One has to query the mentality of those who are too selfish or unthinking to take a little trouble to help our environment. *And who in their right mind hangs their bags on a bush?* And who do they think will remove these plastic bags? The Council has no team for this. It is left to concerned volunteers to clear them up.

I now make another plea to fellow dog owners to remove dog poo from the paths or grass where children, and adults alike, can be contaminated by dog poo with its health risks.



So let's make Selsdon Wood, and all open spaces, a cleaner, healthier environment for everyone to enjoy.

*David Malins*

~~

## Apologies offered

The Selsdon Gazette would like to clarify that it is non-political publication. Following feedback from a reader (who did not want her letter published) we will take greater care to review articles by our elected MP and Councillors prior to publication so to ensure that, in the course of updating our readers on events with relation to Selsdon and Croydon, any comments/criticism of the current Council or Government's practices are measured and in context.

Editor

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## Nature Notes -The Holly & the Ivy

For many years a bunch of berry-covered Holly has been used as a winter decoration in the home. It has the advantage of retaining its form at least through the twelve days of Christmas owing to the waxy evergreen leaves. Before light from electricity or gas became available there was an additional reason for bringing Holly indoors – it was believed to ward off evil spirits. Holly is a dioecious tree with the male and female parts appearing on separate individuals. Both male and female produce relatively insignificant flowers in the spring but by the time the winter decoration is collected the only trees bearing the red berries will be female. As pollination occurs with the help of the wind a few judiciously placed males can serve a larger number of females. However, the initial spread of Holly trees comes from hungry birds swallowing berries and depositing the seeds anywhere in a woodland so that a small forest of Holly trees could be all male simply by chance. The berries are unpalatable in early winter but improve after being frozen so can provide a late winter feast when other food sources might have diminished. Apart from growing from seed the trees have branches which might touch the ground where they have a habit of producing roots and thus expanding the Holly forest, causing the tree to be treated as an invasive species.



Ivy is a climber which can cling to walls or tree trunks and in some cases might be the only thing holding up a small decayed tree, rather like the Strangler Fig in tropical forests which initially uses another tree for support but eventually absorbs most of the available nutrients and causes the demise of the tree. As Ivy retains most of its leaves in winter a tree

supporting a dense covering of Ivy will be at the mercy of winter storms and can be toppled more easily than a tree bare of leaves. Ivy produces black berries and is often complements the Holly used for decoration. Like the Holly berry those on the Ivy need a little frost to make them palatable to birds but then they can be devoured voraciously by birds like Blackbirds in late winter. *Small birds will roost in dense Ivy* and in the breeding season will nest in it (see photo).

It is not only decorative qualities which link the Holly and the Ivy. The **Holly Blue butterfly** overwinters as a pupa from which the adult butterfly emerges *in April* (See photo) and May. Eggs are laid throughout May and June usually at the base of flower buds on Holly, though other plants are used. If the emerging caterpillar is on a female Holly it will feed on the developing berries; on a male Holly feeding is on the new leaves at the tips of twigs. New butterflies will be on the wing from late July and the females will now choose to lay their eggs on the unopened flower buds of Ivy. This second brood produces the pupae which overwinter to begin the cycle again on Holly.



**Ted Forsyth**

~~

## Go Swimming



Swimming is a great way to have fun and get healthy, whatever your age or level of ability. It's never too late to start. We are surrounded by pools but not always in plain sight! So whether you want to go once in a while or regularly there will be one for you.

In Selsdon there are two local **private** pools available for general swimming:

- Croydon High Sports Club, Old Farleigh Rd. A 25m pool for paid club members (out of school hours only)
- Selsdon de Vere Hotel also has a small spa pool for guests and day visitors.

A short distance away from Selsdon are **public** 25m pools easily accessible by public transport. These are good value and as you may

know Croydon council fund *free* swimming in their pools for local over 60's residents if you bring in proof of age and address. Try:

- New Addington. This opened in January this year so should be very bright and clean. It is run by the 'Better' group which also runs Purley, Waddon and slightly further away is Crystal Palace (Olympic size 50m long!). Note the 'Better' website says they are 'cashless' so worth taking a card to pay. [www.better.org.uk/leisure-centre](http://www.better.org.uk/leisure-centre)
- Alternatively West Wickham pool over the border in Kent has a larger pool (33m) but costs more for entrance.

On the borders of Selsdon there are other local **private** paid members' 25m pools available (only out of school hours):

- Whitgift School Fitness and Wellbeing, Haling Park, South Croydon
- Trinity School Sports Club, Shirley.
- Warlingham School and Thomas More School, Purley also have pools but only available for private swimming lessons not general swimming.

Some **private** gyms in Croydon also have leisure pools but these may be small.

Most of the pools named above have facilities for the less abled, swimming lessons, fun inflatable events and other club activities taking place such as High diving, water polo, water fitness classes, even scuba diving. Some of the pools are part of the NHS GP social prescribing programme too. Find more details online. Perhaps it is time to find that swimming costume and take the plunge?



~~

## Out of this World Poetry

**World Poetry Day** takes place on 21<sup>st</sup> March this year. It is a day for celebrating and enjoying poetry. Following our appeal in the January edition for Haiku format poems, (first line five syllables, second line seven syllables and last line five syllables), we are pleased to welcome some cosmic contributions here from resident *Mary Gill*.

## SPACE

Curving and endless  
the Siamese twin of time  
tantalising space.

## COMET

Hot headed ice ball  
passing too close to the sun  
its wind in your tail.

## MOON

Our constant consort,  
never turns its back on us;  
tugs at our heart strings.

## QUICK THINKING

Einstein was right you know;  
no mortal thing can ever go  
faster than the speed of light.  
There is no doubt, he got that right.  
The trouble is, he failed to see  
that what he thought would always be  
unlimited by time or space –  
victorious in any race.  
We know it's fast as fast can be,  
but light takes time from A to B.  
Although it's swift, it can be caught  
and overtaken by a thought.

(Editor notes: These poems coincide with the recent launch of the Solar Orbiter, a European Space Agency led mission, which will investigate the intense radiation and energetic particles being blasted out from the Sun. At its closest the Solar Orbiter will face the Sun from within the orbit of Mercury enduring temperatures of up to 500°C! The amazing spacecraft was designed and built in Stevenage.)

~~

## WHAT'S ON



**Exhibition and Sale of Pictures by Local Artists** Saturday  
21 March 10.00am – 4.30pm, United Reformed Church Hall,  
Sanderstead Hill, (on the 403 bus route)  
(*Children's Society, Sanderstead Fundraising Committee*)



**Selsdon Half Marathon**, Saturday 28 March  
13.1 mile challenging race. Entries accepted until 23 March. Profits  
to charity. [www.Selsdonhalfmarathon.org](http://www.Selsdonhalfmarathon.org)



**Sanderstead Horticultural Society Spring Show**, Saturday 28<sup>th</sup>  
March 2pm, All Saints Church Hall. Adults entry £2, Kids free

- **Mother's Day, UK wide** Sunday 22 March  
Just a date reminder! Remember or celebrate as you wish.
- **SRA AGM**, Wed 1<sup>st</sup> April 8pm, St John's Church Hall, Addington road,  
Meet your Committee, Police, Councillors and MP



### **Free Lunchtime talks and Concerts, Arnhem Foyer Fairfield Halls**

1pm (get there early!)

7 April - LMP Royal Academy of Music Clarinet and Piano,

21 April - Piano concert,

30 April - An Audience with Alan Johnson.

See [www.fairfield.co.uk/whats-on/](http://www.fairfield.co.uk/whats-on/) for more details



**Lunchtime Classical recital** Wednesday 8 April 1.15 – 2pm,  
Lounge, Purley United Reformed Church (beside Purley War  
Memorial Hospital).

Variety of classical lunch time music recitals (instrument or voice)  
every second Wednesday of the month. See [www.purleyclassics.com](http://www.purleyclassics.com)



**The Jubilate Choir Spring Concert** Saturday 4 April, 7.30pm, St  
Matthew's Church Chichester Road, CR0 9NQ  
Celebrating Beethoven's 250<sup>th</sup> Anniversary with his 'Mass in C Major'  
and several Liebeslieder by Brahms. [www.jubilatochoir.co.uk](http://www.jubilatochoir.co.uk)



**Littleheath Woods Spring flower guided walk**, 18 April 10-  
11.30am. Meet at Junction of Queenhill and Littleheath roads. - Free

- **St George's Day celebration**, Sat 18<sup>th</sup> April 12-6 Trafalgar Square  
Morris dancing, jousting, Fair, Cookery demonstration – Free

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## **What is a 'Fast'?**

Did you eat Pancakes on 25<sup>th</sup> February? Do you know why this tradition started? This is the day traditionally/historically used by Christians as the day to use up all the rich food that would be abstained from during the upcoming Lenten 'Fast period'.



Fast periods are found within many world religions and philosophies. Fasting is temporary and can last for just a few hours or even a few weeks. So what is a 'Fast'? It usually relates to food and a 'fast' is a 'reduction' while 'abstinence' refers to 'refraining from'. Religious Fasts are done for spiritual reasons, as a positive challenge, offering or preparation for an event. It is not intended to be punishing or detrimental to health, obviously there are rules and guidance! Those young, pregnant or in poor health are not expected to Fast.

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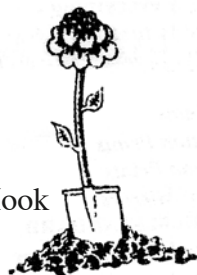
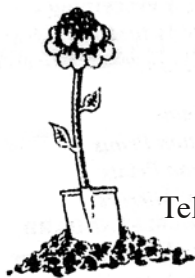
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'Lent' is a period of 46 days usually for the majority of March. In the past Lenten fasting and abstinence was strictly dictated and observed by Christian church goers but now it is more an individual choice to reduce or give up certain foods or pleasures for the duration and/or choose to do positive actions. The Lenten fast ends on Easter Sunday 12<sup>th</sup> April.

The Islamic fast of 'Ramadan' this year will begin on 24<sup>th</sup> April and will continue for a month when all eating and drinking (including water) is prohibited from sunrise to sunset.

It is worth noting that the practice of 'fasting' is not limited to religious communities. Self- imposed alcohol or meat free months, intermittent fasting or 'de-toxing' seem to be gaining popularity amongst the general public for particular health benefits. De-toxing doesn't just relate to food either. Conventional wisdom suggests that it takes 28 days to break a habit.

~~

## A Good Time for Gardening

Writing this early in February, it's a strange time in the garden. Everything appears to be dull and dismal, almost sleeping. I wonder whether gardens hibernate. On a dry day, it's still good to have a wander around the garden just to see what is going on, especially as the weeds don't seem to ever stop growing. Dealing with a few of these as you look around is a great thing to do and stops them becoming too big and crowding out the plants you want to have in the garden.



Until recently everything was so wet and squelched underfoot. The soil has begun to dry out a bit with the drier weather. It is an uplifting sensation to see the groups of gently nodding snowdrops that have appeared. It was whilst looking for the snowdrops that we unexpectedly came across a pot of (very) early miniature iris. Their gloriously vibrant purple colour was a joy to behold. Many other bulbs are beginning to shoot and if the present mild weather continues it looks as if the daffodils will be in bloom this month. Should you drive past Knights at Warlingham, you have not been seeing things – there have been daffodils blooming quite close to the road since mid-January.

Have a look at the trees and shrubs as you walk around. On many of them, there is evidence of the leaf buds beginning to swell. Catkins have been dancing in the breeze on the birch and hazel trees for some weeks. They are such an indication that Spring is on its way. The buds are swelling on camellia bushes and should you have an early flowering azalea, this is possibly already showing colour. With Spring around the corner, we have crocuses, daffodils, hyacinths and so many other flowers to look forward to in the very near future.

What about the vegetable plot? This could also be an area that is resting at the moment. Or, you might have the likes of cabbage, Brussel sprouts, kale, cauliflower etc. growing. This is the time of year to be looking through the seed / plant catalogues and deciding what you plan to grow and where, just ahead of starting the seedlings off in greenhouses and conservatories.

Time also for pruning various fruit canes and trees. Cherry, apple, pear and plum trees benefit from pruning as this stimulates growth, flowering and fruiting. Do this in early Spring and definitely before the tree flowers. Ensure that dead, diseased and damaged boughs are removed. Similarly, prune fruit canes, although do check either the suppliers' instructions or 'Mr Google' as varieties can differ in their optimum pruning times. Generally, all canes that previously bore fruit should be cut to ground level. Other jobs to consider are ensuring that pots and seed trays are clean and ready for use and removing old string and raffia from the canes that were hurriedly thrown into the shed when the deluges of rain began last Autumn.

There has been plenty in the news extolling the health benefits of being outside; be that for a walk, playing with family members in the park or pottering around the garden. It is still early in the year, so when you go outside wrap up warm, making sure that your coat or fleece comes down to the top of your legs – *did your mum used to insist that you kept your kidneys warm?* Muscles are easily pulled, especially early in the gardening season, so a few stretches, to get them ready for the shock of twisting, turning and bending again, won't go amiss. If you can find a sunny corner to work in then you will also begin to help your vitamin D levels from the sunlight. Don't stay out too long, enjoy what you're doing and relish that well-earned long, hot soak in the bath or shower when you come back inside.

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

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

Spring Show – 28<sup>th</sup> March from 2pm at All Saints Church Hall, Onslow Gardens



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Palm Sunday Sun 5<sup>th</sup> April

10am Parish Eucharist for all ages and Procession of Palms

Monday 6<sup>th</sup> April

7.30pm Compline with Meditations

Tuesday 7<sup>th</sup> April

St John's Wives Easter Service

Maundy Thursday 9<sup>th</sup> April

7.30pm Liturgy of the Lords supper with washing of feet, stripping of altars and watch  
until midnight

Good Friday 10<sup>th</sup> April

Follow the way of the cross 1pm Reflections for Good Friday followed by

2-3pm approx the Liturgy of the Lords Passion

Holy Saturday 11<sup>th</sup> April

10am-12 Noon Kids bring a parent and a small plant or stone to help make our Easter  
Garden in the church. Refreshments will be provided.

Easter Sunday 12<sup>th</sup> April

8am Said Eucharist in traditional language

10am Parish Eucharist for all ages and Easter Egg Hunt

St Johns Church, Upper Selsdon Road, Selsdon, South Croydon, CR2 8DD

## Memories from Afar

Regular contributor 'War Baby' Des Donohoe, [des.oldselsdon@gmail.com](mailto:des.oldselsdon@gmail.com) has been contacted by a former Selsdon girl, Sally Easton as she then was, who lived at Byron Rd before emigrating to Canada in 1953. Sally went to Selsdon Primary and then Secondary from 1948 to 1953. Their first exchanges of emails started last winter, soon after the Selsdon Gazette went digital and the Selsdon School Reunion Dinner was featured and she has given Des permission to share some of her memories.

*"I am looking at least a foot of snow outside now and expect it to remain until April, so it's time to put my nose in books. Thank you for the Selsdon Gazette information; this is quite a nice way to reconnect! I am sure everyone in England is starting to see daffodils coming up and new leaves on the trees, it is only something I can only dream of for a little while, I love gardening and would love to see our back garden at Byron Road, it was so pretty when we left, as was the front. The milkman would leave the bottles in the front porch and birds used to fly in to peck at the tops of the milk bottles and make holes in them. I think it was the silver foil that attracted them because I don't think birds drink milk.*



*The bluebells will be coming along soon too, they don't grow here but I will always remember the bluebell woods. My sister and I both walked to Selsdon School and on our way home through the woods behind the school we would pick arm fulls of bluebells in the spring. We both loved it at Selsdon School and we were most unhappy about moving to Canada. I look back on my time in Selsdon as very happy days and a good part of my life I hope you do too.*

*Some people I remember from school are Barbara Singleton, Alice Kent, Sylvia Williamson, Jennifer Jacks, Cyril Fisher, Robert Aungier and Peter Latham. I also have autographs from all the canteen staff as we had dinners at school. I remember the day each week when we had ground beef, cabbage and boiled potatoes with the eyes in them. The smell of boiled cabbage still haunts me! I love cooking - its one of my favourite things and my husband was a French Canadian so food has always been a part of our lives.*

*My Mum worked part time at the Selsdon Park Hotel, it always seemed such a grand place, only for rich people. I have lots of memories of Selsdon!"*

(Editor - Like Sally if you move away from Selsdon and want to keep in touch you can go online to our website or sign up for a postal subscription.)



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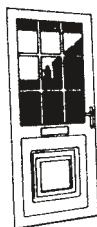
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## Retirement: How Did I Ever Find Time To Work?

When I retired, a Selsdon friend and former colleague tried to persuade me to join Croydon U3A. I had no idea what he was talking about. 'You'll love it'. But I wasn't persuaded. Two years later, I was worn down and agreed to attend one meeting. That was four years ago, and I am now proud and highly privileged to be the Chairman, as well as running four Interest Groups. As you will surmise, that first brush with the U3A nailed it, or should I say they had me at 'hello'!

The U3A is a movement for third agers who are retired or semi-retired, who love learning new things, who want to make new friends and enjoy themselves. The original name 'University of the Third Age' was based on the French version, but the British founding fathers envisaged a more open model. Instead of being guided by universities and second agers (lecturers and professors), U3As in the UK are led by members themselves. Each U3A is self-run and self-funded to enhance *life-long learning for its own sake* and to *promote well-being* through social contact.

Yesterday I had lunch with six members of our MOTO group (Members On Their Own). 'What did you do when you work?' I asked one of the group. She went on to tell us about her life in the Diplomatic Service, being based in many different parts of the world. Another had been employed developing and making vaccines for farm animals, another worked for the RAF. The discussion reinforced the change the U3A has made on me. I used, to my shame, to be quite dismissive of, and impatient with 'old folk'. Now I'm rubbing shoulders with so many talented people who have amazing amounts to offer and a thirst to learn more, especially about subjects they didn't have time for in their younger lives.

Once someone has joined they can investigate a list of 65 *groups*, get help to *start up a new one*, come to *monthly meetings* with top-rate speakers, sign up for *coach trips* and so much more. Classes are held in various locations. Groups meet either at somebody's home, or in a room in a local library, church or community centre.



There are 700 of us members in Croydon, running groups from Bridge to Badminton, Languages to Literature, Wine Tasting to Yoga and most

things in between. Our motto is 'Learn, Laugh, Live'. There are 1,050 U3As in the UK with around 440,000 members, all actively involved in making retirement something that counts.

To find out more about Croydon U3A and how it works visit:  
[www.u3asites.org.uk/croydon](http://www.u3asites.org.uk/croydon) or email [chair@croydonu3a.org](mailto:chair@croydonu3a.org)  
or call T: 07808 723 686

## Jenny Wilson

(This article was sent following The Gazette's January article on Life Long Learning. Editor)

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## Are you good at making friends?

Can you imagine living on your own and not being able to get out? If you are housebound and have no relatives or friends close by to pop in for a chat it becomes a very long day.



Most of us take for granted being able to converse everyday with our family and friends. For many of Contact's clients, becoming isolated and lonely is ever present. This is where our befriending scheme comes into action.

Selsdon Contact is a Neighbourhood Care charity. We have volunteers who visit our clients on a regular basis. Visits can last from half an hour upwards, and can take place either weekly or fortnightly, whatever suits both parties! These visits are often the highlight of a client's week and cheers up our clients enormously.

We have clients of all ages, who live locally and would welcome a visitor. Could you be that person? If you are able to make a difference to someone's life, and help our Befriending scheme, we would really like to hear from you.

We may be reached on 8651 4944. Alternatively, call into our office between 10am- 3pm Monday to Friday for further details. We are situated on the lower ground floor of the Selsdon Community Centre. Email info. [selsdoncontact.org.uk](mailto:selsdoncontact.org.uk) [www.selsdoncontact.org.uk](http://www.selsdoncontact.org.uk)

## Selsdon Contact

# How to make your lawn green in every sense

I wanted to write this article to get people thinking about how they can make some small changes, big changes and even save money whilst having a nice lawn that is quietly saving the planet.



The areas I want to discuss are: mowing, fertiliser, weed killer, scarifying and irrigation (watering).

## Mowing

I'll start with the most obvious. Moving away from petrol is key. If you've just splashed out on a new petrol mower, then simply mow less often. The rule is no more than  $\frac{1}{3}$  off in any cut. This means you might be able to mow twice a month rather than 4 times. This one is simple and saves you money already.

Alternatively you could be in the market for a new mower. If you have a small lawn that's close to the house go with a cord. You can get good ones relatively cheap and even with a rear roller for stripes.

If you have a larger lawn or one that needs extension leads to get too, why not try a battery? The batteries are a lot better than they were even 2 years ago. My battery mower was £250, the charger was £54 and a small battery (lasts 45min) is £100. That's £404 and it's a wonderful mower. A new petrol can be £500 and better ones are £1000. If you're sensible you can get trimmers and blowers that run on the same batteries.

## Fertiliser

This has the potential to make a real difference. Over application of nitrogen has a massive impact on green house gasses. A molecule of Nitrous oxide that can be released from the soil is 300 times worse for green house effect than a molecule of CO<sub>2</sub>. It's easy to go and get some lawn fertiliser from the shop and get it down. You'll have a really green lawn but what else is it doing? So by applying less nitrogen and using the right types is key to reduce this effect.

There is a way of supplementing your fertiliser inputs that will have a hugely positive impact on the soil. There is advice about returning clippings or mulching. You can do this but the worm casts in Winter will be awful. Instead the clippings can be brewed and sprayed back on. All you

need is a bucket, some water and time. Half fill the bucket with clippings, then  $\frac{3}{4}$  fill with water and stir, stir the next day and stir again the day after that. After 3 days the clippings can be separated and the water applied to the lawn.

### Weed killer

A contentious topic with all the negativity around them at the moment. If you are against them it's important to know the 3 in 1 fertiliser from the shop has weed killer in it. If you don't want them used then the only option for the home gardener at the moment is hand weeding.

### Scarifying

There are electric models that will do a job but it needs to be done regularly to have any effect. If your lawn has a lot of moss and thatch, especially deep seated thatch a petrol scarifier maybe the way to go. This would be a carbon investment. By getting the thatch under control your lawn will be healthier and thicker which means it'll take in more CO<sub>2</sub>.

### Irrigation

With hose pipe bans becoming common every summer it's another contentious one. I'm going to advocate for heavy but infrequent watering. This makes the best use of water. There is plenty of evidence of what just leaving it can do, if it dies it doesn't come back. Rain water harvesting is getting better, using stored rain water is much better for your lawn anyway.

*Mike Taylor* (facebook, twitter and Instagram [@1840lawncare](#))

(A maintained lawn is a quintessential part of an English garden for many. If you are interested in a wilder lawn or even want to just keep a small wild patch try [www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife](http://www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife) Editor)

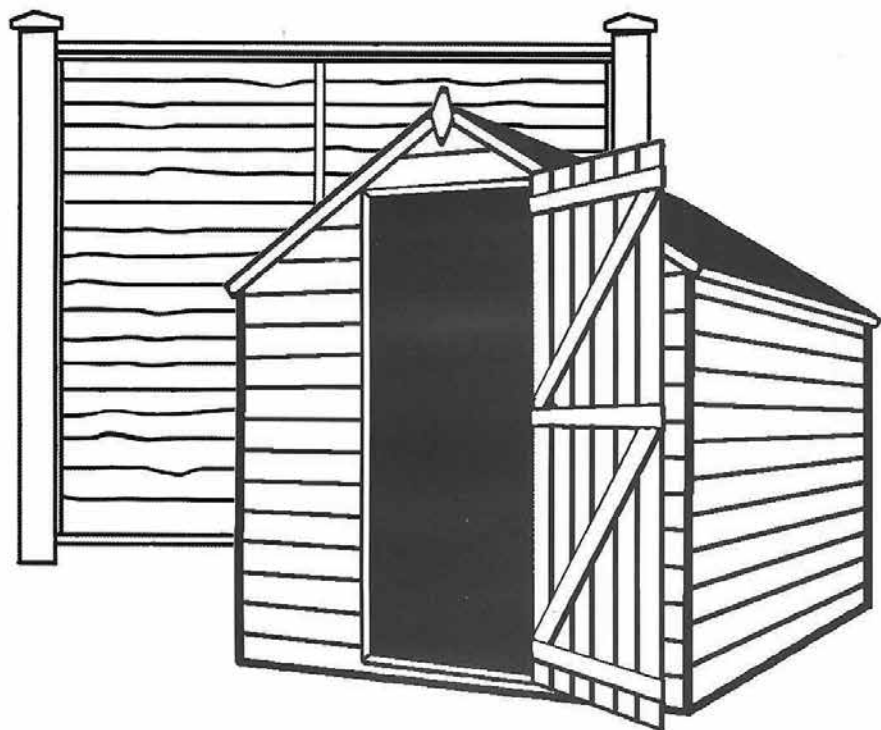
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## **Florida off the beaten track**

I've previously written about part of central Florida's Gulf Coast we know well, outside the tourist areas of Miami and Orlando. Its chief attraction is 'Weeki Wachee Springs State Park' in Hernando County. Like so much of Florida away from the usual tourist trail, the Park offers an abundance of wildlife in its waterways and woodlands.

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It's also the home of the 'mermaids' who have been delighting visitors with their performances in the waters of the natural spring since 1947 (not the same ones, of course, but more of that later). You can also paddle a kayak down the crystal clear Weeki Wachee river and see manatees, birds, turtles, and raccoons. ([www.weekiwachee.com](http://www.weekiwachee.com))

Those who stay a week or more can read about the community's news in *The Hernando Sun*. In 1966 someone had the bright idea of establishing city status for Weeki Wachee, so that 'City of Mermaids' would appear on road signs and thus provide free advertising for the mermaid shows. But here's the thing. Current census data show there are just 12 residents, no elections have been held for years, and the city's 'elected' officials are all employees of Weeki Wachee Springs State Park. As a result, the Hernando County legislature has voted to remove city status and the 1.1 square mile of territory will become the responsibility of the County.

Fortunately, the mermaids will not be troubled by the change and will continue to thrill audiences, young and old, with their performances. All are already experienced divers but have been trained for at least six months for this role, in which they mime to songs and perform graceful underwater ballet to tell the story of 'The Little Mermaid'. They can hold their breath for an astonishingly long time while diving into what are said to be the deepest freshwater springs in the US. In other shows they demonstrate their skills of drinking and eating underwater – quite a feat (sorry, tail). And unlike the Orlando theme parks it won't cost you an arm and a fin.



In addition to the daily shows given by the young performers, there are monthly reunions of retired mermaids, ranging from 60 to 80 years of age. They defy conventional age and health barriers to perform their graceful routines to delighted audiences. Their zest for life and camaraderie with each other is a joy to behold.

One of the features of living in Florida, and probably most other parts of the US, is the public veneration of the armed forces. Nearly everyone you speak to seems to have a family member in the forces, while the older generation will tell you of being stationed in the UK during World War 2. Many restaurants and retail establishments offer discounts to military personnel and their families. No church service is complete without



expressions of thanks to army veterans and to active servicemen and women for 'keeping America safe'.

We all know that US forces are stationed in Europe, the Middle East, and beyond, and that some are in combat roles. I would not for one moment suggest they should never be acknowledged or that their past service is not appreciated. We owe them a great deal. But here in Florida it somehow seems excessively obsequious and unbalanced. There is rarely any mention of the courage of the police and emergency services, on whom we all depend for protection and support when we need it most.

Finally, a mention of national politics in this year of presidential election: judging from the bumper stickers and the Republican party offices, supporters of the President are in the majority in this part of Florida. We came across a rare exception in the Publix supermarket, where we spotted an individual wearing a T-shirt with the slogan "Donald Trump is a disgrace to America". We shall see!

*Bill Gale*

~~~

## 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.

Please note if you wish to promote a single club or organisation's activities please instead contact our Advertising Manager [selsdon.adverts@gmail.com](mailto:selsdon.adverts@gmail.com) as we offer very attractive rates to advertise! Indeed our publication can only run if we get paid advertisers. We may occasionally offer in our own words, free short 'mentions' for local non-profit organisations.

As well as wanting potential articles we still welcome 'Letters to the Editor'. We hope to hear from you!

~~

## **Croydon Natural History and Scientific Society**

2020 is the **150<sup>th</sup>** Year of the Society which was originally founded as the 'Croydon Microscopical Club'. The Society was formed for the public benefit to encourage the study of the sciences and also includes the local and natural history and archaeology of the Croydon area. Throughout the year members arrange and take part in lectures, talks, guided walks, exhibitions, field meetings, surveys as well as issuing publications, maintaining a library and museum.

On Saturday 4<sup>th</sup> April they will hold a *special Anniversary* event in the Great Hall, Old Palace School from 2-5pm. This is a free ticketed event. Details and tickets from their website. They are also holding three guided walks in April: 5<sup>th</sup> "Wandle Park and our area in 1870", 13<sup>th</sup> "April Spring Flowers in Banstead Woods", 19<sup>th</sup> "April Central Croydon Buildings in 1870". Regular indoor meetings take place in ECURC church small hall (near East Croydon station). See [www.cnhss.co.uk](http://www.cnhss.co.uk) for more details. Printed programmes available at the library.

(Editor notes: The CNHSS also hold the large local archive of The Selsdon Gazette for which we are grateful! Back copies of The Selsdon Gazette are also held in The British Library)

## BLOW AWAY THE MUSICAL COBWEBS

How many of you recognise this story? You are at school and your parents want you to learn to play a musical instrument. Your parents arrange lessons for you. You enjoy it, you perhaps join youth bands and orchestras and perform together. Then school is over and you haven't got ready made places to play. It all stops. Your instrument is left with your parents and stored in the loft, where it gathers cobwebs and dust and is often forgotten about in the mad times of Uni, trying to find a job, bring up a family.

That could have been my story. I played clarinet at the old John Ruskin Grammar School in Shirley, my further education local at South Bank University (polytechnic in those days!!). My wife to be was in the same boat. She played clarinet as well but we were both dismayed to find that all the effort put into our musical education was jettisoned by the education authority/Council because there was nowhere for us to continue playing.

My wife took the bit between her teeth and set up the *Croydon Symphonic Band*, a wind orchestra which is now in its 47<sup>th</sup> year and has performed concerts at Fairfield since day one. It has given hundreds of people of all ages, standards and ability the opportunity to play together. We currently have over 50 members. Over the years, many of our members come from Selsdon and Sanderstead and we still have a large contingent from the area.

So, people of Selsdon, have you an instrument that hasn't seen the light of day for many years? Get it out, blow away the dust and cobwebs and get playing. If it's a wind or brass instrument come along to Croydon Symphonic Band and rediscover the fun of playing with others. However tough it maybe at first your skills will return and you will rediscover the fun you had at school!

Alternatively, if you are currently playing regularly, and there are enough of us, we could all get together and set up a *Selsdon Community Orchestra* and perform in our own Selsdon Hall. Now that would be fun!

**Derek Reeves, 0208 657 8591**

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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 |
| 1st 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  |
| Croyham Valley Explorers                                                                                                      | Anthony Woodin                                                                                  | 020 8651 3780 |
| 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     |

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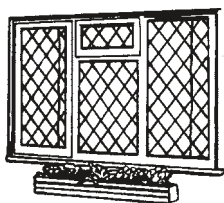
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