

The Selsdon — Gazette —

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THE SELSDON GAZETTE

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Front cover image credit: A thank you to one of Selsdon's key workers.

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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 the October edition of the Selsdon Gazette!

With the printing and delivery resuming last month it felt that we had taken a small step towards 'normality'. However, as the virus is still circulating we must adhere to the 'rule of six' and remember:

Hands - washing your hands regularly

Face - wearing a face covering

Space - maintaining a safe distance from others.

We have all faced unusual times this year and have had to discover ways to cope. So, I am repeating my plea from last month's edition of sharing your experiences by contributing an article, however short, to the Gazette. This could be describing how you have kept in contact with families and friends, how you have coped with working from home, local places you have discovered or new pastimes you have taken up. I would like to hear from all ages, from the most vulnerable self-isolating, to students at school. Experiences of any key workers during this time would also be very much appreciated. Any contribution whether it is a recollection, poem or activity to try can be sent to me by email to (selsdongazettesra@gmail.com).

Our cover for the Gazette this month is a photo of one of our key workers who has worked hard to keep Selsdon's streets clean during the pandemic. If there is someone else you would like to thank for working for the community during our lockdown please forward their photo to me (selsdongazettesra@gmail.com). Please note that I no longer use the previous hotmail email address as it was receiving so many scam emails, so if you have it in your contacts please change it to

✎ SUBMISSIONS FOR THE NOVEMBER 2020 EDITION
SHOULD BE WITH THE EDITOR NO LATER THAN
20TH OCTOBER - PREFERABLY BEFORE! ✎

the one above - I would hate to miss any of your contributions!

In this issue we have our usual articles about gardening jobs for October and foods in season, together with news of developments in Littleheath Woods and details of our cover design competition for Selsdon's nursery and primary school children. We take a look at some old sayings and go below the ground with Ted Forsyth's Nature Notes. I hope that you enjoy your read.

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

Chris Jones

~~

SRA NEWS 'n' VIEWS

A BIG Thank You to our stalwart Gazette team that helped deliver the September edition to all houses. If anyone feels able to help, either regularly or for holiday/sickness cover, Wendy Mikiel would love to hear from you (wmikiel@hotmail.com or 02086510470).

Christmas Lights

As Father Christmas is unable to switch on our wonderful lights he has asked if the children would like to design a cover for the December Gazette. You'll find details on how to enter this competition in this Gazette. The lights will be turned on a little earlier this year on 6th November to brighten up the high street.

To help raise funds you can order goods from several major retailers via <https://www.easyfunding.org.uk/causes/selsdonchristmaslights> Money is donated to the lights every time you shop at no cost to yourselves. Either download the app or use the site as your starting point.

Flowers

The flowers on the railings by the traffic lights have given a good display and the committee will be replacing them at the end of September with winter pansies.

Police

Covid 19 has kept the teams very busy but they do post monthly updates on the Nextdoor App as we can no longer have Panel meetings for the foreseeable future.

Barclays Bank

Sadly, we are to lose the last bank, (Nationwide is a building society), in Selsdon on 30 November. Councillor Stuart Milson has been in talks with them but they are committed to closing. The good news is that the Post Office offers some of the services and following this News 'n Views we have printed a list of what you can and cannot do at the post office in Tudor Library. There are cash machines in Aldi, Sainsbury's and Nationwide.

Selsdon Planning

Don't forget you can sign up to get a regular update every Saturday from www.localplanningapps.co.uk/croydon/anupdate/planningtable.html

Coughlan's

Work is going well as I write, but maybe by the time you read this you will be enjoying a freshly baked bun with your morning coffee.

Sheila Childs, SRA Chair

~~

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You Cannot

Pay TV licence

Pay credit card, e.g. Barclaycard, invoice.

Pay bills which do not have a barcode.

Cash a cheque.

Mr Shah, Postmaster at the Tudor Library

~~

COUNCILLORS' NOTES

SUPPORTING SELSDON BUSINESS

There is another meeting of the Selsdon Community Plan group in early September and details of progress will be included in the next Gazette.

The four Selsdon Councillors have put some of their local ward budget towards the cost of producing banners to publicise hand washing and encourage shopping in the Selsdon and Forestdale shopping areas locally post Covid19 lock-down.

LEISURE CENTRES AND LIBRARIES REOPENING

We have requested timings for the reopening of leisure centres in the south of the borough, but, as yet there is no news about opening dates. We will continue to raise this as many Selsdon residents are missing out on opportunities to keep fit at Monks Hill and Purley leisure centres.

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We were sad to hear about the closure of another business on the



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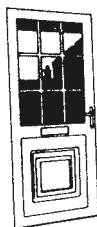
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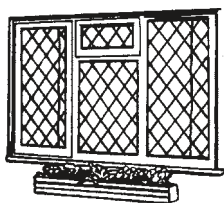
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high street. Barclays Bank announced it will be closing at the end of November. Cllr Millson has been in touch with a representative from the Bank. The reason for closure is that nearly 90% of its customers now use the phone or computer to access banking services, so very few people need to visit a branch. Cllr Millson has asked whether the Bank can offer support to local residents who are not used to online banking, to help with the transition to online services once the branch closes. They are looking at ways of doing this.

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 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 SEPTEMBER 2020

20/04031/CONR – Rear of 129 Addington Road, South Croydon, CR2 8LH
Variation of Condition 1 (plans) of Planning Permission 18/01197/FUL
granted for the erection of a two storey building comprising 2 x two
bedroom dwelling houses and 4 x one bedroom flats with associated
landscaping, refuse and cycle storage

20/03170/FUL – 147A Addington Road, South Croydon, CR2 8LH
Conversion to 2 x 1 bedroom flats

20/03394/HSE – 233 Addington Road, South Croydon, CR2 8LQ
Demolition of the existing garage and erection of two storey side extension
and single storey rear extension

20/03895/FUL – 292 Addington Road, South Croydon, CR2 8LF
Erection of detached 2 bedroom bungalow at rear

20/03991/GPDO – 23 Ballards Way, South Croydon, CR2 7JP

Erection of a single storey rear extension projecting out 3.5 metres from the rear wall of the original house with a height to the eaves of 3 metres and a maximum height of 3.8 metres

20/03956/HSE – 50 Benhurst Gardens, South Croydon, CR2 8NU

Alterations and front infill extension to the existing carport

20/03782/HSE – 4 Greystone Close, South Croydon, CR2 8PP

Erection of a single storey infill side/rear extension

20/03937/HSE – 3 Queenhill Road, South Croydon, CR2 8DU

Alterations and erection of a double storey side/rear extension with a single storey rear extension

20/03555/HSE – 26 Rylandes Road, South Croydon, CR2 8EA

Erection of a first floor side extension and a single storey front extension

20/03756/FUL – John Ruskin Sixth Form College, Selsdon Park Road, South Croydon, CR2 8JJ

Removal of existing sheds and the construction of an ancillary building with a height of approximately 7.3 metres and two storage containers in the car park

20/03432/LP – 1 Selsdon Park Road, South Croydon, CR2 8JE

Erection of outbuilding

20/03421/HSE – 38 Sundale Avenue, South Croydon, CR2 8RZ

Construction of a rear outbuilding

20/03203/LP – 157 Sundale Avenue, South Croydon, CR2 8RS

Erection of ground floor front and rear extensions

20/04002/CONR – 53A Upper Selsdon Road, South Croydon, CR2 8DG

Variation of condition 1 (approved drawings), Condition 3 (cycle store) and condition 5 (parking arrangements) attached to planning permission 18/03786/FUL for the erection of detached two storey 3 bedroom house adjacent to the existing house at 53 Upper Selsdon Road with vehicular access fronting Arundel Avenue and provision of 2 car parking spaces and associated bin and cycle stores (Original description). The house has now been built

20/03907/LP – 99 Upper Selsdon Road, South Croydon, CR2 0DP
Erection of a single storey rear extension

20/03928/LP – 99 Upper Selsdon Road, South Croydon, CR2 0DP
Erection of a replacement front porch

STOP PRESS

The Hawthorn Crescent development by Brick by Brick was refused at the planning meeting on 24 September. Fuller details will follow.

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

Proposed Plan for Development of Crematorium

It has been reported that a company called Mercia intend to send a planning application to Tandridge Council to build a crematorium on farmland in Farleigh, which backs onto Selsdon Woods. This development is outside our area but we will watch for any developments.

~~

MP Chris Philp's Report Member of Parliament for Croydon South

Directly Elected Mayor + Croydon Council on the financial brink

On 3 September, I joined residents to hand in a petition with over 20,000 signatures to trigger a referendum in Croydon for a Directly Elected Mayor. This is a legally binding process under local democracy laws. The council has to hold the referendum if a valid petition is received with over 14,000 signatures.



The petition campaign has been running for over a year and I would like to thank everyone who signed the petition and helped organise it. It was arranged by a group of local Residents Associations (see www.democ.org.uk) from across the Borough who are fed up with the fact the council does not listen to us. Croydon's unusual electoral geography means that the party in charge is chosen by a small number of marginal Wards (or areas) to win control of the Council.

A Directly Elected Mayor would replace the existing Leader – but critically would be elected directly by the whole public, whose votes would count equally. A Directly Elected Mayor would have to listen to everyone across the whole Borough. The DEM proposal has also attracted cross-party support.

The council is also currently on the financial brink. Brick by Brick is a subsidiary company that was created and is owned by the council with the intended purpose of building homes in the borough. However, it is a loss maker and I strongly believe that it is proving to be destructive for our area. 30m of public money has been spent on a hotel that then went bust. £53m of public money was spent on a secondary shopping centre whose value has crashed. Reserves are down to a dangerously low level. Croydon has the biggest debt of any London council – over £1.5 billion. This was all long before Coronavirus hit, and Croydon is the only London council to be on financial brink in this way.

20,000 residents think, and I agree, that a Directly Elected Executive Mayor chosen by the public would be directly accountable in a way the current Leader is not.

Now that the petition has been handed in, we would like the referendum triggered by it to be held on Thursday 6th May 2021, the same day as the London Mayoral election. This will save money, given there is already an election on that day.

I will keep you posted both on the state of Croydon Council's finances as more news emerges, and with news about the Referendum as soon as I hear from council officials.

You can keep up to date at www.chrisphilp.com in the meantime.

Chris Philp

Member of Parliament, Croydon South: [020 7219 8026](tel:02072198026) chris.philp.mp@parliament.uk

The Selsdon Gazette would like to clarify that it is a non-political publication. We take great care to review articles by our elected MP and Councillors prior to publication 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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Message from Jack Killian Police Community Support Officer

Hello Residents,

We have had quite a few catalytic converter thefts over the last month. More specifically 3 in a week. We have a number plate of the vehicle involved in stealing one of the catalytic converters but it's highly likely it is a cloned/stolen plate being used on the vehicle. Of course, we are still on the lookout for the vehicle in question as it is highly likely that they were also involved in the theft of another converter during the same night. Croydon also now has a team made for the sole purpose of catching catalytic converter thieves as the crime is growing every week, not just in Croydon as it has now become a major UK wide issue.

Another ANPR operation took place in Addington on 14 September and our team was a part of this. I'm unaware of the statistics from the day itself but it was another successful one. Our aim is to target cars with no insurance and other driving offences. We also aim to catch people transporting drugs and weapons to and from the Addington area, as well as into Selsdon and areas further north of Croydon.

Hope you all continue to enjoy any lovely weather that Autumn gives us and of course stay safe! As always if you need our assistance or advice just contact the ward team with the below details.

PCSO Jack Killian 7114SN
Selsdon and Forestdale Safer
Neighbourhood Team
Telephone number – 020 8721 2464
Ward Email - [SNMailbox-
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MESSAGE FROM THE SELSDON CENTRE FOR THE RETIRED

After weeks of busy preparations, we are very pleased to announce that the Selsdon Centre for the Retired reopened on Monday, October 5th. Initially, we will only be open for lunch on Mondays, Wednesdays and Fridays. This is to ensure we have enough time to carry out a thorough cleaning of the centre at the end of each open day.

The health and safety of our clients, staff and volunteers is paramount. As such, detailed risk assessments have been carried out and all necessary procedures implemented to comply with government guidance.

We are really looking forward to welcoming our clients back to our new-look centre.

If you have any questions or concerns, or if you wish to hire our centre for meetings please feel free to call Craig, Jane, Sarah or Laura at the office on 0208 651 1111.

(This article was written on 17 September)

~~

St. John's in Lockdown

Lockdown came just as the Rev'd Jenny Rowley, who had been Rector at St. John's for the past 6½ years left to become Archdeacon of Portsmouth in the Diocese of Portsmouth. We were sad to see her go, and even more sad that we could not celebrate her time at St. John's and say farewell properly.



Initially the church was completely closed though we kept a board outside with a chance for people to ask for prayers for loved ones and a Prayer Walk leaflet as an accompaniment on that daily exercise we were allowed. Many have said how much they enjoyed that time in early Spring and found sitting in nature and listening only to the birds and the wind reminded them of the beauty and steadfastness of God's creation.

We turned to the internet and, thanks to our honorary staff, members of the congregation and our Parish Administrator, we enjoyed online services with some guest preachers through our website, our Facebook page and Youtube. Like many we enjoyed Zoom coffee mornings, get togethers and meetings. Each member of the congregation was phoned regularly to check they were managing and not in need of help. We were pleased to help with the wonderful Selsdon Coronavirus Support group – giving them the use of our hall when they needed somewhere for a store for their food parcels.

Eventually we were allowed to open the church for private prayer and it was a joy to be able to return and by the beginning of August we resumed our 10 am Sunday service under strict Covid rules. Being a large and airy church, we have been able to accommodate up to 80 people with proper social distancing. We are having baptisms – weddings are mostly postponed until 2021.

So, we are 'back in business' albeit in a different way but we will be celebrating **Remembrance Sunday at 10 am on Sunday 8th November.** **At 6 pm on Sunday 1st November** we will be holding an **All Souls service** with remembrance candles and a chance to remember and commemorate the lives of loved ones lost.

And Christmas will certainly not be cancelled at St. John's! Look out for our services in the November Gazette.

You can find us at www.stjohnsselsdon.org.uk or on our Facebook page St. John the Divine Selsdon

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CHRISTMAS COVER COMPETITION



for Selsdon's primary and nursery school children

Last time and date for entries to be received:

10.00am on Monday 16th November

As Father Christmas is unable to come to switch on the Christmas lights in Addington Road this year, he has asked the SRA to do something different instead to mark the start of the festive season.

Are you a budding artist at nursery or primary school and living in the SRA area (see website)?

Or are you at the nursery and primary schools on Forestdale, Monks Hill or at CHS?

If so, would you like to see your work on the cover of the December issue of the Selsdon Gazette?

All you have to do is make an A4 sized, suitably seasonal, drawing or painting.

Put your name, address, school and date of birth on the back and then send it to the SRA using the letter boxes either at

KIBA, 119 Addington Road or Co-Op Funeral Care, 178 Addington Road.

Father Christmas and the SRA are very grateful for their help in this way.

Your art work can be a picture of Father Christmas, a Christmas tree, Christmas presents or anything else Christmassy - or you can just design a Christmassy pattern.

However, it has to be all your own work – nothing downloaded from an app or the internet or a photograph!

The orientation can be portrait or landscape but please remember to leave a clear space (13cm x 4cm) for the Selsdon Gazette masthead and volume number/month details

or have a full-page design that would allow this information still to be legible and not spoiling your picture or pattern if printed over it.

The winning entry will be used as a cover for the December Gazette and the winner and runner –up will both receive a voucher – to buy themselves or a favourite person a Christmas gift.





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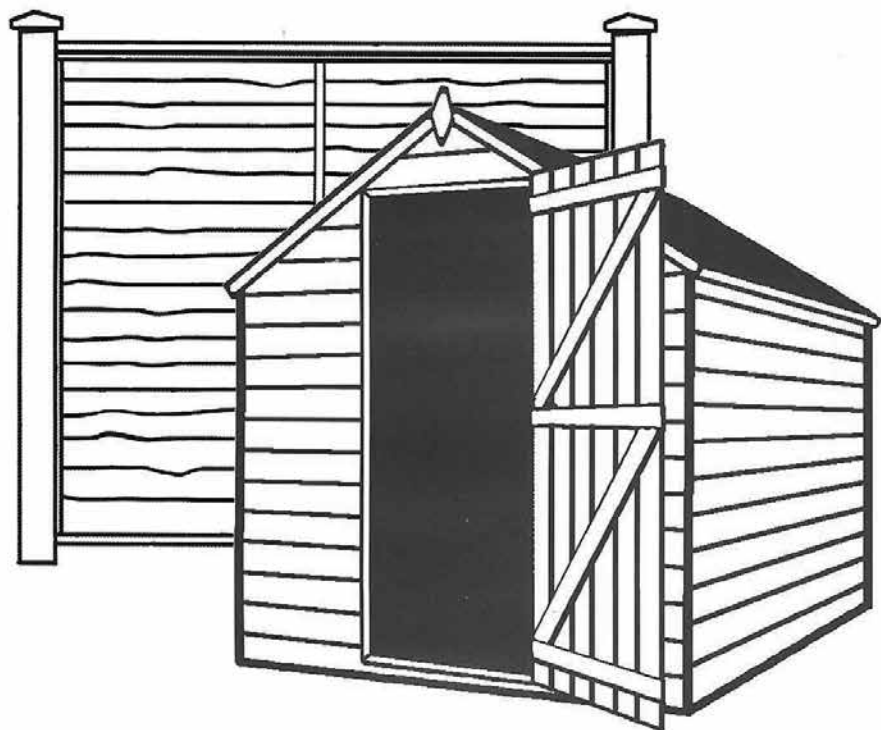
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Reminder



British Summer Time ends this year when the clocks go back at 2am on Sunday 25 October. Remember the saying “Spring forward, Fall back”

~~

Spot the Street Cleaner.

A tale of Inaction, Confusion and Frustration (part 2)

Our reader with a good memory may remember part one of this saga published in the Gazette at the back end of 2019. In it I described the Freedom of Information (FOI) request submitted on behalf of the SRA to Croydon Council on 13th September 2019 requesting details of the street cleaning routine for all roads within the SRA area, as a follow up to an earlier request for a small number of specific roads. Local authorities are supposed to respond to FOI requests within 20 working days and it was no surprise that the due date came and went without response. On the 26th February 2020, out of the blue, came an email from the Council purporting to be a response to the September FOI request. On closer inspection it was merely a repeat of the text of my FOI request. After firing off a quick email asking for some sense, the world began to change and the subject seemed less and less important. Imagine my ‘delight’ when, on 7th April 2020, I received a full response! In short, you may expect our roads (*) to be cleaned to the following schedule:



Addington Road, weekly / daily.

Old Farleigh Road, weekly.

Arkwright, Arundel, Brent, Byron, Ferns Close, Langley Oaks Ave, Langley, Littleheath, Moir and Mountwood Close, Norfolk Ave, Queenhill, Ridge Langley, Ryelandes, Sylvan Close and Upper Selsdon Road, every 4 weeks.

All other roads in the SRA area to be cleaned every 2 weeks.

It should be pointed out that there may be additional ad hoc cleaning as the result of ‘specific requests’.

over-wintering. To avoid the spread of damaging fungi, don't compost the leaves.

~ Prune climbing and rambling roses once they've finished flowering, and tie in the stems before autumn winds cause damage.

~ Finish harvesting beans and peas. When they've finished cropping simply cut the plant away at ground level, leaving the roots in the soil. These crops fix nitrogen which is slowly released into the soil as the roots break down. If you plan to grow beans next year, start preparing the site by digging trenches and filling with manure or kitchen waste.

~ Move citrus trees indoors to a bright, frost free position (4-12°C) away from cold draughts and radiators. Reduce watering in winter but don't let the plant dry out completely.

~ Clear the straw from around the base of strawberry plants to increase ventilation. Shear back old foliage to encourage fresh new growth.

~ Wrap grease bands around the trunks of apple trees to trap winter moth females whose caterpillars shred spring flowers and remove the netting from fruit cages to allow birds to catch and eat any pests that are lurking there.

~ Remove any greenhouse shading to allow as much light in as possible. Move tender plants into the greenhouse to protect them from early frosts. Make sure that there's enough space between to keep them well ventilated and reduce the risk of disease. Check any plants which you're bringing inside for pests like aphids.

~ Continue to remove any fallen or dead plant material to keep the growing area free of fungal diseases.

~ Clear up fallen leaves regularly to allow light to the grass. A last mowing can be made this month before leaving your lawn for the winter. Recut any lawn edges if needed. Install lawn edging to make future maintenance easier. Aerate your lawn with a garden fork to avoid waterlogging and compaction over winter.

~ Net ponds to prevent leaves falling into them. If you need to clear pond weed lay it next to the pond for a day to allow wildlife to escape back to the water.

- ~ Clean out water butts and let the autumn rains refill them. If the soil is dry, give your garden one last good watering before the ground freezes.
- ~ Use the last of the dry weather to paint sheds and fences with preservative before the winter arrives.
- ~ Make time to give evergreen hedges a final trim before the bad weather sets in, so they look neat and tidy for the winter.
- ~ Once plants are dormant, it's a good time to lift and relocate any that you want to move.
- ~ Raise pots off the ground for the winter with bricks or 'pot feet', to prevent waterlogging.
- ~ Invest in bird baths and bird feeders this autumn. Birds are a gardener's friend and keep pests down.

Bill, Ben and Little Weed

www.sandersteadhorticulturalsociety.org.uk

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Life in 1500 England



Most people got married in June because they took their annual bath in May and were still smelling pretty good in June! However, they were starting to smell a little, so brides carried a bouquet of flowers to hide their body odour. Baths equalled a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then the women and finally the children. Last of all were the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying 'Don't throw the baby out with the bath water'.

Houses had thatched roofs. Thick straw, piled high with no wood underneath. It was the only place for animals to get warm so all the pets.... dogs, cats and other small animals, mice, rats, bugs lived in the roof. When it rained the straw became slippery and sometimes the animals would slip and fall off the roof, hence the saying 'It is raining cats and dogs'.

There was nothing to stop things falling into the house. This posed a problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. So, they found if they made beds with four big posts and hung a sheet over the top, it addressed the problem. Hence those beautiful four poster beds with canopies.

The floor was dirt. Only the wealthy had something other than dirt, hence the saying 'dirt poor'. The wealthy had slate floors which were slippery when wet in winter. So, they spread thresh on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping inside. A piece of wood was placed at the entry, hence the expression 'thresh hold'.

They cooked in the kitchen in a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They mostly ate vegetables and didn't get much meat. They would eat the stew for dinner leaving any leftovers to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been in there for a month. Hence the rhyme 'peas pudding hot, peas pudding cold, peas pudding in the pot nine days old'.

Sometimes they would obtain pork and it would feel really special when that happened. When company came over, they would bring out some bacon and hang it to show it off. It was a sign of wealth and so showed that a man could 'bring home the bacon'. They would cut a little off to share with guests and would sit around to 'chew the fat'.

Those with money had plates made from pewter. Food with a high acid content caused some of the lead to leak into the food and made them very sick. This happened mostly with tomatoes, so they stopped eating tomatoes – for 400 years! Most people didn't have pewter plates, but had trenchers – a piece of wood with the middle scooped out like a bowl. Trenchers were never washed and sometimes worms got into the wood. After eating off wormy trenchers, they would get 'trench mouth'.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and the guests the top, or the 'upper crust'.

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along

the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather round and eat and drink and wait to see if they would wake up. Hence the custom of holding a 'wake'.

England is old and small and they started running out of places to bury people. So, they would dig up coffins and take their bones to a house and reuse the grave. In reopening the coffins, one out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So, they thought they would tie a string to their wrist and lead it through the coffin and up to the ground and tie it to a bell. Someone would have to sit in the graveyard all night to listen for the bell. Hence on the 'graveyard shift' they would know that someone was 'saved by the bell' or a 'dead ringer'.

Marie Fuggle

~~

Who wants to be a Millionaire? Selsdon Version

On Friday 11 September I watched Donald Fear on 'Who wants to be a Millionaire?' win a million pounds without using three of his four lifelines! So, I thought it would be good to test our readers with a quiz about Selsdon. Unfortunately, there is no prize of £1 000 000 but you can ask a member of your family for help! Answers are after Nature Notes.



1. £100 Question

What is the postal code for the Selsdon area?

- | | |
|--------|--------|
| A. CR0 | C. CR3 |
| B. CR2 | D. CR1 |

2. £200 Question

Who is the MP for the South Croydon constituency to which Selsdon belongs?

- | | |
|------------------|--------------------|
| A. Tony Newman | C. Richard Ottaway |
| B. Boris Johnson | D. Chris Philp |

3. £300 Question

Which bus route passes through the Monks Hill Estate?

- A. 359
- B. 412
- C. 433
- D. 64

4. £500 Question

What is the nearest National Rail station to Selsdon?

- A. Riddlesdown
- B. South Croydon
- C. Sanderstead
- D. Kenley

5. £1 000 Question

Which of these is not to be found on the Selsdon Vale Estate?

- A. Robin Road
- B. Peacock Gardens
- C. Curlew Close
- D. Goldfinch Road

6. £2 000 Question

One of the hairdressers in our High Street is called Vintage followed by a number. What is the number?

- A. 42
- B. 32
- C. 62
- D. 52

7. £4 000 Question

Who owns Selsdon Wood commonly called the Bird Sanctuary?

- A. National Trust
- B. English Heritage
- C. Corporation of Croydon
- D. Friends of Selsdon Wood

8. £8 000 Question

Which shop on our High Street replaced the Woolworths store?

- A. Alladin's Cave
- B. Iceland
- C. ALDI
- D. Cooperative Funeralcare

9. £16 000 Question

Which group runs Selsdon's large hotel, the Selsdon Estate (previously known as Selsdon Park Hotel)?

- A. Hilton
- B. De Vere
- C. Doubletree
- D. Travelodge



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Roy Brady MCiphe

10. £32 000 Question

Which firm of builders built many of Selsdon's houses during the period between the two wars?

- | | |
|-------------------|-------------|
| A. Costains | C. Wimpey |
| B. Brick by brick | D. McAlpine |

11. £64 000 Question

Bloom's Opticians on the High Street is named after the original optometrist. What was his forename?

- | | |
|------------|------------|
| A. Harry | C. Basil |
| B. Stanley | D. Phillip |

12. £125 000 Question

Who is the current Chairman of the Selsdon Residents Association?

- | | |
|--------------------|------------------|
| A. Linda Morris | C. Dudley Mead |
| B. Raymond Rowsell | D. Sheila Childs |

13. £250 000 Question

What is Selsdon's longest running shop?

- | | |
|-------------------|----------------------|
| A. Mr Dry Clean | C. Sir Julian Huxley |
| B. Alladin's Cave | D. Tudor Library |

14. £500 000 Question

How many entrances are there to Littleheath Woods?

- | | |
|------|-------|
| A. 4 | C. 10 |
| B. 7 | D. 13 |

15. £1 000 000 Question

In January 2007 the prominent Selsdon Clock was installed on the Selsdon Triangle. Who designed its rustic style face with the brushwood motif?

- | | |
|----------------|------------------|
| A. Jon Mills | C. George Nelson |
| B. Thomas Kent | D. William Hole |

Seasonal Food in October



Fruits in Season

Apples, blackberries, figs, grapes, pears, plums, quinces, raspberries.

Recipe for Plum Crumble (highly recommended by editor and many thanks to thanks to Nigella Lawson!)

Ingredients

- 100g/3½oz crunchy amaretti biscuits
- 30g/1oz unsalted butter
- 1kg/2lb 4oz red plums quartered if large, halved if small, stones removed
- 2 tbsp caster sugar
- zest and juice of ½ lemon

For the crumble topping

- 150g/5½oz plain flour
- 1 tsp baking powder
- 100g/3½oz cold unsalted butter, cut and diced
- 3 tbsp caster sugar



Method

1. Preheat the oven to 190C/375F/Gas 5 and slip in a baking sheet at the same time. Put the amaretti into a freezer bag and bash with a rolling pin or similar (very therapeutic!), until reduced to coarse crumbs, then put them into a bowl.
2. Melt the 30g of butter in a large pan (that has a lid), add the prepared plums, sprinkle in the two tablespoons of sugar, add the lemon zest and juice and shake the pan over the heat, cooking for two minutes without a lid and two further minutes with the lid on. These timings are based on having plums that are ripe: if the fruit is too firm, be prepared to cook for longer with the lid on, checking frequently. You may need to add the juice of the remaining half lemon - and more sugar - if cooking for much longer.
3. Pour the plums (with care - they're hot) into a 23x6cm/9x3in deep ovenproof pie dish and set to one side. Already the red skins will have made a gorgeous rich red gravy. Sprinkle in two tablespoons of your amaretti crumble.

4. To make the crumble the easy way, put the flour and baking powder into the bowl of a freestanding mixer, shake to mix, then add the small cold butter cubes and beat, not too fast, with the flat paddle until you have a mixture rather like large-flaked oatmeal. Or you can do this by hand, just by rubbing the butter into the flour with your fingers.
4. Add the sugar and mix with a fork, then tip in the rest of the amaretti crumbs and use a fork to mix again. Pour the mixture over the waiting fruit in its pie dish, making sure you cover right to the edges to stop too much leakage.
5. Place on the baking sheet in the oven and bake for about 30 minutes; you should see some ruby red bubbling at the edges, and the top will be scorched gold in places. If you can bear it, let this stand for 10-15 minutes before eating, with ice cream, whipped cream or mascarpone.

Recipe Tip

The crumble topping can be made ahead. It can be stored in the fridge for up to 3 days or frozen in a plastic bag and used directly from the freezer. Leftovers (if you have any!) can be kept for 2 days in the fridge.

Nuts in season

Cobnuts, hazelnuts, sweet chestnuts, walnuts.

Vegetables in season

Aubergine, autumn cabbage (green, red, white), broccoli (calabrese, autumn sprouting), brussels sprouts, cardoons, carrots, cauliflower, celeriac, celery, chard, chicory, chillies, courgettes, cucumber, endive, fennel, Jerusalem artichoke, kale, kohlrabi, lettuce, leeks, marrow, pak choi, parsnips, peppers, potatoes, pumpkins and winter squashes, radishes, runner beans, spinach, spring onions, swedes, sweetcorn, sweet peppers, turnips, tomatoes, watercress.

Here are some other super facts about the Hallowe'en favourite - Pumpkins:

- Pumpkins are members of the same family as the squash, the cucumber and even the melon
- The largest pumpkin ever grown weighed in at a colossal 2,625lbs
- Squashes are technically a fruit, but probably taste better as soup than served with custard
- Antarctica is the only continent where pumpkins can't grow!



The Little Book of Big Scams

Last month I wrote about the 'Little Book of Scams' produced by the Metropolitan Police, which raises awareness of some of the ever-evolving ways criminals use to scam the public out of their hard-earned money. As the advice given is so important and pertinent to us all, I have decided to put some extracts of the booklet in the gazette in the next few months. I have started with our bank cards.



BANKING AND CARD FRAUD - CASH MACHINES

People are targeted at cash machines by criminals who distract users and steal their card or cash. Fraudsters also fit devices to the machines that trap bank cards, copy the card details and record the PIN. You must be vigilant when taking money out of a cash machine and not let anyone distract you.

Criminals may try to see your PIN as you enter it by using a hidden camera or by standing nearby. They then attempt to get your card. They might try and make conversation with you when you are withdrawing money to distract you whilst they or their accomplice takes your card or cash. Criminals have also been known to drop cash on the floor to ask you if it is yours, diverting your attention. They may have fitted a device on the cash machine which either clones your card or retains your card. If your card is trapped in a cash machine by a criminal device, you may leave it unattended to report inside the bank or leave. The criminal will then retrieve the device and your card.

Now the criminal has your card (or a copy) and your PIN.

How to protect yourself

- Be wary of anyone approaching you when you are trying to withdraw cash.
- Shield your PIN from criminal cameras or prying eyes. Stand close to the cash machine and cover the keypad with your purse, wallet or spare hand.
- If there appears to be anything unusual about a cash machine, such as signs of tampering, do not use it and report your concerns.
- If your card is retained by a cash machine, report this immediately to your card issuer while still at or near the machine.
- Store your card issuer's 24-hour contact number in your mobile phone.

BANKING AND CARD FRAUD - CARDS AND CONTACTLESS PAYMENT

Contactless payment is an increasingly popular method of payment, with at least one in three card payments in the UK made using contactless technology. There are many myths that exist relating to the security of this payment system. The information below explains this process, which should ease any concerns you have over this payment method and how it works, whilst giving advice on how to use it safely.

Contactless payment uses a wireless chip containing the user's payment card details which is embedded in a mobile phone or on a bank payment card. This enables users to make payments of up to £45 at stores, cafes and other outlets simply by passing their smartphone or contactless card a few centimetres from a suitable card reader. Some of the security features on this method of payment include the following:

- Every contactless card has an in-built security check, which means occasionally you have to enter your PIN number to confirm payment.
- Contactless only works when a card or device is within a few centimetres of the reader, making it virtually impossible for details to be intercepted whilst in use.
- Whilst a contactless card reader can interrogate a card within 10cm, it will only release the information on the front of the card. For fraud purposes, this is incomplete, and can't even be used to clone the card

How to protect yourself

- Look through all of your bank cards to identify which ones are contactless.
- Don't let anyone take your card out of sight while taking a payment - even for just a few seconds. They could be using a skimming device to copy data from your card's magnetic strip, or copying the CCV code on the back.
- Monitor your bank statements regularly to ensure that payments have not been taken from your account without your knowledge or permission.
- If your contactless payment card or contactless enabled smart phone is lost or stolen, report this to your bank immediately and you should be covered for any subsequent losses.

You can download the booklet on

<https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/the-little-book-of-big-scams.pdf>

CJ

Day of the Dead or Dia de los Muertos



We are all familiar with Halloween but do we know much about the Latin American celebration of the Day of the Dead? Both Halloween and the Day of the Dead occur about the same time of the year but they have significant differences. Halloween (31 October) is a dark night of terror and mischief

whereas Day of the Dead festivities take place over two days, namely November 1 and 2 (All Saints Day and All Souls Day in Christianity), and is a joyous occasion remembering loved ones who have passed away.

During the Days of the Dead the family often takes the opportunity to visit the graves of loved ones who have passed away and pull up weeds, clean up any debris and decorate the graves. Although the festival is based on death, it is more a celebration of the life of deceased family members by demonstrating love and respect for them. Families create offerings (ofrendas) to honour the departed.

Originally Day of the Dead was a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. Now it is celebrated all over Latin America with colourful calaveras (skulls) and calacas (skeletons). Revellers don funky makeup and costumes, hold parades and parties, sing and dance, and make offerings to lost loved ones.

Top Ten Traditions and Customs for the Day of the Dead Festivities

- **Constructing Altars**

Altars are usually built at home and are decorated in vibrant oranges and purples before being piled high with candles, flowers and personal possessions.

- **Making offerings (ofrendas) to the Dead**

It is believed that offerings encourage the deceased to return home and hear the prayers of their loved ones. On November 1 (Día de los Inocentes), deceased children are offered toys and sweets, while November 2 sees ofrendas for deceased adults, such as alcohol, cigarettes and football shirts.

- **Using Mexican Marigolds**

Mexicans believe that this flower helps guide their loved one's soul back to the world of the living, and given that it only flowers during the rainy season which precedes the Day of the Dead, it has now become heavily

and primarily associated with the festivities.

- Grave cleaning and decorating
This involves tidying the area surrounding the headstone, but being sure to leave behind the marigold flowers. A complete altar may also be constructed there.
- Creation and buying of sugar skulls
Sugar skulls are either bought or made by families to add to their altar, and the name of the deceased is often written in icing on the forehead.
- Holding graveside vigils
Although many opt to stay at home on the night of November 1 and the early hours of November 2, holding graveside vigils is still common in many Mexican communities. These social gatherings have a festive atmosphere.
- Display of calacas
Calacas are clothed, decorated and colourful skeleton figurines that you've undoubtedly seen but never known the name for.
- Taking part in the Catrina parade
The main parade is in Mexico City where attendees paint their faces in the typical style of the Catrina skull, complete with colourful accents around the eyes and cheeks, and dress in appropriate outfits.
- Sharing stories of the Dead
This involves the telling of amusing anecdotes and memories about the deceased as the deceased would rather not be remembered sombrelly, but cheerfully.
- Eating pan de muerto
This is lightly orange-flavoured sweet bread, which has 'bonelike' decorations on top of it and a healthy coating of sugar!



CJ

~~

RED SPOTS IN LITTLEHEATH WOODS

What Red Spots?

You may have noticed some trees in Littleheath Woods, along the path between the two fields (Fields Path), have recently had red spots spray painted on them. The Council's Forestry Advisor is proposing that two 'Rides' be created in Littleheath Woods. One will be along Fields Path

Marie Winter

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which links Clears Croft to Fallen Oak Field and the other is the section of the Vanguard Way which runs from the bottom of Fields Path towards the Croham Valley entrance. The red spots indicate trees which will be taken down to create the first 'Ride'.



(A misty September morning on Fields Path)

What is a Ride?

Rides are open, sunny corridors through the woodland, where taller trees have been removed to allow more light in, helping a wider variety of wildlife to flourish. At the edge of the path grow short, small plants such as grasses, herbs and flowers, which butterflies will thrive on. This short vegetation gives way to the shrubby growth like bramble, and then further from the path edge there are small trees that graduate into full woodland with taller, more mature trees and a shadier understory. They often form a link between open areas or glades thus creating a wildlife corridor.

According to the Forestry Commission, the greatest benefit is gained when the width of the ride is equal to or greater than the height of the adjacent canopy trees. It is unlikely that the rides in Littleheath Woods will attain that width but nevertheless there will still be great benefits.

Why are Rides Important?

Establishing woodland edge habitats, which are sunnier and warmer than the woodland proper, create a high level of species diversity. The Forestry Commission estimates that a greater number of species inhabit the first 10 metres of any woodland edge or ride edge than inhabit the remainder of the woodland. Although Littleheath Woods contains two fields and therefore, it would seem, plenty of “woodland edge”, mostly the tall, canopy trees grow around the boundaries, thus negating the benefit of the edge habitat. Edge habitats benefit many species, particularly rare and declining woodland butterflies such as the small pearl-bordered fritillary and the white admiral. The latter, a classic woodland species in the UK has recently suffered a decline in numbers. These big butterflies can be seen from late June until early August, flying up and down ride edges under the dappled light. The Butterfly Conservation Society also lists skippers, black hairstreaks, fritillaries and purple emperors as particular beneficiaries of rides. The herb layer supports a larger invertebrate population generally with subsequent benefit to birds and small mammals

When will the Rides be created?

We have met with the Council contractors and they are expected to come in over the winter 2020/21 period to take down the now red spotted trees along Fields Path. They will leave good specimens to provide a wind breaks or “buffers”. Sadly, many of the marked trees are not in good health – there are some very old Silver Birches, which are not particularly long-lived trees, a few unhealthy oaks and some ash which are suffering from Ash Die Back. Creation of the second planned ride along the Vanguard Way between the bottom of Fields Path towards the Croham Valley entrance will be a project for a later date.

Information and Updates

Information and Updates

We will provide regular updates and information on this exciting project both in the Selsdon Gazette and on our website: www.folw.co.uk

Ian Leggatt and Chris Hyde

Friends of Littleheath Woods



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'.)

Strange year but some interesting ideas around

Recently, my husband and I took a trip to Norman's Bay in East Sussex. It is where the Normans landed in 1066, along with Pevensey Bay; before they travelled inland to Battle. Norman's Bay is much quieter than its neighbour Pevensey Bay. There is a friendly vibe there and a community spirit. As we have spent a lot of this summer strolling lanes, fields and woods, we meandered past a Community Notice Board and stopped to read it. That is what happens when there is time, one becomes curious or basically, nosey!

The local Community were being asked what to do with the only red public phone box left in the area. Did they still want it? British Telecom has said that in the last twelve months only three phone calls were made from it. The request was for ideas from the villagers to suggest what else they could do with it. The favoured idea appeared to be to fill it with unwanted books and DVDs for anyone to help themselves to. It was a good idea, we felt. There was to be a meeting for those who wished to express their views.

Slowly we ambled on in the bright sunlight and cooling breeze, and eventually found ourselves in Pevensey Bay. Suddenly we saw in the distance another red telephone box, so of course we just had to look inside it. This box was full, not just with piles of books and DVDs, but old puzzles, games and even toys. People were advised to help themselves to what they wanted. One large toy was on the floor, there was no room elsewhere, but the notice did ask people to leave nothing on the floor because insects can get into things left there.

To our minds this was a better use for our iconic telephone boxes than the six all tumbled together on a street in Kingston, being labelled “modern art”. We do wonder what other uses the phone boxes have been put to, all around the British Isles.

Jessica Blake

~~

Dear Editor,

COMING OUT OF LOCKDOWN

I feel a bit like a tortoise. I hide away in my shell trying to isolate and stay safe then every now and again I stick my head out and dare to get out and do something. This week for instance, I donned mask and gloves and went on public transport for the first time. It was fine, our buses only allow a limited number of people on the bus at a time and I was careful not to touch anything. I have friends who have been up to town to the National Gallery. They reported back to say it was fine if you pick the correct time to travel and as fewer people are allowed in the Gallery, they could actually see the exhibits. I am not ready to brave the train up to London yet. I have visited local English Heritage and National Trust places by car rather than going up to town. They were all very different. I was glad I visited Down House the former home of Charles Darwin but only the ground floor of the house was open and the gardens were not what they should have been due to a lack of volunteers during the lockdown period. It was a good afternoon out (the cream tea helped!)

Great Comp gardens were delightful. They are not very big and are fairly informal but very peaceful and there were places to just sit and enjoy the gardens. As with all gardens they change with the seasons. Again, the cream tea was good!

Or there was Ightham Mote. Only the gardens were open, but unlike Down House, we just paid to visit the gardens. Even from the outside, the house (and workers' homes) was beautiful. Water always makes a garden peaceful and here the flower beds and vegetable gardens were well looked after. There is also a 2.5 mile (hilly) walk through the estate and a cafe for a cream tea!

It is worth researching places on the internet before you go just to see how much is open. There is also less staff at these places so there may not be many people to tell you the history when you are there. Most places require you to book in advance and to book a specific time slot which is

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good, it makes the experience safer and more enjoyable.

Name and address supplied

If you have you any similar experiences of coming out of lockdown please share them with us by emailing me at selsdongazettesra@gmail.com

~~

Dear Editor,

Selsdon Bird Sanctuary

I am sure that like our family has found during lockdown, that the Selsdon Bird Sanctuary has been a wonderful place to walk and enjoy fresh air and lovely surroundings. It certainly helps us cope with the times we find ourselves in.



Sadly, I have noticed that the fairy pond in the woods is in a very poor state, and has been for a long time. With such warm weather it should be a place that the birds and wildlife are able to go to enjoy a drink. I know that there is a lot of volunteers that keep these woods in good order, but having seen the article on page 41 of the September issue of the magazine, I noticed a mention of funding from Esmee Fairbairn Foundation and Thames Water with a Water for Wildlife project. Could this be a way of restoring whatever the problem is with the pond to ensure our wildlife survives with adequate water? Hopefully Selsdon can find a way to help the local wildlife.

Pauline Dolling

Many thanks for highlighting the problem with the pond and coming up with a possible solution. I have passed your email onto the Friends of Selsdon Wood and hope that they can investigate further. CJ

Nature Notes from Ted Forsyth

Beneath the soil surface

On a visit to any natural area we are usually interested in what we can see sprouting from the soil – trees, bushes, plants and fungi, and the creatures which rely upon them. Despite this amazing biodiversity above ground, what appears within the soil is potentially even more numerous and diverse.



Starting at the surface we can find molehills produced by an animal which spends most of its time below ground – how often do you see one in plain sight? In making its underground tunnels it loosens the soil and helps to aerate it. It feeds mainly upon earthworms which also create tunnels and aerate the soil. There are around 27 kinds of earthworm in UK but they fall into three categories. The first type stay on the surface and feed in the leaf litter. The other two burrow into the soil but one makes horizontal tunnels while the last lives in vertical tunnels and pulls leaves down into the soil. Earthworms in general eat organic matter including leaves and bacteria which enter at the head end, are then ground up and processed within the body, and the unwanted material is expelled at the other end. This material, often seen as worm casts at the surface, has more phosphates, nitrogen, potassium and beneficial bacteria than the surrounding soil, so that worms help to enrich the soil for growing plants. Within the soil there are also vast numbers of tiny nematode worms which aquarists often raise as live food for aquarium fishes. Slime moulds in one of their mobile states can move in the spaces between soil particles, feeding on bacteria and other organic material.

A large mature tree will have large roots which stabilise the tree and keep it upright but inside the root there is transport of materials created by photosynthesis in the leaves, and moving in the opposite direction will be nutrients absorbed from the soil by the thin feeding roots of the tree. The feeding roots can only extend so far from the trunk of the tree so there is a limited area from which the nutrients can be obtained, though there will be a certain amount of enrichment of the area by the action of earthworms. The likelihood of the feeding area being gradually depleted of nutrients could be offset if there were access to the surrounding land

in which the tree grows, and this is where fungi play a part. All fungi manipulate organic matter, breaking it down into simpler materials which are returned eventually to the soil. There is a more direct and mutually beneficial relationship between fungi and trees in which particular fungi associate with a tree species in such a way that the underground fungal mycelium wraps itself around, or even penetrates, the feeding roots of the tree and there is a transfer of chemicals from the fungus to the tree and the fungus receives in return some of the materials created by photosynthesis in the leaves of the tree. The mushrooms that we see sprouting from the soil are simply the fruiting bodies created at the appropriate season by an enormous unseen underground network of fungal mycelium. While different fungal species might compete for resources there seems to be a large amount of cooperation so that the subsurface network acts to transport nutrients from a wide area. There even seems to be an aspect of information processing as a tree in distress, perhaps as a result of disease or overwhelmed by a massive attack from insects, will produce chemicals in response. When these chemicals are transported by the fungal network they “warn” the nearby trees who then begin to prepare their defences.



Nowadays we realise that the world’s oceans contain a lot of life we are just beginning to understand. I feel the same applies to what is happening under the soil surface.

~~

Answers to Who wants to be a millionaire – Selsdon Version

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
B	D	A	C	A	C	A	B	B	A	C	D	D	D	A

Emergency Care from Rotary Sanderstead & Selsdon

Rotary Sanderstead & Selsdon are delighted to announce the installation of a second defibrillator unit for people living within our Club area. The first was installed outside Waitrose, Sanderstead last year and this year, in the past week, Sainsbury's Selsdon have installed the latest unit.



We are excited to have provided these potentially lifesaving units in both Sanderstead & Selsdon. If our units save one life, they will have been a great investment. We are now working with the new Priscilla's enterprise Corner House Tea Room and Charity Boutique in Hamsey Green to install a third unit for the residents in that area. Naturally we hope you never need to use the units but know they are there and tell your friends and family, just in case.

Rotary continue to provide care and support within the community to help combat the effects of Covid19 shopping, collecting prescriptions or making a regular 'phone call to those who are isolating at home. We remain here to help, just call 07774 186792.

What about Christmas, we hear you ask? We are still hoping to bring you Father Christmas as usual, whilst adhering to current guidelines, for a safe visit.

The details of Father Christmas's routes, times and dates will appear on our website and Facebook page nearer the time, so keep an eye on them!

If you have been volunteering during lockdown & would like to carry on, please contact us & join Rotary Sanderstead & Selsdon.

If you would like to follow what we are doing, please visit our website & Facebook pages:

<https://www.rotarysandersteadandselsdon.com/>
<https://www.facebook.com/rotarycroydonsouth>

Yours in Rotary

Wendy A Parr, Club Secretary



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Poetry Corner

Two poems from Mary Gill to celebrate National Cat Day 29 October.

TOP CAT

The fat black cat sat on the mat.
Now tell me, what d'you think of that?
The fat black cat sat on a mat.
That fat black cat just caught a rat.

The rat he thought that he was smart-
He thought he'd take the cat apart.
But that fat cat stretched out his paw
And caught the rat that broke the law.

And now the rat is in the pen.
No way will he get out again.
Ev'ryone remember that...
Nobody messes with the cat.

That obese feline lying there;
Reclining on that fat armchair –
Oh yeah, he looks like he's asleep,
But that don't mean that he can't keep
His beady eye on any rat
Who thinks he'll trespass on the mat.

A rat may plot, a rat may plan,
But ever since the world began
There's never been a dirty rat
Who's any match for that darn cat.

So many sad deluded rats
Have fooled a lot of other cats.
But when it comes to this fat guy,
They might as well curl up and die.

Ev'ryone remember that.
Nobody messes with the cat.



WHEN NELLIE CAME TO STAY

Nellie; soft and fat and grey,
we're so pleased you came to stay,
with your golden, gleaming eyes
you should win a beauty prize.
You wind us round your velvet paws,
but we don't mind at all because
your pretty, furry, feline face
makes the world a warmer place.
When it's time for you to go,
hearts will sink and tears will flow.
Nellie: soft and fat and grey -
delighted you could come to stay.



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Improving indoor air quality

We spend most of our days indoors so it is important that internal air quality is good so we can feel healthy and energised and avoid toxic build ups. Here are some ideas:

Open your windows regularly

- It's especially important to do this in winter. Be strategic about when you do this. If you live near a busy road, keep the windows closed at peak traffic time. If you suffer from hay fever, don't open your windows in the morning, when the pollen count is highest.

Other ventilation

- Switch on your kitchen hood and fans during and after cooking. If you have a recirculating hood rather than extraction, make sure you clean and change the filter regularly.
- An extractor fan can be installed in any room where you want to control humidity (to prevent mould), gas or smoke. A fan can also remove the after-effects of using toiletries and cleaning products.
- Avoid blocking or decorating over existing permanent ventilation features, such as air bricks and trickle vents on windows. Overly airtight homes are not healthy.

Be on the look-out for damp and mould.

- High humidity levels can cause respiratory problems, and provide a perfect breeding ground for mould spores, dust mites, clothes moths, fleas, cockroaches and other nasties. Get to the root of the damp and take action.

Reduce dust and dirt

- However often you clean, you'll never get your house free of dust, but you can reduce it. Reduce unnecessary clutter to make this easier. Don't wear shoes indoors, wash bedding regularly and take non-washable items outside to shake clean.
- Vacuum often - Keep your machine clean and serviced so it can work correctly

Consider switching to ways of cleaning that are less polluting.

- E-cloths, White vinegar and Baking soda works can tackle most jobs. Reduce your use of scented candles, easily inhaled sprays, aerosols and furniture polish.

Get rid of chemical smells

- Chemicals found in everyday products, such as paints, aerosols and cleaning products with limonene and pinene (familiar lemon and pine smells), can emit volatile organic compounds (VOCs). New MDF, lino and carpet, fabrics, glues and insulation can also release toxins so rooms will need to be well 'aired' until the smell is gone.

Wood burning stoves

- Burn only untreated, fully dried wood or low-sulphur smokeless fuels. Some types of fuel, such as wet logs and house coal, produce far more particulate matter many of which are hazardous. Clean the flue and chimney often so that smoke has a means to escape. Check Croydon Council for what is allowed and recommended.

Get a Carbon Monoxide (CO) detector

- CO is odourless and can be deadly. But even non-fatal levels can be harmful, particularly for those with impaired or weak lungs. This is as important as a smoke detector.

No smoking indoors

- Opening a window or door won't banish the smoke and chemicals, as it can stick to surfaces such as soft furnishings, even your clothes, to be released later.

Houseplants

- They are natural air purifiers. With the right temperature, light and water houseplants will look good and clean your air and increase humidity. Peace Lily, spider plants etc

Renters

- Contact your landlord if: there's poor ventilation, repairs are needed to stop water entering the building, heating and insulation improvements are needed to prevent condensation.
- If your landlord is uncooperative and refuses to take these actions, contact the Council. By Law rented houses and flats should be 'fit for human habitation', i.e. safe from things that could cause you serious harm. Depending on your tenancy agreement, if the property you're renting falls short of this, you can take your landlord to court (the Homes Act).

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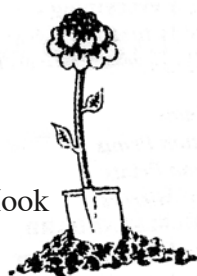
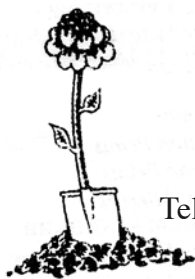
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- laundry facilities



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If you would like make an enquiry please contact us on **020 8655 6724**, **sjohnson@eldonhousing.co.uk**.

Information is also available from our website – **www.eldonhousing.org**

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: www.friendsofselsdonwood.co.uk	
Rainbows, Brownies, Guides & Senior Section		
Girlguiding UK: http://www.girlguiding.org.uk/get_involved.aspx		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 st Selsdon & Addington Scout Group:	Website: www.1stselsdon.org.uk	
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 nd Selsdon & Addington Scout Group:	Website: www.2ndSandAScoutGroup.org.uk	
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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