

The Selsdon — Gazette —

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October 2021



THE SELSDON GAZETTE

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Cllr Helen Pollard Helen.pollard@croydon.gov.uk 07941 573727

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 Andy.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 and I start with a request from our Distribution Manager, Wendy Mikiel - could you help by delivering copies of the gazette (a typical delivery round is about 50 copies)? Please contact Wendy to become a deliverer or a reserve deliverer (020 8651 0470 or wmikiel@hotmail.com).

I would also like to take this opportunity to give our current volunteer deliverers a big thank you, as without them the gazette would not land on your doorsteps. Remember if you cannot wait to see the latest edition of the gazette it can be found on the SRA website (<https://selsdon-residents.co.uk/selsdon-gazette.php>) at the beginning of each month.

The cover photo this month features 'Stormy Stan' from the RNLI stall at the Friends of Selsdon Wood Open Day and SRA Community Picnic. A good day was had by all in the wonderful sunshine. After 18 months of covid restrictions, meeting fellow residents face to face gave everyone a sense of returning to normal. In this Gazette I have included reports from two of the stall holders about their organisations, namely the University of the Third Age and Forest Bathing, together with a report of the Open Day.

Although it is only September as I write this, I have noticed the mince pies and Christmas cards appearing in our shops. The SRA is also planning for Christmas with our annual competition for children to draw the cover for the December Selsdon Gazette. Please see inside the gazette for details and get your youngsters to enter!

The Christmas lights display along the High Street, which is funded entirely by the SRA this year, will be seen from mid- November and there is a visit by Father Christmas to Selsdon on 19 November. Selsdon Councillors are also busy organising a Selsdon Christmas market (see details of all these events in this Gazette).

Included this month we have a 'Veggie' Poem from Mary Gill, a look at tawny owls from Ted's Nature Notes and a focus on planting spring bulbs in our gardening feature. There is information about Mrs Burney's Bee Club and a plea for a musician and prospective dancers

from the North Wood Morris Men. There is our usual quiz, this time testing your knowledge of James Bond movies.

I hope that you enjoy your read, keep safe and I do look forward to hearing from you! Remember this is your magazine so it should be filled with your news or ideas for articles to be featured (selsdongazettesra@gmail.com).

Keep safe
Chris Jones

✎ SUBMISSIONS FOR THE NOVEMBER 2021 EDITION
SHOULD BE WITH THE EDITOR NO LATER THAN
20TH OCTOBER - PREFERABLY BEFORE! ✎

SRA NEWS 'n' VIEWS

Selsdon Wood Open Day and SRA Community Picnic and Fun Afternoon

I would personally like to thank everyone who helped before, during and after the day as none of this could have happened without you all – although more help would have been welcomed and would have eased the pressure on the organisers somewhat. The Rotary Club of Selsdon and Sanderstead provided some fun games and silly races for all ages. The FSW organised a Nature Walk, a Storytime Session for the young visitors and a children's scavenger hunt. All went well - helped hugely by glorious weather. The stall holders were mostly pleased with their takings and the interest in their wares and displays. It was lovely to see so many Selsdon residents able to meet up again and we hope it can be repeated again next year – but we will need an assurance of more help being available before the FSW, SRA and Rotary Club make any significant commitment of the date (likely to be 4 September 2022) to our stall holders. If you think you could offer some help or want a stall, please contact us via the FSW email - selsdonwood@gmail.com - it's never too soon to volunteer!

Committee

Many of you will know Sara Bashford from her days as a Councillor but Sara has also been a long-time SRA committee member as a resident. Once she had relinquished her council role, she helped set up our Planning Subcommittee and still gave valuable advice from her past insight of the workings of the council. However, she has now decided to hang up her boots. The SRA committee thanks her for all the work she has done on behalf of Selsdon residents, but I personally want to thank her for her time, vast local knowledge and patience in all our committee meetings when I know her available time was very limited.

Sheila Childs, SRA Chair

....and from Linda, Vice Chair SRA

Florification of Selsdon

After a slow start, the railing troughs and the large planters outside Iceland finally burst into colour and helped to brighten our shopping area. This was a DIY job with Sheila and I sourcing the plants and tending them throughout the summer as much as our personal time permitted. We are grateful to the local traders who offered to top up our watering cans on our visits and to water the plants, when they could, in-between times. We know of two or three residents who dead-headed as they passed by, which was also a great help to keep the flowers coming. We always welcome any offers of help by residents to maintain the plants in these containers – please contact us.

We think the troughs are well past their best now and we hope to start the winter display in late September and then prune the roses and tidy the planters in October. Is there anyone out there now who could offer the geraniums we lift a shelter over the winter - maybe a conservatory or greenhouse? We won't ask for a lot of TLC for them (or any special horticultural acumen), just somewhere that is dry, snow and frost free in the hope that some, at least, can be saved to cut our costs when replanting next year. Please contact the SRA via any of the committee listed in the Gazette or mail2.selsdonresidents@gmail.com if you think you could give a temporary home to even one or two pots or to a larger pot containing up to six or more.

COUNCILLORS' NOTES

CHRISTMAS MARKET

The Selsdon Christmas market in 2019 was a great success. We had to cancel the 2020 market, but that makes the 2021 market even more important. Unfortunately, the main source of funding was the councillor ward budgets. We need around £2,000 over and above the income from stallholders. This needs to come from somewhere, and it needs to be soon as stallholders have other opportunities around the Christmas period and without them, we do not have a market. We would like to thank the members of the Selsdon Community who have already pledged over £1,500 towards the market. We still need around £700 so if you can help in any way, please get in touch with Cllr Ward.

Assuming we are able to get the funds there is also work to be done. **Can you or anyone you know help** with:

- People to help on the day keeping an eye out for issues.
- A charity or organisation that can receive the money and pay the bills.
- A charity to apply for the street closure licence.
- Help with managing and coordinating the various moving parts.

NATIONAL GRID WORK IN CROHAM VALLEY ROAD

Following on from previous work related to the decommissioning of the Beddington to Rowdown electricity distribution cable, essential work is taking place starting 4th October 2021 outside 151 Croham Valley Road. These works will involve installing an oil monitoring pit and will take ten to twelve days.

Working hours will be Monday to Friday 8am to 6pm. Saturday 8am to 1pm.

If you have any questions, please contact National Grid at beddingtonrowdown@communityrelations.co.uk, or on their community relations line at 0800 197 0118.

POOR SERVICE FROM THE COUNCIL

In recent months the effect of the bankrupting of the Council by the current Labour administration, are really being felt. It is not uncommon for

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residents to raise issues with us when they are having trouble getting a service from the Council. These usually relate to bins that have not been collected, street cleaning, planning, and many other issues. Until recently, the Council has responded when we ask them to help resolve an issue. We now find that we can't get a response and are finding it increasingly difficult to help residents resolve the issues. Please be assured we are doing our best and will persist, but with many key staff leaving the Council and not being replaced, the Council is clearly not coping, and is failing to provide even the most basic services.

HEATHFIELD HOUSE UPDATE

The Council are currently in negotiation with Cressey College to take on a long-term lease for Heathfield House. Cressy College provides education provision for disadvantaged young people across Croydon.

Whilst we support the idea of Council assets being put to good use, we will be against any proposal that limits access to the open green space and gardens around Heathfield House, we also want to make sure that the Ecology Centre, which has been based at Heathfield House for many years, will not be damaged by these proposals.

Council Officers are currently in discussion with the ecology centre about their needs. As your local Councillors we will be keeping a close eye on any planning applications and proposals as they come forward, to make sure this historic site remains open to the local community.

CONTACT YOUR COUNCILLORS

We hope to reinstate in-person councillor surgeries soon. In the meantime, we are happy to 'meet' residents online so if you have any issues you wish to discuss with your councillor please get in touch by email:

Helen.pollard@croydon.gov.uk	07941 573727
Robert.ward@croydon.gov.uk	07783 152363
Stuart.millson@croydon.gov.uk	07783 152376
Andy.stranack@croydon.gov.uk	07816 123204

PLANNING APPLICATIONS

21/04468/HSE – 55 Ballards Way, CR2 7JP
Erection of single storey front and rear extensions

21/03868/HSE – 61 Chestnut Grove, CR2 7LL
First floor side extension

21/04382/HSE – 67 Croham Valley Road, CR2 7JG
Erection of a two-storey side and rear extension, new roof form with raised roof ridgeline and associated external alterations to the front elevation and front garden to provide two car parking spaces using existing crossover

21/04678/LP – 77 Croham Valley Road, CR2 7JJ
Erection of a rear dormer window and hip to gable roof extension to facilitate loft conversion

21/04163/HSE – 77 Croham Valley Road, CR2 7JJ
Erection of a single-storey side/rear extension

21/04165/LP – 146 Croham Valley Road, CR2 7RA
Alterations, erection of hip-to-gable roof extension and rear dormer

21/04328/HSE – 54 Crossways, CR2 8JN
Alterations, erection of a two-storey front and side extensions, hip to gable roof extension and rear dormer

21/0432/HSE – 157 Farley Road, CR2 7NN
Demolition of existing garage; erection of part single part two storey side / rear extension and associated external works and landscaping

21/04343/HSE – 7 Ingham Close, CR2 8LS
Erection of front porch with associated access stairs and landing

21/04680/HSE – 72 Kingswood Way CR2 8QQ
Erection of first floor side extension

21/04363/HSE – 30 Littleheath Road, CR2 7SA
Alterations, erection of a single storey front extension, two storey side extension, rear extension and hip to gable roof extension and rear dormer

21/04378/HSE – 41 Littleheath Road, CR2 7SG

Alterations, erection of a two-storey side extension and single storey rear extension

21/04229/HSE – 106 Littleheath Road, CR2 7SE

Alterations, erection of single/two storey side/rear extension to form granny annexe and single storey rear extension to the rear of the existing property with alterations at rear with new steps

21/04515/HSE – 133 Littleheath Road, CR2 7SL

Erection of single/two storey side/rear extension

21/0494/PA8 – Land at Junction of Old Farleigh Road CR2 8LJ

Installation of a 20m high Hutchinson engineering monopole with 6no. antennas, 1no. GPS unit, 2no. cabinets and ancillary development.

21/04349/HSE – 51 Queenhill Road, CR2 8DW

Alterations, proposed rear outbuilding

21/04391/HSE – 157 Selsdon Park Road, CR2 8JJ

Conversion of garage to habitable room; erection of a single-storey side/rear extension

21/04592/LP – 49 Upper Selsdon Road CR2 8DG

Alterations including conversion of the existing garage to a habitable room

21/04192/LP – 3 York Road, CR2 8NR

Alterations, erection of a single storey rear extension and construction of a porch

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

~~

MP Chris Philp's Report

Member of Parliament for Croydon South



Good news for Children's Cancer Services at Croydon University Hospital

The Government confirmed recently that building is to begin on a £14.7m refurbishment to Croydon University Hospital's (Mayday's) Child Cancer Unit.

The refurbishment will increase the size of the unit by 50%, creating 22 intensive care and high dependency beds to care for the most seriously ill. The 18-month major project will provide state-of-the-art facilities as well as more privacy and dignity for patients receiving life-saving care, with ensuite facilities, quiet rooms and waiting areas to support families in their local hospital at some of the most difficult times in their lives.

Croydon's Conservative Councillors pooled together a donation of £30,000 to donate to the "Lily Pad Appeal", which will help fund a new play area that will provide some much-needed moments of joy to young patients at the facility. With the funding for the main building work now approved by the Government, work will begin in the Autumn with the new facility opening in 2023. This will help children who are seriously unwell, and comes on top of the brand new £23m A&E at CUH that opened almost three years ago.

Croydon Vaccination Update

Meanwhile, across the UK, 79% of adults have had both vaccine doses and 89% have had at least one dose - a truly incredible result involving tens of millions of people being vaccinated. Anyone over the age of 16 can now have their vaccination, and it is vital for the health of everyone that we all get vaccinated. If you happen not to have had your vaccination yet, please contact your GP or go to a walk-in centre at one of the following locations (click on the dots to open details of location and hours): <https://swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/>

Older people will become eligible for booster jabs this autumn - please watch out for details. The hugely successful UK vaccination programme is critical to beating Covid and getting life fully back to normal.

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With so many important local and national issues at present, I would like to get your views. Please take a moment to fill in this 2-minute online survey, and email the link to friends and neighbours so they can have their say too: <https://www.surveymonkey.co.uk/r/chrisautumn>

Chris Philp

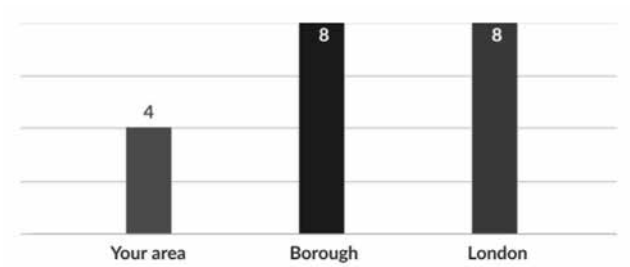
Member of Parliament, Croydon South: 020 7219 8026
chris.philp.mp@parliament.uk

~~

Reports from the Selsdon and Forestdale Police Ward and the Selsdon and Addington Village Police Ward.

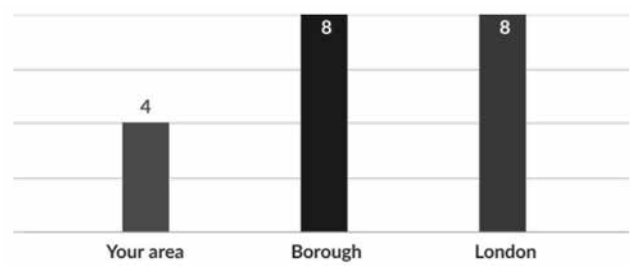
Here are the crime rate comparisons for August 2021 from our two police wards, which show the number of crimes per 1000 residents.

Selsdon and Addington Village Police Ward



With the top reported crimes in this ward being
Drugs 18 Harassment 8 Violence 5

Selsdon and Forestdale Police Ward



Again, the top reported crimes in this ward being
Drugs 7 Harassment 7 Violence 5

As you can see, the crime figures continue to be lower than the rest of the borough.

Jack Killian 7114SN

Police Community Support Officer

Telephone: 020 8721 2464

Email: SNMailbox-Selsdonand ForestdaleSNT@met.police.uk

Address: Addington Police Station, Addington Village Road, CR0 5AQ

Tina Nash

Selsdon and Addington Village Neighbourhood Team

Telephone: 020 8721 2468

Email: Selsdonadvill@gmail.com

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Friends of Selsdon Wood Open Day & SRA Community BYO Picnic - Sunday 5th September 2021

Report by Linda Morris, Open Day organiser

Following the Covid hiatus last year, we were happily able to resume the tradition of the annual Open Day on the first Sunday in September.

After the dull days of August, we were so lucky to have a day which improved from a misty start to hot sunshine by lunchtime. We had a great team of initial helpers who erected the gazebos for us before they went off for their breakfast/ brunch.



John Bickerstaff of the FOSW sat stoically, all day, at the membership table and recruited some more new members as well as persuading some others to renew their subscription.

Heather Govier was the vote collector for the annual photo competition. She was very pleased with the number of photos she had received and was able to create an impressive display of the 50 shortlisted entries for the visitors to vote on. The winner was 'They're not in – Can I take a message? By Steve Budd (see photo), second

place was 'Sky of Fire' by Lee Butcher and third place was 'Sunrise over Snow' by Kylie Butcher.

Lorraine and Sandra were the chief White Elephants traders and sold probably about 50% of their stock -all of which had been donated by Friends. The leftovers were taken to various charity shops the next day so nothing went to waste.

The main money spinner in the FOSW stall was the tombola. We sold about 600 tickets and so made a healthy profit of about £60 once we had repaid the purchases of some of the prizes, the others being donated by generous Friends. People seemed to enjoy the fun of looking for the 'lucky 6' tickets amongst the ones they had picked from the box.

We had a selection of other stalls on site, welcoming back some old favourites e.g., RNLI and RSPB, sand art and the Guides but we also had some first timers, including two local woodworkers (a group of 'men in sheds' from Oxted and a single Selsdonian entrepreneur) as well as a wood turner who had been before. Other stalls included information about our Butterfly Bank, a patch worker, and an outdoors activity group.

We must not forget to mention the Scouts who brought their very welcomed mini picnic tables and benches so customers could sit and consume their burgers, bacon butties, cakes etc. and their range of hot drinks. These were especially welcomed by those visitors who had not brought a picnic despite the event being coupled with the SRA Community Picnic and Fun afternoon. The latter was ably overseen by the local Rotarians and they seemed to attract quite a few entrants for the sack and 'tomato on a spoon' races.

I must however thank Valerie Baldry and her friend, Maureen, for stepping up to help out with the story time session for the children. I heard some very pleasing comments about what the children had thought of it!

Last but, very definitely, not least, I must thank Ted Forsyth for his support and his willingness to lead the guided walk. For many of our visitors this is their first real introduction to the wood and we hope his sales pitch is such that they will return to enjoy the place of beauty, peace and nature - and perhaps also join a work group there sometimes.

The FSW will be deliberating the future of the Open Day soon. it is never

too soon to offer your help and any offers forthcoming might help to persuade us that we would be safe to plan to go ahead again.

Please let us know what you think - and what you could do to help via an email to selsdonwood@gmail.com

Thank you to those who were able to come to help, to enjoy what we offered and we hope you all had a good time.

~~



CHRISTMAS COVER COMPETITION

for Selsdon's primary and nursery school children



Last time and date for entries to be received:

10am on Monday 15 November

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 and 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.

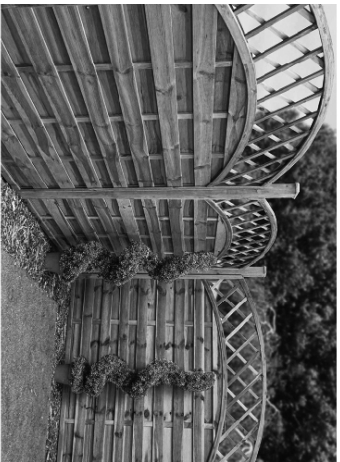
However, it has to be all your own work – nothing downloaded from an app or internet or a photograph!

The orientation can be portrait or landscape but please remember to



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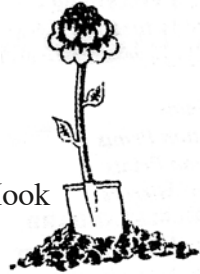
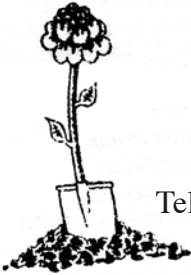
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leave a clear space (13cm x 4cm) for the Selsdon Gazette masthead and volume number/month details or have a full-page design that would allow this information still to be legible and not spoiling your picture or pattern if printed over it.



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.



~~

SELSDON CHRISTMAS LIGHTS – IMPORTANT NOTICE

Unfortunately, it is not possible for Father Christmas to switch on the Christmas Lights in Selsdon this year but he will be visiting us on Friday 19 November to check that the lights are all working.

He will be meeting the children at his usual grotto outside Iceland at about 5pm on Friday 19 November.

As usual there will be songs and music outside The Village Club from about 4pm.
See posters and Facebook etc. for further details.



Do come along and join in!

~~



Croydon u3a is built on laughter, new learning experiences and good company

There was a deafening silence over the past 18 months, the longest period of inactivity since we started 34 years ago. The pandemic prevented us from meeting in our usual groups. Croydon u3a didn't delay and kept going and flourishing, using Zoom, exchanging emails and using WhatsApp to continue their activities.

Now that restrictions have lifted our members are keen to get back to face to face meetings and being "sociable". We have been able to resume many of our "out and about" activities such as walks, garden visits and



visits to places of historic and cultural interest. Other groups have innovated by meeting up in the park, or someone's home or garden when the weather is good enough. There are opportunities for us to investigate hybrid systems involving face to face and Zoom meetings.

The u3a is a nonpolitical and non-religious independent national organisation with more than 1000 branches spread throughout the UK. Membership is open to anyone who is retired, semi-retired or no longer in full-time employment

or whose family commitments have changed. It suits those who now have time to take up an interest or past time, make new friends and enjoy themselves.

Croydon u3a is one of the oldest established u3as, formed in 1987, has over 638 members and a modest annual fee gives you access to 60+ interest groups. No qualifications are needed and none are given. There is a varied and exciting range of interest groups on offer and some new ones have recently been formed. The groups are run by the members for the members. You just need enthusiasm and willingness to take part.



We hold General Meetings once a month that are available to the whole membership. There is usually a visiting guest speaker as well as time to socialize and make new acquaintances.

We issue a regular bulletin which keeps members informed of future plans as well as updating them on what's happening across our interest groups. There is plenty to do all the year round by joining Croydon u3a! Be creative, learn a new skill, get fit, teach others something you are good at, help to plan and organise an activity, get involved.

The many perks and benefits are designed to make Life worth living.

For further information find us at <http://u3asites.org.uk/croydon> Facebook or contact Jenny Wilson, Chairperson by email at chair@croydonu3a.org.uk or phone 07808 723 686

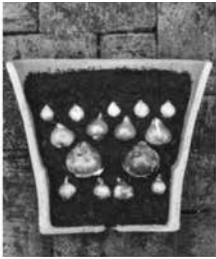
Reminder



British Summer Time ends this year when the clocks go back at 2am on Sunday 31 October. Remember the saying “Spring forward, Fall back”

~~

A Good Time for Gardening – Lasagne



This is not a recipe for a tasty Italian dish of pasta, but a Spring bulb lasagne. Now is the time for planting all sorts of bulbs to give colour from late February onwards. If you wish to create a ‘lasagne’ of bulbs you will need a fairly large pot. Put a few crocks in the bottom to aid drainage and then some peat free compost. The latest blooming of your selected bulbs go at the bottom, then a layer of compost followed by the next bulbs, finishing with something like crocus or iris reticula as they will bloom first. Try to off-set the bulbs slightly but they will find their way up if this is not possible. A sprinkling of gravel on the very top or a piece of chicken wire will stop the local wildlife from digging the bulbs up. If it’s very dry the pots will need a light watering, otherwise they will look after themselves throughout the winter months and will give you a colourful display in the Spring.



Early Spring flowering – snowdrops, crocus, grape hyacinths (muscari), some tulips and hyacinths.

Mid Spring flowering – daffodils, most tulips, fritillaria.

Late Spring flowering – late tulips, Dutch iris and allium

A note about tulips – we always thought it was the squirrels that ate the bulbs and so they didn’t bloom the following year. Apparently, you need to ensure you purchase perennial tulips and these should appear year after year. The other types put their energy into growing mini bulb offshoots and so don’t bloom in subsequent years.

Some bulbs are irritants so it is best to wear gloves when handling them and definitely don’t eat them as some are toxic and will give a nasty stomach ache.

Halloween - All Hallows' Eve

The tradition originated with the ancient Celtic festival of Samhain on 31st October, when it was believed that the ghosts of the dead returned to earth, causing trouble and damaging crops. People would light bonfires and wear costumes to frighten the ghosts away before their new year began the day after. In the eighth century Pope Gregory III designated November 1st as a time to honour all saints - All Saints' Day. The evening before was known as All Hallows' Eve and later became Halloween. Over time, Halloween has evolved into a day of activities like trick or treating, carving pumpkin lanterns, dressing up and eating treats.



Frederick, Cedric and Sunflower Sid

www.sandersteadhorticulturalsociety.org.uk

~~

Mrs Burney's Bee Club CIC



Honeybees are the most incredible creatures. They work so hard that they produce 2 to 3 times more honey than they need; they will defend their home and family with their life if they need to; they can unhook their wings so they can vibrate their flight muscles to generate heat; they can replace their queen by feeding a larva with royal jelly which they make from a gland in their neck; they can fly up to 3 miles from their hive and don't get lost; they have five eyes; they communicate through smell and through dance. More importantly for us honeybees, along with their bumblebee and solitary cousins, pollinate 75% of the crops we eat so we quite literally rely on them for our survival.

Mrs Burney's Bee Club helps educate children about how to look after honeybees and other pollinators. We aim to give children the opportunity to be outside more and to get connected to nature. We incorporated as a community interest company (CIC) in March and began trading in June. A CIC is a limited company which has a positive impact on the community and whose profits go back into the company to further its social aims. We have had over 100 visitors to our apiary at Fryland's Wood Scout Centre since we began trading. Families, schools, or children's groups can come and learn about the honeybee, get into a bee suit, and then look inside

a working beehive. It's such a pleasure to see people's reactions when the hive is opened. Visitors are always so interested and enthusiastic; everyone goes away with a smile on their face.

Next year we are hoping to expand our business and start a weekly Junior Bee Club. We are working alongside Croydon Beekeepers Association to provide ongoing beekeeping training for a group of six 8- to 13-year-olds. Lessons will start in February when we learn all about the theory of beekeeping and then, when the bees start flying in Spring, the group will have their own hive to look after. As well as learning to become beekeepers, we will teach the children about how to care for all the pollinators of the UK. This will include building bug hotels and planting wildflowers. We hope that some of the children will go on to take their Junior Beekeeping Certificate with the British Beekeepers Association.



We are planning to offer subsidies for the cost of the club to children from lower income families and ensure no one is excluded from taking part. We are fundraising to make this a reality. If you would like to contribute, text BEES to 70450 to donate £5 and subsidise the cost for one child for one week. To donate a different amount text BEES and the number e.g., for £10 text BEES10.

If you would like to find out more about us or make a booking to visit, go to our website at www.mrsburneysbeeclub.co.uk or email us at debbie@mrsburneysbeeclub.co.uk

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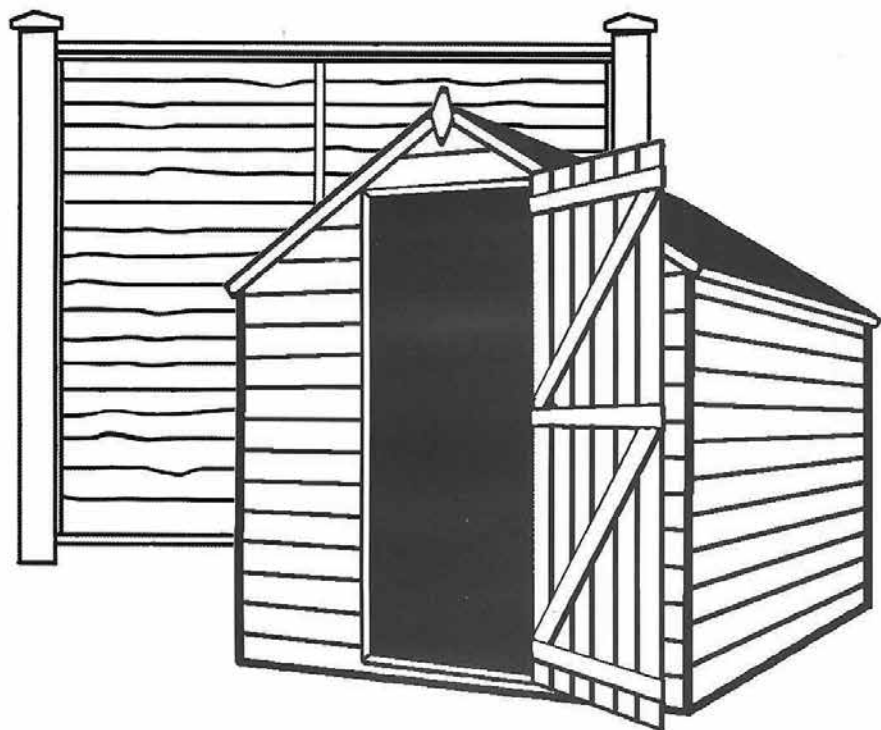
Ecosia search engine – plant trees for free!

If you use the internet, you will use a 'search engine' - be it Google, Bing, or something else. These free search engines use 'Ads' as a major income stream which is why they often dominate the first third (or more) of your delivered results. However, you can do some good with this generated income by making an active choice about **which** engine you use. If you look at your device 'settings' you will find a few engines to choose from and then you can choose your 'default'.



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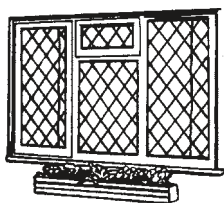
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One of the options given as standard may well be 'Ecosia' a Berlin-based search engine launched in 2009, which donates 80% of its profits to non-profit tree-planting organisations. It will seem familiar to use as its 'deliverables' (results and ads) are provided by Microsoft Bing, with Ecosia's own algorithms filtered in for good measure. Compared to other search engines, Ecosia takes user privacy quite seriously, as outlined on the company's "Privacy" page. Ecosia only holds onto certain user data for up to a week, after which the info becomes completely anonymised. Unlike many other search engines, Ecosia does not sell your data to advertising companies. Additionally, every search is encrypted for extra security while you're browsing.

No matter what part of the site you're on, you'll always see a tree icon in the top-right corner of the page, indicating how many searches you've conducted using Ecosia. You'll need about 45 searches under your belt to plant a tree.

Obviously, you can do your own research (from your usual search engine) but my experience has been very positive. As in our family we have more than one internet enabled device we kept one device using 'Google' (to

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keep easy access to a free GMAIL account) but moved the other devices to Ecosia. So far, we have apparently helped to plant over 470 trees and therefore helped in a small way to improve the earth's atmosphere. Obviously, there is more to be done but it's a step in the right direction.

Janet Sharp

(For clarity my interest in sharing this is to help the environment - I have no financial incentive!)

~~

James Bond Quiz

As the release date for the latest James Bond movie is set for 30 September, we have a quiz to test your knowledge. 'No Time to Die' is the 25th film in the James Bond franchise. It's the current 007 Daniel Craig's fifth and final adventure as a superspy. No Time to Die was originally due for release on 4 March 2020 before being pushed back three times due to the pandemic.



1. The James Bond movies are based on a series of novels by which British author?
2. What secret service agency does 007 work for?
3. Who performed the theme song for Live and Let Die?
4. What is Jaws' only line in the Bond movies?
5. What deadly weapon does Oddjob wear in Goldfinger?
6. In the Living Daylights, Bond sleds down a mountain on?
7. Which female artist sang the song 'Skyfall'?
8. Which movie did Pierce Brosnan make his debut as James Bond?
9. Starring Sean Connery as Agent 007, what was the first Bond movie ever released?
10. What is Agent 007's preferred cocktail?

Answers after Nature Notes

NORTH WOOD MORRIS MEN



NWMM came into being in 1975 as a result of a local Scouts' Gang Show and has been entertaining people for the past 46 years. The number of dancers and musicians has vacillated over the years but is currently at a very low ebb. We currently have only 6 dancers, which is the minimum for a full-side dance but the hammer blow to its continued existence is that our musician, who plays a recorder, is about to emigrate to the North of England!!

The traditional Morris was danced only by men but there are many examples of mixed and ladies' sides these days. In an attempt to widen our membership to include ladies, we created OFFCUT MORRIS but we have not been at all successful in attracting any permanent recruits.

So, this is a heartfelt appeal for support. The earliest reference to Morris Dancing is 1448 so it has a long history and is a unique national tradition. I have been dancing ever since I first learnt in 1956 and it is an excellent way of keeping fit while enjoying the company of like-minded people.

Primarily, we need someone to play for us while we dance. We practise each Thursday evening at 8.30 pm until 10.00pm during many of the winter months. We often enjoy a little refreshment afterwards. Any easily portable instrument, with accompanying player, would be welcomed with open arms. In normal times, we dance out on selected weekends in all sorts of venues often with other sides or in festivals; we have been to France for a long weekend for the three years up to 2019 and intend to continue.

Secondly, we do need more dancers, both gentlemen and ladies, because the years fly by and the first flush of youth is no longer with all of the current dancers. As with all of us, there has been a hiatus for the last 20 months. Like old Dinosaurs, we are teetering on the edge of extinction.

If you are interested, and can persuade others to come as well, please visit our website www.northwoodmorris.co.uk and contact me on rogerhill@btinternet.com or 07876033747 or Jon Wimhurst on jnwimhurst@aol.com or 07711372496.



Sanderstead & Selsdon Your local Rotary Club

We have so much coming-up over the next few months. Firstly, our Music Quiz at St John's Church Hall in Selsdon on 9 October. Doors open at 7.30pm and the quiz starts at 8.00pm. We would love to see you there. £15.00 per head which includes a supper provided by Shaw's Pie Shop (including vegetarian option). There is a maximum of 6 people per team, but we can find you a team if you want. Please register by contacting the secretary (07774 186 792).

Our Craft Fair is on Saturday 13 November at All Saints' Church Hall, Sanderstead from 10am until 4pm. You can still book a table. We have excellent refreshments including bacon rolls, beef or veggie burgers – lovely grub! Our famous chef Big Rog will, as ever, be in the kitchen. We have many crafts and gifts stalls and face painting, so don't miss out, come along & have a super time.

Stop Press:- Santa will be visiting from 1 to 24 December – watch this space for more details. This year again Santa will receive our young visitors in his Virtual Grotto.

For more details contact our secretary on 07774 186 792

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

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

<https://twitter.com/RotarySelsdon>

<https://www.instagram.com/rotarysanderstead/>

~~

'Small changes make a big difference!'

Here are a few ideas that we can all follow, (if you are not already doing them!), to become greener shoppers.

1. Take your own bags and containers with you when going shopping. Hard to remember? Keeping a bag in the car or your handbag helps enormously.



2. Many shops including supermarkets will place purchases such as meat and fish into your own clean containers if you ask.
3. You can leave behind unwanted plastic wrapping on your purchases at the supermarket which helps remind them that we don't see it as necessary.
4. Try to support your local producers by visiting farmers markets and farm shops, and seek to buy what is in season.
5. Don't just check the sell by date on food products, but see how far they have travelled.
6. Investigate refill stations and shops in your area. Look online to see what is available near you, their numbers are rapidly increasing and aren't just to be found in urban centres.
7. Explore options for buying household items such as loo rolls in bulk from companies that don't use plastic packaging. Find friends or family to share the purchase with.
8. Study clothing labels to see if they say they have been ethically/sustainably produced.
9. Consider renting an outfit for a special occasion rather than buying something.
10. When buying greetings cards and wrapping paper look out for items that don't have an outer wrapping made of plastic but instead have one made from corn starch or better still no outer covering at all.



~~

Forest Bathing at Selsdon Wood

Forest bathing, or shinrin-yoku, refers to spending immersive time under the canopy of trees. No water, nor nudity necessary! In Japanese 'shinrin' means forest, and 'yoku' refers here to a 'bathing, showering or basking in'. The concept was developed in Japan in the 1980s as a type

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We have returned!



St. Columba's Community Café returned in the first week of September 2021!

Please note that we are open on the first Wednesday of every month from 10.00am - 1.15pm.

3rd November

1st December

5th January 2022

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Our Christmas lunch at £10pp on **Wed 15th December**

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<https://coulsdon-4547.masonic-lodge.org.uk/>

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of preventative health care, and now with plenty of emerging worldwide research, forest bathing is spreading rapidly throughout the world.



Forest bathing has the potential to become the new health revolution for preventative healthcare, and will hopefully soon be available nationally as a social prescription, offering an alternative (or in addition) to medication for a range of health problems, physical and mental.

The good news is that even a small amount of time in nature can have an impact on our health. A two-hour forest bathe will help you to unplug from technology and slow down. It will bring you into the present moment and de-stress and relax you. When you connect to nature through all of your senses, you begin to draw on the vast array of benefits the natural world provides.

There is now a wealth of data that proves that shinrin-yoku can:

- Reduce blood pressure
- Lower stress
- Improve cardiovascular and metabolic health
- Lower blood-sugar levels
- Improve concentration and memory
- Lift depression
- Improve pain thresholds
- Improve energy
- Boost the immune system, both indirectly through reduction of cortisol, and directly, with an increase in the count of the body's natural killer (NK) cells
- Increase anti-cancer protein production
- Help you to lose weight

If you're thinking that you regularly run, or walk your dog in the woods, and "what's the difference?", consider this: Where is your mind when you do these activities? If you are like most of us, it will be thinking about what you're going to do next, or about a conversation you had earlier; checking what your dog's up to; perhaps chatting to a friend, in person or on your mobile. But are you noticing what is immediately around you, or what sensations are going on in your body? Perhaps make these observations next time you are out in the wood. Make a special effort to notice the light through the leaves, or what fungi or flowers are out at the moment. Do you see any wildlife, butterflies or bees?

Forest Bathing+, as defined and practised by The Forest Bathing Institute www.tfb.institute is a type of therapy involving spending time in nature to promote health and well-being. Cathy, a new volunteer and Friend of Selsdon Wood, is currently training to be a forest bathing+ guide, and is planning to run free sessions with small groups of people, in return for feedback, to help with her learning. You can expect a slow, sensory woodland walk that will help you to disconnect from the stresses of everyday life, using sensory exercises to connect to nature, with an emphasis on mindfulness. There are optional “sharing circles” between exercises, and a short, guided meditation towards the end.

If you would like to immerse yourself in nature, clear your head, relax more deeply, and improve your sleep, please consider joining one of Cathy's sessions. If you would like to try practising on your own, feel free to ask for some tips.

Cathy is a freelance complementary therapist specialising in shiatsu and seated acupressure since 2004, and currently studying for a qualification in facial reflexology. She regularly practises chi kung, meditation and mindfulness.

If you would like more details of the science and studies behind forest bathing, or are interested in joining a forest bathing+ session at Selsdon Wood, please get in touch at cathy.logan@tfb.institute.

~~



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.

I received this letter from one of our residents who has an idea for future gazettes.

Dear Editor,

My name is Caroline and I have come up with an idea for a feature in the gazette called ‘Group Hug’. Here people can write in describing

some acts of kindness that they have done for other people or an act of kindness someone has done for them.

To start this off here is a story from me.

The other day I was in a café and my son wanted some money to buy some sweets but I only had a £5 note in my purse, which was too much money to give him. However, a man at one of the other tables then gave him a pound coin and told him to use that for his sweets.

Caroline



Now further news from Mrs Cullen about her missed bulky waste collection.

Dear Editor,

Just to let you know, a kind friend took me and my Bulky Waste items to the tip over the weekend. At long last it no longer looks like a van fly-tipped a load of rubbish on my driveway.

I am still waiting for news about the reimbursement of the money I paid for its collection by the Council.

Mrs Cullen



Dear Editor,

It is with great sadness I have to announce the passing of my ex-neighbour and very good friend, Colin Perry late of Ridge Langley on the 2nd September 2021.

Dave Taylor, Ridge Langley.



Dear Editor,

(We have another episode from Jessica, this time about the 'staycation' opportunities available this year).

Much further back in time, although in fact it was only Spring of this year of constantly changing rules and regulations, 'him indoors' and myself decided we needed a change of habit, faces and scenery. As the rules stood, we would not be chasing the sun, because if we paid for a holiday abroad, we would have to go into a hotel near the airport for the best part of a further two weeks, and we disliked the cost and the loneliness of that idea. To us it didn't make a feasible option. So, this year it would be mainland UK, where we could go anywhere just by driving. Again, we didn't want a hotel, so we found a map to remind us of all the places we had never visited. Amazingly there were so many, so we looked at holiday lettings brochures and found they were just everywhere too.

Then came the decision time. The West Country is very beautiful, has great beaches, wild countryside and lots of wild ponies too on the moors, and awesome walks around the cliff tops for miles. There are tin mines and stately homes, safari parks and - Cornish pasties to eat in many different varieties, not just the original meat and vegetable ones, which would save the sandwich making! However, all the way north on the British mainland, there are places of beauty and interest. In Wales we could have visited castles and gardens and if possible, The Mint, long since removed from Tower Bridge in London. We would go into towns, but not stay there this time.

Further up, and still near or on the coast, is Chester, and Liverpool which now looks amazing. There is so much to do there. We liked Formby but Blackpool we had seen before. It is great in the Autumn with the famous lights on at night and the funfair. Then further up, our favourite place, the Lake District. It is wonderful for seeing and exploring and climbing and just walking, miles and miles. Usually, we return to a hotel to a fabulous dinner in the evening, so unless I wanted to take my crock pot with me and leave a stew simmering all day, for the time being I ruled that out, knowing I would be too worn out to make a meal at night. Durham is worth a visit for its cathedral alone. Don't forget Hadrian's Wall, from Roman Times: then on up to Scotland.

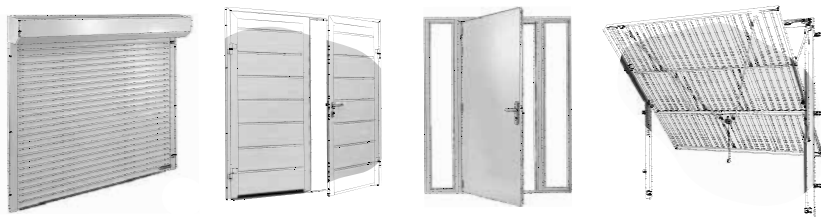
The further you drive north the more spectacular Scotland becomes. In the South are Glasgow and Edinburgh which are both on a level and equally distant from the motorway. But, we love to drive cross country and see the smaller towns, such as Montrose and Biggar.

Edinburgh is famous for its Tattoo, but there is infinitely more to see there. The Gorbals are no longer synonymous with Glasgow, but rather



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EST. 1973

Paul Meakin

ESTATE AGENTS

A map of the Selston and Riddlesdown area with several property status markers. The markers are as follows:

- SELSDON**: 216 Addington Rd, 020 8651 1234
- RIDDLESDOWN**: 77-79 MITCHLEY AVE, 020 8657 8000
- SANDERSTEAD**: 13 Limpsfield Rd, 020 8657 5000

Other markers include 'SOLD' and 'LET BY' in various locations on the map.

EST. 1973

Paul Meakin

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Charles Rennie Mackintosh, artist of Art Nouveau times and the art school.

Further up country there is Dundee and its new museum, and it is where the comic magazine 'Dandy' is still printed.

Then Aberdeen, a special gem, nestling beside the sea. It is a great place with both sea and beach, green hills and a newly built, modern shopping centre.

We've all heard of Loch Ness and its monster, but not enough is said about its mountains and lochs. Inverness is a pleasant town and is the gateway to the true Highlands and John O'Groats is another gateway to the Islands too. But there is so much to see and do. If you have children with you and do not wish to do a whisky tour, there are excellent cooperages where the barrels are both made and repaired, which children might find interesting.

Coming south again, there is a wonderful route along the north east coast, which drops back into England. Again, there are some impressive castles and stately homes to be viewed on wetter days, but we have still not seen the north east coastal towns and a lot of north east we have never visited.

All the time we mention the coast but inland we have not visited Manchester or Nottingham, famous for Robin Hood and Sherwood Forest and originally the home of shoe making, and in that context 'Boots' the chemist now sold to the Chinese. Yes, there is so much to see of our own land and there are some interesting self-catering places to stay in, including castles, farms, lighthouses and even gipsy wagons. It could be as restful as you choose to make it and the history of Britain and the amazing inventions made us proud to holiday in Britain.

There is still half term and Christmas where you can have a change, just find your old atlas or online equivalent and enjoy your planning. There is so much to see here too. It may not be hot and sunny, but dressed in the correct clothes you stay warm. Honestly, it is worth having a good look round. Most places have swimming pools too!!

Yes, a change is as good as a rest!!

Jessica Blake

~~

Poetry Corner

A Poem for Vegetarian Day on the 1 October by Mary Gill

VEGGIE VERSE

A beetroot sent to you from me
Will symbolize my heartfelt plea.
Although you're far across the sea,
I hope you will be true to me.



Cucumbers are much better for
The mixing of the metaphor;
For though reputed to be cool,
They're green as any callow fool.

Are they fruit or veg? Who knows?
Per haps they're bi – those tomatoes.

Carrots help you see at night.
But can that old wives' tale be right?
They grow in earth, hid from the light –
What int'rest can they have in sight?

Turnips don't get all the credit they're due,
For when it turns nippy they're good in a stew.

Tater or tattie, Murphy or spud –
The tastiest thing to come out of the mud.
Roast them or bake them, serve them as chips –
Salted and vinegared – bliss on the lips.



Peas are very versatile,
And here's a thought to make you smile –
Long before Steve Jobs' i-pod
Nature had evolved the P-pod.

Onions are a bit unkind;
They make you cry, but I don't mind.
Their reputation is recouped
When they become French Onion Soup.



Beans appear in many guises-
Diff'rent colours, diff'rent sizes.
But kidney, runner, broad or sprout
Beans means tasty – have no doubt.

The Brassica genus has vitamin C
And soluble fibre to keep you healthy.
So make sure you purchase some cabbage and cauli,
With spinach and broccoli piled in your trolley.

~~

Nature Notes from Ted Forsyth – Tawny Owls



Tawny Owls are nocturnal birds, hunting their prey mainly at night and roosting somewhere quiet during daylight hours unless disturbed. Some years ago we attempted to find out how many Tawny Owl territories were in Selsdon Wood and discovered a minimum of ten singing birds, though we were unable to cover the whole wood. On an occasional early morning visit to the wood an owl would be encountered flying down one of the paths or between the trees, and sometimes it was possible to track the bird to a roost. Once a roost was

determined a later visit would allow a search to be made for owl pellets regurgitated by the bird under or near the roost tree. An analysis of the contents of the pellets showed that the main food items were Wood Mouse and Field Vole, with an occasional Bank Vole or Shrew and earthworms, plus some unidentified small birds. Pellets checked at other sites had various beetles, frogs and even a mole. On the FSW website, under the Museum heading, you will find pictures showing what was found and identified in collected pellets. Tawnies have a wide range of items in their diet and in any particular area they will concentrate on what is most easily available. The food items are swallowed whole and once the digestive juices have done their work the fur, feathers and bones which cannot be digested are what form the pellet. If you Google “Owl pellets – RSPB” you will find a detailed article on owl pellets and how to identify the contents (not just for Tawny Owls).

While also known as the Brown Owl, not all Tawny Owls are brown. There used to be an easily visible pair roosting in the Isabella Plantation in

Richmond Park in which one of the pair was the typical brown colour but the second bird was the less common grey.

Birds can sometimes be heard calling briefly in the middle of the day. I like to think this is a bird which has woken from a dream and is simply reassuring itself by declaring its territory!



Tawnies will often hunt from a perch. With their large eyes they can pick up movement of their prey and their acute hearing allows them to continue hunting as the light level dwindles. As they are hunting in what we perceive as darkness they can only do this in an area with which they are thoroughly familiar. Hence the need for territories.

In autumn & winter birds will be setting up and defending their territories and will announce this with suitable singing which is uneventful until birds in adjacent territories wander close to their common boundary. At this point the birds become quite agitated and the calls become louder and more frequent as the birds appear to be shouting at one another. Birds born that year will have to claim a territory for themselves, probably based on where they have found a roost, but this may be no easy task in a woodland where there are many adult pairs already on familiar territory. Sometimes during daylight hours in woodland it is possible to find an owl by following the noise made by other birds. This mobbing behaviour occurs when a bird like a jay, thrush or blackbird discovers an owl which is not properly hidden in a roost or perhaps has been seen flying and landing. The bird making the discovery keeps an eye on the owl and starts giving out an alarm call. It may be joined by dozens of birds of several other species which join in the chorus of alarm calls until the unwanted owl is driven off to find a roost elsewhere. When the owl roosts in a hollow tree this is unlikely to occur.

FSW have put up several Tawny Owl nest boxes in the wood but it takes time for the box to be accepted as a nest or roosting site and so far, to the best of our knowledge, the only occupants have been grey squirrels.

There is a slim paperback book called *Owls* written by Chris Mead which contains much information on owl behaviour. It has lots of amusing illustrations. Another paperback called *The Complete Owl* is written by Michael Leach and is illustrated with many photographs.



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Roy Brady MCiphe

Answers to the James Bond Quiz

1. Ian Fleming
2. M16
3. Paul McCartney
4. Well, here's to us
5. Hat
6. Cello case
7. Adele
8. Goldeneye
9. Dr No
10. Martini, shaken not stirred

~~

Reclaiming the Wilderness

A seven-acre historic garden tucked behind MHA (Methodist Housing Association) Hall Grange care home in Croydon, London is being restored for the benefit of residents and the local community. The garden was originally created by the Rev William Wilks, a former vicar of Shirley, Secretary and Fellow of the Royal Horticultural Society from 1888 to 1920 and the creator of the world-famous Shirley poppy – now used as the symbol of Croydon.



The Wilderness was the original home on the site and Rev Wilks created the garden on his retirement. His approach to gardening was non-interventionist and he sought to accentuate the natural beauty of the landscape rather than impose upon it.

Wilderness Grand Opening

Despite the several challenges faced in the past few months on Monday 30th August the Wilderness Grand Opening event took place. This was the time to celebrate the achievements and the creation of wild garden for the community and further afield to enjoy.

To visit or volunteer please check out the website or keep an eye on our social media pages:

Facebook: <https://www.facebook.com/MHAtheWilderness>

Twitter: https://twitter.com/MHA_Wilderness

Instagram: <https://www.instagram.com/mhathewilderness/>

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- ❖ social spaces for activities (lounge and garden)



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

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

Seasonal Recipe – Apple Crumble



September and October are apple harvesting months. Here is a recipe for Apple Crumble from Nigel Slater which I thoroughly recommend you trying. The recipe serves four people and he manages to balance the tart Bramleys with an oat crumble that is made extra crunchy by demerara sugar.

Ingredients

1 kg Bramley apples
Pinch of sugar to taste
1 tbsp water or apple juice
75g butter
50g rolled oats
100g demerara sugar



Method

1. Preheat the oven to 200C/400F/Gas 6
2. Wipe the apples and cut them into quarters, then remove the cores and slice each piece into two. Put them into a saucepan, taste a slice for sweetness and add a sprinkle of sugar accordingly. Add a tablespoon of water or apple juice and cook over a medium heat for about five minutes, until the apples start to soften.
3. Transfer the apple mixture to a shallow ovenproof pie dish.
4. Rub the butter into the flour until the mixture looks like breadcrumbs.
5. Stir in the oats and the brown sugar and sprinkle over the cooked apples in the pie dish. Transfer to the oven and bake for 30 minutes or until crisp and golden-brown on top.

~~

Croydon launches street tree sponsorship scheme

Croydon Council is leading the way as the latest UK council to join the new National Street Tree Sponsorship Scheme, Trees for Streets. This scheme lets residents and businesses sponsor additional trees in Croydon's streets and parks, over and above the council's own planting programme.

Croydon has already planted 2,500 trees since 2018, and planning a further 1,000 by winter 2022/23.



Those wanting to sponsor a street tree in their neighbourhood or a park can simply use the online platform to make a request to the council by providing a few simple details. The council then assesses the chosen location, and if it is suitable, arrangements will be made to plant a tree the following winter, which is the best time to plant young trees to ensure they thrive.

Individuals and groups are welcome to participate, and there are two options allowing for either the sponsor or council to be responsible for watering the tree, with the former being a lower-cost option.

Trees for Streets is a project by Trees for Cities, the national urban tree charity, and is funded by central government's Green Recovery Challenge Fund. Its goal is to support the planting of more than a quarter of a million additional street trees nationwide over the next ten years, by supplementing council tree planting budgets.

Anyone who wishes to sponsor a tree can do so [here](https://treesforstreets.org/provider/croydon-borough). (<https://treesforstreets.org/provider/croydon-borough>)

Simeon Linstead, Project Director of Trees for Streets said: "Trees for Streets enables residents to work with their local councils to make a difference to the world immediately on their doorstep, through a combination of technology and local engagement. We want to inspire and empower the local community to take a leading role in greening the streets of this borough."

Beyond donating money to sponsor a tree, there are lots of other ways for people to get involved. Once each street tree is planted, it will require weekly watering throughout the summer for three years to give it the best chance of survival, and any litter or weeds will need to be removed.



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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)	Jasmine Singh	8651 4944
Selsdon Centre for the Retired	Craig Anderson	8651 1111
Croydon Hearing Resource Centre	Office	8686 0049
Bourne Society	Roger Packham	01883 349287
Coulsdon Masonic Lodge	Colin Lynch	07801 453474
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		
Selsdon Tennis Club	Geoff Littlewood	8651 4748
66 (Selsdon) Squadron Air Training Corps	Rob Cleeter	8651 5958

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