

Community News

for

Hackbridge, Beddington Corner & Wandle Valley

ISSUE 16

MARCH 2010



ROGUES GALLERY?

No! It's Hackbridge Community Action Group! See p2 for more!



The VegVan comes to Hackbridge!

News from the new Hackbridge Project eNewsletter

Looking for somewhere to get fresh, affordable, local fruit and veg in Hackbridge? Well look no further as Hackbridge Station now has a new mobile local food stall in the form of a vegetable covered converted milkfloat - the new Veg Van. The Veg Van has been set up by local environmental charities BioRegional as part of the One Planet Food programme and will be having markets every Wednesday at Hackbridge station from 4.30 – 8pm as well as visiting local schools.

Why Veg Van?

- **better for your pocket**

We are not for profit, so once we've covered our

costs the rest of the savings go to you. The Veg Van also uses local producers so it helps to boost our local economy.

- **better for your plate**

All our veg comes directly from local farms which means it's fresher and healthier, and The Veg Van's produce is not sprayed with harmful chemicals.

- **better for our planet**

As we buy from local farms, The Veg Van helps to reduce traffic and cut pollution. The Veg Van is part-solar powered and so better for our planet too.

The project has also recently launched Sutton's first community farm near Wallington / Carshalton, providing local residents with a shared, supported growing space. Do drop us a line if you would like to get involved: anna.francis@bioregional.com 020 8404 7085 www.suttoncommunityfarm.org.uk

The project is run in partnership with EcoLocal who are offering a range of food growing and healthy eating activities are also available, contact: mike@ecolocal.org.uk for more details.

Planning meeting for next issue of Community News: 8pm on 20th May at All Saints Community Games Night - or send your contribution direct to hackbridge.news@gmail.com; deadline 31st May.

HCAG: HACKBRIDGE COMMUNITY ACTION GROUP

The background:

Hopefully by now all local residents will be aware of the important plans that are in the pipeline for the transformation of Hackbridge. This plan, known as the 'Hackbridge Project' is a multi-million pound development to create the UK's first sustainable suburb.

Sutton Council's Hackbridge Master Plan is partnered with the One Planet Sutton Project, which aims to make Sutton a sustainable borough by 2025. In the words of Lyn Gleeson, one of the leading planners, 'Our plans for Hackbridge represent one of the most prestigious, place changing and innovative projects in the UK'

The plan involves not only the regeneration of the existing streets and green areas but also new developments on vacant land. There will be new homes, a new community centre, doctor's surgery, offices, shops, a new supermarket, and several cafés and restaurants. There will be open spaces for allotments, children's play areas and farmers markets. In line with One Planet Living principles, as developed by environmental charities Bioregional and WWF, all the new developments and regeneration will use locally sourced building materials and will be energy efficient including district energy production from renewable resources. In addition the adjacent Beddington Farmlands is being developed into a major urban nature reserve raising the profile of Hackbridge as a green, sustainable suburb even higher.

Community Action group formed – giving a local lead to planners

As these proposed changes will be so important, local residents have formed an action group to get involved in the plan. The Hackbridge Community Action Group (HCAG) aims to drive real community benefit, with locally-led input to bring about the means for effective improvements to quality of life for Hackbridge residents. The group wants to help the planners and developers achieve the goal of a bright future for Hackbridge.

These HCAG projects involve all kinds of different aspects- wildlife, music, heritage green projects and gardening. There are going to be carnivals, talent events, music projects, wildlife gardening and tree planting The group is also planning on starting history talks about Hackbridge, heritage walks and there will be bird walks to the nearby Beddington Farmlands nature reserve.

Make your voice heard!

The HCAG also wants to hear people's views and wants more people to join the group and get involved in the projects. Working closely with the local authority and supported by local charity BioRegional, the group aims to ensure that the Hackbridge Plan addresses what local residents need most and that the priority should be in the interests of existing residents. There are concerns that the proposed new homes and developments may add to already existing problems such as traffic, school placements and flooding etc so the HCAG wants to ensure that these problems are dealt with first and that local residents are the main benefactors of these plans.

Central to the success of the transformation of Hackbridge is the involvement of the local community. As local residents we need to make our views and wishes clear to the planners and also help them out by getting involved in projects that will transform Hackbridge into a green, sustainable and vibrant community.

Join the HCAG: next meeting – 7.30 on Thursday 15th April at All Saints Centre; also 20th May.

Next time: look out for an update from the Hackbridge Forum March 18th at Hackbridge Primary School.

COMMUNITY GAMES NIGHT

Every Thursday 7-9 pm, only £1, for all ages.

15th April – Hackbridge Community Action Group

29th April - Quiz Night

20th May – Community Supper, HCAG, and Community News Planning

snooker - table tennis - air hockey - scrabble chess - dominoes and many more board games; laptop computers and access to the internet.

Children under 11 are very welcome to come along with parents. Young people aged 11 to 16 must be registered by a parent



Wandle Valley Safer Neighbourhood Team

020 8721 2773



ASIA

TANDOORI

Helping Hackbridge celebrate since 1980!

Excellent Indian food and Takeaway

Open daily 6pm – midnight

0208 773 0450

COMMUNITY NEWS ROUND-UP

Melanie's Walks:

For the past three years Melanie Nunzet has been busy introducing walkers to the delights of the Wandle Valley. Many people enjoy walking in a group rather than alone and these walks provide an opportunity to explore the local area and make new friends at the same time. Melanie leads a group around Beddington Park every Friday at 10 am, meeting outside St Mary's Church, Church Road, Wallington. It lasts just one hour and the route varies from week to week. On the last Friday of the month there is a coffee and cakes morning with an optional visit to this very historic 10th century church.

On Saturday 1st May there will be a Dawn Chorus walk led by Melanie and Peter Alfrey to Beddington Farmlands. Also look out for details of the walk for the Wandle Valley Festival weekend June 5th-6th – exact route still to be decided!

You can email Melanie on mlnunuzet@gmail.com or telephone on 07944 833605 to receive more info.

Wing Chun Kung Fu - What's it all about? – a note from Sifu Riaz

Wing Chun Kung Fu is the name of a martial art developed in South China over 300 years ago. Its originator, the Buddhist Nun Ng Mui was a master of Shaolin Kung Fu and used this knowledge to invent a way to take advantage of the weaknesses inherent in other Shaolin styles. This new system was well guarded and passed on to only a few dedicated students. Later the style became known as Wing Chun, named after Ng Mui's first student. Little did she know that Wing Chun would be so popular today having been studied by the late Grandmaster Yip Man whose most famous student was Bruce Lee!

Wing Chun does not rely on brute force and strength. The system is based on the development of the student's sensitivity using various sensitivity drills. Forms (Katas or patterns) need to be learned and mastered to help develop the students' techniques.

If you are interested in learning more about Wing Chun Kung Fu then please contact Sifu Riaz on 0777 949 6434 or visit the website at www.purelywingchun.co.uk. Classes take place in All Saints Centre on Wednesdays.

Sutton Guardian Distribution:

Ron Alfrey has followed up our collective irritation that the Guardian is not delivered to many in our area. The publishers say our postcodes 'seem to be unallocated at the moment; the streets are not currently included in the distribution schedule and this situation isn't likely to change in the short term..... In the interim, you could read the newspaper online if you wish on www.yourlocalguardian.co.uk by selecting the E-edition on the home page or opt for a paid postal subscription.

MORE NEWS ON PAGE 6!

NEED AN NHS GP?

Drop by and register today

Wandle Valley Health Centre, 1 Miller Close, Mitcham CR4 4AX
0208 544 2180 - *Registration form available online*

OUR SURGERY OFFERS:

- New patient registrations every day
- Patients welcome from anywhere in Sutton or Merton
- Open on Saturday mornings
- Same day appointments available
- Female and male GPs
- Professional and friendly staff
- Accessible free parking

MAKE USE OF OUR STAFF AND SERVICES:

- Asthma, diabetes and BP clinics
- In-house Counsellor
- Community Midwife clinic
- Alcohol Counsellor
- Health Visitor
- Stop Smoking clinic
- Travel clinic and vaccinations
- Contraception and sexual health
- Joint injections
- Drug misuse Monitoring

*Open 8am-6.30pm Mon, Tues, Thurs and Fri
ex Weds 8am-1.30; Sat 9am-12noon; Sun closed.*

Let The Earth Praise The Lord is a friendly church of all ages and many backgrounds

If you don't go to a church, why not come and visit us?

Hebrews 10.25

Sunday: Power Service 10.30am – 1.00pm
Wednesday: Bible Study 7.00pm – 9.00pm
2nd + last Friday each month 12.00 midnight

We meet at the Guide Hall, Wallington Green

*Train Stops: Carshalton, Wallington
Buses: 151, 463, 410, 127, 157, X26
to Manor Road/Croydon Road*

For more information, visit our website or call us

Phone: 07931 699 987

Email: Pastor@letearthpraisehim.org
www.letearthpraisehim.org

Want to ADVERTISE?

£25-£35 for a small ad, £50 per half page. Goes to 3,200 homes in the area. Short ARTICLES & PHOTOS also welcome. Please contact the editors (see back for details).

Deadline for next issue: 31st May 2010

Community COOKBOOK: Jo makes Simnel Cake for Easter: *makes about 10 slices*

'The simnel cake is one of those lovely English traditions that make the rest of the world look at us a bit strangely. In earlier times a simnel cake would have been taken home by a girl in service when she visited her mother on Mothering Sunday. Once a tradition for Mothering Sunday or mid-Lent, the simnel cake is now often eaten at Easter.

The idea was that a girl who hadn't seen her mother in six months - since the last hiring fair - would be allowed to take home a cake made of whatever ingredients were available.

There are many recipes for simnel cake, and the dictionary describes it in a way that bears little resemblance to the version we are familiar with now. But now, probably the best known recipe for a simnel cake is the Shrewsbury recipe.' You can find a traditional Shrewsbury recipe from the WI at:

(http://www.bbc.co.uk/shropshire/content/articles/2006/04/12/shrewsbury_simnel_cake_feature.shtml)

For the almond paste and glazing –

NB: you can buy a packet ready made

250g/9oz caster sugar

250g/9oz ground almonds

1 free-range eggs, and one yolk, beaten

1 tsp almond essence

1-2 tbsp apricot jam, or runny honey

1 egg white, beaten

For the cake

175g/6oz butter or margarine

175g/6oz soft brown sugar

3 free-range eggs, beaten

175g/6oz plain flour

pinch salt

1 tsp ground mixed spice, or cloves, cinnamon

400g/14oz mixed raisins, currants and sultanas

½ lemon, grated zest only

NB: If you want to make this recipe for Mothering Sunday, you'll need to make 13 little balls (Jesus and all twelve disciples). At Easter you need 11 (just the disciples without Judas or Jesus).

The Simnel cake dates back many hundreds of years. It's mentioned in a verse from the 17th century:

I'll to thee a Simnell bring

'Gainst thou go'st a mothering,

So that, when she blesseth thee,

Half that blessing thou'lt give to me

Method

1. For the almond paste, place the sugar and ground almonds in a bowl. Add the beaten egg and yolk and mix to a fairly soft consistency, add the essence and knead until smooth – it will be rather sticky, but more delicious than bought ready-made.

3. Roll out a third of the almond paste to make a circle 18cm/7in in diameter and reserve the remainder for the cake topping.

4. Preheat oven to 140C/275F/Gas 1. Grease and line a 18cm/7in cake tin.

5. For the cake, cream the butter and sugar together until pale and fluffy. Gradually beat in the eggs until well incorporated and then sift in the flour, salt and spices a little at a time. Finally, add the mixed dried fruit and grated lemon zest and stir into the mixture.

6. Put half the mixture into a greased and lined 18cm/7in cake tin. Smooth the top and cover with the circle of almond paste. Add the rest of the cake mixture and smooth the top leaving a slight dip in the centre to allow for the cake to rise. Bake in the preheated oven for 1¾ hours. Test by inserting a skewer in the middle - if it comes out clean, it is ready. Once baked, remove from the oven and set aside to cool on a wire rack.

7. Brush the top of the cooled cake with the apricot jam or honey. Divide the remainder of the almond paste in half; roll out a circle to cover the top of the cake with one half and form 11 small balls with the other half.

8. Place the circle of paste on the jam/honey glaze and set the balls round the edge. Brush the cake topping with the beaten egg white.

9. Preheat the grill to high. Place the cake onto a baking tray and grill for 1-2 minutes, or until the top of the marzipan begins to brown.

PLEASE BRING IN YOUR FAVOURITE RECIPES to Community Games Night, 7-9pm on Thursdays!

Date of Easter:

Most of our Western festivals are simple to predict. They either occur on the same date each year or at a fixed position such as "the first Sunday". Easter on the other hand is what is called a *moveable feast*. The date changes every year, and *Easter Sunday* can fall on any date from March 22 to April 25. (In fact, in 2008 it was almost as early as possible – March 23rd – and in 2011 it will almost be as late as possible – April 24th!). The reason for this variation in the date of Easter is that it is actually based on the lunar calendar rather than our more well-known solar one. The official definition of Western Easter is that it takes place on: *The first Sunday after the first full moon on or after the vernal equinox.*

Eastern Orthodox Christians calculate the fixed date of 21 March according to the Julian Calendar rather than the modern Gregorian Calendar, and observe the additional rule that Easter may not precede or coincide with the first day of the Jewish Passover. The practical effect of this is that the eastern and western Easter dates often coincide, but if they do not, the western date will be 1, 4 or 5 weeks earlier.

(<http://www.wyrdology.com/festivals/easter/dates.html> and <http://en.wikipedia.org/wiki/Computus>).



VICAR'S CORNER

One Friday recently I went to visit my father in Leamington Spa. He's 97 and amazing with it. We walked to a Chinese restaurant where he is well known. The waitress asked, "Peter, is this your son who is the priest?" When he said yes, she said to me "I would really like to find out about Christianity. I am a Buddhist but I don't believe too much. How can I know about Christianity?"

I did not make much of an answer, but I kept worrying away at that question for the rest of my visit.

Various answers did occur to me, but were not very persuasive:

- Go to a church service? That could be a good experience, particularly if the church is a friendly one, but one service is sure to bring far more questions than answers, and would probably show just one small bit of the Christian faith.
- Read the Bible – start with the gospel of Mark or Luke or John? Even if she found the Bible in a modern translation, just reading the Bible on one's own can be quite confusing, because it was written 2,000 years ago in a very different society.
- Go to an Alpha course? Many churches run these or similar and are a good way of exploring the Christian faith for oneself – but not very good for someone in the catering trade when evenings and weekends are your main working times.
- Look at the internet? A very good resource. Not only Wikipedia but there are lots of websites that give a simply introduction to the Christian faith, e.g. www.rejesus.co.uk or www.christianity.org.uk. The Church of England has lots of stuff on www.cofe.anglican.org. All local churches are represented on www.churchinsutton.net.

In the end I found my way to a Christian bookshop and they gave me a free copy of the New Testament, which I left with my father to give to her at his next visit.

It was on my journey back to London that the best idea hit me.

Of course! We are just about to celebrate Holy Week and Easter. Anyone who came to the four main services from 28th March to 4th April would experience for themselves the heart of Christianity! Do come and join us.

I wish you a very Happy Easter!

Andrew Roland

Churches in Hackbridge

ALL SAINTS CHURCH (CofE)

New Road CR4 4JL

Sunday 10.00 Parish Communion
& Young Church

7.00 Evening Prayer

Tel. Rev Andrew Roland 020 8648 3650

APOSTOLIC CHURCH

All Saints Centre, New Road

Sunday 11.00 – 1.00 Worship

2.00 Youth Meeting

Tel. John Quarcoopome 020 8395 5794

SEVENTH DAY ADVENTIST CHURCH

All Saints Centre, New Road

Saturday 10.00 Sabbath worship

Tel. Dusan Uzelac 07909 834 636

VESSEL OF GLORY MINISTRIES

a Pentecostal church meeting

in All Saints Church

Sunday 1.30pm

Tel. Olive Barnor 020 8652 5722

KINGDOM LOVE CHURCH

at Wandle Valley Community Centre

Sundays 10.00 Bible Study

10.45 Main Service

Tel. Dishon Mwanzi 020 8640 1312

HOLY WEEK & EASTER at All Saints

Palm Sunday 28th March 10.00am

Walking with Jesus into Jerusalem and hearing a dramatised reading of his trial and death

Thursday 1st April 7.30pm

Re-enacting the last meal Jesus had with his closest followers, in the context of the communion service when we still remember it today

Good Friday 2nd April 2.00pm Hour by the

cross – a quiet service as we reflect on the meaning of Jesus' suffering and death for us – in words, singing and silence.

Easter Day 4th April 10.00am

The great celebration of Jesus' victory over death, and how that can mean hope and joy for all of us right now!

PRAYER IN THE STYLE OF TAIZÉ

*40 minutes of prayer through singing, silence and scripture
using the music of Taizé*

followed by coffee, cake and discussion

7pm on the 1st Sunday of each month

All Saints Church, New Road, Hackbridge

Tel 020 8646 3650

Any queries? Phone 8648 3650

ALL SAINTS CHURCH

New Road

Hackbridge & Beddington

Corner

BedZED Pavilion Noticeboard

Sandmartin Way, BedZED Estate SM6 7DF (next to the field)



Remember Magic Theo? He's growing sunflowers for Royal Marsden NeoNatal Unit!

Family Fundraising Sunflower Competition: You buy Ten Magic Seeds for £5 from Theo, which you are able to buy now. You plant them end of May. In August when fully grown, you measure, take a picture and email it to Theo. There are 3 Categories

- Tallest Sunflower 1st Prize £75, 2nd £50, 3rd £25
- Widest Head of a Sunflower 1st Prize £75, 2nd £50, 3rd £25
- Funniest Picture with your Sunflower 1st Prize A Family Photo Shoot and Print Package worth £175, 2nd Photo Printer valued at £80, 3rd A Family Colour Caricaturist Drawing

Further information: <http://www.magictheo.com/content/theos-magic-sunflower-competition>

Ever wondered about Pilates?

Pilates can provide benefits to anyone irrespective of age or fitness level, including building core stability, easing back pain as well as assisting muscle release & relaxation. Classes at BedZED Pavilion last for 1½ hours and aim to provide a general workout for the group as a whole. To ensure the exercises are safe to perform & taught under proper guidance, all classes are limited to a maximum of 12 clients, and each participant must have had an induction session. Classes take place at the Pavilion on Tuesday evenings. (Note all equipment is provided).

Dear Community News – a student's plea from Alexander Wilson:

How green are you?

I'm in the process of an Undergraduate Research Project, looking at the effect BedZED has had on the area, and to what extent it has changed the thoughts and behaviour of the residents of Hackbridge. I will be extremely grateful if you could answer a quick questionnaire online at: www.greensutton.co.uk. It won't take more than 5 minutes, your answers are confidential, and you will be entered into a draw to win a birdhouse.

Yours sincerely,

Alexander Wilson. "Alexander Wilson" <alexander.newcastle@googlemail.com>

Open Days at the Pavilion: Wandle Valley Festival, June 5th and 6th:

The Pavilion will be open Saturday 5th and Sunday 6th June, as part of the Wandle Valley festival. Why not drop in for fair-trade and organic beverages and cookies and cakes, or delicious soup and home-made breads, either option only £1.50!

BedZED Field and Community Garden initiative:

Meetings are resuming to get started on transforming the field adjacent to the Pavilion into a garden and recreation area, including applying for some funding – to find out more, keep an eye on our website. If you would like to get involved, please email us or leave a message on 020 8544 5113, and we will pass your message on to the project leaders.

Coming soon: Midsummer foodie event

And a fantastic barbeque after the Hackbridge Carnival!

Watch the website!

Hiring BedZED Pavilion

- Excellent venue for family and children's parties and community functions.
- Popular for corporate 'away days', small conferences and meetings.
- Available for hire for activity classes (day and evening).
- Reception / social area with a bar / servery counter.
- Community / seminar space on the mezzanine floor, max capacity 60 seated.
- Wheelchair lift.
- 90m x 45m outdoor space.

Charges for rental of the Pavilion are from £10 per hour to £30 per hour depending on the type of function.

REGULAR ACTIVITIES @

CHILDREN AND YOUNG PEOPLE

Hip Hop and Street Dance with X-plosion dance company

Mondays 4.15-4.45pm Hip Hop don't stop 4-6 years: £4
 Mondays 4.45-5.45pm Hip Hop Juniors 7-11years: £4.50
 Mondays 5.45-6.30pm Hip-Hop 11-15yrs: £4.50
 Mondays 6.30-7.30pm Waacking over 13s: £5) both for
 Mondays 7.30-8.30pm Bashment over 13s: £5) £7
 Thursdays 4.30-5.15pm Break Dance 7-11yrs £5
 Thursdays 5.15-6.30pm Break Dance 4-6yrs £5
 Fridays 6-7pm Hip Hop 12-16 years beginner/intermediate: £4.50
 Fridays 7-8pm Hip Hop 12-21 years advanced: £5) both for
 Fridays 8-9pm Nu Skool Hip Hop all ages: £5) £7
 Contact Natalie Ward for details 07723 335163;
dancingdivanazza@hotmail.com

CRAFTY KIDS CLUB – NEW ACTIVITY!

Tuesdays 3.45-4.35pm 20th April – 11th May £30 + £5 materials
 Limited places – Contact Sarah 020 8395 0376; email
crafterkidsclub@gmail.com; www.crafterkidsclub.com

WELL-BEING

Pilates for adults with Rob Filmer

Tuesdays 5.45-7.15pm Beginners and 7.30-9pm improvers
 £6 per session, induction necessary

Tai Chi Chuan for beginners with Norman Jones

Wednesdays 6.30-7.30pm
 £4.50 per session

X-plosion Dance Company

Hip Hop adults dance Wednesdays 7.45-8.45pm: £5
Legs, Bums and Tums Mondays 10.30-11.20am £25/6wks
Aerolatino Fridays 9.30-10.20am £5
 Contact Natalie Ward for details 07723 335163;
dancingdivanazza@hotmail.com

Karate

Thursdays 6.30-8.00pm
 Saturdays 9.30-11am, for all levels and ages;
 Contact Carlos 07932 012159, email kickingfrog@live.co.uk;
www.hackbridgedojo.co.uk

'Health 2 Happiness' Pamper and Therapy Days

2nd Sunday of every month: April 11th, May
 9th, June 13th, July 11th etc; 1-5pm.
 2pm Tai Chi class - FREE
 3-5pm therapy & beauty mini-sessions for £2.50 upwards
 Contact Charlotte White 07714 568 698 for more details.



COMMUNITY

Thee Bryans (music workshop) : WANTED –SEE SIDE-BAR

Saturdays 12 noon -3pm.
 Contact Peter Alfrey littleoakgroup@btinternet.com

Sri-Lankan Prayer Group – NEW ACTIVITY!

Sundays 10.30-1pm (10-12noon on 2nd Sundays)
 Contact Bro .Bonifas or Dilini 020 8683 3206 or 07983 579 132

* Summer term 2010: 19th April - 23rd July; half-term 31st May - 4th June

News of classes, etc:

! New Activities !

SRI LANKAN PRAYER GROUP
 (Sundays see box): 'We
 welcome our brothers and sisters
 who are from Sri Lanka, and
 everybody who like to know
 Jesus: all are welcome!'

CRAFTY KIDS CLUB:

(Tuesdays after school)
 Sewing and crafting courses for
 kids 8+ ... Be creative and have
 fun while learning truly valuable
 life skills!.

STAR YOGA for parents and
 toddlers: (Mondays 9.15am tbc):
 please contact Lorena on 07735
 330 943 or 020 8643 4428 if
 you would like to join a class.

WANTED:

THEE BRYANS are looking for
 a sound engineer, film maker
 and more musicians.
 Contact Peter Alfrey
littleoakgroup@btinternet.com

New pages on our Website!

www.bedzedpavilion.org.uk

**NB: Please note there is no
onsite parking without a permit
and car claspers operate at
BedZED. If you have a disability
and need to park nearby, please
contact the activity leader or
Manager in advance and we will
lend you a parking permit. There
is public car parking at
Hackbridge station.**

The New Possibility Committee is a Company Limited by Guarantee. Company number 5986323

Registered office: 24 Sandmartin Way, Hackbridge, Wallington SM6 7DF

Enquiries: 020 8544 5113 or bedzedpavilion@yahoo.co.uk; Website www.bedzedpavilion.org.uk

**COME DANCING
with Ace Dance**

Ballroom & Latin for everyone
Saturdays - £6 for evening
Beginners 7.00 – 8.00
General Dance 8.00 – 10.00
*All Saints Centre, New Road
Contact Marion 0208 648 7488*

COMMUNITY LUNCH CLUB

Every Tuesday at 1 p.m. our
excellent cook and several
volunteers run a
Community Lunch Club for
about 40 local people, mostly
from the Senior Corner Club
and Sutton Mencap.
*Only £4.00 for a healthy and
freshly cooked 2 course meal and
fruit juice. Vegetarians & special
diets catered for.*
To join us call 0208 646 1937.

FOR RENT:

2 WORK STATIONS

in large newly decorated office in
All Saints Centre, New Rd CR4 4JN
£60 per week, flexible terms.
Contact June Mountsteven,
Centre Manager, 020 8646 1937
allsaintscentre@googlemail.com

also

Halls available

for Children's Parties most
afternoons at £30 per hour
tel: 0208 646 1937

JUNIOR YOUTH CLUB

For girls and boys aged 8-13.
Every Wednesday during term-
time from 3.45 p.m. to 5.45 p.m.
Games, arts and crafts etc
Only £1.50!
Call 020 8648 3650 for info

ALL SAINTS CENTRE

New Road, CR4 4JN. Centre Office Tel: 020 8646 1937

For parents, carers and young children:

PARENT & TODDLERS Tuesday 9.30 – 11.30 am
CHILDMINDERS Wednesday 9.30 – 11.30 am
ABC MUSIC Tuesday 10.15- 11.00 am
Phone Sherilee 07852 658 738

HUMPTY DUMPTY PLAYGROUP

for children aged 2-5 (over 3s free- supported by LBS)
Monday to Friday 9.30 – 12.00 noon
Phone Jackie 07729 434 226

For young people:

THEATRE BUGS DANCE Tuesday 3.45 – 4.45 pm
Phone Zoë 07968 021 406

BEAVERS (age 6-8) Wednesday 6.00 – 7.15 pm

X-PLOSION DANCE (up to 11) Thursday 4.30 – 6.00 pm
Phone Natalie 07723 335 163

DANCE EXPRESS (age 11+) Friday 6.00 – 7.00 pm
Phone Becky 07917 702 234

ALL SAINTS JUNIOR YOUTH CLUB

for 8-13 year olds Wednesday 3.45 – 5.45 pm

TIME OUT SENIOR YOUTH CLUB

for 11-18 year olds Friday 6.30 - 8.30 pm
Phone Dave Lunn 020 8669 9050, 07920 056 546

BLUE STARZ Cheerleading Squad

Age 5-14+ Tuesday 4.00 – 7.00 pm
Phone Abigail 8647 4286

Open to everyone:

BALLROOM DANCING LESSONS

Saturday 7.00 – 10.00 pm
Phone Marion on 8648 7488

AEROBICS – SCOLA

Monday 7.00 – 8.00 pm

COMMUNITY GAMES NIGHT

Family games - all ages Thursday 7.00 – 9.00 pm

MITCHAM CAMERA CLUB

Wednesday 8.00 – 10.00 pm
www.mitchamcameraclub.com

MARTIAL ARTS

Tai Chi Chuan Monday 7.30 – 9.30 pm
Karate Monday 8.00 – 10.00 pm
Kung Fu (Women) Wednesday 7.30 – 8.30 pm
Kung Fu (Men) Wednesday 8.30 – 9.30 pm
Karate Friday 7.00 – 9.00 pm

COMMUNITY LUNCH CLUB

Tuesday 1.00 – 2.00

SENIOR CORNER CLUB

Bingo, singing & chat Tuesday 2.00 – 3.30

March 2010.

Community News is provided by All Saints Church and BedZED Pavilion for the people of Hackbridge, Beddington Corner & Wandle Valley. **Deadline for contributions to the next issue: May 31st 2010.**
The editorial team, led by Andrew Roland and Jo Simister, can be contacted via All Saints Centre, New Road, Hackbridge, CR4 4JN, or at hackbridge.news@gmail.com