

Community News

for

Hackbridge, Beddington Corner & Wandle Valley

ISSUE 14

SEPTEMBER 2009

SAVE THE DATE:

Thurs 10th Sept, 8pm at
All Saints Community
Eve: Open meeting to
discuss the field.

Sat 19th Sept, 5-7pm: our
AGM. Reports of our
activities and plans for
the future; election of
our committee.

Sat 19th & Sun 20th Sept:
Pavilion Open Days:
stalls, exhibitions,
activities, refreshments
and FUN! Saturday 19th
and Sunday 20th
September 11am-4pm
as part of London Open
House weekend.

**More about Pavilion
activities & news pp6-7**

Open meeting to discuss BedZED field Thursday 10th September, 8pm at All Saints Centre

The New Possibility Committee (NPC), managers of BedZED Pavilion, recently met with representatives of LB Sutton and the Peabody Trust to discuss how the BedZED field might most usefully be developed. It was recognised by all present that the field is not suitable for use as a playing field because of insufficient size, the poor surface quality (despite two reseedsings) and the lack of parking, amongst other issues.

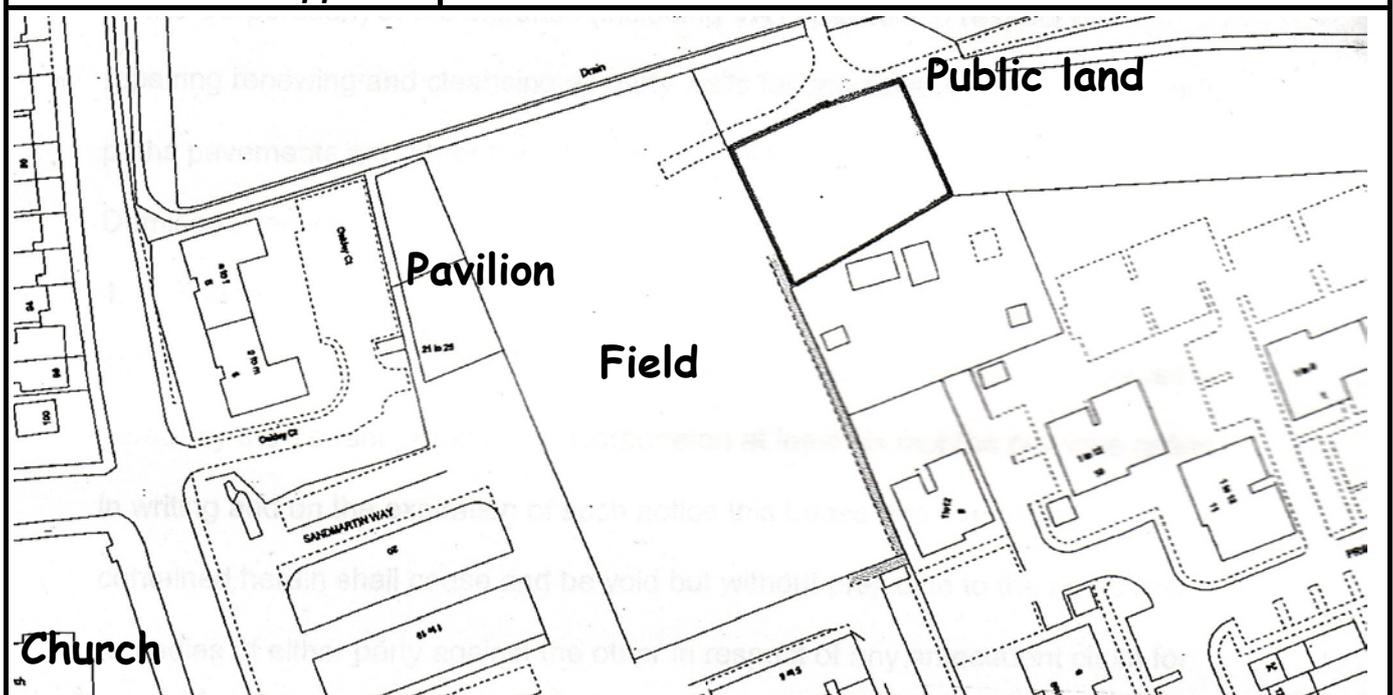
The NPC would like to extend the current informal use of the area as a kick-about and picnic space, to include a safe play area for toddlers, some community seating and a BBQ, a ball play area surrounded by a path with more grown-up exercise opportunities, and wild planting to encourage birds, butterflies and so on.

We hope everyone interested in seeing this important community resource finally put into use to benefit Hackbridge, as envisaged in the original planning of the BedZED estate, will come to this meeting. We have some ideas – we'd like inspirations from you too!

We hope to see you there!

Jo Simister

Chair, The New Possibility Committee



All Saints Centre: We are sure you will have noticed the improvements that have recently been carried out to the garden at the Centre, including a new fence and gates, the creation of a raised garden which will eventually be suitably planted, and provision of some awnings. These have all been paid for by the efforts of Humpty Dumpty Playgroup.....

Many thanks!

Community COOKBOOK: *Members of the Community Games Night would like to compile a cookbook, and we kick off here with a tasty sponge pudding which can be made in minutes in the microwave, and will go well with those blackberries and apples and other autumn fruits...*

PLEASE BRING IN YOUR FAVOURITE RECIPES to Community Games Night, 8pm on Thursdays!

Barbara Carsdale's Microwave Sponge Pudding:

4 oz/ 100g Self-raising flour
2oz/ 50g sugar – preferably caster
2oz/ 50g vegetarian suet
1 egg – preferably free-range and organic
A little milk

Mix all the ingredients together in a microwavable bowl, using enough milk to make a stiff dough.

Microwave on full (800W) for 2½ minutes.

Suggested flavourings:

Grated rind and juice of a clean lemon
A few drops vanilla essence
A tablespoon of cocoa added with the flour

Chocolate Sauce:

Melt some squares of plain chocolate in the microwave, a few seconds at a time. Add Elmlea light double cream until a smooth pouring consistency is gained.



Waste, Bangs, and the end of the Hackbridge Stink?

In Hackbridge we are used to the pervasive smell of the excess garden rubbish rotting across the railway line on the site which Viridor is re-landscaping to form part of a future nature reserve. Following a Public Inquiry in 1995 permission was granted to carry out gravel extraction and land fill under the conditions that the site will be restored to an urban nature reserve. On completion this reserve will be a huge asset to the local community, though meanwhile One Mile Road is closed and our community cut off from land across the railway line, causing long detours for walkers and cyclists. But thankfully the dust, noise and more virulent smells from digging out old workings, from broken waste pipes and sewage operations, are more or less in the past, and the methane drawn from the site now generates enough electricity for 10,000 homes rather than causing occasional explosions.

European and UK legislation requires increasing amount of waste to be recycled, composted and processed and less waste to be buried in landfill. Croydon, Kingston, Merton and Sutton are working together to meet this challenge by developing the South London Waste Plan. About 1.1m tonnes of waste is produced by these four boroughs, of which around 60% is buried in landfill sites, and the plan aims to halve this. Potential sites have been chosen and if you would like to know more and air your views come along to our local meeting, which will be:

28th September at 7pm at Sutton Civic Offices.

Roy Bennett 8773 9879 is following this issue closely.

If you would like to come to a local meeting, BedZED Pavilion are hoping to host one soon.

**WANDLE VALLEY
COMMUNITY CENTRE**

*Available for Hire
for group activities – office also
available*

Disabled access & toilet, kitchen

Contact Carmen Theodoulou
Phone 07736 167 390

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:
Friday 21st November, 2009**

ASIA TANDOORI

*Helping Hackbridge
celebrate since 1980!*

*Excellent Indian food +
Takeaway*

Open daily 6pm – midnight

0208 773 0450

Computers and the Internet

The use of the internet is a tremendous means of communication and the various 'www' references shown on television do give access to so much more information.

So as to encourage the use of internet and email I am making myself available between 14:00 and 15:00 on a Tuesday following the lunch club for seniors. Also I am usually available at the games evening on Thursday evenings 19:00 to 21:00 and I have several computers connected to the internet for casual usage at those times.

If you have some desire to understand this use of the internet please do come along and let me show you what is involved.

As we use secure Unix or Linux computers we are not vulnerable to the viruses which make the news headlines every day.

So if you would like to set up or access email or are just curious to understand what it is all about please do come along.

Desmond Armstrong

ACCESS TO THE INTERNET AT ALL SAINTS CENTRE

We are able to offer access to the wonders of the internet in our computer room. Every Tuesday 11am-12noon and 2-3 pm we have an experienced volunteer available to help you access the internet. It can be used for research, including family and local history, as well as e-mail. 50p for 30 minutes or £1 for an hour.

TIME OUT YOUTH PROJECT

Fridays at All Saints Centre

6.30 -8.30pm

Young people age 11-19

All welcome!

BEDDINGTON FARMLANDS PREMIER URBAN NATURE RESERVE

BIRDING TOUR SCHEDULE 2009

SUNDAY AUGUST 16th

Early autumn birding with Sam Woods and also Peter Alfrey.

Meeting place: Hackbridge Train Stn @ 0915
Tour schedule: 0930-1030

SUNDAY SEPTEMBER 6th

Evening Passerines, waders and migrants with Peter Alfrey

Meeting place: Hackbridge Train Stn @ 1615
Tour schedule: 1630-1800

SUNDAY OCTOBER 4th

Visible migration with BBC's 'The One Show' David Lindo and also Peter Alfrey

Meeting place: Hackbridge Train Stn @ 0915
Tour schedule: 0930-1030/1100

SUNDAY DECEMBER 13th

Winter birding with Peter Alfrey

Meeting place: Hackbridge Train Stn @ 0915
Tour schedule: 0900-1030

Please email littleoakgroup@btinternet.com if you would like to attend any of these tours.

Web links:

Samwoodsbirding.blogspot.com

Peteralfreynature.co.uk

Diporglory.co.uk

S1 Bus Route: Update

Thanks to those who have expressed their opinion on this, and sent in the old S1 route to Hackbridge. BedZED Pavilion have drafted a letter which will be discussed at the Open Meeting about the BedZED Field at All Saints Centre at 8pm on 10th September and at the AGM at the Pavilion 5-7pm on 19th September.

ROY BENNETT 020 8773 9879

Those who study the moon are optimists. They look on the bright side.



Wandle Valley Safer Neighbourhood Team

020 8721 2773



Planning meeting for next issue of Community News: 8pm on 12th Nov at All Saints Community Eve.

THE PUBS OF HACKBRIDGE & BEDDINGTON CORNER

Vicar Andrew Roland visited all three pubs in our area one Tuesday evening and talked to the licensees to find out the background of each, the challenges they face and what they offer.

THE GOAT

The Goat is the northernmost pub in the parish, named after the tanneries and chamois leather works that once flourished along the Wandle. Maureen Mullen has been landlady for 7 years and has brought about big changes, particularly in creating the conservatory/lounge area. *"It used to be very much a workmen's pub before, but now it's pleasant for everybody."* Food is served every day, both lunchtime and evening.

The evening I went the special was beef and yorkshire for £4.95. As Maureen said, *"You can't do better than that."* Other attractions are pool, Sky Sports, and karaoke on Thursday and Sunday nights. At weekends there is a cockles and mussels stall outside, with prawns, crab etc., which has been going for 50 years. And they are the only pub in the area to serve draught beer! I went at 8.15 on a Tuesday night and there were only 3 people inside, but on a good night, like karaoke, there can be 100.

Maureen has seen the general economic climate affect the pub. When families come at weekends and buy drinks for their children, they now ask, "How much is your coke?" And on the Willow Lane industrial estate, many are on short time working, with only a three day week. It has hit the Goat's lunchtime trade quite badly, specially on Fridays when there is much less work going on, and in the early evening, but the "Goat community" still comes in for a drink to round off the day.

THE QUEEN'S HEAD

The Queen's Head is on the other side of Mill Green from the Goat, and is a listed building. A new landlady Hannah Gibley and her partner Martin Duffy took over the license only 8 weeks ago. It is the first time they have embarked on a joint venture, and they take it in turns to be in charge, as they have three children, the youngest 10.

The Queens Head had a fairly poor reputation, but Hannah and Martin are determined to turn it around. Martin said, *"It's not as bad as it is made out to be. Most of the locals are nice people."* Their aim is to attract local people and make it their pub. There is pool, sky sports, darts, pinball and electronic games. They aim to have a function every weekend, either a live singer, or pool tournament, or occasional barbecues, which local families come to in the beer garden. On a function night, they provide free snacks on the bar – sandwiches, chicken legs etc. On the Tuesday night I went there were six young men playing some pool and watching soccer. On a function night there are about 100. Martin said, *"There is a lot of potential. If we get the food up and running, who knows?"*

THE RED LION

The Red Lion dates back to 1600. *"It's the oldest pub in the borough,"* says Pauline Seymour proudly. Pauline has lived in Carshalton for about 20 years and has been landlady here for 7 years. When she took it on it was in dire straits. The police told her, *"We are in the process of closing it down."* Locally it was known as "the Dead Lion". But when she took over, she got rid of the pool tables, and cracked down hard on any kind of anti-social behaviour. She describes herself as a bit of a bulldog, someone who *"runs a tight ship"*. After three months in charge, Pauline got the all clear for her license.

Three years ago Pauline turned the yard at the side which was just a rubbish tip into a pleasant pub garden complete with a couple of large trees, a place where whole families can come – this was before the smoking ban. There is a large room at the back with a separate bar which is used for darts tournaments in the week and family christening and wedding parties at the weekends. Pauline is always happy to host parties for regulars.

On Sunday afternoons there is live music, and on Sunday 6th September there will be a family barbecue with live music. There is a car park for up to 14 cars. The Tuesday night I went in at 9.15 there were 25, while a low night means a dozen regulars. On a good night there can be up to 150. The recession has meant families have not been coming as much as they used to, but the loyal customers still come. Pauline's aim is for the Red Lion to be *"a family community pub"*.



VICAR'S CORNER

The holidays are over, and a new school year begins. Some of us have been able to get away with our families, some have had time at home with a few days out. Some of us have simply noticed that the streets and the traffic have been a bit quieter. But for all of us, September moves life up a gear or two. And that means stress.

Stress has been called the epidemic of the 21st century. The doctors speak of it as when we are swamped with events that trigger an adrenaline rush – the “fight or flight” syndrome – but with nothing to do to offset it, e.g. being in a packed tube train that breaks down, or being faced with bills we can't pay. There are two leaflets in Drs Medina and Carrol's surgery dealing with stress – one for those facing the hardships of the recession, called “Credit Crunch Stressline”, the other a general one about walking, saying that “walking can provide opportunities to reflect and gather your thoughts, helping to reduce stress and manage anxiety.” The website “Healthmad” has an article about stress in which the first thing to do to offset it is to practice meditation for 20 or 30 minutes a day.

When I first came to All Saints 15 years ago, I invited church members to an awayday, and asked them what they found valuable in the services. Several of them said it was the peace they felt. Still today, when I ask newcomers what they liked, they invariably talk of the friendliness and the peace.

It is not just because we are out of the house so there are no household chores or other work to do, and we are away from the phone. It is also the fact that we are consciously opening ourselves to a Higher Power – the One whom we see at work in nature around us, in acts of kindness, and above all, we believe, in the life, death and resurrection of Jesus. I have sometimes thought that if we could bottle the peace we find in church and sell it, we would not have financial problems. As it is, the peace on offer, God's peace, is, thank God, free. And can be accessed any time, any place, whenever we take a few minutes to stop and open our hearts to the one who is present in silence.

As it says in the Bible, “*Be still, and know that I am God.*”

May I wish you a positive and peaceful autumn.

Andrew Roland

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 every month
All Saints Church, New Road, Hackbridge
For details please phone 020 8646 3650*

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

CHURCH OF CHRIST

All Saints Centre

Sunday 6.00 Bible Study

VESSEL OF GLORY MINISTRIES

a Pentecostal church meeting

in All Saints Church

Sunday 1.30pm

Tel. Olive Barnor 8652 5722

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 **£3.50** for a healthy and freshly cooked 2 course meal and fruit juice.*

We provide a vegetarian alternative and our cook will adapt meals to meet individual dietary requirements.

To join us call 0208 646 1937.

CO-ORDINATOR NEEDED

If interested, please contact Andrew Roland on 0208 648 3650

COMMUNITY EVENING

CO-ORDINATOR NEEDED

A dynamic and conscientious person is needed to oversee these weekly sessions on Thursday evenings 7-9pm at All Saints Centre. £30 per session.

**Closing date: Thursday 17th
September**

Job description and person specification are available from Revd Andrew Roland the Vicarage, New Road, Beddington Corner 020 8648 3650

aroland@gmail.com

BedZED Pavilion Noticeboard

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

BEDZED
PAVILION

PAVILION OPEN DAYS

11am-4pm Saturday 19th & Sunday 20th September

(during London Open House weekend – BioRegional will be taking tours around the estate and their Show Home and ZedFactory exhibition will also be open)

- Stalls: toys, books, lucky dip, plants & produce
- Exhibitions by Pavilion partners & local environmental groups
- Refreshments: soup & rolls, cakes & cookies, beverages etc
- Therapy and beauty mini-treatments
- Activity displays: karate, street dance, boxing and fitness
- Wellbeing Wagon
- Bouncy Castle

Don't forget our AGM 5-7pm on Saturday 19th September – a chance to have your say on activities and future developments at the Pavilion. All welcome!



BOOKING NOW!!!!

Harvest Magic: Sat 10th Oct, 6-9pm

£2 per person 5 years and over (under 5s free)

Booking ESSENTIAL! Please contact: Jo 07796 410 850 josimister@yahoo.co.uk
or the Manager 020 8544 5113 bedzedpavilion@yahoo.co.uk

REMINDER: NO PARKING ON SITE (CLAMPING COSTS >£200!)



LOTTERY FUNDED

Hire the BedZED Pavilion

- Excellent venue for weddings, family parties for all ages and for hire for any community functions.
- We can cater for corporate 'away days' and have the facilities for conferences and meetings.
- We are available for hire for activity classes.
- We have 2 offices available for short term lets to local businesses or organisations.
- We have a therapy room with showers and changing areas available to rent on a daily or weekly basis, suitable for sports therapy, reflexology or massage.
- We will have a fully functioning catering facility by September 2010, but in the meantime we can still cater for any function with a variety of menus and prices.
- We have a reception / social area with a bar/servery area.
- 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 proposed usage.

REGULAR ACTIVITIES @

CHILDREN AND YOUNG PEOPLE

Dance ages 4-9 with Zoë Hodges (restarting 8th Sept)

Tuesdays during school terms*;
3.50-4.20pm Ballet for 4-9 years; £2.50 per session
4.30-5.15pm Street Dance for 4-9 years; £2.50 per session.

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 Teen Ballet: £25 for 6 weeks
Mondays 6.30-7.30pm Commercial House over 13s: £5) both for
Mondays 7.30-8.30pm Bashment over 13s: £5) £7
Fridays 6-7pm Hip Hop 12-16 years beginner/intermed: £4.50
Fridays 7-8pm Hip Hop 12-21 years advanced: £5
Contact Natalie Ward for details 07723 335163;
dancingdivanazza@hotmail.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

Hip Hop dance classes with X-plosion Dance Company

Wednesdays 7.45-8.45pm adults: £5
Contact Natalie Ward for details 07723 335163;
dancingdivanazza@hotmail.com

Karate

Saturdays 9.30-11am, for all levels and ages;
Contact Carlos 07932 012159, email kickingfrog@live.co.uk

'Health 2 Happiness' Pamper and Therapy Days

2nd Sunday of every month: Sept 13th, Oct 11th, Nov 8th, Dec 13th, Jan 10th etc; 1-5pm.
1pm Aromatherapy workshops
2pm free dance class
3-5pm therapy & beauty mini-sessions for £1.50...
Contact Charlotte White 07714 568 698 for more details.



COMMUNITY

Community lunch

Most Fridays 1-2pm during school terms.
Provided by Café Riverside.
To confirm dates, please contact Café Riverside on
020 8669 9050, dave.lunn@riversidecentre.org

* Autumn term 2009 starts 7th Sept, ends 18th Dec; half-term 26th -30th Oct

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 07818 214 733 or bedzedpavilion@yahoo.co.uk;

Website www.bedzedpavilion.org.uk

! New Website !

Please visit

www.bedzedpavilion.org.uk

and give us your feedback

News of classes, etc:

Congratulations on a new baby to Zoe Hodges, who now returns to teach the Tuesday dance classes. She has been teaching dance since 1998 and runs her own dance and theatre schools in Croydon, She is ISTD, IDTA and UKA qualified and has full CRB and Chaperone checks.

Tai Chi is an ancient Chinese exercise that cultivates harmony of mind and body through the practice of slow meditative movements. Norman Jones, our instructor, has been teaching this style for 17 years. Why not give it a try? - either at the Pavilion or All Saints Centre.

Karate tutor Carlos reports: "recently some of our students participated in a national competition with one student being classified 3rd overall which is good news for a club like ours". Carlos is thinking of having two classes to accommodate all students.

Flamenco tutor Danielle and yoga tutor Jo now return to their Scola teaching after their summer courses at the Pavilion.

Flamenco students at the Croydon Mele:



**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 GAMES NIGHT

Every Thursday 7-9 pm, only £1.
For local people of all ages.
*snooker - pool - table tennis
badminton - 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.

Halls available

for Children's Parties
most afternoons
£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.

Activities include games and sports,
arts and crafts, music and dance,
cooking and computers.

Only £1.50 - including a healthy
snack.

*Call Andrew Roland on
020 8648 3650 for further
details or call in at the club to
register your child.*

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
CHILDMINDERS Wednesday 9.30 – 11.30
LITTLE VOICES Tuesday 10.15- 11.00
Phone Sherilee 07852 658 738

HUMPTY DUMPTY PLAYGROUP

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

For young people:

BEAVERS (age 6-8) Wednesday 6.00 – 7.15

ALL SAINTS JUNIOR YOUTH CLUB

for 8-13 year olds Wednesday 3.45 – 5.45

TIME OUT YOUTH PROJECT

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

BLUE STARZ Cheerleading Squad

Age 5-14+ Tuesday 4.00 – 7.30
Phone Abigail 8647 4286

Open to everyone:

ADULT HIP HOP £5 Thursday 7.30 – 8.30
LEGS, BUMS AND TUMS £25/6wks

Monday 10.30 – 11.20am
Friday 9.30 – 10.20am

Phone Natalie at X-PLOSION 07723 335163

BALLROOM DANCING LESSONS

Saturday 7.00 – 10.00
Phone Marion on 8648 7488

AEROBICS – SCOLA

Monday 7.00 – 8.00

COMMUNITY GAMES NIGHT

Family games night for all ages
Thursday 7.00 – 9.00

MITCHAM CAMERA CLUB

Wednesday 8.00 – 10.00
www.mitchamcameraclub.com

MARTIAL ARTS

Jujitsu Monday 6.00 – 9.00
Phone Andrew & Ashley 07973149107
Tai Chi Chuan Monday 7.30 – 9.30
Kung Fu Wednesday 8.30 – 10.00
Karate Friday 7.00 – 8.30

COMMUNITY LUNCH CLUB

Tuesday 1.00 – 2.00

SENIOR CORNER CLUB

Bingo, Community singing & chat
Tuesday 2.00 – 3.30

August 2009.

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: Nov 21st 2009. The editorial team, led by Andrew Roland and Jo Simister, can be contacted via All Saints Centre, New Road, Hackbridge, CR4 4JN