



AT THE RINGWAY CENTRE

Newsletter

July 2010

IN THIS ISSUE . . .

	Page
Dr John Griffiths – a tribute	2
Music and drama in Grove Park.....	2
St Augustine's Church – Grove Park's primary concert venue	3
Eldorado Musical Productions	3
College Park Players	4
Nothing to do in Grove Park?	5
Grove Park Library – services & summer events for children	5
Discovering places, discovering ... Grove Park!	5
The Ringway Centre Open Day	6
Children's parties at the Ringway Centre	6
Rooms available at the Ringway Centre	6
Pilates classes at the Ringway Centre – the benefits of Pilates ...	6
The Big Draw – October 2009	7
The Joys of Walking	8
Memories of a Mother in Politics	9
A snippet from our history	10
Environmental issues – Grove Park	11
London & Quadrant in Grove Park	13
Dates for your diary 2010	15
Useful local information	15
MP contact information	15
Local councillors contact information	15
Police Safe Neighbourhood Team contact information	15

The **Grove Park Community Group**, a registered charity, was formed in 1972 to bring together various local voluntary associations.

In 1982, the Group established the **Ringway Centre** on land in Baring Road across the route of the abandoned Ringway 2 urban motorway.

Published and printed by the **Grove Park Community Group**
268 Baring Road, SE12 0DS Tel: 020 8857 7980

Email: gpcg.ringway@btinternet.com Website: <http://www.gpcg-ringway.org.uk>

Please email any comments on the Newsletter to newsletter@gpcg-ringway.org.uk.

Registered charity no. 1046082

Part-funded by Lewisham Council.

Dr John Griffiths:
Astronomer and former Chair of the GPCG – a tribute
by Daphne Ellis, Chair (and former Vice-Chair) GPCG

In the last issue of this newsletter I wrote an article in appreciation of Dr John Griffiths, who was standing down as Chair of the GPCG at the next Annual General Meeting having served for eight years. Sadly, I now have to inform our readers of John's sudden death from a major heart attack whilst in Spain, on 9th April this year. His fellow Trustees and committee members and the staff of the Ringway Centre were all terribly shocked and saddened to hear this news. He had been an exceptional friend to the GPCG for a long time. His enthusiasm and energy were inspiring and his optimistic outlook gave hope and encouragement to everyone. He was a creative thinker and applied imagination, intelligence and skill to all his many interests.

John was also loved and respected in equal measure by his fellow scientists who have indicated in their own obituaries that they have lost a colleague with an exceptional ability both to guide youngsters through their examinations in a difficult field of study and to convey his passion for astronomy to the public at large. He died on the last day of the trial of his astronomy courses in Spain for which he had established the Griffon Observatory, in collaboration with his wife and a colleague. Wales was the country of his birth and was the location for his funeral which a group of us attended, together with his family and friends from far and near and many representatives from the worlds of education and science. □

Music and drama in Grove Park

There are great opportunities in the Grove Park area for listening to music, for example at St Augustine's Church where recitals and concerts are held from time to time. Details of events at the church are to be found on their website at <http://www.staugustines-grovepark.com>. Alternatively look at the parish notice board when you are next passing the church.

If you want to participate in musical activities then you could join **Eldorado Musical Productions** – a group that meets at Burnt Ash Methodist Church in Burnt Ash Hill twice a week. They always need singers and dancers – the younger the better! They tell their own story later in this Newsletter.

Another group is **College Park Players** who both rehearse and perform at Burnt Ash Methodist Church. A popular event is the annual pantomime which is always sold out. Another local performing group based at the same church is **Theatre Productions**. See page 15 for dates of their next concert in October.

Live music is also performed at "The Summerfield" pub at 60 Baring Road (See their advertisement on page 14). □

St Augustine's Church – Grove Park's primary concert venue

by Christopher Town, Director of Music

St Augustine's Church has stood alongside Baring Road since 1886, and for 124 years has served as Grove Park's primary concert venue.

The church building has a very attractive interior and is notable for its fine woodcarvings - the magnum opus in this country of de Wispelaere of Bruges. It is also blessed with a warm acoustic, making it an ideal location for vocal and instrumental music. St Augustine's has a splendid three-manual pipe organ built in Hull by the distinguished firm of Forster and Andrews. The specification of the instrument was drawn up by Sir Frederick Bridge, organist of Westminster Abbey and conductor of the Royal Choral Society, who also gave the opening recital on 26th May 1888.

A 90th anniversary recital was given in 1978 by Stephen Cleobury (then at Westminster Abbey and now at King's College, Cambridge), and since then we have had recitals from a number of distinguished organists including Robert Munns, Stephen Farr and Roger Fisher.

In recent years many other concerts have taken place in St Augustine's featuring: The London Brass Symposium; The Lewisham Concert Band; The Bromley Youth Chamber Orchestra; The Leonora Ensemble; and many individual performers including John Elliot, the leading tuba player. The Leoa Male Voice Choir (with singers from Sierra Leone) recently used the church to record their latest CD, and we hope they will return to give a concert in the autumn. □

Eldorado Musical Productions

Eldorado Musical Productions is a friendly musical theatre company with a focus on fun as well as putting on a professional show. Producing two shows a year is a considerable task involving much organisation and hard work which benefits many people in different ways. Aspiring actors, singers and dancers can gain valuable experience, while the shows and their songs are kept alive for future generations and you, of course, get the entertainment! Moreover, for the members of Eldorado it provides a social club where they can come together, not only for rehearsals, but also to enjoy social events such as dances, quiz nights and outings which help to raise funds.

Eldorado has been performing musicals since it was established in 1924 and apart from the War years, has always performed two shows a year – for many years at The Broadway Theatre in Catford, but now at The Bob Hope Theatre in Eltham.

If you feel you would like to sing, dance and act, we are always pleased to

(Continued on page 4)

welcome new members. All you need to do is give a short audition to our committee. There is also a membership fee for each show. To audition for principal parts in musicals, new members are normally required to have done one show with Eldorado in the chorus. However, you don't have to be a performer to take part. We are always in need of help with backstage work, properties and front of house.

We rehearse on Monday and Wednesday evenings, from 7.45 to 9.45pm at Burnt Ash Hill Methodist Church (Burnt Ash Hill, Lee, SE12 0QD) located between Heather Road and Kingsand Road. Auditions have already taken place for our latest show, but if you are interested in being part of the company, do not hesitate to contact us via our website at www.eldoradomusicalproductions.co.uk. Our next show is called *A Beautiful Feeling* which is a celebration of Rogers and Hammerstein's work. It has some fabulous songs, and is on at the Bob Hope Theatre from 13th to 16th October 2010. Tickets are available direct from the Theatre website at www.bobhopetheatre.co.uk. □

College Park Players

We are a small friendly amateur dramatic company which meets twice weekly at Burnt Ash Methodist Church Hall (Burnt Ash Hill, SE12 0QD).

We produce two plays, in May and December, each year and perform a variety of plays, comedy, mystery, modern and period drama and for some years, a Christmas pantomime. We meet throughout the year (except July and August and two weeks at Christmas) on Monday evening (back hall) from 8 to 10pm and Wednesday evening (main hall) from 8 to 10pm.

There is no joining fee or annual subscription. All we ask is a small weekly donation (currently 50p) to cover refreshments (tea and biscuits).

Each production, the company nominates charities to whom the profits made are donated. Over the last 6 years we have donated £4,000 to at least 16 national and local charities. Local charities include Demelza House, Lee Oasis, Lewisham Palliative Care Team, St. Christopher's Hospice and the Diamond Club (Catford).

We also make donations to Burnt Ash Methodist Church without whose support and scenery storage facilities, we would not be able to function and each October we host a quiz night on their behalf, which is a very popular event.

Past productions include *The Importance of Being Ernest*, *Daisy Pulls It Off*, *Clerical Errors*, *Blithe Spirit*, *Sunny Snaps*, *Respecting Their Piers*, *Snow White*, *Summer End*, *Aladdin*, *Absurd Person Singular*, *Mother Goose*, *Jack and the Beanstalk* and *Curtain Up On Murder*. More information about our company can be found on our website at www.collegeparkplayers.com. □

Nothing to do in Grove Park?

There is PLENTY to do in the Grove Park Ward! Activities and amenities (in no particular order) include: horse-riding, martial arts, karaoke nights, poker, quizzes, scouts, guides and brownies, cadets, football, great open spaces, a drama group, a musical theatre group, mother and toddler groups, library, two pubs (there were three!), youth clubs, organ recitals and concerts, allotments, nature reserves, library. Also **Community Education Lewisham** run a huge programme of courses at their Grove Park Centre starting in September. See their 'ADULT LEARNING' prospectus for full details. And don't forget the many activity groups that meet at our own Ringway Centre, including the **University of the Third Age (U3A)**. □

Grove Park Library – services & summer events for children

Somertrees Avenue, London SE12 0BX Tel: **020 8857 5794**

Email: groveparklibrary@lewisham.gov.uk

We offer a full range of library services including free bookable Internet access and CD hire. Grove Park Library is on the corner of Somertrees Avenue, Burnt Ash Hill and Marvels Lane. Opening Times are:

Monday 9am - 1pm Tuesday 2.30 - 8pm
Thursday 9am - 8pm (closed for lunch 1pm - 2pm)
Saturdays 9am - 5pm (closed for lunch 1pm - 2pm)

Events at the Library

- Monday mornings - Under-5's song time 10am
- Saturday 23rd July - **Summer Read**

All Children 5 years and up can join the Summer Read. Read 6 books, collect stickers, and prizes along the way. We will give you a certificate at school when you have finished.

We have a full summer of craft events. So come and take part!

- **Baby Bookstart** - under 5's can join in the book crawl. Collect 4 stickers and we will give you a certificate. Why not make a visit and see us? □

Discovering places, discovering Grove Park!

Come and join us for the launch of the Tutu Peace Trail in Grove Park on Saturday, 24th July. The trail has been chosen by Lewisham Council to be an event during the nationwide Discovering Places weekend from 23rd to 25th July, part of the Cultural Olympiad.

Meet at Grove Park station for a two-mile circular walk, mostly on flat surfaces, informative talks and a treasure hunt, finishing off with refreshments. The event is free, you do not need to book. Simply turn up at Grove Park station at 10.30am on 24th July. The event will finish around 1 pm. For further information, contact **Sonja** on **07836 548870**. □

The Ringway Centre Open Day

The Ringway Centre is host to many interest groups and activities.

**Come and find out about the wide range of activities available at
The Ringway Centre at our**

OPEN DAY

on

Saturday, 31st July 2010

from

11 am to 4 pm

Sideshowes and light refreshments available

Children's parties at the Ringway Centre

The Ringway Centre is an ideal venue for children's parties, especially in the summer months when the grounds are at their very best. We can accommodate up to 30 primary aged children with adult helpers.

Please ring the Centre Manager on **020 8857 7980** or email [**paul268ringwaycentre@yahoo.co.uk**](mailto:paul268ringwaycentre@yahoo.co.uk) for availability and prices. □

Rooms available at the Ringway Centre

There are a number of regular daytime sessions available at the Ringway Centre. If you are a member of a local group or organization which requires space to hold its meetings then please contact the Centre Manager on **020 8857 7980** or email [**paul268ringwaycentre@yahoo.co.uk**](mailto:paul268ringwaycentre@yahoo.co.uk) for availability and prices. □

Pilates Classes at the Ringway Centre - the benefits of Pilates

Pilates is a form of exercise that has enormous benefits for everyone, but especially those with back and neck problems. It was started about seventy years ago by a Hungarian called Joseph Pilates who was a prisoner of war. He noticed that many of the prisoners were losing strength in their muscles, getting poor posture and back and neck problems from lack of exercise. In the last 15 years Pilates has gained momentum and is now very popular. It is also being championed by the medical profession and physiotherapists.

The exercises are gentle, flowing and concentrate on posture, core stability (abdominal strength), balance and correct alignment for the spine.

(Continued on page 7)

Pilates also increases flexibility, mobility, strength in all muscles and general well-being. It increases confidence with the knowledge of how to use your body effectively and safely and is good for your overall health. The class is at The Ringway Centre (268 Baring Road, SE12 0DS) every Tuesday afternoon from 1.30 to 2.30pm. It is for all abilities and anyone with certain medical conditions which may prevent them from joining other fitness classes. **Cost: £3 per session including tea and coffee at the end.**

This is an extremely friendly class with a very experienced tutor. For further information please call the Ringway Centre office on **020 8857 7980**. □

The Big Draw – October 2009
Organised by Informatt Ltd.³ in partnership with GPCG
by Diana McGreachan

We were very pleased to hold the **Big Draw 2009 Campaign for Drawing** Event at the Ringway Centre last year, the first of its kind in the area and would like to thank all the participants who supported us so ably on the day. A beautiful autumn day with bright sunshine set the scene for us, and Ringway Centre looked 'picturesque' as only the Ringway Centre can!

Lots of local people and their children enjoyed the wide range of activities on offer, sampled our creative and artistic challenges and produced some fine examples of their work to keep or display. Our themes for the day were 'Darwin', 'Colours' and 'Environment', and our own back garden woods were a perfect setting for inspiring creative ideas.

Our thanks go to our professional artists, Toni McGreachan¹ and Rosie Woods, who organised the planning and choice of activities; to Sylvia Currey² and her regular Art Club² for her support with the figure drawing sessions, and to Dorota Chioma for her organisation of the activities for the little ones; also to Denise in the café & Isabella with Paul for the Woodland Walks. Funding was given by "Partners in Art" and "Eddy" Community Arts Organisations run by Toni McGreachan and Jackie Kibble.

We were very lucky to have total support from the wonderful permanent staff team at the Ringway Centre – Paul, Ernie and Dave who helped with the Friday evening preparation and Saturday monitoring of the site and ensured smooth running of the event and helped us to clear up. We thank you all. And who was that amazing re-creation of Mr. Charles Darwin? I do believe it was our own Father Christmas in yet another disguise!

There is a poster with some pictures of the event in the corridor in the main building. Contacts with organisers are shown below. □

¹www.tonimgreachan.co.uk

²Sylvia Currey / Art Club – Tel: 020 8857 6968

³Informatt Ltd. Supporting Children's Education. Contact: Diana McGreachan
Tel: 020 8460 5074

The Joys of Walking

by Sonja Aldengard

Walking is a great way to get from A to B. It won't necessarily be the quickest way, but by simply putting one foot in front of the other you will eventually get there. Not only that, by walking you will improve your health, it will save you money and you will be doing your bit for the environment.

Walking is the closest thing to perfect exercise. What's really great about it is that you can start as soon as you leave home, and all that's needed is a pair of comfortable shoes. You can hardly better that, can you? Now, with a bit of time, practically everywhere is within walking distance...

Walking is a way to discover things that you don't see from a car or a bus. Once you start you will be amazed at how much is hidden behind the houses, such as parks, footpaths, woodland, meadows, waterways and much, much more, just about everywhere, if you just care to look.

If walking on your own may seem a bit daunting, get together with a friend or, better still, join a walking group. All over the place there are groups of people walking and talking, enjoying being outdoors, and exploring new places.

Personally, I've never thought of myself as a 'walker', meaning one of those people who go on walking holidays in places like the Lake District. What I have done is to build a bit of walking into my daily routine. For many years, I was commuting to London, which meant a walk to Grove Park station in the morning, then from Charing Cross to Victoria, and the same at night, a good hour each day. When my job entailed driving to customers all over the country and I stopped for a break along the motorway, I chose to park as far away as possible from the service building so as to get a walk, and when I reached my destination, I would don a pair of trainers to explore my surroundings. It didn't always work, but when it did, it was great.

Now I'm retired and spend a great deal of my time on various walking activities. For instance, once a week I lead a local healthy walk from Downham Health & Leisure Centre. We've been going since October, and I'm proud to say we have not yet missed a single Thursday due to bad weather, although I have to admit that for a couple of weeks in January, it was so icy underfoot that we had to hang on to the path railing so as not to speed down the slope on all fours.

The other thing I do is walk around London, bit by bit, M25 fashion, but without the traffic jam. Having completed the Capital Ring, I am now half-way through the London Loop, 150 miles long split into 24 sections, a truly wonderful journey of discovery. Also, from time to time, I do Nordic walking

(Continued on page 9)

with a group of like-minded enthusiasts. You won't believe how fast one can move with two sticks!

I'm not bragging about my achievements, but simply wish to share all those wonderful things there are to see by simply walking. I for one would be quite lost without it.

The Chief Medical Officer recommends that everyone should be physically active for 30 minutes a day on at least 5 days of the week, and this physical activity should be of a 'moderate' intensity to benefit health, such as brisk walking, cycling, gardening, dancing and heavy housework. The good news is that it does not have to be all in one go, but could be just 10–15 minutes at a time, spread over the day. I whole-heartedly recommend it!

Here are some useful websites:

www.walklondon.org.uk (promotes seven strategic walks round London, including the Green Chain Walk)

www.whi.org.uk/walkfinder (helps you find a health walk scheme near you)

www.nordicwalking.co.uk (learn about the benefits of Nordic walking). □

Memories of a Mother in Politics

by Pat Cullen

Eighty years ago my parents were living in Camberwell. My mother, Daisy Hurren, was a bespoke tailor; my father, Jim, a printer. I was their first baby, and when I was born my mother gave up work to look after me. She became very frustrated at being a stay-at-home mum and a friend mentioned to her that the Co-operative Wholesale Society (CWS) held weekly meetings in the local hall. Someone looked after the children and there were tea and biscuits, and every week a guest speaker. The speakers were generally of a socialist persuasion, and they awakened in my mother what was to become a lifelong devotion to the Labour Party with the ideals and enthusiasm they showed in the 1930s.

In 1938 we moved to the Borough of Lewisham, and after the war both my parents became involved in local politics. My mother became an Alderman of the old Metropolitan Borough of Lewisham and later a councillor. A few years later my father was also elected as a councillor. They were staunch Labour members and very active in their support of the MP, Herbert Morrison. Our house was a committee room for local and general elections, and every spare minute they would be out canvassing.

In 1962-63 my mother became the first woman Mayor of the Borough and my father the Mayor's consort, as he drew the line at being called the 'Mayoress'! They had a great year, and in 1985 my mother was awarded

(Continued on page 10)

the 'Freedom of the Borough,' (other luminaries who hold that honour are Terry Waite and Desmond Tutu). In addition to her council work – which in those days was not paid – she was an active member of the Tailor and Garment Workers Union, fighting for equal pay for women tailors. She had a workshop in Marshall Street in Soho, making waistcoats for the famous, including Eamonn Andrews, Frankie Vaughan, Bob Boothby and the actor Robert Taylor.

Locally she fought for women to be able to use public toilets for free, as in those days, unbelievably men could pee for free, but not women!

She was a 'women's libber' long before that term was ever used, and because she was involved in so many things my father became 'a new man' before that name was ever invented! He did all the household chores, shopping, cooking and washing and ironing. As they were both in full time jobs – my mother during the day and my father at night – communication was through notes propped up on the mantelpiece!

When I look back, it was an interesting household to be brought up in. The house was always full of inspiring characters, and it was certainly never dull. On reflection I see both my parents as pioneers, and both had ideals and a way of life well before their time. □

A snippet from our history

It is not every resident of Grove Park that knows that one of the last workhouses in the British Isles was built in Grove Park. Moreover, a substantial part of the building complex remains. It was of course for many years known as Grove Park Hospital. If you are still not sure where it is, take a look at the Victorian building in Marvels Lane. If you are still not sure where it is, take few steps from Grove Park Library down Marvels Lane. What remains – the large administration block and the frontage on Marvels Lane with domed gatehouses – was converted to housing in the mid-1990s.

The story begins in the late 1880s when the Greenwich Board of Guardians wanted to expand its main workhouse. The Local Government Board told the Guardians that the existing complex was too cramped and that the expansion should be a new building on a green field site. Thus it was that the foundation stone of the new Greenwich Workhouse was laid here in 1899 – you can still see it at the entrance to what was the admin block. In 1900 the plans of the architect, Thomas Dinwiddy, were displayed at the great international exhibition in Paris, winning the government department a diploma of merit. The buildings were completed in 1902, but by that time the Greenwich Guardians believed they no longer required a new workhouse after changes in the social system. The Local Government Board thought otherwise and it was opened in 1904. Always under-occupied, the complex, which included residential blocks (demolished in

(Continued on page 11)

1993) for the unfortunate paupers as they were then known, had quite a short life as a workhouse. In 1914 it was taken over by the Army Service Corps, becoming the mobilisation centre for the recruits to the Mechanical Transport Department. Nearly 285,000 soldiers passed through Grove Park during the years of the Great War between 1914 and 1918, some only staying twenty-four hours while others were here for several weeks on driving and vehicle maintenance courses.

After the war, the ASC was slow to leave the complex which was acquired by the Metropolitan Asylums Board in 1920 to be a tuberculosis hospital for South London, thus complementing the one at Colindale in North London. In addition to the buildings for which the MAB paid £160,000, Motttingham Hall and adjoining land of 43 acres were acquired at a price of £7,400. The military did eventually leave and the MAB obtained possession in June 1921, but by the following year the TB hospital plan was dropped for reasons that are not clear. In the event, it did eventually open as a TB hospital, but not until 1926.

This is not the place to relate the history of the hospital which carried out important treatment for people with TB, but it has recently been discovered from files in The National Archives that at one stage it would be called *King George Hospital* after the reigning monarch, King George V. When it became doubtful in 1922 if it would ever be opened as a hospital, the MAB decided that His Majesty's name should no longer be associated with it. Until its eventual opening, it was known as the Grove Park Institution, the regal name going instead to the MAB's sanatorium near Godalming.

The remaining workhouse/hospital buildings have never been statutorily listed, but it is expected that in the near future they will be locally listed by Lewisham Council. When the hospital was closed, permission was given by Lewisham to the Health Authority to develop the site, but in return the NHS had to retain the gatehouses and admin block. This legal obligation transferred to Hyde Housing which has owned the buildings since they were vacated by the hospital. □

Footnote: If you are wondering what happened to the reprinting of the Grove Park History, it is still in the pipeline and after revision and expansion by the author, John King, it should be ready in the autumn.

Environmental issues - Grove Park

The Grove Park Group Community Group has an active Environmental Sub-Committee. There are two particular issues that have been under discussion in recent months and will probably be on-going – traffic at the intersections by Grove Park station and the future of the Baring Hall Hotel.

The difficulties with the traffic lights have been a cause of concern locally

(Continued on page 12)

for many years. In recent years, the Grove Park Community Group took the initiative by approaching our Greater London Authority member, Len Duvall, as we did not feel that Lewisham Council and Transport for London (TfL) were focussing on the problems which were particularly acute for bus users and pedestrians. We were delighted that Len seemed to bang heads together, with the result that we had some constructive meetings with the two authorities. Ultimately plans were produced which have now been implemented, although they were greatly behind schedule because of the shortcomings of some of the contractors. They have involved some physical works at the junctions and the re-programming of the traffic lights with additional safety features for pedestrians. We were never convinced that the plans would work, but as a lot of effort had gone into them, we felt that they had to be given a chance.

It would be rash to say that the new arrangements have been a total success, although some improvements for bus passengers and pedestrian safety have been discernible. It is of course a fact that one's view of the new arrangements is inclined to be subjective according to one's progress through the intersections – that is human nature! A meeting with TfL and Lewisham to review the arrangements is now imminent. It will not be a public meeting, but obviously we welcome observations.

We all remember the Baring Hall Hotel. It is one of the oldest buildings in Grove Park and dates from the 1880s. Unfortunately it has had a somewhat chequered history. This came to a head last year when an incident led to it being damaged by fire. It has been closed ever since, although we have been led to believe that the internal damage was not so substantial that it could not be repaired. It has now been sold to a local developer who, we understand, wishes to demolish it and build flats. The Grove Park Community Group is totally opposed to this and considers that it should be a family public house of the type practised by the likes of J D Wetherspoon. The building itself may not be outstanding in architectural terms but it is not unattractive amongst a rather bland group of shops.

Sadly there is little that we can do to stop demolition. We are confident that the building does not qualify for statutory listing as the criteria are very strict. But the building could be locally listed - an action that is within the gift of Lewisham Council. The likelihood of this happening is, however, not very great as the Conservation Section in the Planning Department is so understaffed that the surviving and very attractive buildings of the former Grove Park Workhouse/Hospital in Marvels Lane are still in the pipeline after many years. Our three ward councillors are all aware of local sentiment, as are the three Downham councillors - the building is just on the Downham side of the ward boundary. Obviously we would like to have a meeting with the new owner, but we have been unable to obtain his details. At the time of printing, no planning application appears to have been made. □

London & Quadrant in Grove Park

by Michael Hill

It is now two years since L&Q took control of Lewisham's housing stock in Grove Park and the change since then has been remarkable. The window replacement programme is all but complete, and renewal of kitchens and bathrooms, where necessary, is on course to finish in about eight months.

New and efficient gas boilers have replaced old ones whose economic life is over and which are not worth repairing. Together with the new windows this will reduce fuel bills for tenants. L&Q have installed new electric storage heaters in the tower blocks which will also help tenants to reduce their bills.

However, some problems have arisen which L&Q could not have foreseen, but these have been dealt with and they have not affected investment in Decent Homes work. For instance Thames Water announced that after the works programme had been settled they would reduce mains water pressure to reduce leaks. This meant that water would only get to about half the height of the tower blocks. At considerable expense L&Q have installed booster pumps at ground floor level and pipework to new tanks on the roof. This has had one beneficial side-effect. The individual water tanks in each flat have been removed, giving an improved layout to the kitchens.

With the Decent Homes programme starting to run down attention can turn to other matters, for example cyclical maintenance such as painting. While all this is going on, dealing with day-to-day repairs continues with L&Q achieving very high satisfaction levels amongst their residents. □

HARRIS CHEMIST

Have your prescriptions requested, collected and delivered FREE.

Call us now on 020 8857 4371.

- FREE Nicotine patches *(subject to terms & conditions)*
- FREE medicines check *(subject to terms & conditions)*
- Digital passport and ID photos
- Up to 70% off designer perfumes

Visit us at 372 Baring Road, Grove Park, London SE12 0EF
Opposite Grove Park Station on the corner

Tel: 020 8857 4371

www.harrischemist.co.uk

Do you want to Reduce Stress?

Mobile therapist available for work in a number of varied engagements including Pamper Parties, Corporate and Promotional Events.

I am locally based and offer Body Massage, Indian Head Massage plus Facials. I am fully qualified and insured plus CRB checked and have a friendly personality ideally suited to your event. Our most popular requests are for Back, Neck and Shoulder Massage.

Call Clinic on **020 8228 1351**

Mobile Visiting Service **07886 797472**

£15 for 15 Min (clinic visits only)

£20 for 20 Min (clinic visits only)

£30 for 30 Min

£50 for 1 Hour

10% off on every course of 5 treatments

info@reduce-stress.co.uk

Beauty Clinic

The Summerfield Tavern

60 Baring Road, London SE12 0PS

Tel: 020 8857 9247

Ray & Lynda invite you to a traditional community pub with a welcoming, relaxed atmosphere & regular entertainment.

MONDAY

Chill out after weekend, no loud music, nothing much happening, just relax with a couple of drinks in the comfortable surroundings

TUESDAY

7.30pm

CHAMPIONS LEAGUE POKER - play for cash and points, beginners or professionals all welcome

WEDNESDAY

6.00pm - 8.30pm

CURRY & QUIZ NIGHT

Curry, rice, nan and chutney accompanied by a pint of house lager/bitter or glass of wine

8.30pm

*Followed by **FUN QUIZ** Cash prizes - free entry to Quiz with this ad.*

FRIDAY

8.30pm

LIVE MUSIC

Acts change weekly

SATURDAY

8.30pm

EVERY 1st SATURDAY IN MONTH

LIVE MUSIC, DISCO, KARAOKE, or some other entertainment

SUNDAY

3.00pm

FREE BAR SNACKS throughout afternoon

3.00pm

OPEN THE BOX cash prizes

LIVE MUSIC

If you want to keep abreast of forthcoming events you can find us on facebook@summerfield

facebook

DATES FOR YOUR DIARY 2010

The Ringway Centre

Saturday, 31st July: *Ringway Centre Open Day* from 11am – 4pm

Burnt Ash Methodist Church,

Burnt Ash Hill, between Kingsand and Heather Roads, Lee, SE12 0QD

Saturday, 4th September: *Fruit, Flower and Vegetable Show*
from 2.30 to 4pm. Prize-giving at 3.30pm.

Saturday, 25th September: *Barn Dance* from 7 to 10 pm.

Friday, 29th October & Saturday, 30th October: *Theatre Productions Concert*
at 2.30pm; tickets: £6 adults, £3 children available from **020 8857 3140**.

Other Local Events

Sunday, 4th July: *Open Day at Burnt Ash Pond Nature Reserve,*
Melrose Close, SE12, between 11 am and 12 noon.

Tuesday, 20th July: *Meeting of the Friends of Chinbrook Meadows User Group* in The Pavilion in Chinbrook Meadows (entrance in Amblecote Road) at 6.30 pm.

Saturday, 24th July: *Launch of the Tutu Peace Trail*
Meet at Grove Park Station at 10.30am. See page 5.

USEFUL LOCAL INFORMATION

MP contact information

Letters: Heidi Alexander, House of Commons, London SW1 0AA

Email: heidi@heidialexander.org.uk

Office Tel: 020 7219 7099; website: <http://www.heidialexander.org.uk>

MP's Surgeries:

2nd Friday, 3.30 – 7pm, Downham Health and Leisure Centre,
Moorside Road, BR1 5EP

4th Friday, 3.30 – 7pm, Lewisham Town Hall (Committee Room 6),
Catford. SE6 4RU

Local councillors contact information

Cllr Suzannah Clarke – email: cldr_suzannah.clarke@lewisham.gov.uk

Tel: 020 8314 6944; Surgery: 1st Saturday of the month, 10 – 11am

Grove Park Library, Somertrees Avenue, Grove Park, SE12 0BX

Cllr David Britton – email: david.britton17@hotmail.com

Tel: 020 8852 2694; Surgery: 2nd Saturday of the month, 11am – 12noon

Ringway Centre, 268 Baring Road, Grove Park, SE12 0DS

Cllr Christine Allison – email: cldr_christine.allison@lewisham.gov.uk

Tel: 020 8314 6902; Surgery: 4th Saturday of the month, 11am – 12noon,

Grove Park Library, Somertrees Avenue, Grove Park, SE12 0BX

Police Safer Neighbourhood Team (Grove Park) contact information:

Tel: 020 8721 2483 or 07920 233876 email: GrovePark.snt@met.police.uk

MOT

Service, Repairs & Diagnostics



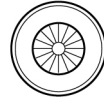
Service & Repairs



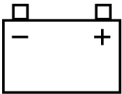
ABS
Brakes



Diesel & Petrol



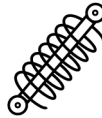
Tyres & Exhausts



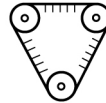
Electrical



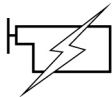
Heating & Cooling Systems



Suspension & Steering



Timing Belts & Water Pumps



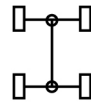
Diagnostics



Air Conditioning



Cylinder Head Gaskets

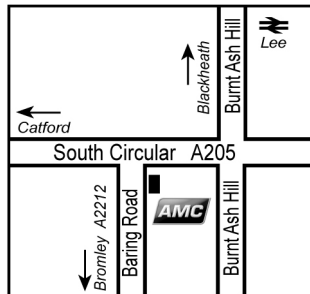


4WD



**VEHICLE
MAINTENANCE
SERVICES**

7 Baring Road, London SE12 0JP



020 8851 7245

