

#### **CONTENTS: SUMMER 2022 ISSUE 227**

- Page 4: Editorial
- Page 5 ECRA AGM
- Page 6: NHS Update
- Page 7: Old Coulsdon Centre for the Retired
- Page 8: Coulsdon Art Trail
  Page 9: What's Happening In and Around Coulsdon
- Page 10: What's Happening (cont.)

- Page 15: The Hive
- Page 16: Patient Participation Group
- Page 17: u3a Recipe for Success
- Page 19: Business Interview Art & Craft Valley
- Page 20: Public Transport Report
- Page 21: Public Transport Report (cont.)
- Page 22: What's On?

**ECRA is your Community Organisation run by Volunteers** 

COVER SPONSORED BY WWW.ADVANCED-PRINT.COM

MINICABS

Coulsdon's Local Cab Firm

**Based next door to Waitrose** 

Book in advance your Airport Cab

Coulsdon > Gatwick from £25.00

Coulsdon > Heathrow from £45.00

020 8668 8888



# FREE Design on all Vehicle Signwriting

**600** 



020 8668 1411 www.advanced-print.com ECRA COMMITTEE & CONTACTS PAGE

Chair Mr Charles King MBE

50 Reddown Road, CR5 1AX

Vice Chair

Mrs Gill Hickson

6 Mead Way, CR5 1PG

Secretary

Mrs Maureen Levy

22 Fairdene Road, CR5 1RA Website

Ms Emma Gawen

Treasurer Review Editors Mr Michael Ryan Mrs Alison Sleight

Mr Eric Jenkinson CVO OBE

Facebook

Ms Eleanor Richardson

Committee:

jenkinsoneric@hotmail.com elearic@gmail.com

Mr Graham Lomas, Ms Maxine Leyland, Mrs Alex Martin, Ms Eleanor Richardson

and Mr Ben Taylor

Mayor, Ward Councillors, London Assembley Member and MP

Jason Perry (CON) Margaret Bird (CON)

Nikhil Sherine Thampi (CON) Ian Parker (CON)

Luke Shortland (CON) Mario Creatura (CON)

Neil Garratt (CON) Chris Philp MP (CON) mayor@croydon.gov.uk

margaret.bird@croydon.gov.uk nikhil.sherinethampi@croydon.gov.uk Old Coulsdon Ward Councillor

ian.parker@croydon.gov.uk luke.shortland@croydon.gov.uk mario.creatura@croydon.gov.uk neil.garratt@london.gov.uk

chris.philp.mp@parliament.uk

Mayor

king.charles@talktalk.net

ghilly1@virginmedia.com

mikeryan2143@gmail.com alisonsleight74@gmail.com

Tel: 01737 554841

Tel: 07956 666095

Tel: 01737 555231

mcb.l@btinternet.com

Old Coulsdon Ward Councillor Coulsdon Town Ward Councillor Coulsdon Town Ward Councillor Coulsdon Town Ward Councillor

London Assembly

Old Coulsdon Neighbourhood team snmailbox.oldcoulsdonsnt@met.police.uk - Tel: 101 Coulsdon Town Neighbourhood team snmailbox.coulsdontownsnt@met.police.uk - Tel: 101

In an Emergency always dial 999 for Police, Fire Services or Ambulance. To report a crime Tel. 101 or report on line at www.met.police.uk/report/how-to-report-a-crime. For medical advice call NHS help line Tel. 111 or for COVID-19 NHS Tel: 119. City of London (Farthing Downs) Emergency - 01372 279488

#### THE REVIEW

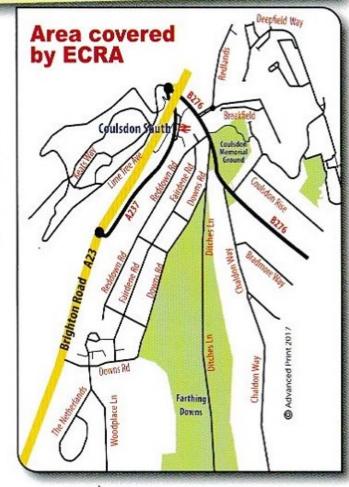
The Newsletter of East Coulsdon Residents' Association. Over 60 years of working for and supporting our local community Distributed to over 2000 households To advertise Email: info@eastcoulsdon.co.uk

### ECRA needs you!

We are looking for volunteers to act Stewards, delivering Road as Review four times a year and collecting subscriptions. We can't function without Road Stewards and currently vacancies delivering to:

- Chaldon Way
- Cane Hill Park

If you would like to help, please contact us: info@eastcoulsdon.co.uk



#### **Editorial**



ECRA would like to apologise to the Bennett family. In the article in The Review 226 "Bennett Close Unveiling" somewhere between the setting up and the final print run the photo of Michael Bennett in his cricket whites disappeared from the article. Bennett Close on Cane Hill is named after Michael Bennett, a staff nurse who worked at Cane Hill Hospital for 43 years and was a popular local

Coulsdon resident. Michael enjoyed playing cricket for Cane Hill. It was nice to see that the cricketing heritage has also been recognised, as Bennett Close is on the site of the old Cricket Pitch. Michael is pictured in his cricket whites, above, in middle.

Following the outbreak of a fire in Happy Valley on 19<sup>th</sup> July, the following advice has been given by Dominic North (Happy Valley Warden): In case of Fire: Happy Valley: if you see a fire on Happy Valley please call Dominic in the first instance on 07716 224096, if it is easy to contain e.g. a small campfire. City Commons: please call the City of London's emergency number 01372 279 488. If no-one is available, or if the fire is large or rapidly spreading then 999 will be the best option. Disaster was averted from serious fire damage to Happy Valley by prompt action from residents and co-operation between Dominic North the Happy Valley Warden and City of London Rangers.



Around 3pm on Thursday 7th July 2022 a Tesco lorry got stuck under the railway bridge at Coulsdon South. This disrupted both the railways and traffic on the Brighton Road. This lasted until the lorry was finally unloaded and removed around 10pm. This used to be a common occurrence until the bypass was opened which allowed large vehicles to avoid all three bridges on the Brighton Road in Coulsdon.

#### Last chance to use the old paper £20 and £50 notes

The Bank of England estimates that there are still some £17bn of these notes in circulation. so please check to see if you have any. After 30th September 2022 you will have to take them to your bank to exchange them.



#### Christmas 2022 in Coulsdon

Sadly. the organisers of Coulsdon Yulefest have announced that they will no longer be organising Yulefest. ECRA would like to thank Chris and Richard for all their hard work in creating Yulefest and the pleasure it has given to the people of Coulsdon

ECRA is meeting with local traders and residents' associations to discuss what can be organised for the town centre this Christmas. If you would like to get involved, please get in touch <a href="mailto:info@eastcoulsdon.co.uk">info@eastcoulsdon.co.uk</a>

ECRA held their AGM on Wednesday 15<sup>th</sup> June at Old Coulsdon Congregational Church. The event was well-attended and it was encouraging to see local residents taking an interest in local affairs. It was also a welcome opportunity to chat with residents over refreshments.

Our guest speaker was newly-elected Croydon Mayor, Jason Perry. He spoke about his plans for Croydon council. These include his pledge to re-open Purley pool and he confirmed that he has been to visit the site to gain an understanding of the works and financial investment needed. He hopes it could be re-opened within the next two years. He is also focused on revoking SPD2 and reviewing the Local Plan, ensuring that planning and development decisions in the borough become more transparent and take into account residents' objections. Mayor Perry expressed his hope that Croydon council can become less inward-facing and start listening to and working for its residents.

Questions from residents were wide ranging and covered the development of the medical centre on the former CALAT site and associated parking, provision of primary school places and discussions about litter, graffiti and planning.

ECRA continues to work hard in the interests of local residents. Over the past year these are some of the things we have: done:

- Contributed to Christmas lights and tree in the town centre.
- Contributed to Christmas lights in Old Coulsdon.
- Paid for a new replacement tree in the town centre.
- Worked with East Surrey Transport Committee to improve train and bus services.
- Installed Finials on finger posts in Coulsdon Town centre
- Lobbied for the grass to be cut in the parks.
- Arranged for the missing names to be added to the Marlpit Lane War Memorial.
- Removed graffiti from various places around the town.
- Litter picks across the area.

#### ECRA Subscriptions – Payment by Standing Order

If possible, please pay your £3 subscription by Standing Order; It really helps our Road Stewards: East Coulsdon Residents' Association

NatWest Bank PLC - Sort code 60-06-14 - Account 29423821.

Please use your name and first line of your address as reference, or email info@eastcoulsdon.co.uk for a reference.

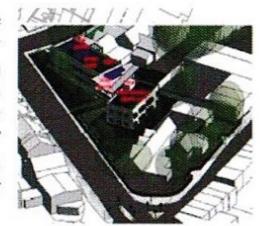
You can pay your road steward by cash or cheque (made payable to ECRA). Your subscriptions really help us to continue producing the Review four times a year and make contributions to improving Coulsdon.



Covid is still with us as a number of new variants emerge, the latest being Omicron BA, 2.75 known as Centaurus now being detected in the UK. At the time of writing over 4.3million people are suffering from Covid and this number is still rising. Although many people will only suffer fairly mild symptoms, similar to the common cold, for some, especially those with underlying health conditions, it could have serious effects and require hospitalisation. This month the UK recorded the 200,000<sup>th</sup> Covid related death. The government has warned that if the number continue to rise at the present rate, we may have to go back to wearing masks again. The best defence against Covid is vaccination which may not prevent you catching one of the new variants, but should reduce its effects. There is still an ongoing vaccination programme for those over 75 or with underlying health conditions who are now entitled to a fourth, and sometimes fifth, vaccination. If you have not heard from your GP you can book an appointment through the NHS web site <a href="https://www.england.nhs.uk/london/our-work/covid-19-vaccination-programme-2/covid-19-vaccine-sites-in-london/">https://www.england.nhs.uk/london/our-work/covid-19-vaccination-programme-2/covid-19-vaccine-sites-in-london/</a> or by calling 119.

In the Autumn there will be a 4<sup>th</sup> booster vaccination available along with the flu jab for over 50s and vulnerable people; you should hear from your GP when this is due. There are still around 3million people who have not had their first vaccination. This is still on offer to anybody who changes their mind and would like to have it now. We are pleased to say the local vaccine clinic at St Aidan's run by Valley Pharmacy, is still operating on a number of days per week.

Coulsdon Medical Centre: Provisional plans were submitted to the council earlier this year for the new medical centre on the former CALAT site in the town centre. The planning design panel has asked that the NHS submit slightly different plans better linked to the new Kidney Dialysis unit being opened within the old CALAT building. The Coulsdon RAs have met with the NHS and expressed the need for improved drop off facilities for patients with reduced mobility.







During the Covid pandemic the Purley GP hub/minor injuries unit at Purley was no longer offering a walk-in service, turning away patients who turned up at the door telling them to dial 111. One of the reasons being the small waiting area and the possible spread of Covid. They required patients to phone 111 and after initial triage they could give you an appointment at Purley. The local RAs have constantly asked that Purley GP Hub/Minor injuries unit should return to accepting walk-in patients. At our recent meeting with the NHS SWLondon, they agreed that patients should first approach their GP and if they can't be seen they

should dial 111 who can make an appointment at Purley if appropriate. The GP hub will also triage walk-in patients who will either be seen or advised to call 111 to be directed to a more appropriate service. NHS 111 can also be contacted online <a href="https://111.nhs.uk/">https://111.nhs.uk/</a>

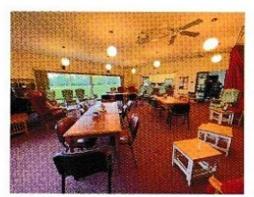
#### **Old Coulsdon Centre for the Retired**

by Tony Sales

The Centre was purpose built and founded by Coulsdon residents in 1984 for the benefit of retired people. We are an independent, registered Charity open every weekday from 10am to 4pm, except for Bank Holidays and the Christmas period.

A great place in a lovely environment to drop in for a tea/coffee and read the paper, or for a get-together with a friend. No appointment needed, just treat it as a café and all you need to be is retired.





Yes – if you wish there is more from which you may benefit. Nutritional lunches or snacks, bingo, entertainment, outings locally or to the coast. Also, special celebration lunches for special occasions such as St George's Day, Valentine's Day and Christmas together with monthly fish and chips. The Centre also provides a hub for Hearing Surgeries and Police Safer Neighbourhood Team meetings. You are spoilt for choice and the choice is yours. The centre is well served by

public transport on bus routes 60, 404 and 466. If you have limited mobility, we have a minibus that can collect you in the morning and return you in the afternoon.

For more information, please contact Iris the Centre Manger on 01737 554386 or visit our website: www.occftr.org



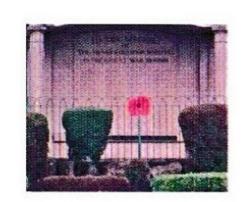




Marlpit Lane Bowling and Putting Green is now also open on Wednesdays for the school holidays. Both the Bowling and Putting Greens are open to the public. No membership is required.

More volunteers are needed – if you can help, please call Maureen on 07761 926498

Marlpit Lane War Memorial: The plaques for the 16 missing WW1 names are now ready to be installed across the summer. ECRA would like to thank WA TrueLove and their stone masons for their help in making this possible. It is intended to hold a dedication ceremony later in the year.



- 7 .

To many people, Coulsdon is just a small, uninteresting suburban dormitory town on the edge of London. However, if you look into its past you will find it actually has a very interesting history. Last year we launched the Coulsdon Art Trail which consists of placing small finials on top of the finger poles in the town centre. These commemorate the history of Coulsdon, while making the town centre a more interesting place.

Phase one consists of 12 finials around the town centre. The first three were Cuthraed, the Saxon warrior that the town of Coulsdon is named after, the first cricket match on Lion Green in 1731, and the Greater Yellow Rattle, a rare wildflower that is prolific on the Downs. These were followed by The Surrey Iron Railway and Emmeline Pankhurst.



The next two, now ready to go up, are the Red Lion, which in 1680 was the only building in Smitham Bottom (Coulsdon) and became a popular coaching inn during the 19th Century (pictured, left). The other is the bareknuckle prize fight between Gentleman Jackson and William Frewtrell that took place on Lion Green in 1788 watched by the Prince of Wales (George IV). These finials have been made possible by donations from individuals and businesses of Coulsdon. If you would like to make a donation to the next five, please contact ECRA at info@eastcoulsdon.co.uk



#### What's Happening In and Around Coulsdon

by Charles King

Coulsdon Town Centre: In the Brighton Road, Streeter Marshall Solicitors and Notaries 01737 652490 <a href="www.streetermarshall.com">www.streetermarshall.com</a> and Luke Morgan Hair Salon 020 8668 4437 <a href="www.lukemorganlondon.com">www.lukemorganlondon.com</a> have opened. Mazu Mediterranean Restaurant 020 8660 5467 has also re-opened. In Chipstead Valley Road Art and Craft Valley 020 8660 3222 <a href="www.artandcraftvalley.co.uk">www.artandcraftvalley.co.uk</a> is celebrating being in Coulsdon 20 years (find out more in the Business Interview on page 19), Roomium <a href="www.roomium.co.uk">www.roomium.co.uk</a> now has a retro-styled cocktail lounge downstairs called Kokoloko. Barclays Bank, the last remaining bank in Coulsdon, have announced they are closing even though there is a queue outside every day. ECRA, along with many others, have objected and pointed out that there will be only one cash machine left in Coulsdon. Barrington Cleaners and Guitar Nuts have closed again and Whichers will be closing in September.









Lion Green Road: The five blocks of flats in Lion Green Road have now had the scaffolding removed. The rumour that when completed the flats would be passed over to Lambeth or Lewisham councils was taken up with Croydon council who say that this not true and they will be for Croydon residents.





Town Centre Road Repairs: Finally the Council has agreed to permanently repair the road surface in the town centre. This will mean that at different times Chipstead Valley Road and parts of Brighton Road will be closed to traffic, sometimes totally and sometimes limited to one

direction. ECRA have asked that southbound buses should have access to the town centre at all times. Northbound buses are diverted via the Bypass using the 404 bus stop at the northern end of the bus lane.



**Town Centre Graffiti:** Unfortunately the town centre has been suffering a bout of graffiti on shop windows and shutters, bus stops and shelters along the bypass, under the railway bridge in Marlpit Lane, in Marlpit Lane park and, worst of all, on the war memorial. We are pleased to say that a local resident has removed most of it from the bypass. Network Rail removed it from the bridge twice and ECRA were able to remove it from the war memorial.

#### What's Happening In and Around Coulsdon

(continued from page 9)

In and Around Coulsdon: Cane Hill: Haxted have now completed work on Henry Howell House and the majority of flats are now occupied. Still no progress on the land at the bottom by Marlpit Lane roundabout.

On Stoats Nest Road *Bottega Italiana Delicatessen* has closed and been replaced by *Sebastian's Pizza* takeaway. *PWJ Plumbing* has reopened and is offering a 10% discount to ECRA Review readers on heating systems and bathrooms







Coulsdon Manor and Coulsdon Court Golf Club (pictured, above right): Croydon Council have indicated that they are going to sell Coulsdon Manor and the golf course. The likely purchaser would be **Bespoke Hotels** who at present lease the existing Coulsdon Manor Hotel. ECRA submitted the following:

Whilst ECRA welcomes the sale of Coulsdon Manor to the existing tenant and its continuance as a hotel, we would be grateful for confirmation from Croydon council on the following points:

- 1. On completion the existing lease covenants to protect the golf course will merge with the freehold title. Please can you confirm that these will be replaced with similar freehold restrictive covenants as part of the sale?
- Coulsdon Manor is the last building standing that was part of the original Byron Estate. We would therefore request that the building itself is locally listed as a building of historical importance.
- 3. We understand that the current owners wish to develop/refurbish the property and we would support the upgrading of the facilities at Coulsdon Manor. However, as the property is in the green belt we would be grateful if you could confirm that there will be a freehold restrictive covenant to limit development to the existing footprint of the buildings on the site.
- 4. The integrity of the existing building is kept in any development.
- 5. Any development will not exceed that of the previous planning application 15/00884/P Demolition of existing leisure complex and golf building; erection of 4 storey extension to include swimming pool, gym, treatment rooms and golf centre with additional bedrooms for the hotel, landscaping and remodelling of car parking area.
- 6. The external integrity of the existing building is kept in any development.
- 7. That all existing public footpaths and rights way are protected in perpetuity.
- 8 Coulsdon Court Road remains a part of the public highway maintained by Croydon Council.

In Purley: Surrey Beds is closing down and Lloyds Bank have announced they are closing their Purley branch.

### ANNY'

**VOTED BRITAINS BEST FISH & CHIPS** 

OLD COULSDON

SENIOR CITIZEN'S COD & CHIPS AVAILABLE

FISH & CHIPS COOKED TO ORDER



CHILDRENS MENU

We also specialise in catering for parties and schools

SERVING THE COULSDON COMMUNITY SINCE 1995

**Telephone Orders Welcome** 

737 551 274

Open Monday to Saturday 11.00 - 10.00 5 THE PARADE, COULSDON ROAD, OLD COULSDON, SURREY CR5 1EH











**Bridgestone** 





A friendly family business with traditional values, supplying all your tyre needs at affordable prices.

All leading brands · Tyre fitting · Wheel alignment Wheel balancing · Puncture repairs · Mower & barrow tyres

Call us for a quote or drop in for a free tyre check. We guarantee great service and lowest prices on budget & premium branded tyres.

**Hunter 4 Wheel Alignment System** 

If you suspect uneven tyre wear or vehicle handling problems please call in for your free tracking / alignment check.

Tel: 01737 557122

info@topmarkstyres.co.uk Open Mon-Fri 8.00-5.30pm, Sat 8.00-4.00pm 75 Brighton Road, Hooley, Surrey, CR5 3EG (on A23 next to ESSO service station)

30 years experience

ESTABLISHED LOCAL, TRUST

ESTABLISHED, PROFESSIONAL, LOCAL, TRUSTED, APPROACHABLE

# Solicitors

We are Streeter Marshall. We are your local solicitors

Streeter Marshall LLP

Coulsdon Office 144-146 Brighton Road, Coulsdon, CR5 2ND 01737 652490

Offices also in: Purley Croydon Warlingham

www.streetermarshall.com

Streeter Marshall SOLICITORS & NOTARIES



PWJ Plumbing Supplies for all your plumbing and heating needs.
Appliances, showers, fittings, tools. Installation, servicing & repairs
79 Stoats Nest Road Coulsdon CR5 2JJ 020 8665 0313

Regulated by the Salicitors Regulation Authority, SRA no. 0083816





#### Discoverus, Enjoyus, Joinus

Visit our website for more details www.coulsdonclub.co.uk

#### TUESDAY NIGHT MUSIC CLUB

Every Week

LIVE ENTERTAINMENT - Saturday's

**OPEN MIC NIGHT - Monthly** 

QUIZ NIGHT - Monthly

#### HOUSE OF STAND UP

Comedy Night, Bi-monthly

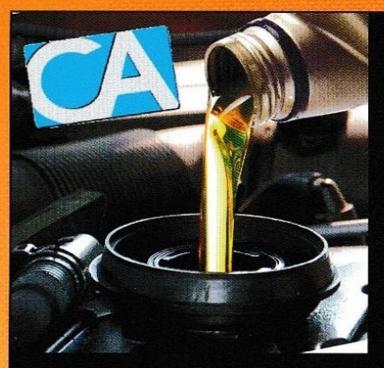
#### WATCH LIVE SPORTS

All Year (inside or in our garden)

#### JUBILEE WEEKEND

Once Every 70 Years, 2nd-5th June

Comrades of the Great War Club Limited trading as Coulsdon Club 194 Brighton Road, CR5 2NF | Tel: 020 8668 8192 | coulsdonclub@gmail.com



# Coulsdon Auto Parts & Accessories

#### We look after All Makes, Models & Ages of All Vehicles

We stock all major brands and offer a special order service for items not held in stock.
We supply and fit our wiper blades, batteries & bulbs free of charge at our shop (T&C's Apply)
Our Stock Includes: Platinum Batteries,
Mintex, BOSCH, Autoglym, Castrol, Fram,
Blue Print, Pagid.....and many more

www.coulsdonautos.co.uk

020 8668 7878

177-179 Brighton Road Coulsdon CR5 2NH



Find us on facebook
Coulsdon Auto Parts & Accessories





COULSDON OSTEOPATHIC CLINIC

#### **Registered Osteopaths**

Mr Jitendra Vara
Miss Lucinda Johnston
Mr James Marro
Miss Angela Winchester
Over 30 years experience



#### We treat a large number of conditions at the clinic including:

- Lower Back and Neck Pain
- Trapped Nerves including Sciatica
- Postural problems
- Headaches
- Shoulder, Elbow, Wrist and Hand problems
- · Hip, Knee, Ankle and Foot problems

Coulsdon Osteopathic Clinic, 100 Brighton Road, Coulsdon, CR5 2NB Telephone: **020 8660 9912** Website: www.coc.clinic

Find us on social media

@CoulsdonOsteo













The Hive is progressing well. The volunteers have now put membrane down to suppress weeds (pictured, right) and move onto the next phase which is building the planters. Any sleepers or the like, or expertise in making planters would be very welcome. Water butts have also been delivered (pictured, below middle). Thanks to everyone who has donated or helped so far. Work continues on the garden, usually on Thursdays and Saturdays. Check their Facebook page for more details -

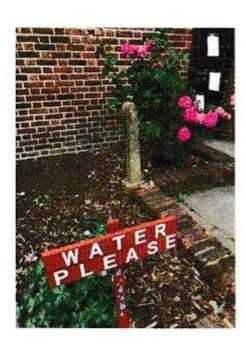


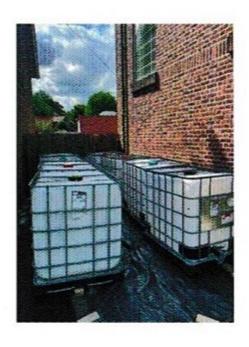
@TheHiveCoulsdon, or contact Emily Harris <a href="mailto:thehivecoulsdon@gmail.com">thehivecoulsdon@gmail.com</a>. If you would like to volunteer you will need to sign up as an official library garden volunteer through the council's website (for insurance reasons):

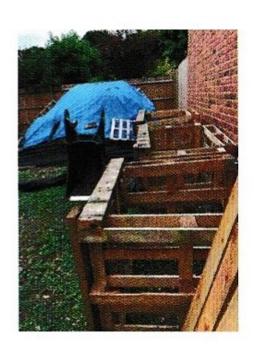
www.croydon.gov.uk/.../volunteer-croydon-library

Get Fired, the pottery painting studio, have started a community project to paint Hive Tiles. They have created a stock of hexagonal tiles which you can go to the studio to paint. These tiles will then be fired and given to The Hive to install in the garden. A great way for everyone to get involved and leave their mark in The Hive for all to see! Each tile is £7 (£5 for the tile and £2 goes to the Hive to support installation costs). You just need to book a table and get creative!

For more information contact Get Fired - Facebook @getfiredcoulsdon or www.getfired.co.uk







#### Patient Participation Group (PPG), Old Coulsdon Medical Practice

by Barbara Quelchbrown

What is a Patient Participation Group (PPG)? Each PPG is unique and should adapt to local needs. PPGs should work with practices to:

- Offer patients perspective on services provided by the practice
- Help improve communication between practice and patients.

A PPG is not a forum for individual personal complaints or a time-consuming activity for patients and staff. A PPG should be self-organised and patient led; Confident to constructively challenge the practice; Inclusive and open with all registered patients; Welcoming and encourage a two-way dialogue.

#### Advantages for patients:

Improve understanding about the practice and staff; Patients will have more of a say about their experiences of services; Patients will have an organised forum to suggest ideas and share feedback.

#### Advantages for the practice:

Practices will be able to discuss planning of services jointly with patients; Work more closely with the community they provide health services for; Have an organised forum to share ideas and gather feedback.

To be effective the PPG relies heavily on its Virtual Group (VG). Members of the VG are, depending on their preference, contacted by email or telephone and asked about their views on topical issues. New ideas or comments made by the VG members concerning the practice are always considered.

To become a member of the VG patients need to be registered with the practice, aged 16yrs and over and willing to be contacted by the practice. If this is of interest to you, email <a href="mailto:haveyoursay1@live.co.uk">haveyoursay1@live.co.uk</a>, or contact the surgery between 1pm – 6pm to speak with reception.



Since 2014, the PPG has produced "Sixty Years Old Coulsdon Medical Practice 1954 – 2014 THEN AND NOW"; the quarterly Practice Newsletter; a booklet issued to patients on the Wellbeing of patients in Old Coulsdon; Carers Group; Monthly Tea Party, Men's Group held alternate Thursday mornings at The Heath Room, Old Coulsdon Congregational Church and a Sepsis Support Group.

We also had a stall at the Summer Fayre held in Grange Park, organised a Just Giving Page for Dr Boffa's chosen charity, The Royal Marsden Cancer Charity, reaching a total of £3,435 and created a Memory Book containing all messages received as a leaving gift to Dr Boffa on his retirement. We also organise Health Presentations relating to specific subjects, which a Consultant will normally attend.

Members of the PPG are also involved in other activities outside of the PPG, that in some cases compliment the PPG activities. The PPG are also working with PPGs at four other practices in our Primary Care Network.

#### A Recipe for Success - Croydon u3a

by Margaret Chan, u3a Croydon Committee



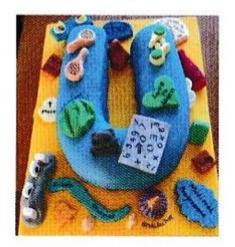
2022 marks the 40<sup>th</sup> Anniversary of the u3a in the UK. To celebrate the occasion, Croydon u3a offers this recipe for a satisfying and enjoyable u3a experience!

#### Ingredients and Method:

- Take a varied group of people who are no longer working full time;
- Mix together their different backgrounds, knowledge, interests, life-experiences and skills;
- Stir in a rich blend of activities to suit all tastes;
- Spice it up with a generous helping of good humour, friendship and fun.

#### Serve it up:

- Make sure all can share;
- Sit back and enjoy!







If you would like to add your interests and enthusiasms to the Croydon u3a mix, look us up: <a href="www.u3asites.org.uk/croydon">www.u3asites.org.uk/croydon</a> or on Facebook - <a href="@Croydon-u3a">@Croydon-u3a</a>





# Valley Pharmacy Your Pharmacy Experts

Free Prescription Delivery service
Free Prescription management service
Wide range of health care services

209 Chipstead Valley Road, Coulsdon, CR5 3BR pharmacy@valley-pharmacy.co.uk 01737 555 632

### desresblinds



Customer service and quality guaranteed by established, local family business

We have a dedicated specialist (each of whom has worked for us for years) for each of our products

- All types of window blinds
   Conservatory roof blinds
  - Shutters Awnings/Canopies
    - Curtains Window Film

Call or email us for a brochure or appointment We also invite you to look at our website tel/fax: 020 8651 3569. Mobile: 07961 827 917

email: info@desresblinds.co.uk web: www.desresblinds.co.uk

#### **Business Interview - Art & Craft Valley**

by Charles King



This business interview we spoke to Zahida Vora at Art & Craft Valley, one of Coulsdon's independent gems which is celebrating 20 years of trading in Coulsdon. Zahida has always lived locally with an interest in art and crafts. She started work at the Bank of England where she was able to develop her organisational and administrative skills and the ability to work with others. Her late husband opened an art and craft shop in Tooting in 1975. After successfully running the shop, they decided to expand the business

and look for other opportunities across London where they opened four more shops. This gave Zahida a reason to leave the Bank of England and be at home with their two daughters while organising and administering the expanding family business.

As the girls grew up Zahida wanting to do something locally and put something into the community. In 2002 she came across the vacant shop in Chipstead Valley Road, previously a dress shop. She thought this would be an ideal location for an arts and craft shop with the ability to encourage people who had an interest in arts and craft, but had not had the opportunity at school. The rest, as they say, is history. Their most popular lines are the amazing stock of wools, fabrics, materials and both acrylic and water colour paints and much more. These are a small part of what is in this Aladdin's cave. Since opening Zahida has been able



to help local people with arts and craft. She is always available to help people who have a problem. She has helped many school children with projects when their parents have been mystified. She has organised many workshops and classes covering painting, sewing, dress making and more which have allowed people to learn new skills and meet new like-minded friends. People come from far and wide to source their needs, materials or just pop in to chat.

Unfortunately, 2018 was a difficult year for Zahida. She lost her husband and was diagnosed with cancer, which we are pleased to say is now in remission. To help with managing the shop



during this difficult time, her daughter introduced her to one of her friends, Nadia, who has a Master's degree in Fine Arts and was looking for something to do in arts. She has now become part of the family and invaluable to the shop. Just as things were on the up, Covid came along, and the shop had to close during lockdown. Not to let her customers down they arranged to deliver material to them when needed, something they still do for their vulnerable customers. They also made over 5,000 fabric facemasks for a homeless charity and made donations to other charities.

Now we are returning to some form of normality Zahida and Nadia are starting their classes and workshops again. If you would like to join now is the time to contact Zahida and Nadia who are always available to help and advise you. A wonderful place just to pop and see what they have to offer. 020 8550 322 <a href="www.artandcraftvalley.co.uk">www.artandcraftvalley.co.uk</a> Facebook: @Art and Craft Valley and Instagram: @art\_and\_craft\_Coulsdon. ECRA would like to thank Zahida for their commitment to Coulsdon for 20 years and wish her and Nadia all the best for the future.

#### **Public Transport Report**

by Charles King

Trains: There has clearly been a change in travel patterns since the Covid pandemic which has accelerated the number of people working from home. Some people are now permanently working from home, while others are hybrid working partly at home and partly in the office. Some companies have introduced a four-day working week. However, there are still many people travelling to work every day, including those in the education, entertainment, health, transport and leisure sectors. This has had a varied effect on the use of public transport with Tuesday, Wednesdays and Thursdays now busier than Mondays and Fridays. This, combined with a return of leisure traffic to almost pre-Covid levels, has required a review of train services which although sensible may be a little too early to clearly establish patterns. The change in travel patterns clearly differ from line to line and even station to station with the greatest loss of revenue coming from long distance season ticket holder. However, the Government has insisted the railways companies make savings now. Railways can only save money by cutting services, cutting staff, including closing booking offices, and returning rolling stock to leasing companies. This is part of the reason for the strikes; these cuts are being made before future travel patterns have been established along with below inflation pay rises to workers who worked throughout the pandemic.

How has this affected local services? Usage at Coulsdon South on the Redhill line has returned to almost pre-Covid levels, and the full service has now been restored. At Coulsdon Town, on the Tattenham Corner line, usage is still down. As a result; the all-stations Coulsdon Town to London Bridge service has been withdrawn. The semi-fast London Bridge service will run all day, but from September will call at Norwood Junction to connect with the London Overground which the East Surrey Transport Committee (ESTC) has been asking for some time. The Caterham line will also be reduced from four to two trains per hour.

ESTC is campaigning to have the peak Tattenham Corner/Caterham to Victoria service restored. They are asking you to support their campaign by emailing GTR: <a href="mailto:gtrpublicaffairs@gtrailway.com">gtrpublicaffairs@gtrailway.com</a> and copying in Chris Philp MP <a href="mailto:chris.philp.mp@parliament.uk">chris.philp.mp@parliament.uk</a> asking for the Caterham and Tattenham Corner to Victoria peak service to be restored.

Elizabeth Line (Crossrail): Finally opened on 24<sup>th</sup> May 2022 in three sections in the east from Liverpool Street to Shenfield, in the centre from Abbey Wood to Paddington and in the west from Paddington to Reading and to Heathrow with alternate trains serving terminals



T1,T2,T3 and T4 and terminals T1,T2,T3 and T5. At present there is no Sunday service and Bond Street station will open later this year. It is intended to join the three sections and have through running by 2023. From Coulsdon you can interchange to the Elizabeth line at Farringdon. When the full service is running you might find that this is a reasonably quick way to Heathrow.

www.tfl.gov.uk/travel-information/improvements-and-projects/elizabeth-line

#### **Public Transport Report**

(continued from page 20)

Fares on Elizabeth line: Although a TfL service, fares are slightly different to the Underground. Travel on the Elizabeth line within the zones is the same as existing TfL Oyster, bank cards or paper tickets and travelcards. Stations from West Drayton to Harrold Wood and Abbey Wood are all in the zones 1-6. Fares to Heathrow, unlike the Piccadilly line, have an airport supplement of around £4.60. However, if you travel there and back on the same day using Oyster the TfL cap will apply. Fares to stations beyond West Drayton are outside the zones and you can't use Oyster, but you can use a bank card. You can also use a Travelcard and a boundary Zone 6 extension to Reading and you can use that on both TfL and GWR services. The same applies beyond Harrold Wood to Shenfield where you can use TfL or Anglia services.

Use of the Freedom and 60Plus Oyster: These can be used on the entire Elizabeth line after 9am and at any time at weekends including to Shenfield and Reading, but only on TfL services not on GWR or Greater Anglia services. There is no supplement to Heathrow.

Buses: The Government and the Mayor of London have yet to reach a long-term settlement for funding TfL who have announced a 4% cut to bus services in central London with the withdrawal of 16 routes including long-standing routes such as routes 11 and 12, while another 62 routes will be altered, in part to maintain sections of the withdrawn routes. <a href="https://tfl.gov.uk/info-for/media/press-releases/2022/june/tfl-seeks-views-on-reshaping-the-central-and-inner-london-bus-network">https://tfl.gov.uk/info-for/media/press-releases/2022/june/tfl-seeks-views-on-reshaping-the-central-and-inner-london-bus-network</a> The consultation has been extended until 7th August 2022. The only change locally is that additional buses will run on Saturdays and Sundays on route 166 between Purley and Banstead to serve the Lavender Fields at Oaks Park.

**Bus shelters**: The first new Valo-Smart City bus shelters has been installed at Fairfield Halls We are still waiting locally for those that were due to replace the ones that are still being removed by JC Decaux.

Car Speed limiters: From the 6<sup>th</sup> July 2022 all new cars sold in Europe, including the UK, will require a speed limiter (known as an Intelligent Speed Assistant system or ISA) which will alert the driver if they exceed the speed limit. If the driver doesn't slow down, it will automatically slow the vehicle. It is believed ISAs will reduce both fuel consumption and emissions as well as possibly reducing the number of deaths through excess speed.

The ISA can be overridden in some circumstances such when overtaking. If the driver doesn't slow down the system can operate using any of the following systems: automatically reduce the engine's power, Gently pushing the driver's foot on the pedal back, Using flashing visual signs, followed by audio announcements, A visual symbol followed by pedal vibrations if the speed doesn't drop to the appropriate speed limit. The system will be reviewed in December 2025 as to which system works best.

#### What's On



#### Chipstead Players, The Courtyard Theatre

Hazlewood Lane, Chipstead CR5 3QU

Tuesday 6th – Saturday 10th September 8pm (Saturday matinee at 2.15pm)

Moonfleece by Philip Ridley, directed by Emily Foster. (Older Youth)

Monday 7<sup>th</sup> – Saturday 12<sup>th</sup> November 8pm (Saturday matinee at 2.15pm)

Hangmen by Martin McDonagh, directed by Anne Gregory. (Black Comedy)

www.chipsteadplayers.org



#### RSPB Croydon Local Group Monthly Illustrated Wildlife Talks

Whitgift Sports Club, Croham Manor Road, South Croydon, CR2 7BG Monday 12th September 7.30pm: 'The Wild Sea is my Home' by Andre

Farrar

For details visit: <a href="ww2.rspb.org.uk/groups/croydon/events">ww2.rspb.org.uk/groups/croydon/events</a> or contact John Davis on 020 8640 4578

#### ECRA & FoFD & HV Autumn Quiz Night

with Quiz Master Mark Cooper

Saturday 24th September 2022 7pm for 7.30pm

Cameron Hall, Coulsdon Road, Old Coulsdon, CR5 1EH

Tickets £14 per player (teams of up to 8) Includes, Fish, Chicken or Vegetarian supper

Contact: paulinepayne@btinternet.com 01737 554449

Bus 60, 404, 466

#### The RM Sotheby's London to Brighton Veteran RAC Car Run

Sunday 6<sup>th</sup> November 2022 All veteran vehicles must be earlier than 1905 The Veteran Car Run 8 and will pass through Coulsdon Between 8.30and 10.00am <a href="https://www.veterancarrun.com">www.veterancarrun.com</a>



#### **Croydon Ramblers**

Visit their website for details of walks in and around Coulsdon. April to June programme is now available to view: https://www.croydonramblers.org.uk/

Steam Trains: At the time of writing there are only a few steam trains advertised and most of these have been cancelled due to the hot weather. The following website provides information of steam services: <a href="www.railadvent.co.uk/steam-locomotives-on-the-mainline">www.railadvent.co.uk/steam-locomotives-on-the-mainline</a> On the day timings can be checked on the Real Time Trains website: <a href="www.realtimetrains.co.uk/search/detailed/gb-nr:CDS/">www.realtimetrains.co.uk/search/detailed/gb-nr:CDS/</a>

Contact us on <u>info@eastcoulsdon.co.uk</u> to let us know about your local events and societies.



## MOT & Service



Established friendly local family business offering old-fashioned customer service for all your car needs

# FREE Courtesy Car FREE Collection & Delivery



**TYRES** 



**BRAKES** 



**EXHAUSTS** 



**CLUTCH** 



CAMBELT



**AIR-CON** 

Carsayou direct





SALES & LETTINGS

johnbrounmarkyoull.co.uk 01737 551111 & 020 8668 5344