

In fitness and in health

Did you know that Britain has one of the worst rates of obesity in Europe? Did you know that just 30 minutes vigorous exercise a day can make a huge difference to your health and weight? Would you like to get fit or fitter without having to leave Charlton?

CCRA members who attended the annual general meeting on 24 September welcomed Stuart McDonald and Sudha Phull from the Greenwich Healthy Living Service to hear how this could be brought about. This service, organised by the NHS, comprises a team of health professionals who provide lifestyle advice and organise training and other activities for people living and working in Greenwich. For example, you may want to find out more about:

- ✂ The 'Stop smoking' drop-in clinics
- ✂ 'A taste of health' community cookery clubs
- ✂ How to manage long-term health conditions
- ✂ Free and affordable physical activities in our area
- ✂ 'Greenwich Time to Talk' a talking therapy service for people who are stressed, anxious or feeling low.

Visit <http://greenwichhealthyliving.nhs.uk/> for more information.

Stuart and Sudha coordinate the Health Trainer Programme, a nationally recognised qualification

accredited by the Royal Society for Public Health. If you are interested in this FREE training, the next event will take place on 28, 29, 30 November in Charlton (venue to be confirmed). You can find out more by contacting Chris Ellis-Rijs (T: 020 8694 7315; E: Christine.ellis-rijs@greenwichpct.nhs.uk). If you are unable to make these dates but are interested in participating, we are looking to run the course for CCRA residents in the New Year. Contact Palvinder for more details T: 07984 121 761; E: Palvinder.banwatt@gmail.com).

Did you know there are a wide range of activities taking place in and around Charlton? You can:

- ✂ Loan a bike from NHS Greenwich for £10 a month
- ✂ Join Nordic walking sessions at Charlton House
- ✂ Join 'Sit and Get Fit' classes at The Valley Hub
- ✂ Try Line Dancing at Our Lady of Grace Hall
- ✂ Join the Cookery Club at The Valley Hub.

Find out more at: <http://greenwichgetactive.com/> or talk to Terry Peart at The Valley Hub.

In the coming year, we will be working with the Greenwich Healthy Living Service and the Greenwich Get Active team on a wide range of services for CCRA residents. To find out more contact Linda (020 8858 7377) or Palvinder.

MORE than 50 people thronged St Richard's Hall for the CCRA annual general meeting. All the current committee officials were re-elected unopposed, and thanked for their tireless efforts throughout the year. Re-elected were: Linda Pound, chairperson; Len Weir, vice-chair; Liz Somerville, secretary and David Gayther, treasurer.



Staying in is the new going out!

As Christmas approaches, why not hold a Pampered Chef cooking show? Invite your friends round for some festive cheer and I will do the rest.

The Pampered Chef cooking shows are a fun and relaxing way to learn new recipes, try out great kitchen products and have a laugh with your friends. As a bonus, hosts could receive free and discounted products.

Fundraising is important for me, so if you have a cause close to your heart give me a call and we can chat about how we can make some money for it.

Contact: Tamara Davey
07941 281963
Tamara@davey.uk.net

Available for: Daytime Events, Evening Events, Stalls, Home Parties

Early results of the CCRA survey

Some of the headline results from our 2012 survey were outlined at the AGM. Essie Savage of Elliscombe Road won the lucky draw for all who completed forms (and gave their names and details). She received a Boots voucher – congratulations Essie!

Since our 2009 survey, residents say our streets have become significantly cleaner. Although fewer people were concerned about dog mess, 61 per cent still see it as an issue. Untidy front gardens, broken pavements and smelly drains continue to be seen as problems. Most people are satisfied with the borough's refuse collection service but many are still concerned that bins are left out on the street making pavements difficult for people with buggies.

Council planning procedures, the controlled parking zone and lowered speed limits were also raised. Satisfaction with policing was greatly improved from 2009 (raised from 42 per cent to 59 per cent) but despite this residents reported a decrease in overall feelings of safety. We'll pick up some of these issues and report back in forthcoming issues of Grapevine.



Perfect harmony: left to right - Chris Harrison, John Stephens, Rachael Perrin and Emily Harmer – some of the SE7 band members – playing at Cattleya. Below, right: owner Nittaya Williams, left, and members of the Cattleya staff

Sound of music

Sunday night is a regular music night in Charlton. Cattleya (formerly Chu and Cho) in Charlton Church Lane offers some great musical entertainment. Local musicians Gus Glen and our local band SE7 play there regularly - often joined by other musicians from our talented neighbourhood. On September 30, Gus was joined by the paralympic orchestra member Lyn Levett. With accompaniments from two musicians playing didgerdoo, drums and recorder, Lyn played three evocative pieces. Lyn's music is electronic and has been described by the paraorchestra conductor Charles Hazlewood, as "dizzily creative". producing with the aid of an ipad the "most dizzily brilliant electronic music".

As well as music, drink and good food, there's a bonus for CCRA members – on production of your membership card you can get a 10% discount! Gus and guests' next session will be on Sunday November 4 at 7.30. SE7 will be there later in November.

A good plan

Some residents have asked how they find out about planning applications. Sometimes, letters are sent to nearby residents, but the system is biased in favour of providing information via the Internet. In addition, formal applications are usually available to see at certain libraries, and some are advertised on lamp posts. Residents should keep a watching brief by checking RBG's own website where there is a section on Planning/Search Planning Records. You can also obtain e-mail alerts by signing up to www.planningfinder.co.uk

Question time

It was almost a full house for CCRA's quiz night at St Richard's Hall on Saturday, October 13 when quiz expert turned quizmaster John Galloway was master of ceremonies. As well as enjoying the challenge and the refreshments, those present helped raise £162.



Deck the hall...

CCRA's Cracking Christmas social is at St Richard's Hall on Saturday 8 December from 4-7 pm. There will be live music including community carol singing; stalls selling decorations and presents, plus a cake stall, tombola and raffle. Seasonal refreshments will include mince pies, mulled wine, soft drinks and cakes. See you there! Offers of help gratefully received!



CHANGE A CHILD'S LIFE IN 2011 FOSTER WITH GREENWICH

Do you:

- like caring for children
- have a sense of humour
- have a spare room
- want to make a difference

Then we would like to hear from you.

freephone 0800 052 1499
www.greenwich.gov.uk/fostering

 **Greenwich Council**

Promoting equality and quality of life for all

CCRA Flower, Produce & Craft Show 2012

All the Class winners

Flower/Flower Arranging Section

Single hybrid tea rose: 1st Peter Somerville; 2nd Martina Keating;
H.Comm. Annie Galloway
Three stems of dahlia: H.Comm. Brenda Taggart
Flowering pot plant: 2nd Beverley Weir; H.Comm. Jill Austin/Doreen Gunning
Arrangement in cup and saucer: 1st Eva Gisler; 2nd Sue Roffe;
H.Comm. Jane Loftin
Arrangement "Summer Garden": 1st Peter Somerville; 2nd Liz Somerville
Exhibit of garden foliage "Leafy Glade": 1st Beverley Weir; 2nd Linda Pound; H.Comm. Doreen Gunning/Peter Somerville

Vegetables and Fruit Section

Tomatoes: 1st Doreen Gunning; 2nd Harjit Banwatt; H.Comm. Jill Austin
Runner beans: 1st Lynn & Richard Hay
Courgettes: 2nd Lynn & Richard Hay
Chilli plant: 1st Harjit Banwatt; 2nd Jill Austin; H.Comm. Beverley Weir
Apples (dessert): H.Comm. Jackie Osei-Tutu
Soft fruit: 1st Lynn & Richard Hay
Strangest looking vegetable: 1st Lynn & Richard Hay

Baking Section

Brown/white bread rolls: 1st Palvinder Banwatt; 2nd Brian Kriss
Plain scones: 1st Len Weir; 2nd Martina Keating; H.Comm. Sarah Mackinnon
Victoria sponge: 1st Martina Keating; 2nd Jackie Osei-Tutu;
H.Comm. Eva Gisler/Ceinwen Taylor
Lemon drizzle cake: 1st Linda Pound; 2nd Len Weir; H.Comm. Sue Roffe
Fruit cake/loaf: 1st Elaine Picton; 2nd Beverley Weir; H.Comm.

Annie Galloway

Shortbread: 1st Brenda Taggart; 2nd Len Weir; H.Comm. Jill Austin

Decorated cup cakes: 1st Ceinwen Taylor; H.Comm. Linda Pound

Culinary Section

Chutney: 1st Len Weir; 2nd Annie Galloway

Fruit jam: 1st Brenda Taggart

Marmalade: 1st Len Weir

Fruit jelly: 1st Palvinder Banwatt

Fruit curd: 1st Len Weir; H.Comm. Jane Loftin

Crafts Section

Original painting/drawing: 1st Lisa Chillingworth; H.Comm. Julia Mundy

Item hand-knitted clothing: H.Comm. Brenda Taggart

Item cross-stitch: 1st Elaine Picton; 2nd Dawn Rippingale;
H.Comm. Barbara Drew

Photograph of Charlton: 1st Chris Harrison

Youth Classes Junior (Age - under 8)

Photograph of animal/bird: 1st Toby Rippingale

Lego monster: 1st Ben Rippingale

There was an overall total of 73 entries in the Show
Judging carried out by members of the Blackheath
& Greenwich Women's Institute
Prizes presented by June Aherne, Treasurer, Black-
heath & Greenwich Women's Institute
Raffle prizes won by Shirley Evans, Beverley Weir,
Linda Pound, Palvinder Banwatt

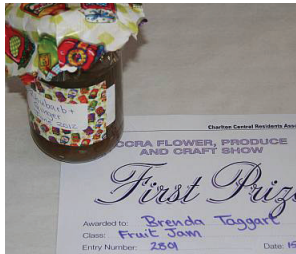


conranestates

SALES • LETTINGS • PROPERTY MANAGEMENT

Charlton's Leading Estate Agent

46 Charlton Church Lane, Charlton SE7 7AB
t. 020 8293 0454
e. charlton@conranestates.co.uk



A show of real talent



C CRA's first flower, produce and craft show was held on 15 September and it proved to be a resounding success. There were some first night nerves for the organisers as entries, to begin with, were slow to come in. But on the day more than 70 people submitted entries and what a lot of talent was on display. Victoria sponges and lemon drizzle cakes were particularly popular categories with many mouthwatering exhibits.

The gardeners and craftspeople, young and old, also maintained a high degree of skill. An enthusiastic crowd attended the announcement of winners and prizes were presented by June Aherne, treasurer of Blackheath and Greenwich Women's Institute who commented on the success of what is, in an urban area, a very unusual event. Central Charlton competes with the Archers!

Len Weir, the driving force behind the show, said: "I was amazed at how many entries came in and was very impressed by the high standards. We will be looking at the categories to see if we need to make changes for next year – and there will certainly be another show."



I heard it on the grapevine...

How happy is my valley?

Among your cognoscenti, there is nothing more humiliating than surrendering local bragging rights – to Crystal “The Scum” Palace. But surrender we did last month and had to suffer their supporters crowing in jubilation. Yes, we were unlucky to have a goal disallowed that ought to have given us a draw at least. Even the bloke what flagged it offside admitted later he had been wrong. But to be fair (reluctantly) Palace were the better team on the day. Post match beers at the Buge were a very low-key affair.

As I write we are ten matches in and, to be frank, our season so far has been patchy. The worst of it is being beaten at home. Earlier this month we took on Watford at the Valley and had the embarrassment of losing to ten men! One of their forwards did a dive in the box that would have won gold at the Olympics. But the ref spotted it and off he went on the dot of half time. Still they managed to beat us 1 – 2. Cort was the culprit for their winner, blatantly hugging a forward as they jumped for a high ball. Watford scored from the resultant free kick. Hamer nearly gifted them a third by handling a back pass. Hasn’t he learned anything? Last season he was sent off for a similar error.

Therein lies one of our problems. We have yet to come to grips with the level of Championship football and sometimes look almost naïve.

Luck has not been with us this season. Already there is a worrying injury list; fans favorite Yann Kermorgant broke an ankle in training and is out for three months; captain Johnny Jackson has been sidelined by a recurrent hamstring problem and in-form full back Rhoys Wiggins is also injured. And yet. And yet. There are signs that we can still come good. Perhaps most significantly Ricardo Fuller has proved to be the best buy of the season. He’s regularly scoring goals and is proving a real handful to opposing defenders. Which is just as well for BWP is not producing the goods. He can’t find the net and it was no surprise he was on the bench for the away match at Blackpool, where a reshuffled pack silenced the doubters with a well-deserved 0 - 2 win. Cort redeemed himself with a headed goal and Chris Solly cracked in a scorcher from outside the box. So, not all gloom and doom. If we stick to basics, hit the ground running at every game and give 110 per cent, we could still confound the punters and finish in the top ten. We are currently placed fifteenth. COYR’s!

Having Problems **RENTING?**

We urgently require all types of properties in & around Charlton



NO LET--- NO FEE
Fixed Fees sales
Atkins

Property Management & Lettings
12 Charlton Church lane. London SE7 7AF
Tel.No. 0208 853 3344
www.atkinslettings.co.uk
info@atkinslettings.co.uk

Inigo, 5, cracks the problem

For months we’ve been telling Greenwich council about broken paving slabs in our area and especially in Swallowfield Road. On Friday night, 5 October, heavy rain caused several stones to collapse and, as part of five-year-old Inigo Bain’s street monitoring, he found a simple but effective way of reminding the council to “fix it!”



Local community interest groups

Art group

For details please contact Julia on juliamundy@hotmail.com.

Book group

We're reading the Booker shortlist again this year to see if the judges get it right. For further details contact Diana on 020 8893 6431.

Local history group

For information contact Jill on 020 8854 2452.

Singing group

The singing group has been particularly well attended since resuming in September and we have also welcomed some new members. As well as our regular sessions, we have a few performances coming up in December: Woodlands Farm Open Day on 2nd, CCRA Social on 8th, the Wassail at Charlton House on 14th and our own local carol singing (to which all are welcome) on 17th and 20th. Our remaining regular dates for the autumn are: October 25; November 5, 22; December 3. These follow our usual pattern of alternating between Mondays and Thursdays. We are always happy to welcome new members – please contact Chris on 020 8858 7377.

Music group ('SE7')

The group began after the summer break by providing some music for the CCRA AGM in September. Since then, we have played at Cattleya, our local restaurant on Charlton Church Lane, on October 7 and are aiming to play some more Sunday evenings there in November and December. We meet on alternate Mondays, and our remaining session dates for the autumn are: October 15, 29; November 12, 16, Dec 10. We welcome new members on any instrument, whatever your level of expertise. If you are interested in joining us, please contact Chris on 020 8858 7377.

Wine appreciation

Anyone wishing to join the group, please email charltonwine@yahoo.co.uk or call Elizabeth Palmer on 0208 305 0872.

Carol singing

On Monday 17 and Thursday 20 December, local carol singers will be on our streets. If you'd like to join in please meet at 6.45 at 26 Wellington Gardens on either, or both, nights. If that's too early for you just join us along the way – we'll never be far away! We'd also welcome people willing to shake a bucket. All proceeds will be given to a local charity. Warming refreshments served afterwards.

Neighbourhood Watch

Do 'No junk mail' stickers work?

Are unsolicited leaflets and adverts a waste of paper or a useful information service? Many people are concerned about the amount of 'junk mail' coming through our letter boxes. So one Delafield Road resident conducted an experiment to see if 'No Junk Mail' stickers on her front door made a difference.

During February she received 44 individual pieces of unsolicited mail. These included: 20 pizza leaflets, 6 Indian/Chinese menus, 5 adverts for broadband, 3 estate agents' ads. The rest was made up of assorted ads for chip shops, household repairs, cleaning services, household goods, retail shops, charity appeals and an astrological reading.

Then she placed two Charlton Central Neighbourhood Watch 'No leaflets' stickers prominently on her front door. During March the number of unsolicited postings totalled 10. This small experiment, with no control group and over a short period of time, suggests that junk mail deliverers take some notice of these stickers. To get hold of an official 'No leaflets' sticker – join Charlton Central Neighbourhood Watch and see if it works.



TUDOR TOUCH
EST. 1976
SHUTTERS AND
BLINDS AND MORE

Treat
your
HOME
to a little
pampering
in our
SUMMER
SALE

10% OFF

LONDON SHOWROOM
26 The Village
London SE7 8UD
T: 020 8319 4444

www.tudortouch.com
sales@tudortouch.com

Dates for your diary

Saturday 8 December

Christmas family social

St Richard's Hall, Swallowfield Road

4.00 – 7.00 pm

Stalls, live music, refreshments

Monday 17 and Thursday 20 December

Carol singing

Local carol singers will be on our streets.

All proceeds go to a local charity.

For further details see page 7.

Saturday 2 February

Quiz Night

7.30 at St. Richard's Hall, Swallowfield Road

(Doors open at 7.00)

To book please contact Linda: 8858 7377

or email info@charltonresidents.org

Classified Ads

Grapevine currently reaches 1000 homes in our designated area and beyond. It can also be found in a wide variety of retail outlets in the vicinity. If you would like to advertise goods or services cheaply, effectively and locally, contact Sarah Roseblade on 07779024226 or sarah.roseblade@ntlworld. Rates for individuals and small businesses:

- small ads up to 15 words plus contact details cost £10 for one issue or £30 for four issues.
- panel ads containing up to 20 words, contact detail and an image/ logo cost from £30 for one insertion or £100 for four.

St. Richard's Church Centre, Swallowfield Road

Spacious, clean and fully accessible hall available for functions. Fully functioning kitchen, tables and chairs – suitable for birthday parties, small weddings and community gatherings. Rates negotiable. Enquiries – please call Karin Tucker on 07980848185.

The Big Red Bus Club

Under fives Stay and Play centre located at the cemetery end of Charlton Park behind Charlton School.

Charlton Park Road, SE7 8UB

Open Monday - Friday 12.30pm -3pm during term time. Come and find our large outdoor play area with climbing frames, inside games, toys and ball pit.

All welcome and it's free! www.bigredbusclub.com

Charlton Toy Library

Open Every Tues, Thurs, Fri 09.30 - 12.30 in term time with singing time 10.30am on Tuesdays. Membership £12 (£6 concessions) for 6 months and entitles you to free stay and play as well as access to a wide range of toys, books, games, CD's, DVD's dressing

A shoulder to fly on



CCRA treasurer David Gayther popped into an open gardens event in Wellington Gardens last month and was surprised to see a flying visitor land on his shoulder. David, who lives in Inverine Road, spent some time chatting to his feathered friend before it cheekily mingled with other members of the party and finally flew off with an avian chum and rejoined its parakeet pals in the trees above. It declined David's offer of wine from the glass and opted for a beaker. Something to tweet about.

Photography

CCRA will be holding a photography competition for members, to be exhibited at our 2013 spring social. Celebrated local photographer Fergus Noone has agreed to be one of the judges and to give advice. The topic will be "Events in 2012", so you still have plenty of time to take a winning photograph if you missed the many national events in our area. More details in December Grapevine.

up clothes and baby safety equipment and lots more to hire. Located at Charlton House, Charlton Rd SE7 8RE Tel: 0208 3190055 www.charltontoylibrary.co.uk The Toy Library celebrates its 30th birthday with a big party and fundraising event on Sat 10th November 3-6pm at The Assembly Rooms in Charlton. All welcome. Tickets available from the Toy Library.

Births

To: Kevin and Elina in Wellington Gardens - Felix Pippa and Giles in Elliscombe Road - Grace Jason and Emily in Swallowfield Road – Kit Paul and Gemma on Nadine Street – Jack

Congratulations to all.

Comments, feedback, queries or material for the next edition of Grapevine, should be emailed to grapevine@charltonresidents.org by 26 November. Alternatively phone Linda Pound on 0208 858 7377, Bob Smith on 0208 853 2697 or Joy Ogden on 0208 293 3034.



www.charltonresidents.org

Charlton Central Residents Association

CHARLTON GRAPEVINE

VINTAGE 21 ☁ NOVEMBER 2012
The newsletter of the Charlton Central Residents Association

Working together

Thirty enthusiastic CCRA's volunteers met on 6 October, our fourth community day. It was good to see both old and new faces among the helpers who set to with litterpickers, secateurs or trowels. One group tidied up the flowerbed at the entrance to Wellington Mews while another tended the site at the corner of Nadine Street and Charlton Church Lane. All the streets in our area were made litter free by other groups. Some people cleared weeds and pruned unwanted shoots at the bottom of trees – a particular problem in Swallowfield Road. In the same road there was a dramatic collapse of paving slabs, which at the time of going to press has not yet been repaired (see page 3). Sadly, although the strip of land in Inverine Road had been cleared ready for planting, volunteers could not begin that task because L&Q housing association have not yet mended the fence there. We hope to be able to complete the planting very soon.

Wearily, but happy, the volunteers enjoyed a well-earned free lunch in St Richard's Hall. In the afternoon many items were both brought for the freecycle and taken away by others. Remaining items were delivered to the British Heart Foundation shop.

This year the council had offered to collect bulk items free of charge from the homes of CCRA members which they did on the Monday and Tuesday following community day. Several members were helped by other residents to move articles out into their front gardens. The council's gully suckers have also cleaned drains in our area – our annual clean-up! Thanks are due to everyone who helped in any way to make our community day yet another success.

Christmas Cracker!

CCRA's Christmas social is on Saturday 8 December in St Richard's Hall in Swallowfield Road. Would you like to set up a stall at the social? We're offering a chance to sell to CCRA residents. Secure a table for just £10 – you keep the profit. To book a table ring Linda on 020 8858 7377 or email info@charltonresidents.org.

STOP PRESS



Above and below: Service with a smile as volunteers clean up our streets and green areas on CCRA's Community Day



After a lively discussion at the AGM on the future of health services in our area, CCRA is planning a consultation meeting in November. We will circulate details as soon as they are confirmed. Watch this space!