

CHARLTON GRAPEVINE



VINTAGE 62  September 2021

The newsletter of the Charlton Central Residents Association



Bringing friends and neighbours together

CCRA celebrated our first Community Day since 2019 with a highly successful event in early July. It was our first face-to-face event since lockdown! Despite wet weather in the morning hardy neighbours tidied streets, tended open spaces and collected sacks of rubbish.

The afternoon saw brightening sunshine and CCRA's

first ever Arts, Crafts and Jumble Trail. There were stalls selling everything from handmade jewellery to homemade dog biscuits, plants, books, bric-a-brac, vintage clothing and upcycled furniture – some of which raised money for good causes including CCRA, YoungMinds, Greenwich and Bexley Hospice, Giveabook, GRACE, Médecins Sans Frontières, Alzheimer's Society and the Greenwich Foodbank.

The trail was a great success and brought out the best in our community. It's been a long time since we got together, but the spirit of neighbourliness is alive and well in Charlton, and long may this continue.



Bringing village to city...

And now it's time for our next big event – not a first but the ninth such event!

REJOICE, after a year like no other, CCRA returns with a little bit of 'old normal'. We are delighted to announce the return of our annual Flower, Produce and Craft Show – a community event that brings neighbours together to celebrate our wonderfully skilled community.

... on Saturday 11 September

Last year we stayed indoors eating homemade marmalade and growing flowers that no-one else would see.

You might not have written a novel or learnt ancient Sanskrit but you might have made banana bread, grown something from seed or started a new craft.

The Flower, Produce and Craft Show is the place to show off your skills. Let's make the 2021 show the best ever – come and join the fun.

■ **How to enter – page 2**



CCRA AGM followed by Grand Quiz: Saturday, 9 October at St Richard's Hall. Details page 2



Annual General Meeting – 9 October

The Charlton Central Residents' Association AGM will take place at St Richard's Hall, Swallowfield Road. from 6.30–7.30pm on Saturday, 9 October 2021.

Doors open at 6.10pm for prompt start at 6.30pm.

This year we'll be combining our AGM with a quiz (see below): tables opened up and hall reorganised at 7.30pm, so register for quiz from 7.30pm for prompt start at 7.45pm.

The AGM is a chance to catch up with friends and neighbours, to hear about what we've been doing in the past year and to help plan for the year to come. We elect members of our Management Committee and our Officers (Chair, Vice-Chair, Secretary, Treasurer and Membership Secretary). We also vote on any resolutions or proposed changes to our constitution.

Everyone can come to the AGM, whether or not you are a member of CCRA, but only members can vote. If you're not already a member, and you live in the area we cover, you can join on the day. Alternatively, you can email membership@charltonresidents.net or call Jacqui on 07717 742886.

If you'd like to submit a resolution for discussion at the AGM, an amendment to our constitution, or if you'd like to

stand for election to our Management Committee or as an Officer, please email chair@charltonresidents.net by midnight on Saturday, 18 September 2021. If you're not online, please call Jonathan on 07875 054597.

AGENDA

1. Welcome and introduction
2. Apologies
3. Minutes of AGM, 27 January 2021
4. Matters Arising
5. Report from the Chair
6. Report from the Membership Secretary
7. Report from the Treasurer including statement of accounts and auditor's report
8. Any proposed changes to the constitution (These need two thirds majority)
9. Election of Officers: Chair, Vice-Chair, Secretary, Treasurer, Membership Secretary
10. Election of Management Committee
11. Resolutions
12. Any Other Business

Quiz night

Following the AGM, which starts at 6.30 and ends at 7.30pm, CCRA is pleased to announce its ever popular Quiz Night Saturday, 9 October – 7.45 pm (registration from 7.30pm)

at St Richard's Church Hall, Swallowfield Road. We're promised

some fiendish questions, with the usual mix of topics.

A grand prize for the winning team and the booby prize to encourage the losers to come along next time.

FUN, FRIENDLY AND FESTIVE, drinks at the bar, (please note, licensing

terms do not permit you to bring your own).

Members £3 non-Members £5 (you can join on the night for £7).

For further details visit our website charltonresidents.net or local CCRA notice boards.

GRAPEVINE

Comments, feedback, queries or material for the next edition of *Grapevine* should be emailed to grapevine@charltonresidents.net by 1 November. Alternatively, phone Joy Ogden on 020 8293 3034 or Bob Smith on 020 8853 2697. *Grapevine* reaches 900 homes and retail outlets, in our designated area and beyond.

To advertise, contact grapevine@charltonresidents.net. Rates for individuals and small businesses: small ads up to 15 words plus contact details: £10 for 1 issue, £30 for 4. Panel ads single column 8cmx8cm: £40 for 1-4 issues, £35 for 5+. Other sizes please enquire.

Check your local noticeboard, the next *Grapevine*, our website (please note new address charltonresidents.net); Twitter (@ccra_se7) and Facebook ([facebook.com/ccra_se7](https://www.facebook.com/ccra_se7)) and Facebook ([facebook.com/centralcharlton](https://www.facebook.com/centralcharlton)) for details of CCRA events.

How to enter the flower and produce show

If you haven't entered before it's really easy. Start by looking at the schedule which was in the June *Grapevine* or is online at www.charltonresidents.net and decide which categories you'd like to enter. You can enter multiple categories. On the day of the Show (Saturday 11 September) deliver your entries to St Richard's Hall between 8.00 am and 10.45 am. The hall will then be closed for judging. We are grateful to the Blackheath and Greenwich Women's Institute who once again will provide an experienced team of judges, including experts across categories.

The hall reopens at 2.30 pm for prize giving, socialising and the very important tasting of baked goods. Find out who will win the coveted BEST IN SHOW and whose lemon curd will come out 'tops'. So, get those entries planned and the Organising Committee look forward to seeing you on the day. Further details, including Hints and Tips can be found at www.charltonresidents.net



Watching brass from the grass

In the splendid setting of Charlton House, on a beautiful sunny day, Royal Greenwich Brass Band returned to its much-loved Friday lunchtime concerts.

It's nearly two years since the music stopped because of the Covid pandemic but it didn't stop the crowd of nearly 200 welcoming them back with a rousing cheer.

Seating was limited but most of the crowd were happy to sit on the grass in front of the terrace to enjoy the music under the expert tutelage of conductor Stephen Maw.

The Brass Band is resident at Charlton House and continued its Brass on the Patio summer series there for the Charlton House Concert Society.



All together: Teacher Chew-Yeen puts the class through their paces

A moving experience

Finally, after more than a year of exercising online, Tai Chi has returned to Charlton Park.

Starting in July the group, organised and led by local expert Chew-Yeen Laws, has grown each week and more than 40 people are regularly taking part.

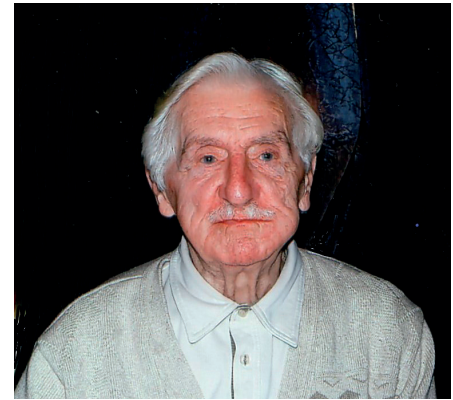
Elliscombe Road resident, Barbara Smith, attends whenever possible.

She said: "It's great to be outdoors. It's not always easy to follow the moves on a computer screen so being in the open was such a revelation."

Chew-Yeen, who brought the sessions together with the backing of local organisation Global Fusion Music and Arts and Greenwich Council, said: "It's so good to see everyone in the flesh!"

"Teaching online is not ideal but we have kept going right through these difficult times."

Sessions are held on most Saturdays at the rear of Charlton House, beginning at 1pm for one hour. Newcomers are welcome.



He stood in the doorway of the florist's shop...

Trevor Francis Gunning sadly died on 27 July this year after a long illness. Trevor was born in Plumstead in 1927. He began work as an apprentice instrument-maker at Siemens (later taken over by Associated Electrical Industries) at 14. Trevor later worked at Imperial College as a technician in the field of applied technologies.

He married his wife Doreen in 1950 and they moved to their current home in Nadine Street in 1954. For 30 years Doreen ran a florist's shop in Charlton Church Lane – widely remembered for its mynah bird. After retirement, Trevor was often referred to, his daughter reports, as 'the man who stands in the doorway of the shop'. On one occasion, charged with managing the shop, Trevor could not be found – until spotted asleep on the stock of hay under the counter!

But he wasn't always asleep – he singlehandedly repointed the back of their five-storey house and was throughout his life a keen sportsman and a stalwart at AEI's Meridian Sports Club. He maintained his sporting interests and continued to play darts and short-mat bowling until ill-health intervened. Fruit machines and bingo were a weakness of his!

Despite ill-health Trevor's determination often won through. Placed in respite care so Doreen could take a much-needed holiday, Trevor was far from happy with his surroundings. Escaping from his room he set off the fire alarms. For this he was expelled from the care home and allowed to return home – where his daughter travelled from Gloucester to care for him.

Trevor is survived by Doreen, his children, grandchildren and four great-grandchildren.

Greenwich unlocked

September brings major opportunities to get out more and enjoy some entertainment. The Greenwich Comedy Festival will be held at the National Maritime Museum from 15 to 19 September. Details and tickets available on www.greenwichcomedyfestival.co.uk.

Tickets are on sale now for the new venue Woolwich Works – a new creative hub funded by Greenwich Council to the tune of £31 million. It is housed in the Royal Arsenal in buildings formerly used by the borough archive and the Firepower museum.

The investment is not without controversy, but the chief executive, James Heaton, has promised that the planned

programme will “smash everybody’s expectations”.

Plans for this year include the Chineke Orchestra, committed to providing career opportunities for black and ethnically diverse classical musicians; the National Youth Jazz Orchestra; Punchdrunk, claimed by GQ magazine to be the world’s leading immersive theatre group; Forward Prize-winning poet Malika Booker; and Woolwich based dance group Protein as well as the Woolwich Contemporary Print Fair.

Woolwich Works opens on 23 September. For full details of music, art, poetry and workshops go to www.woolwich.works/whats-on.



Still more towers

Still they come. Since our last edition, Tower Hamlets planning board have agreed four more towers at Blackwall Flat, across the river from the O2, over 30 storeys high.

Nearer home, plans have now gone a stage further to demolish B&Q and to build on that site and the huge parking space in front of both B&Q and IKEA, right up to the edge of the motorway. Two blocks of 20 and one of 17 are included.

And in Woolwich the new leisure centre, replacing the Waterfront, which will be built between the Arsenal station and the Tramshed, will have, to its rear, several more towers going up to 22 storeys.

Only Charlton riverside will be left holding out against the skyscrapers. The Masterplan for the area, whose core principles are still upheld by a majority of the council’s planning board, including the two Conservative members, is the core planning reason we are not looking at skyscrapers on our doorstep.

Developers would love to see it go but Charlton Together will vigorously resist such a move and continue

to campaign for a low/medium-rise community friendly Riverside.

At the end of July, two planning applications for sites between Westmoor Street and Eastmoor Street, which run down to the Thames Barrier, were refused permission against planning officers’ recommendations.

They were on adjacent sites where three or four storeys was the guidance suggested by the Masterplan, and both were rejected as too high and too dense.

The smaller, from a housing association called Optivo, was seven storeys high but with 100% affordable flats to rent. It was criticised, but not opposed, by Charlton Together.

The bigger one from the Aitch Group, which was nine storeys high with only 30% affordable, was vigorously opposed.

What will happen next on the Charlton Riverside is difficult to predict. Aitch and Optivo may appeal against the refusal of planning permission. U+I are pushing forward with their revised plans for the old Siemens site, including the Grade II listed building facing out to Barrier Park (21/2455/L and 19/4304/F

on the council’s planning website.) They are offering 4% of affordable housing!! Others may also go ahead, or they might wait to see how possible appeals are treated.

In the background, the government has to decide how to take forward their White Paper proposals to make major changes in planning law, that would hugely reduce the role of local people and local councils in controlling what happens in their area.

They are strongly opposed by some of their own MP’s, some calling it a developers’ charter, and judged to be a key reason for the Conservatives’ defeat in the recent Chesham and Amersham by-election. That national decision may well impact on the Charlton riverside situation at some point.

In our view, we should not give up on the aim of creating a vibrant human scale community on the banks of our section of the Thames in Greenwich.

We also want that to help large numbers of local people desperately needing decent homes, who would be financially squeezed out by the mostly non-affordable high rise flats the developers find so profitable.

Pay up for cleaner air

In our March edition we reported on the introduction of the Ultra-Low Emission Zone (ULEZ), which will result in charges of £12.50 a day for many older cars.

Charging starts on 25 October and will operate every day of the year (except Christmas Day).

It's likely that if your vehicle does not meet the required standards

you will already have received a letter from Transport for London (TfL) – but if in doubt you can check by going to tfl.gov.uk/ulez-2021. We know that air

pollution can cause serious ill-health or even death and TfL claim that in areas already subject to ULEZ, levels of Nitrogen Dioxide fell by nearly half in the first year of operation.



Apocalypse now – nowhere is safe

The whole world is still struggling with Covid, but is facing an even greater threat from climate change. We are witnessing the worst ever wildfires in many countries around the globe and cities thousands of miles away poisoned by the fumes.

There are unprecedented floods from China to Germany. Drought, less dramatic or newsy, but just as destructive, is already devastating whole communities in some parts of the world. If we weren't worried about climate change before this year, evidence of its lethal effect on the planet is now all around us.

In Glasgow this November, thousands of delegates from most governments and countries in the world, will participate in a two-week United Nations (UN) conference, COP26, arguably the most important event of 2021.

It is fulfilling promises at the Paris Conference in 2015, which sought action plans from all governments around the world to curb emissions in order to limit temperature-rise above pre-industrial figures, as closely as possible to 1.5C.

Our Member of Parliament, Matt Pennycook, as the shadow minister for climate change, has been very busy recently preparing for that vital conference, which means mastering the complex scientific, economic and social implications of targeting zero emissions, and the even more tortuous political problem of getting international agreement to make

the necessary changes extremely quickly.

In a recent Parliamentary debate, as reported in *Hansard* (22 July 2021 and well worth a read), he said: "There is clearly not yet a global consensus on 1.5C being a core objective of the summit ... it is incumbent on us as the host of COP26 to ensure it is."

The government has only recently shown any urgency about giving the conference the priority it needs. But our ability to persuade other countries to act quickly is compromised by a willingness to consider opening a new coal mine in Cumbria and licensing further drilling for oil near the Shetland Islands.

Matt is also the chair of a new working party set up by the Labour Party, exploring, with the active involvement of trades unions, business and climate activists, "how we can decarbonise the economy in a way that is fair to all".

Here in Charlton we have not suffered really extreme weather conditions yet, but have had some torrential rain this summer and, of course, on the bottom road we are breathing in some pretty filthy air, especially in rush hours, which is nothing to what could come.

If the whole world does not confront the challenge of climate change now, vast swathes of the planet could become uninhabitable.

Nowhere is safe and that could include London.

It's a scam

It has been brought to our attention that there is a man knocking on doors in our area purporting to be from Charlton Central Residents' Association (CCRA) and obtaining personal information from residents on the pretext of enrolling them onto a computer course. This is a SCAM.

Please do not give personal details to anyone you don't know on the doorstep. If this man knocks, decline his offer by telling him you do not deal with cold callers. If you could get a description or if you have Ring doorbell footage the Charlton Central Neighbourhood Watch would be very keen to hear from you. Contact mail@ccnwatch.org.

Don't be intimidated by anti-social behaviour

As lockdown restrictions ease we have seen an increase in anti-social behaviour around the station, Sainsbury's and the Charlton Church Lane shops.

If you are approached by people asking for money:

- say politely, 'I'd like to help, but I don't have any cash' and walk away. Do not engage them in further discussions.
- don't look away if asked for directions/ are being given a 'hard luck story' etc. as this type of distraction is a common tactic for thieves.
- if they become aggressive, you shouldn't allow yourself to be bullied. Take a deep breath, walk into a nearby business or remain in a public place and if needs be ask for assistance.
- never go out of a public space.

To help combat this behaviour the

Charlton Central Neighbourhood Watch (see ccnwatch.org) are asking you to do two things:

- first put the numbers for the Safer Neighbourhood Police Team (SNT) into your phone: 0796 699 2585 or 020 3276 0812;
- second, provide the SNT with details of the incident, including time and a description of the person involved in order to help police build up intelligence on this type of crime.

Stay safe and share this information around your networks.

If you are concerned about any aspect of community safety, then join the watch by emailing mail@ccnwatch.org.

It costs nothing to join the CCNWatch and it keeps you up to date with policing in the area.

MEMBERSHIP MATTERS

2021 Membership

Many thanks to everyone who has renewed their membership for 2021 and we welcome all the new members that have joined us so far this year. Your support is greatly appreciated. Membership is vital for CCRA financially but it is as important that we have the active support of local residents through joining CCRA.

How to join CCRA:

If you would like join CCRA here are the options:

- Visit www.charltonresidents.net and scroll down page to find link to our 2021 Membership Form
- Email Membership Secretary, Jacqui, at membership@charltonresidents.net
- Call Jacqui on 07717742886

Not renewed for 2021?

For the remaining few members who have not renewed for 2021 we have been trying to contact you but have not been successful. We hope you will continue to support CCRA. If you need a membership form contact Jacqui (see details above) as soon as possible. Unfortunately if we do not hear from you we will need to remove you from our contact lists as required by data protection regulations.

The Old Cottage Coffee Shop
A traditional tea shop serving high quality tea, coffee and snacks
Open every day from 10am in Charlton Park



Closes 4pm in winter and 5pm in summer

DON'T FORGET OUR MEMBERS WITH BENEFITS SCHEME

CHARLIE WATTS ELECTRICS offers CCRA members a 10% discount on all estimates (excluding materials) on presentation of a valid CCRA membership card. T: 07460643143 E: charlie@cwattselectrics.com or visit website www.cwattselectrics.com

MURRAY DECORATING is pleased to offer members of CCRA a 10% discount on production of a valid CCRA membership card. We undertake interior or exterior painting and can also undertake carpentry, tiling or plumbing jobs. For examples of our work visit FaceBook page – Murray Decorating. Tel 0751287505. Email: jacobmurray919@yahoo.com

If you would like to offer your services to CCRA Members under this scheme, contact Jacqui at membership@charltonresidents.net



Community Day street stall

A successful community day

Central Charlton residents get together, following the jumble trail, buying from the stalls and chatting to each other on the way ...

And our fabulous volunteer litter pickers cleared the streets to bring us all a brighter view of Charlton streets for its residents and passers-by.

We couldn't have run Community Day without help, and we're glad to acknowledge the support of Greenwich Council and our ward Councillors.

CCRA would like to thank the hardy Community Day cleaning and greening volunteers who braved



Wendy Lopez and daughter Olivia take a well-earned rest after helping with preparations and delivery of a scrumptious lunch for volunteers

the rain.

Grateful thanks too to Brenda, Wendy, Jane and Jonathan for the delicious lunch provided for volunteers, our amazing graphic designer Nic – and of course tireless members of CCRA's

management committee.

Teas and coffees were available from a splendid vintage van on Delafield Road, run by Neil Meekums and raising money for a hospice.

Police officers from our local Safer Neighbourhood



Yulia Stepanova and Sergey Makarov all geared up and ready to clear up Charlton's streets

Team showed younger residents around their van and handed out colouring books.

And most of all of course thank you, our residents, who tidied, tended and ran stalls, made teas and coffees, raised money for charity and wandered around the Trail – for making it such a great day!

We hope to run more events like this in the future. If you'd like to get involved or volunteer to help at events, why not get in touch? Contact CCRA at membership@charltonresidents.net.



Royal Greenwich Together

Benjamin Zephaniah (right) internationally renowned poet, writer and reggae artist, singing to an enthusiastic audience at Royal Greenwich Together 21 Festival, in Charlton Park in August

Left: Stiltwalkers
Below: Ukadelix strumming and singing their way into the hearts of visitors





Michael John

Branch Manager and Partner Conran Charlton

PROUD TO BE LOCAL

I cannot quite believe that Conran has been part of Charlton for over twenty-two years! I have had the pleasure of personally being at the helm here for fifteen of those years. Does anyone remember the William Hill bookies which occupied the corner of Wellington Gardens & Charlton Church Lane before us?

I am proud of the culture and community values at Conran; we are a local business that has embedded ourselves in this area and are proud of this. We regularly sponsor local schools and fetes, employ local people, and support local businesses when buying goods and services. This includes Fosdene school, printing and advertising with The CCRA, and helping Charlton Community Gardens.

Covid has reminded me of the importance of supporting our local businesses to ensure they survive and then thrive for the benefit of us all. Now that things have opened up, we are back out supporting our local restaurants and bars and I ensure we support the locally and often family-run establishments rather than the corporates! After all, we too are a family-run business.

I wish our small businesses great success for the remainder of 2021 and into 2022.

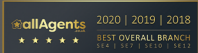
Stay safe guys.

Michael John

BROCKLEY | FOREST HILL
CHARLTON | WESTCOMBE PARK
LEE | ELTHAM
GREENWICH | BLACKHEATH
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conran
a refreshing change



FAIRTHORN VILLAS, CHARLTON

GUIDE PRICE £525,000 - £550,000

A welcoming family home with bright, comfortable and flexible living space in a super location, waiting for a new owner to enjoy! EPC: E



PRINCE HENRY ROAD, CHARLTON

ASKING PRICE £475,000

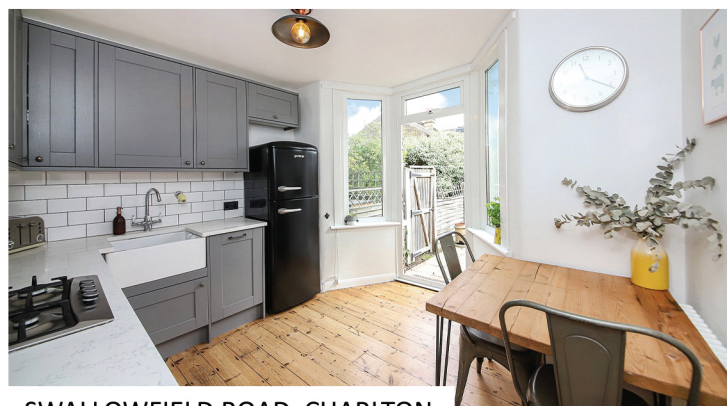
Surrounded by greenspace and parkland, this end of terrace home is spacious and modern and comes highly recommended. EPC: D



HUMBER ROAD, BLACKHEATH

OFFERS OVER £650,000

Large rooms, great layout, period features and neutral décor, this Victorian conversion apartment is truly wonderful. EPC: D



SWALLOWFIELD ROAD, CHARLTON

ASKING PRICE £460,000- £475,000

Superb garden apartment, which is spacious and light and bursting with character, situated on one of Charlton's prettiest tree-lined roads. EPC: D



BRAMSHOT AVENUE, CHARLTON

ASKING PRICE £700,000

"Living is easy in our century-old house. We have brought every room up to scratch for modern living while lovingly maintaining period features. We were attracted to the expansive feel of the house, which is open to the sky as it is positioned above neighbouring roads and has soaring views of iconic London buildings from the rear.

The kitchen and dining room has been our sociable open plan space for cooking, eating and chatting, featuring a high ceiling and a

period wood burner that has been the cosy backdrop for many suppers with family and friends during colder months. In warmer weather, we open the French doors into the conservatory and in turn those French doors on to the decking and garden, creating a flowing light-filled space for summer gatherings."

This is a wonderful and light family house and what a location right in the heart of Charlton slopes! EPC: D



How happy is my valley?

... A view from the terraces

Charlton are going nowhere fast!

There's lots of positive rhetoric flowing round the Valley at the moment. Manager Nigel Adkins talks of "building a foundation that will bring stability to the club." He speaks of owner Thomas Sandgaard's long term vision for the future.

Well, I say let's have some short-sightedness. Now! Because, as I write, we are three games in and have chalked up one solitary point.

One draw and two defeats does not represent much progress in my book. Ok, it's early days and we are still bonding as a team with a lot of new faces in the squad. But to be fifth from bottom after three games is not very inspiring for us faithful fans.

The manner of the play has not been

particularly exciting. We didn't manage one shot on goal in the first game. We let Oxford dominate in the second and it's always going to be hard to lose to a team managed by former Charlton manager Karl Robinson.

However you look at it, this is our worst start to a season for many years which tends to give all the positive pre-season chat something of a hollow ring.

At MK Dons we took an early lead through summer signing Jayden Stockley only to have it pegged back a few minutes later. MK then went on to win.

Our latest signing, 23-year-old winger Charlie Kirk, got in some minutes and looks promising, so perhaps there are some positives to be taken.

Many players were let go during the summer and Adkins has had to embark on a rebuild. The emphasis has been on youth sprinkled with seasoned players to provide stability. That is a risky strategy until the younger elements find their feet, get some experience in and learn the ins and outs of the professional game.

A much stronger midfield presence is needed, for this is where games are won or lost. So far this season we have been distinctly lacklustre in this area and it needs beefing up.

Charlton has always been proud of its academy and we have seen many fine youngsters come through the ranks. Attacking midfielder Albi Morgan is a fine example. He started at the academy and is now a regular in the squad. Others are also showing great promise so it's clear to see why Adkins talks of the long term vision.

Fans are by nature impatient and always want a win. So one point from a possible nine is not impressive and guarantees the first mutterings of doubt about current strategy.

Perhaps we should be more reflective and see this "vision of the future" as a gradual process that will take time. But more goals and more wins would be nice. We are still in the transfer market and will need to draw in some established talent if we are to end this poor run of early form and become title contenders.

It is worth noting that when we won our division so convincingly a few years ago, we lost our first five games! It's early days, we have a good manager a solid owner and a great club.

Of course we'll bounce back! Congrats fessed. COYR's!



LUKAS BOZIK massage therapy

release your body release your mind

I am a holistic mobile massage therapist based in South East London but happy to travel. I will come right to your home for a releasing, relaxing and stimulating treatment tailored to fit your needs. In my massage I combine the techniques of deep tissue, Swedish holistic massage, stretch massage and Indian head massage.

The last one also works great separately as a seated treatment and can be conveniently done in an office, at events or as a pampering for a group of friends.

FULL-BODY TREATMENT

DEEP TISSUE / RELAXING /
ENERGIZING / STRETCH

Single booking

60min £60
90min £80
120min £100

Couples booking deal

2x60min £110
2x90min £150
2x120min £190

INDIAN HEAD MASSAGE

HEAD, NECK,
SHOULDERS & FACE

Seated chair massage*

15min £10
30min £20
45min £30
60min £40

*minimum booking time is 1 hour per session

tel: 07593 550 193

insta/fb @lukasbozikmassagetherapy
lukasbozikmassagetherapy@gmail.com

EVERY 10TH TREATMENT IS FREE

PERFORMERS & HOSPITALITY EMPLOYEES GET 10% OFF
BUY 3 TREATMENTS, GET 4TH TREATMENT HALF PRICE
REFER A FRIEND, GET 20% OFF YOUR NEXT TREATMENT

On the Grapevine ...

Book Group

We continue to thrive and meet in the midst of changing infection rates, travel restrictions and pinging. We recently read *Hamnet* by Maggie O'Farrell, a moving portrayal of the death of Shakespeare's young son and its effect. We contrasted this with a 'gothic mystery' – *Once Upon a River*, by Diane Setterfield – which meandered through its Hardy-esque characters with a strong theme of story-telling. Both good reads, and highly recommended.

Next, we are on to *Light Perpetual* by Francis Spufford. The book follows the 'might-be and could-be and would-be, still may be' lives of five children killed by a bomb in New Cross in 1944. For those reading further ahead, we've selected *The Vanishing Half* by Brit Bennett which spans 1950-90s from the Deep South to California, following the journeys of two estranged twin sisters leading very different lives.

(Currently we're not able to take on any new members but as soon as we're able to we'll let you know and include contact details.)

Knit and Natter

Having now held our first face-to-face session, it was great to be back. Come along if you enjoy excellent nattering, a great cuppa and scrumptious cake. You can bring your own project or get involved in our charity knitting. From absolute beginners to expert knitters – all are welcome. Dates for your diary are: Tuesdays from 2 to 4pm at St Richard's Hall, Swallowfield Road – 28 September; 26 October; 30 November; 21 December.

If you want to know more about Knit and Natter contact Brenda on 07909 090 676 or email brendataggart49@gmail.com.

Singing and Instrumental Music

'Live' singing sessions have started again! A small but enthusiastic group met on 9 August for our first face to face session for over a year and we hope to continue through the autumn.

We also hope the instrumental music group will get together again soon, with more music evenings in Cattleya. For more information please look on our website or ring Chris on 020 8858 7377.

On the Move

We have restarted our popular 'Charlton Central on the Move' exercise classes. Sessions take place every Monday 11am to 1pm in St. Richard's Hall, Swallowfield Road. The classes, run by Joanne our very experienced leader, are aimed at members who want gentle yet challenging exercise routines, to help keep them flexible and toned. Registration is from 11

to 11.30am Each session has a slow warm-up, an invigorating movement section and a relaxing wind-down. Members are invited to stay on at the end (from 12.30 to 1.00) to enjoy some good company and refreshments.

We are now taking new members and if you would like to enrol please contact Brenda by emailing brendataggart49@gmail.com or telephone 07939 090 676. Classes are booked in advance on the basis of a six-week block, which costs £36 and includes hall hire, instructor's fees and refreshments. The next block starts on Monday, 20 September and we'd love to see you there.



Playing Out is Back

With Covid restrictions changing – and due to popular demand – we ran Playing Out sessions again during August for the first time. These sessions were attended by families unable to get out of London during the school holidays. Playing Out involves CCRA, with the support of Greenwich Council, which closes a section of Sundorne Road to traffic so that for a few hours, twice a month children can experience 'street play'.

The value of street play is widely recognised and is supported through a national network of local schemes (see playingout.net).

As government guidelines change we are looking forward to providing a wider range of play equipment to cater for a wider age range of children. If you have school-aged children then come along to our sessions on the following alternate weeks: 3.30–5.30pm /15, 29 September /13, 27 October /10, 24 November /8 December.

The scheme runs with the input of volunteer stewards who manage any through traffic. Can you help out once in a while? If so, register your interest by emailing: playingoutse7@gmail.com. For the sake of our youngest residents give it a try!

Walking group

A warm and sunny Sunday in June was the surprising weather for the Walking Group's stroll to Manor House Park in Lee. Only a few made it – it was, after all, the day of the Euro 2020 Final. But we made our way, via Lee Road, to Taunton Road then entered the park via the bridge over the River Quaggy. It is renowned for its duck pond (not forgetting the geese, moorhen and other waders) and as being a popular place with families for its children's play area and Pistachio's Cafe – if you keep your eyes open you can even find an ice well on the opposite side. A quieter alternative route via Lee Park led us back to Blackheath and then home in plenty of time for the Final. If you'd like to join in contact Jill at jillmo@btinternet.com

Dates for your diary

**Saturday
11 September**

Flower, Produce
and Craft show
St Richard's Hall,
Swallowfield Road
See page 1 for full details



**Saturday
9 October**

CCRA AGM
Prompt start at 6.30pm
Followed by Quiz
night, 7.45pm
St Richard's Hall,
Swallowfield Road
See page 2 for full details

**Saturday,
18 December**

Christmas Fair
St Richard's Hall,
Swallowfield Road



THUMBS UP

A big thumbs up to everyone who is managing to sort their rubbish into the appropriate green, blue or black bin. Recent changes made by Greenwich council have been a bit puzzling – but keep on trying! And by the way, the Co-op in Charlton Village will now accept plastic bags and other soft plastic items that Greenwich no longer recycles.



THUMBS DOWN!



Thumbs up to Stewart Abbott, seen here volunteering to clear up the litter!

A big thumbs down to everyone who drops litter – masks, crisp bags, drinks cans and bottles etc. – in the street. If you're not sure where it should go, drop it into a black bin – better there than on the street. Let's work together for a cleaner environment!

Contributions to this column are welcome!



GREENGROCER LOCAL BAKERY REFILLS

MONDAY TO SATURDAY 9-5PM, SUNDAY 10-4PM

020 8319 8611



HIGH STREET RETAILER OF THE YEAR 2020

CCRA

Charlton Central Residents Association