Silvertown Tunnel: “no silver lining”  
Anne Robbins

The Westcombe Society was dismayed, last month, to learn that London’s mayor Sadiq Khan supports Transport for London’s plans to build a new road tunnel under the Thames from Greenwich peninsula to Newham’s Royal Docks. Plans for the Silvertown Tunnel are currently being reviewed by the Planning Inspectorate, with a deadline for the main submissions for or against on November 15th. A series of hearings on specific topics will be held this winter. The Inspector is expected to make a recommendation to the Secretary of State for Transport, Chris Grayling, in the spring.

The mayor’s comments
The Mayor has said that he will ask for some changes, including assurances on new bus routes, a bus which will take cycles through the tunnel, benefits for locals, and improved landscaping at the Greenwich Peninsula entrance.

The tunnel’s potential
The Westcombe Society has been discussing the plans with residents over the course of several TFL consultations. Its position is that the plans have the potential to bring much more traffic onto the A102, with drivers being attracted by the extra capacity the new tunnel would offer. Unless TFL can offer firm guarantees and well-drawn plans to mitigate the possible effects, the Society can’t support the scheme.

TFL argue that the Blackwall Tunnel simply can’t cope – and of course many drivers are very familiar with the queues waiting to get through to the other side of the river. Even minor traffic accidents can halt the flow, and the north-bound bore wasn’t built with tall lorries in mind. Over-height vehicles regularly try their chances, and get stuck, causing blockages. In addition they point to population growth in the area, and the lack of river crossings east of Tower Bridge. So TFL would like to add the new tunnel, for increased resilience, and to cope with demand. Yet at the same time, air pollution from vehicles is a big problem for London, and the A102 has high levels of exhaust gases and particles which can affect health in children and adults. London should be complying with European standards.

The Westcombe Society’s comments
An idea that has been tried, and abandoned: a bike bus. TFL argue that the Blackwall Tunnel simply can’t cope – and of course many drivers are very familiar with the queues waiting to get through to the other side of the river. Even minor traffic accidents can halt the flow, and the north-bound bore wasn’t built with tall lorries in mind. Over-height vehicles regularly try their chances, and get stuck, causing blockages. In addition they point to population growth in the area, and the lack of river crossings east of Tower Bridge. So TFL would like to add the new tunnel, for increased resilience, and to cope with demand. Yet at the same time, air pollution from vehicles is a big problem for London, and the A102 has high levels of exhaust gases and particles which can affect health in children and adults. London should be complying with European standards.

The PWS has reported on findings that show some spots dangerously above the safe and legal limits, for instance by the foot tunnel between Siebert Road and Eastcombe Avenue. TFL says that it will control the traffic levels on the approaches to both of the road tunnels by charging users at peak times; this will also pay for the construction and eventually contribute to TFL’s budget. The charges are not popular, though, with locals, who argue that it is unfair to charge them when other road crossings on the Thames are free. Many businesses also depend on the Blackwall Tunnel for multiple daily trips, and see charging as a real financial burden.

Opposition
The No to Silvertown Tunnel Campaign argue that new roads encourage more people to drive. The new tunnel would also draw traffic from the Dartford Crossing – and would attract large HVGS. The road system on the north side is unlikely to cope with added traffic from the new tunnel, while the south-bound traffic on the A102 is already too heavy at peak hours. And drivers trying to avoid the charge would head for the Rotherhithe Tunnel or further west, using already congested roads. The new tunnel would simply shift congestion into new areas. (cont. on page 7)

In view of reports of recent incidents in different parts of the country, including attacks on guest workers, it was encouraging to see a good (and peaceful) turnout for the 80th Anniversary of the “Battle of Cable Street” in 1936, in which the British Union of Fascists led by Oswald Mosely attempted to march through the East End of London. Several local residents attended an anti-racist rally in St George’s Park Shoreditch on October 9th. to mark the occasion, which passed peacefully. The mural (above) was painted by Dave Binnington Savage, Paul Butler, Ray Walker and Desmond Rochfort; it is on the west side of St George’s Town Hall, near Shadwell and was completed in March 1983.

PHOTO: Neville Grant

SilvERTOWN TUNNEL: “No Silver Lining”  
Anne Robbins

The Westcombe Society was dismayed, last month, to learn that London’s mayor Sadiq Khan supports Transport for London’s plans to build a new road tunnel under the Thames from Greenwich peninsula to Newham’s Royal Docks. Plans for the Silvertown Tunnel are currently being reviewed by the Planning Inspectorate, with a deadline for the main submissions for or against on November 15th. A series of hearings on specific topics will be held this winter. The Inspector is expected to make a recommendation to the Secretary of State for Transport, Chris Grayling, in the spring.

The mayor’s comments
The Mayor has said that he will ask for some changes, including assurances on new bus routes, a bus which will take cycles through the tunnel, benefits for locals, and improved landscaping at the Greenwich Peninsula entrance.

The tunnel’s potential
The Westcombe Society has been discussing the plans with residents over the course of several TFL consultations. Its position is that the plans have the potential to bring much more traffic onto the A102, with drivers being attracted by the extra capacity the new tunnel would offer. Unless TFL can offer firm guarantees and well-drawn plans to mitigate the possible effects, the Society can’t support the scheme.

TFL argue that the Blackwall Tunnel simply can’t cope – and of course many drivers are very familiar with the queues waiting to get through to the other side of the river. Even minor traffic accidents can halt the flow, and the north-bound bore wasn’t built with tall lorries in mind. Over-height vehicles regularly try their chances, and get stuck, causing blockages. In addition they point to population growth in the area, and the lack of river crossings east of Tower Bridge. So TFL would like to add the new tunnel, for increased resilience, and to cope with demand. Yet at the same time, air pollution from vehicles is a big problem for London, and the A102 has high levels of exhaust gases and particles which can affect health in children and adults. London should be complying with European standards.

The Westcombe Society’s comments
An idea that has been tried, and abandoned: a bike bus. TFL argue that the Blackwall Tunnel simply can’t cope – and of course many drivers are very familiar with the queues waiting to get through to the other side of the river. Even minor traffic accidents can halt the flow, and the north-bound bore wasn’t built with tall lorries in mind. Over-height vehicles regularly try their chances, and get stuck, causing blockages. In addition they point to population growth in the area, and the lack of river crossings east of Tower Bridge. So TFL would like to add the new tunnel, for increased resilience, and to cope with demand. Yet at the same time, air pollution from vehicles is a big problem for London, and the A102 has high levels of exhaust gases and particles which can affect health in children and adults. London should be complying with European standards.

The PWS has reported on findings that show some spots dangerously above the safe and legal limits, for instance by the foot tunnel between Siebert Road and Eastcombe Avenue. TFL says that it will control the traffic levels on the approaches to both of the road tunnels by charging users at peak times; this will also pay for the construction and eventually contribute to TFL’s budget. The charges are not popular, though, with locals, who argue that it is unfair to charge them when other road crossings on the Thames are free. Many businesses also depend on the Blackwall Tunnel for multiple daily trips, and see charging as a real financial burden.

Opposition
The No to Silvertown Tunnel Campaign argue that new roads encourage more people to drive. The new tunnel would also draw traffic from the Dartford Crossing – and would attract large HVGS. The road system on the north side is unlikely to cope with added traffic from the new tunnel, while the south-bound traffic on the A102 is already too heavy at peak hours. And drivers trying to avoid the charge would head for the Rotherhithe Tunnel or further west, using already congested roads. The new tunnel would simply shift congestion into new areas. (cont. on page 7)

In view of reports of recent incidents in different parts of the country, including attacks on guest workers, it was encouraging to see a good (and peaceful) turnout for the 80th Anniversary of the “Battle of Cable Street” in 1936, in which the British Union of Fascists led by Oswald Mosely attempted to march through the East End of London. Several local residents attended an anti-racist rally in St George’s Park Shoreditch on October 9th. to mark the occasion, which passed peacefully. The mural (above) was painted by Dave Binnington Savage, Paul Butler, Ray Walker and Desmond Rochfort; it is on the west side of St George’s Town Hall, near Shadwell and was completed in March 1983.

PHOTO: Neville Grant
Westcombe Park’s Biggest Coffee Morning in the World!

The Coffee morning took place as usual in the lovely light hall at Mycenae House serving tea, coffee, sandwich lunches and, of course, cakes! We were delighted to see so many people supporting the event by coming along for a cuppa and a chat with friends and the hall was pretty full for the whole time. Many people took a chance on the general raffle, the ‘Spot the Cake’ game and the draw for the very beautiful ‘Red Velvet Cake’.

A list of winners is on display at Mycenae House.

The Westcombe Society would like to thank all those who helped to organise the day. There is a lot to do in organising and advertising the event, putting up balloons in the area, setting up the refreshments and making sure the food and drink we must also give a big thank you to those who washed up throughout the event and helped to clear up at the end. Without all those who contributed in so many ways we would not have been able to make the amazing amount of £900!

Maureen Aumb"
Mental Health Activity Trust’s Grown to Cook Project

At the Mycenae Soup event on October 12, 2015, the Mental Health Activity Trust (MHAT) based in Delacourt Road was granted a total of £1079 as a result of the first micro funding dinner event at the venue. MHAT’s winning presentation to the diners centred on delivering a gardening project for a group of local volunteers with mental health and learning difficulties.

Once it got underway, the project quickly developed into a food-growing and cooking project. The team, under the coordination of Director Toni Hale, quickly established a fruit and vegetable growing ‘pot’ garden at the back of the shop in Delacourt Road. But with limited space they were grateful to take part on an allotment that belonged to a supporter of the MHAT.

“We are more than a group, we are a family, wanting these things in its to prosper and be well,” said Toni.

Once the project gathered pace, with a very successful growing season which delivered a whole range of vegetables, fruit and herbs, the project has gone from strength to strength, and plants, tools, seeds and fertilizers have been bought.

Once the produce began to bear fruit as it were, it has been used to feed the volunteers and staff for their lunches on working days at the shop. Not only has the project provided a great way for users of mental health services to work together as a team but has also fed them – and given them more skills in food preparation.

The A Team: Karl, Andrew & Ken

“We still have all the benefit of the crop and are still cooking plenty.”

The project doesn’t stop there, Toni Hale explained that “the project will continue to grow...” Without Mycenae Soup we would never have got this project off the ground. I am grateful to everyone who helped and who continue to do so.”

The MHAT is the Westcombe Society’s Charity of the year. The MHAT is offering some support to rough sleepers, including “Soup Kitchens” – the dates are as follows:
- 10th Nov, 7pm-9pm 16th Dec, 7pm-9pm
- 12th Jan, 7pm-9pm 9th Feb, 7pm-9pm
- A photo exhibition about the project is on show at Mycenae House throughout November. Toni Hale will share the story of the project when she joins us as for the next Mycenae Soup event on Friday 18th November 2016. Tickets available from www.mycenaehouse.co.uk

A bright sunny afternoon found Aday brought the usual bunch of happy party-goers to this annual event organised by the Westcombe Society. Many thanks to the cake and sandwich makers, the flower-arrangers, the washers-up (washer-ups?), the Quiz Master and the chauffeurs who make this popular event for senior citizens such a success. “It’s great to get out and meet old friends!” said Mrs June Ahmad.

St George’s Church, Westcombe Park
- Sundays: 10:15 a.m. Choir Practice 10:45 a.m. Children’s Church 11:00 a.m. Holy Communion (All Age service on the 1st Sunday of each month)
- Wednesdays: 8:30 a.m. Morning Prayer 12:30 p.m. Soup Lunch Fellowship

Special Events in November
- Wednesday, 2nd of Nov., 7:30 pm - FILM NIGHT – “The Mission” (1986) starring Robert DeNiro and Jeremy Irons. 18th century Spanish Jesuits try to protect a South American Indian tribe from a pro-slavery Portuguese Government
- Sunday 15th Nov., Remembrance Sunday 10:45 am
- Sunday, 6th and 20th Nov., 8:00 pm

Suspects Group meets at the Vicarage (6 Westcombe Park Road)
Contact: Revd Tim Vragar 02034061424

The Chrysanthemum Tea

Saturday 12 November
The Owl & The Pussy Cat Children’s Health Show from Let’s All Dance. Perfect for 2-9 years
£8.50 11.00am

Friday 18 November
Mycenae SOUP
Come dine with us and help support local charity projects.
10:15 7:00pm

More information on our website
020 8858 1794 www.mycenaehouse.co.uk

Westcombe News November 2016

3
Emma and her lovers.

Thomas Lawrence, and heartfelt letters between George Romney, Sir Joshua Reynolds and Sir story through 200 objects, great paintings by largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right.

Emma Hamilton: Seduction & Celebrity

The National Maritime Museum has mounted a dazzling new exhibition about Emma Hamilton, an extraordinary woman in a man’s world. Emma was one of the most famous international celebrities of her time and her life is the ultimate costume drama. She is now largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right. Our major exhibition explores her incredible story through 200 objects, great paintings by George Romney, Sir Joshua Reynolds and Sir Thomas Lawrence, and heartfelt letters between Emma and her lovers.

Is education happening?

Education means the process by which children are led to acquire deep knowledge and deep insights to prepare for their adult lives: about how people tick, about science, technology and the computerizing of information.

Cramming means memorizing things superficially, quickly -- in short term memory -- to pass an exam. The P E R (Education Renewal Group) was founded in 1993 to try to ban cramming in schools and get back to genuine education.

For more details contact philosphyper@aol.com

Full details of the annual Royal Greenwich International Early Music Festival are now available. Because the usual venue -- the Painted Hall in the Old Royal Naval College -- is being refurbished, the festival is taking place in venues in and around Blackheath, with the fringe events taking place in Greenwich. The exhibition is open daily from 10.00 am - 5.30 pm. Tickets for this get you into Makers' Demonstration Recitals, which take place throughout each day in St Michael and All Angels Church. Concerts are as follows:

- Thursday 10th Nov. 5.30 - 6.45
- Free concert by Trinity Laban Competition winners All Saints Church, Blackheath 7.45 Magdalena Consort with His Majesty’s Sagbutts & Cornets St. Margaret’s Church £25.00
- Friday 11th Nov. 5.30 pm Piva - music from Shakespeare’s time £12
- Friday 11th Nov. 7.45 Michala Petri with Lars Hambihl play virtuoso baroque in St Margaret’s Church Belmont Hill £20.00
- Sat 12th Nov. 7.45 Laur Schmid recital All Saints Church £12.00
- Sat 12th Nov. 7.45 EU Baroque Orchestra St.Margaret’s; Church performs Handel and his London Colleagues £25.00
- Tickets from the early Music Shop: 02072 282100

Clive in Concert

Guitar phenomenon Clive Carroll’s unparalleled technical virtuosity and versatility have made him one of the world’s premier acoustic guitar players, performing everything from 16th and 17th century lute music to jazz standards, blues, Irish reels and his own groundbreaking compositions.

His solo concert at Mycenae House on Friday December 2nd will be an opportunity for acoustic guitar lovers to see Clive play in the intimate setting of this 120 seat venue, before he undertakes a national tour with Australian virtuoso Tommy Emmanuel in the new year, ending up at the Royal Festival Hall.

“I’m really looking forward to the solo concert at Mycenae House,” says Clive. “Some friends of mine have played there and tell me it is a wonderful venue... What’s even more special is that this will be my first solo concert ever in South East London!” I’ll be playing lots of music from my new CD (The Farthest Tree) as well as some long standing pieces in my setlist such as Oregon and Eliza’s Eyes.”

Clive has toured with John Renbourn, Gordon Giltrap, John Etheridge and Tommy Emmanuel, among other stars of the guitar firmament. He will be showcasing numbers from his new CD, which includes a duet with John Williams.

Doors open at 7pm. Tickets on the door £16.50, which includes a duet with John Williams.

Emma Hamilton: Seduction & Celebrity

The National Maritime Museum has mounted a dazzling new exhibition about Emma Hamilton, an extraordinary woman in a man’s world. Emma was one of the most famous international celebrities of her time and her life is the ultimate costume drama. She is now largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right. Our major exhibition explores her incredible story through 200 objects, great paintings by George Romney, Sir Joshua Reynolds and Sir Thomas Lawrence, and heartfelt letters between Emma and her lovers.

Is education happening?

Education means the process by which children are led to acquire deep knowledge and deep insights to prepare for their adult lives: about how people tick, about themselves, about the history which led to where we are today, about the natural world, science, technology and the computerizing of information.

Cramming means memorizing things superficially, quickly -- in short term memory -- to pass an exam. The P E R (Education Renewal Group) was founded in 1993 to try to ban cramming in schools and get back to genuine education.

For more details contact philosphyper@aol.com

Early Music Festival

Full details of the annual Royal Greenwich International Early Music Festival are now available. Because the usual venue – the Painted Hall in the Old Royal Naval College – is being refurbished, the festival is taking place in venues in and around Blackheath, with the fringe events taking place in Greenwich. On show in the Halls is the world’s largest early music exhibition with around 100 exhibitors from across the globe. The exhibition is open daily from 10.00 am - 5.30 pm. Tickets for this get you into Makers’ Demonstration Recitals, which take place throughout each day in St Michael and All Angels Church. Concerts are as follows:

- Thursday 10th Nov. 5.30 – 6.45
- Free concert by Trinity Laban Competition winners All Saints Church, Blackheath
- Thursday 11th Nov. 5.30 pm Piva – music from Shakespeare’s time £12
- Friday 11th Nov. 7.45 Michala Petri with Lars Hamnbihl play virtuoso baroque in St Margaret’s Church Belmont Hill £20.00
- Saturday 12th Nov. 7.45 Laur Schmid recital All Saints Church £12.00
- Saturday 12th Nov. 7.45 EU Baroque Orchestra St.Margaret’s Church performs Handel and his London Colleagues £25.00
- Tickets from the early Music Shop: 02072 282100

Emma Hamilton: Seduction & Celebrity

The National Maritime Museum has mounted a dazzling new exhibition about Emma Hamilton, an extraordinary woman in a man’s world. Emma was one of the most famous international celebrities of her time and her life is the ultimate costume drama. She is now largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right. Our major exhibition explores her incredible story through 200 objects, great paintings by George Romney, Sir Joshua Reynolds and Sir Thomas Lawrence, and heartfelt letters between Emma and her lovers.

Is education happening?

Education means the process by which children are led to acquire deep knowledge and deep insights to prepare for their adult lives: about how people tick, about themselves, about the history which led to where we are today, about the natural world, science, technology and the computerizing of information.

Cramming means memorizing things superficially, quickly -- in short term memory -- to pass an exam. The P E R (Education Renewal Group) was founded in 1993 to try to ban cramming in schools and get back to genuine education.

For more details contact philosphyper@aol.com

Early Music Festival

Full details of the annual Royal Greenwich International Early Music Festival are now available. Because the usual venue – the Painted Hall in the Old Royal Naval College – is being refurbished, the festival is taking place in venues in and around Blackheath, with the fringe events taking place in Greenwich. On show in the Halls is the world’s largest early music exhibition with around 100 exhibitors from across the globe. The exhibition is open daily from 10.00 am - 5.30 pm. Tickets for this get you into Makers’ Demonstration Recitals, which take place throughout each day in St Michael and All Angels Church. Concerts are as follows:

- Thursday 10th Nov. 5.30 – 6.45
- Free concert by Trinity Laban Competition winners All Saints Church, Blackheath
- Thursday 11th Nov. 5.30 pm Piva – music from Shakespeare’s time £12
- Friday 11th Nov. 7.45 Michala Petri with Lars Hamnbihl play virtuoso baroque in St Margaret’s Church Belmont Hill £20.00
- Saturday 12th Nov. 7.45 Laur Schmid recital All Saints Church £12.00
- Saturday 12th Nov. 7.45 EU Baroque Orchestra St.Margaret’s Church performs Handel and his London Colleagues £25.00
- Tickets from the early Music Shop: 02072 282100

Emma Hamilton: Seduction & Celebrity

The National Maritime Museum has mounted a dazzling new exhibition about Emma Hamilton, an extraordinary woman in a man’s world. Emma was one of the most famous international celebrities of her time and her life is the ultimate costume drama. She is now largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right. Our major exhibition explores her incredible story through 200 objects, great paintings by George Romney, Sir Joshua Reynolds and Sir Thomas Lawrence, and heartfelt letters between Emma and her lovers.

Is education happening?

Education means the process by which children are led to acquire deep knowledge and deep insights to prepare for their adult lives: about how people tick, about themselves, about the history which led to where we are today, about the natural world, science, technology and the computerizing of information.

Cramming means memorizing things superficially, quickly -- in short term memory -- to pass an exam. The P E R (Education Renewal Group) was founded in 1993 to try to ban cramming in schools and get back to genuine education.

For more details contact philosphyper@aol.com

Emma Hamilton: Seduction & Celebrity

The National Maritime Museum has mounted a dazzling new exhibition about Emma Hamilton, an extraordinary woman in a man’s world. Emma was one of the most famous international celebrities of her time and her life is the ultimate costume drama. She is now largely remembered as the woman who captured the heart of the nation’s hero, Horatio Nelson, but her story is fascinating in its own right. Our major exhibition explores her incredible story through 200 objects, great paintings by George Romney, Sir Joshua Reynolds and Sir Thomas Lawrence, and heartfelt letters between Emma and her lovers.

Is education happening?

Education means the process by which children are led to acquire deep knowledge and deep insights to prepare for their adult lives: about how people tick, about themselves, about the history which led to where we are today, about the natural world, science, technology and the computerizing of information.

Cramming means memorizing things superficially, quickly -- in short term memory -- to pass an exam. The P E R (Education Renewal Group) was founded in 1993 to try to ban cramming in schools and get back to genuine education.

For more details contact philosphyper@aol.com
Grant Saw Wealth Management Limited

INDEPENDENT PERSONAL AND CORPORATE FINANCIAL ADVISERS
Investments - Pensions - Estate Planning
2 Charlton Road, Blackheath Standard
London SE3 7EX  (T) 020 3417 9750
email: enquiries@gswealth.co.uk

Hoping to plan your future
Grant Saw Wealth Management Ltd is authorised and regulated by the Financial Conduct Authority
How are you feeling? According to government statisticians, the most likely answer for Greenwich residents is ‘not too happy’. Greenwich borough is ranked alongside Wolverhampton, Corby and Southend as fourth equal in terms of least happy people in the UK. So how should we feel about that? It might seem that happiness is all too personal to talk about, let alone to measure, but there has been a recognition building over time that if progress is measured simply in terms of what is happening to the economy – stock markets up, the pound down – then as a nation, we are missing the point, which is that people benefit (and, for those that are concerned, that the environment is not sacrificed).

For the last five years therefore, the Office of National Statistics has asked four questions that it uses to monitor personal well-being. Not everyone is asked, but 165,000 people are, which is enough to answer in average terms for us all. The questions are: 1. Overall, how satisfied are you with your life nowadays? 2. Overall, to what extent do you feel the things you do in your life are worthwhile? 3. Overall, how happy did you feel yesterday? 4. Overall, how anxious did you feel yesterday?

People are asked to give their answers on a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”. It is not all bad news. Satisfaction has improved marginally among Greenwich residents over the five years of the survey. But there has been a significant increase in anxiety, particularly over the last three years and somewhat against the national trend. If you live in Greenwich, you are more likely to have worries than what we are being told by the statisticians. Now, perhaps you have already concluded that this is not you. That will be a relief. Or perhaps it is you, but you have concluded that it is not Westcombe Park – not with our community, love of life and occasional problems with the 108.

With family, friends, colleagues, and neighbours. At home, work, as well as in. Seeing yourself, and your happiness, linked to the connections with people around you. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, for us all. Your experiences will help you to appreciate what matters to you.

The Five Ways to Wellbeing were developed by the New Economics Foundation from evidence gathered in the UK government’s Foresight Project on Mental Capital and Wellbeing. The Project, published in 2008, drew on state-of-the-art research about mental capital and mental wellbeing through life. It asked NEF to develop the Five Ways to Wellbeing.

The Five Steps to Happiness

The Five Ways have been used by health organisations, schools and community projects across the UK and the world to help people to improve their wellbeing. They’ve been used in lots of different ways, for example to get people to start thinking about wellbeing, to develop organisational strategy, to measure impact, to assess need, for staff development, and to help people to incorporate more wellbeing-promoting activities into their lives. The Five Ways to Wellbeing postcards have been an especially popular way to help spread the message.

1. Connect with the people around you

With family, friends, colleagues, and neighbours. At home, work, school, or in your local community. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. Be active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

3. Take notice

Be curious. Catch sight of the beautiful. Remark the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch, or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you to appreciate what matters to you.

4. Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Join a choir. Learn to play an instrument or how to cook your favorite food. Set a challenge that you will enjoy achieving. Learning new things will make you more confident as well as being fun.

5. Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding, and creates connections with people around you

The Five Steps to Happiness

The Five Ways to Wellbeing were developed by the New Economics Foundation from evidence gathered in the UK government’s Foresight Project on Mental Capital and Wellbeing. The Project, published in 2008, drew on state-of-the-art research about mental capital and mental wellbeing through life. It asked NEF to develop the Five Ways to Wellbeing.
In this article, MIKE NORTON concludes his review of the geology of the area.

**Influence on flora and fauna**

By the end of the last ice age (about 12,000 years ago) the land surface around Blackheath had taken on its current shape. The landscape remained stable until Blackheath was cleared as farmland. The sands and gravels of the Harwich Formation, which are at the surface across the whole of the heath, provide distinctly acid soils, due to their high silica content and this is in turn led to the distinct acid grassland, characteristic of many parts of the area with its own invertebrate fauna.

**Pits, quarries and their infill**

Chalk was quarried from the outcropping chalk on the northwestern side of Blackheath, particularly around Blackheath Hill, where there were a series of lime kilns, until at least the 17th century. The cervices between Greenwich Park and Point Hill are well known. The diusued quarries tended to be backfilled with spoil from other newer quarries and it is thought that one of these was responsible for the hole on Blackheath Hill that appeared in 2002.

Sands and gravels were quarried in a series of pits all over the heath, some of which provided hazards for the Blackheath Golf Course. Blackheath Vale was built in the 1840s to drain the pits. Some of the pits at the southeastern edge of the heath are still visible today.

**Groundwater**

The layer of clays that makes up much of the Lambeth Group in the Blackheath area provides the only barrier to downward movement of groundwater in the sequence. As Blackheath, as the underlying Thanetian Formation sands and the chalk form a single aquifer.

When rain falls on the heath, it percolates quickly through the Harwich Formation sands and gravels before reaching the clay layer and moving along the base of the sands. The Greenwich Anticline gives this barrier a gently domed shape, with a crest close to the A2, so the water flows away to the north, west and south of the heath, coming to the surface at the outcrop of the upper boundary of the Lambeth Group in both Lewisham and Greenwich, causing wet conditions such as in the bottom of Elliot Pits, where the Lambeth Group reaches the surface.

The practice of building large cellars in some parts of the area where the lower part of the sands and gravels comes to the surface appears to disrupt groundwater flow, causing localised flooding during periods of high rainfall.

**Silvertown Tunnel**

Local residents in Silvertown Road and Westcombe Hill have also been campaigning against the impact of A102 traffic, and have won a concession of a noise and pollution barrier between the A102 and their homes. But this would only be built if the Silvertown Tunnel gets planning permission and goes ahead, leaving them puzzled as to what might happen if planning is refused.

Ant-road campaigners say that Sadiq Khan has betrayed his promise of a full review of all the various Thames crossings proposed by TFL. Certainly he and his Deputy Mayor for Transport, Val Shawcross, did not attempt to take views from local amenity societies and campaign groups. Shawcross admitted in September that ‘I think there’s a job to be done scrutinising Transport for London’s stakeholder engagement.’

The Mayor’s support for the Silvertown Tunnel was part of a wider statement, in which he announced plans to take forward a cycle and pedestrian crossing between Rotherthyle and Canary Wharf, and to look closely at plans for a small ferry from Greenwich Peninsula to Canary Wharf, and DLR & Overground crossings for Gallions Reach/Beckton and Thamesmead/Barking Riverside.

TfL announced earlier this year that it is commissioning new boats and improving the pier for the Woolwich Free Ferry. Sadiq Khan described his proposals as ‘green’, but they will leave Westcombe Park with a potential traffic attractor.

**A new plaque for Foot Tunnel**

At the unveiling, Cllr Danny Thorpe, Deputy Leader and Cabinet Member for Regeneration and Sustainability was joined members of FOGWOFT (the Friends of Greenwich & Woolwich Foot Tunnels).

Cllr Thorpe said: “This magnificent tunnel is a testament to the craftmen who worked on its construction all these years ago. And I have to honour the chief engineer of this great structure, Sir Alexander Binnie, whose great grandson, Chris Binnie is president of FOGWOFT.”

Ian Blore, Secretary of FOGWOFT, said: “The plaque will do a great job in explaining the history and reasons for the historic foot tunnel. Since the completion of the major refurbishment scheme in 2014, it would have been easy for the borough to lose sight of the importance of this working heritage – it is to their credit that they have not, and FOGWOFT will continue to support any actions that improve both tunnels.”

**SPECTRUM Painters & Decorators Interior/Exterior**

**GREENWICH & BEXLEY COMMUNITY HOSPICE**

**SUSAN CLARK INTERIORS**