



Westcombe Park and Maze Hill Area LTN What was proposed?

The Council proposed to introduce a Low Traffic Neighbourhood by preventing traffic passing through barriers; either planters, bollards on Halstow Road, or cameras on each of Maze, Vanbrugh and Westcombe Hills, thereby reducing rat-running through the area. The use of cameras could be flexible and be imposed for certain times of the day only.

The online consultation for the proposals ended on 8th March 2021 and has been followed by a decision **NOT** to implement them.

The responses to the consultation have been analysed and the majority strongly disagreed with the proposal. The results were split between responders within and outside the area and the ratio of views of each were very similar. 55% of responders within the area disagreed or strongly disagreed with the proposal. 34% agreed or strongly agreed with the proposal. The main issues expressed were:

- The displacement of traffic, increased trip lengths and other traffic related issues.
- The potential for exempting residents and/or groups with specific needs from the LTN restrictions.
- Concerns about the displacement of traffic levels in the area. (This is to be addressed by exploring more appropriate traffic calming measures on each of the Hills.)

Following feedback from some residents extra regulatory signs, warning signs and road markings to deter overtaking as well as an increased amount of 20mph warning signs and road markings to reinforce the speed limit have been made on Vanbrugh Hill in the light of recent instances of dangerous driving.

RBG is also exploring the possibility of installing a pedestrian crossing on Vanbrugh Hill to provide a safe crossing

and to reduce vehicle speed.

Monitoring of the traffic levels will continue and the scope for more appropriate traffic calming measures on each of the hills will be explored.

So how did we arrive at this point?

When the Hills and Vales traffic reduction scheme was first being considered it was very unclear whether it would go ahead as some West Greenwich residents were opposed to it.

When the scheme was reconsidered in late 2019 the Westcombe Society had serious concerns on the effect this would have on the roads within Westcombe Park as drivers tried to negotiate routes from the A2 to Greenwich and beyond. The council denied our request to take part in the initial consultation. The Cabinet Member for Transport at that time assured us that most traffic would remain on the A2 although he did concede that there would be extra traffic on 'the Hills' but that that would soon find alternative routes. We were assured that ongoing monitoring would be undertaken and that curtailing of the scheme was possible. How wrong they were.

The closure of the Avenue in Greenwich Park was trialled as part of The Royal Parks Movement strategy to reduce pollution and vehicle disturbance in the Park. (It had been used as a route from the A2 to Greenwich during the rush hours.)

Both these trials happening concurrently did not allow an understanding of which was having the most impact on our area. In hindsight it was not a good idea.

And then came the pandemic which in the beginning reduced traffic volumes slightly.

However, when commuters started to return to work many chose to use their cars rather than use public transport and vehicle numbers increased.

Throughout this time both Vanbrugh and



Maze Hills took the brunt of this increased traffic.

The council's response was to consult on the Westcombe Park and Maze Hill LTN. It was generally agreed that this was a badly-constructed questionnaire and resulted in dramatically opposing views which has led to the proposal **NOT** to implement the scheme as outlined in the consultation.

Where to now?

The Council propose the development of a borough-wide, over-arching Sustainable Transport Strategy, building on the strategy set out in its Local Implementation Plan for Transport, Carbon Neutral Plan and other documents.

It would seek to provide a joined-up

approach to the following issues.

- Vision Zero (casualty reduction) schemes
- Speed Management Schemes
- Freight Management
- Behaviour change
- Public Transport improvements
- Cycling and walking schemes
- Traffic reduction schemes.

All commendable strategies but, if taken seriously, will take some time to take forward. Meanwhile residents in Maze Hill and Vanbrugh Hill in particular, continue to suffer unacceptable levels of congestion, pollution and dangerous driving. Measures should be taken immediately to reverse this so that some form of parity can be restored for the benefit of the whole community.

SPEAKING UP FOR OUR STREET ENVIRONMENT

Dear Editor,

The recent news about the Council's abandonment of the Westcombe LTN probably did not come as a surprise to most of us. It was absurdly over-complicated and would have been an enforcement nightmare. A cynic might say that it was designed to fail. However, the current situation for pedestrians on Vanbrugh Hill is unsustainable. The Council claims that it has put in extra signage and removed street clutter but unfortunately the signage is in the wrong place and, in at least one case, the wrong way round. The street clutter still prevents anyone in a wheelchair or pushing a buggy using some pavements. The road markings at the Trafalgar Road junction are nearly invisible so thoughtless drivers regularly block the pedestrian crossings. The vague promise of a new pedestrian crossing does not really deal with the issue of dangerous speeding down the wrong side of the road which has become a regular feature of any busy time. How about a walk through the area with people who actually use this road every day rather than expecting a solution

from someone in Woolwich using Google Maps?

Yours sincerely

Patrick Ives - Chair EGRA

LTN Improbability

I am concerned about two ethical issues related to the LTN scheme introduced by the Royal Borough of Greenwich (RBG). The first concerns the consultation conducted by the RBG. The questions presented in the consultation were so biased in favour of the LTN scheme it ceased to be a fair consultation and became a propaganda exercise making the result unsound and invalid. An example of one particular bias question is the following:

How do you feel about the Council making modifications to the West Greenwich low traffic neighbourhood scheme to alleviate traffic on neighbouring roads? <https://greenersafergreenwich.commonplace.is/proposals/west-greenwich-low-traffic-neighbourhood>

The use of the word alleviate is leading, steering the responder to a positive response. A less biased question would be:

How do you feel about the

Council making modifications to the West Greenwich low traffic neighbourhood scheme?

My second concern relates to the primary objective of the LTN scheme. The objective is to encourage drivers to give up travelling by car in the Borough and use public transport instead, or to walk or ride a bicycle. In short, the method employed to realise this objective is to make it so unpleasant for motorists they acquiesce to this objective – punishment, not for an infringement of law or a breach of societal rules, but for a perceived greater good. Perceived that is, not by the motorists or even the Borough residents, but by a small number of Borough officers in authority. Moreover, this greater good, in terms of congestion and speed of public transport, is manifestly failing to be realised. Some may think this 'gain-by-pain' is an acceptable method of governance; I do not.

William Hunt, Heathway

To Westcombe Society

Introducing the road closures in West Greenwich and disregarding the entirely predictable knock-on

effects for the Westcombe area was a mistake by Greenwich Council which led to an understandable outcry from residents and the hurried proposals put forward for the Westcombe area. These have now been scrapped by the Council following the consultation.

A decision by the Greenwich Council Cabinet Member for Transport on whether to retain the West Greenwich LTN scheme is imminent.

The report by Greenwich Council refers to a long-term objective – to develop a borough-wide sustainable transport strategy. My view is that it would be right to reverse the closures until such a strategy is developed and properly consulted on. It is not fair to expect residents in the Westcombe area to have to wait for that to happen while continuing to endure an unacceptable level of displaced traffic.

*Cllr Geoff Brighty
Blackheath Westcombe Ward*

Dear Westcombe News,

Since my letter in the last *WN* (February 2022 edition), we have had the news that Labour-run

Greenwich Council have abandoned plans to enforce the Conservatives' so-called LTN schemes in Blackheath Westcombe Ward.

This is a victory for our community. What this volte-face by Greenwich Council shows is that even within the framework of our limited democracy, people power can still achieve success.

But whilst this battle is won, we have not yet won the war.

Our wealthy neighbours in West Greenwich, who appear to have an undue influence over Greenwich Council, still have their council taxpayer-funded private road schemes intact, which means we still have their displaced traffic in Blackheath Westcombe Ward.

Hopefully, by Thursday 5th May 2022, we will know the result of the West Greenwich LTN scheme consultation.

If commonsense prevails, Greenwich Council will remove them. Together, we can end this fiasco.

*Yours,
Trevor Allman
(Official Monster Raving Loony
Party – Greenwich Branch)*

NEIGHBOURHOOD

WESTCOMBE NEWS

PUBLISHER

The Westcombe Society
c/o 163 Westcombe Hill, SE3 7DP or
info@westcombesociety.org
Chair: Marilyn Little
Tel: 0208 853 1312

EDITOR

Anne Williams
All editorial correspondence to:
wnews@westcombesociety.org

EDITORIAL TEAM

Sophie Harrison-Knibbs, Thea Gioe,
Helen Amanda Hutchinson

ALL PRESS MATERIAL TO BE SENT TO:

wnews@westcombesociety.org
Deadline for April copy
18th March 2022

SUB EDITOR

Annie Grey

ENVIRONMENT

Editor: Maggie Gravelle
All comments and queries to
Emily Norton: 0208 853 2756

ADVERTISING

Jenny Senerat
advertising@westcombesociety.org
Deadline for Advertising:
16th March 2022

DISTRIBUTION

Emily Norton and volunteers
Tel: 0208 853 2756

PRINTING

Trojan Press.
Email: dave@trojanpress.co.uk
www.trojanpress.com

The views expressed in the Westcombe News are not necessarily those of the Westcombe Society or of the Editor.

We take all reasonable precautions to protect the interests of our readers by ensuring as far as possible the bona fides of our advertisers but cannot accept any responsibility for them. Any complaints should be addressed to the advertiser.

To access back numbers (in colour) go to:
<http://www.westcombesociety.org/westcombenews>

WESTCOMBE SOCIETY MEMBERSHIP

Please send your details to:
Christine Legg, 69 Mycenae Road, London, SE3 7SE or email: membership@westcombesociety.org

We would be delighted to receive your support and annual membership subscription.

Family membership £12
Individual membership £8
Senior Citizens/Unwaged £4

Thankyou

MumsAid Turns 10!



Mothers' Day 27th March

Returned

On the night when most of us were celebrating the love in our lives, or at least thinking about it, thieves stole one of



the 23 new Covid-19 memorial benches from outside Greenwich Cemetery.

Cllr Adel Khairah, Cabinet Member for Culture, Communities and Equalities, said, "The benches are a place for residents to remember loved ones and reflect on events of the past two years. They also serve as a thank you for the tireless efforts of key workers throughout the pandemic. The fact that someone would steal them is just beyond belief."

The happy ending to this sad, sorry tale is that the bench mysteriously reappeared Thursday night 17th February following a public campaign by the Royal Borough of Greenwich. The theft had caused a public outrage and made headlines locally and nationally. Cllr Khairah, said: "Benches don't just get up and walk away on their own. Whether or not it was returned by chance, or the thieves were shamed into giving it back, we may never know. But we want to say a huge thank you to the public for helping us raise awareness."

CCTV cameras in the area are being checked for information to help catch the thieves.

"If residents have any information about the theft and those responsible – please contact the police on 101."

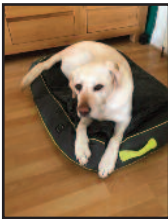
An Olympic Torch Bearer Bows Out

WN was saddened to hear James Muirhead, a highly decorated paralympian, has died (21.10.54-17.11.21). A regular swimmer at the Lido, Jim was in the British



Swimming squad until he lost his sight and joined the Paralympic team. He won five gold, five silver and three bronze medals from three different games. In 2012 he was inducted in the Scottish Hall of Fame and is currently the most decorated swimmer Scotland have ever had. In the same year he carried the torch over Tower Bridge for the Paralympics in London (pic below).

Although originally from Scotland, Jim moved to Greenwich in his 20's. Over this time he has had four guide dogs, the current one, Daphne (pic right), his wife Angela has been allowed to keep. Friends and family have raised over £5,000 for Guide Dogs for the Blind in memory of Jim.



Events

Mycenae House & Gardens

Friday 11 March
• **Clive Carroll** (Guitar)
Friday 18 March
• **Global Fusion** (St Patricks Day)
Saturday 19 March
• **Celtic Hearts** (Tramshed Fundraiser)
March & April
• **Tanaz Assefi** (Paintings)

Do, See, Enjoy, Share, Experience

020 8858 1749
www.mycenaehouse.co.uk
90 Mycenae Road, Blackheath, SE3 7SE

Committed to the development of your community. It is a place for learning, wellbeing, culture, support and socialising. We hire halls for Celebrations and Family Parties, activites, meetings, events and all manner of things!

Westcombe Society Helpers' Evening

On a recent Saturday evening Mycenae House hosted a most welcome party, one the Westcombe Society puts on annually to acknowledge and thank its members and volunteers for their time and commitment to the local community. For without these people there would be no Westcombe Society; they are the its heart and soul.

Some 55 volunteers and members joined forces for an evening of jollity and delicious food as we celebrated the enthusiasm and love for community that has got us through the last two years and offers such hope for 2022.

Society Chairman Marilyn Little was delighted to announce at the party that this year all functions are back on to raise money for the Westcombe Society's Charity of the Year (yet to be chosen). That means we can look forward to two quizzes, the Easter egg hunt, Daffodil tea, and Chrysanthemum tea. As well, there's our annual fund raising efforts for Macmillan Cancer – the Macmillan coffee morning and the Macmillan walk. Details will be in upcoming issues of the *WN*.

Why not join us and make new friends as you explore the many ways you can contribute - helping organise and and/or give your time to functions that raise money for local charities, writing for the

local paper, or perhaps you have some fresh ideas to bring to the Society. Please do get in touch, we would love to hear from you. **- Diane Blackwell**

info@westcombesociety.org
wnews@westcombesociety.org

Dallas Chicken

If you go online you will find that Dallas Chicken and Ribs in Strathenden Road (sic), is 'open for dine-in, collection and delivery!'

The planning department have indeed received an application to install an external extraction ducting system. This is a large stainless steel pipe which would rise to above roof level and includes a number of fans, a silencer and filters.

Residents are concerned that this unsightly installation will lead to the premises becoming a takeaway, a change of use that has been refused in the past. They fear it would lead to noise and smells. Even if permission is granted for the ducting, further permission will be needed for it to operate as a takeaway, so perhaps the information on the website is somewhat premature.

Are You Raising a Trilingual Child?

If your child is exposed to two languages other than English at home, we want your help!

Multilingualism has many benefits for individuals and communities, but parents of children growing up in multilingual environments often lack the necessary information to decide which languages to speak at home.

We are working on a research project which aims to improve understanding about which circumstances allow active trilingualism – the productive use of three languages - to thrive. We want to find out which factors predict whether children will actively use each of their three languages as they get older. We hope that our findings will help parents, teachers and other professionals to make better-informed decisions and offer better advice when it comes to raising children trilingually.

We are looking for parents with children who are:

- between 5 and 10 years old;
- living in the UK since birth or before the age of 3
- attending a school where most classes are taught in English
- frequently hearing two languages other than English at home.

This international project is a collaboration between researchers at the University of Cambridge and Radboud University Nijmegen in the Netherlands. If you would like to participate by completing a 35-minute online questionnaire, please contact the principal researcher and local resident, James Algie, by email: ja600@cam.ac.uk.

James Algie
*Doctoral Researcher in Linguistics,
University of Cambridge*

Local School News

Random Acts of Kindness at Blackheath High

Chris Alaru joins Blackheath High School this month as Deputy Head (Staff and Students). The school continues to place a high value on their students’ wellbeing and mental health and Chris has experience in pastoral care.

For Year 9 last week, he organised a Random Acts of Kindness Week – girls were given a buddy, who remained anonymous and did small things; for example; smiling, holding a door open for a fellow student, or leaving a kind note in a locker – for no reason than other being kind. He plans to roll this out with the whole school – students and staff.

OPEN DAYS

The School is set to open its gates for prospective students at an in-person ‘School in Action’ open day on Tuesday

8th March and Wednesday 9th March from 09:00 to 11:30hrs.

Visitors will be able to observe the school during a normal teaching day – viewing lessons taking place and getting a glimpse into the teaching on offer. They will also have the opportunity to ask about the curriculum, clubs, and co-curricular activities on offer.

- Polly de Burgh Marsh



The P.R.I.D.E. of John Roan

The school ethos at The John Roan School is summed up in the acronym PRIDE:

Proud of ourselves, constantly striving to be the best we can be

Respectful of difference and diversity.

Involved in school life and contributing positively to society.

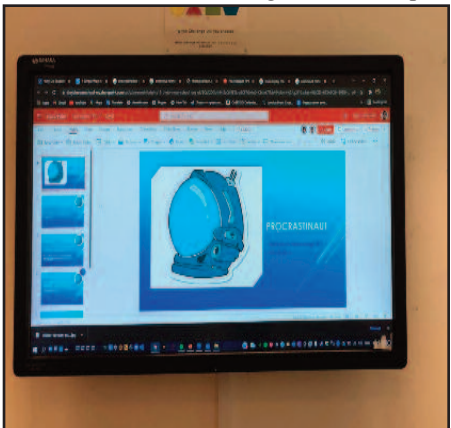
Determined to try new things and to persist in the face of difficulty.

Excellent in all we do.

The school hosts four Pride Days across the school year, during which students take part in a wide variety of activities designed to develop character and broaden perspectives. Friday 4th February was a day packed full of visiting speakers and workshops. Year 7 enjoyed a day of team-working, communication and problem-solving in a work-related context with Bright Futures Experience, whilst Year 9 students took part in a hard-hitting workshop on the dangers and realities of knife crime from The Crib, Hackney, and heard talks from Growing Against Violence about gangs, and exploitative peer-on-peer relationships and antisocial behaviour.

@METROCharity and St Giles delivered sessions on consent workshops and County Lines for Year 10.

Students in Sixth Form took part in a Dragon’s Den challenge. Local business entrepreneurs from Canvin and Catchpole, Rooted Spices and Prime Bar, plus Head of Sixth Form, Ms Porter were the Dragons and students were challenged to come up



with a solution for procrastination.

The Procrastinaut is an app (above pic) designed to help prevent procrastination by providing reward check points at various stages during the course of a task or assignment. Students collect the rewards as they work their way through a task, with a greater reward once completed, and parents are able to check their progress.

- Jayne Nelson

Letters

Dear Editor,

I read with interest your article on the merits of solar panels. We had a solar thermal system installed 13 years ago, and immediately saw our gas bills plummet: the system supplies almost all our hot water in spring, summer and autumn, and helps top it up in winter. We now also have a big set of solar photo-voltaic panels, installed early in 2019. This sends electricity to the grid, as well as supplying household needs when the sun shines on it. I fully recommend making the investment: maintenance has been minimal, we’ve saved money, and we’re using less carbon.

We’re lucky that our house faces north, because the panels work best if they are south-facing. That also solves the problem of visibility in a conservation area. But even if panels can be seen from the street, on side-facing roofs, they should be encouraged for their ability to cut bills and dependence on carbon-based energy. We’re also lucky to have a house with a hot water tank, old-fashioned perhaps but allowing heat and electricity generated from solar energy to be captured and stored easily.

My one criticism of your article is that it encourages readers to think of panels solely

Westcombe News March 2022

ly in terms of payback, and whether the investment will ever be repaid. I would argue that with climate change happening all around us, anything we can do to lessen our carbon footprint must be a good thing. Solar panels and other measures like home insulation are an investment in the future, for us and for the next generations.

Yours,
A. Robbins

To the Westcombe News,

On Friday morning January 21 I tripped on a paving stone in Westcombe Park Road and fell heavily. Within a few minutes six or eight people had gathered around me. They collected up my belongings, put away my keys, called an ambulance, got me a duvet and a cup of tea from the nearby flats. One young man stayed from the beginning until I was taken away in the ambulance forty minutes later.

In the event, apart from a spectacular black eye, I was shaken rather than badly hurt. But it confirmed my absolute faith in the kindness of strangers and I am so grateful to everyone who rescued me. Thank you.

Jane Grant
Stratheden Road

Rail Services: South-east London

Many residents will be all too familiar with the decline in the rail service on the Greenwich line and the resultant overcrowding. Recently Matt Pennycook, our MP, raised a question in the House. "What plans", he asked the Minister, " he has to help improve services for rail passengers in south-east London?" The reply from Wendy Morton, the Parliamentary Under-Secretary of State for Transport, was rather general. She blamed the reduction in service on a high level of driver absence and said, "Department officials are working closely with operators in south-east London, including SE Trains — Southeastern—and Govia Thameslink Railway, to ensure that a reliable and punctual service is delivered as passengers return to work."

- Maggie Gravelle

The Reachout Project: Healing Loneliness and Isolation

Mycenae House will host a 'Charity Get Fit and Raise Funds, Boot Camp' on Wednesdays 7.30pm to 8.30pm to raise money for their Reach Out Project - tackling isolation and/or loneliness. They are thrilled to have Darren Holness lead the session. It costs £10 and all proceeds will go to the Reach Out Project to develop more activities for the community. If you want to skip the exercise (!) but still wish to donate please go to <https://gofund.me/dca63586>.

Other activities include:

A brand new community project with The John Roan School starting 7th March at 11am (term time only). Local residents are invited for coffee and to have a chat with a School Community Librarian pupil about their memories of the area.

Join the FREE inclusive 'Exercise meets Theatre' sessions taking place on Tuesdays 12-1pm where Personal Trainer Darren Holness and Theatre Director, Valeria from Nine Lyrae Theatre, will host both sessions, in synergy, in our large hall. It's accessible, FREE and it's a chance to share some fun and creativity.

Every week there is a 'Wellbeing Reach Out' Cafe for those who wish to meet other people who might also be suffering from isolation. Just drop in and whilst you are there meet Paul Clayton from Soulchip Communications who can help with your

A Helping Hand

Royal Greenwich registered foster carers will be exempt from paying council tax following a new agreement by Full Council. This decision, effective from 22nd April, recognises the invaluable contribution carers make towards some of Borough’s most vulnerable children.

Councillor Matt Morrow, Cabinet Member for Children and Young People, said: “I’m so proud of our amazing Royal Greenwich foster carers and this was a good opportunity to thank them..”

“Fostering is lifechanging for all involved, and by making this decision we hope we will be encouraging more people in Royal Greenwich to consider fostering.”

The scheme also extends to shared lives households, who support some of the most vulnerable adults in our community.

Find out more about changing a child’s life with fostering for Royal Greenwich by calling the team today on 0800 052 1499.

Knit for health

HELD THURSDAYS 1PM-3PM MYCENAE HOUSE, 90 MYCENAE ROAD, BLACKHEATH, SE3 7SE

STEP FREE ACCESS IN THE HALL

CONTACT
0208 858 1749
EMAIL:
MYCENAEOUTREACH@GMAIL.COM

FEELING BLUE? KNITTING HELPS YOU TO FEEL BETTER AND GIVES YOU THE OPPORTUNITY TO MAKE NEW FRIENDS OF ALL AGES

digital gadgets that can confuse us all (smartphone, laptop, tablet etc.) First come, first served.

If you’d like to knit/crochet there are volunteers who can help you learn (bring your own needles - wool supplied). It's 1-3pm on Thursdays. No need to book.

If a local business or individual wishes to sponsor the Reach Out Project or to help raise money, please let Deborah at Mycenae know. She is open to ideas!

If you wish to attend any of these events please email mycenaehouseoutreach@gmail.com or call Mycenae House on 0208 858 1749

A small group of individuals provides sanitary protection in Kenya for up to 600 girls every month. We are now seeking to create a regular donation base of £400 a month (to achieve a maximum of £5,000 a year) to continue this work into the future.

Do you have £2 a month to help?

Stamens is a 'small charity' [registered under HMRC for GiftAid] based in Greenwich - 100% of the donated money is spent on the mission, which has no administrative costs.

To find out more
or to set up a £2 monthly donation, please visit www.stamens.org.uk

FEATURES

Does It Bring You Joy?

Anne Williams

In eternity, waiting for ‘the virus’ to pass, I watched several programmes by decluttering Queens including the Netflix series by Marie Kondo of, “*Does it bring you Joy?*”, fame. Witnessing the resistance on adults’ faces at having to let go of anything from a stuffed toy collection to a wardrobe of never-worn clothes, I’d asked myself, how difficult can it be?

I started with a collection of kid’s drawings pinned onto my noticeboard, my fridge, the freezer and stacked in between a pile of old WN copies. But the drawings were sweet and did bring me joy, realising it was the decisions, so many decisions, that made the process of lightening up so difficult. I was going to need back up.

It arrived in the form of my latest PA who started with the contents of the ‘tall cupboard’ where my dog’s products lived. “What are in all these bottles?” she asked, squinting at their faint labels. ‘Steroids, antibiotics...’ I answered vaguely. She tried to open one, and couldn’t budge the lid. She put it in the rubbish pile, saying impatiently, “What’s the point of keeping a bottle you can’t open”. I suspected it might be the hippy scrub (antimicrobial skin cleanser) but didn’t argue with her logic.

I found letting go of ‘past their sell-by

date’ food items much easier, you can’t argue with an out of date label, although my mother could. Appalled at my money-wasting ability, I watched as the, oh so expensive, but tasteless, blueberry powder being binned along with a kilo of turmeric - what a waste! Following it into the compost was the keto bread mix...all those lifestyle diets bought into and never followed through.

It was the wardrobe’s turn next and this was where I saw the most financial waste. Stuff I’d never worn, clothes a size too small, colours that washed me out; why hadn’t I sent them back? I’d have to Ebay some of them, surely, to recoup a bit of their cost but it was tempting to stuff everything into the charity bags. I felt like weeping as I went through the shoes and boots - some I’d had 20 years and never worn, including a pair of wedding slippers I’d bought and never used. Surrounded by bulging black bin bags and three toppling piles called, ‘maybe keep’, ‘give to family/friends’ and the highest one of all, ‘No’, I feel the horror of overwhelm. This was just too painful. If I lost weight I’d have a whole wardrobe of ready-to-wear classics and then I wouldn’t have to go through the hard work of reselling the ones I really

couldn’t face just giving away. ‘Does it bring you joy?’ No, it brings me stress. It’s like throwing cash down a drain.

Mid February and I was feeling lighter, but we had yet to do the books. I Googled selling books and found the Ziffit App. I started with great enthusiasm but then saw 60p for a huge book about a music composer, I must have paid £30 for. I zapped the barcode again...60p. I Googled the book on eBay and saw it had a value of around £19.00 with a postage of £8. I looked at the hundreds of books and thought, really Anne, you are going to individually sell all these? So with a sense of financial ruin, I went back to Ziffit who would at least send a courier to pick them up. I made £100.09!

Now it’s the turn of my dog’s toys and accessories but she was having none of it. She likes her headless giraffe and her torn up tiger rug and so what if she has three beds? With great determination she dragged all her belongings out of the rubbish pile.

As March draws closer, I know there’s more to reduce, but I love the empty spaces that

decluttering has created and find myself guarding them. Even when my brother-in-law WhatsApp’d me, asking for a picture of my toy car collection, as he didn’t want to buy a duplicate, I hesitated, but only to formulate a polite decline. I definitely didn’t need another toy car with which to face yet another decluttering dilemma, as their vintage designs *do* bring me joy.

Nothing’s safe from this urge to reduce, even my thoughts and emotions are having a Spring clean. To each I ask, “Does it bring you joy?” Obviously many don’t, but the feeling of my achievement so far, does, so I’ll keep that feeling. I’ll need plenty of it to tackle the cellar.



Ready, Set, Garden!

D.L. Gioe

While the days may yet be short and chilly, March ushers in the first day of Spring on the 20th. Now is the time to start your vegetable garden, so that you can enjoy the bounty in a few months’ time. There is nothing like spotting the first green shoot poking above the soil and then watching as it grows and blooms to make your days brighter. Of course, the real joy is the sweet flavour of something you’ve grown yourself – so much tastier than that which is picked early and shipped to a store – and easier on the wallet.

Don’t worry if you don’t have a garden or bit of land to call your own. All you need are containers, soil, seeds and some sun. You can get fancy with decorative planters or improvise with some repurposed milk jugs, juice cartons or soda bottles placed on a sill, balcony, step or patio. You can even hang planters, trays or shelves on a sunny wall.

Where to begin? With the seeds, of course! Though you can pick these up at most garden stores, you might be surprised

to know that you can also order them through the mail. Look for heirloom seeds best suited to Britain’s unique climate and short growing season. You might also check with your neighbours – you’d be surprised how many people save seeds from one season to the next and will be happy to share with you the prize cucumber some great aunt has been raising for decades. Be cautious of anything in stores marked GMO (or genetically modified), and look instead for organic seeds that haven’t been pre-treated with chemical fertilizers or anti-pest agents. While you’re there, pick up some organic soil, and rest easier knowing that the food you grow is good for your system and the environment.

Start seeds now that you intend to put outside in 8-10 weeks. Tomatoes, aubergines, broccoli, broad beans, peppers, lettuces or kale all do well in pots. Cucumbers can be trained to a trellis and make for fun vertical plantings.

Seedlings need to be transplanted into larger containers later, but starting small

makes them easily transportable. Some seeds crave warm soil, and with smaller seedling pots you can even pop them in the airing cupboard for a miniature heatwave to get the seeds germinating.

If you’d rather not mess with transplanting seedlings, but rather get straight to planting in bigger containers where the crops will stay for the whole season, start with peas. These cool weather loving vegetables are well suited to container gardening, especially dwarf varieties that don’t need staking. Most varieties yield a harvest in just 11-12 weeks, and they’re as good straight out of the pod as they are cooked. You can sow successive batches and keep yourself in fresh peas most of the summer.

If you’ve got a container at least 8 inches deep, now is a good time to plant carrots, beets, spring onions and even potatoes – though they’ll need to be kept inside until the sun is strong enough to keep the soil at least 15 degrees Celsius. To get more out of your container space, consider pairing plants that grow down with plants that

grow up. Carrots love tomatoes, for instance, so if you’ve got a good-sized planter, fill it with a sandier soil to appeal to both – though you may still want to consider a smaller varietal of cherry tomato, which will require less staking, especially if you intend to keep the container indoors. Plant peppers with your beets, and enjoy the colourful combinations.

In addition to vegetables, herbs are delightfully fragrant plants and thrive indoors or out, and can easily be kept smaller, on your kitchen sill, for easy integration into recipes. Chives, basil, coriander, mint, rosemary, oregano and thyme lend a special zest to salads, sauces or even a cocktail. Many, like garlic, lemon balm or lemon verbena, also help repel mosquitoes and other pests.

For a spot of bright colour, nasturtium, sunflowers, and violets not only lend beauty to pots and attract pollinators, but can also be eaten! What’s certain is that raising your own container cornucopia couldn’t be sweeter!

INVESTMENTS

PENSIONS

ESTATE PLANNING

STARKEY

FINANCIAL PLANNING

Contact us: 020 8853 7160
admin@starkeyfp.co.uk

2 Charlton Road, Blackheath Standard, London SE3 7EX

Independent and friendly advice from south east
London’s top team of Chartered Financial Planners

Starkey Financial Planning Ltd is authorised and regulated by the Financial Conduct Authority



SENTINEL
— DESIGN AND BUILD —

SPECIALISING IN EXTENSIONS, LOFT CONVERSIONS, REFURBISHMENT AND RESTORATION PROJECTS.

BUILDING HARMONIOUS HOMES FOR LIVING, WORKING & RELAXING

MUMTRUSTED ROYAL BOROUGH OF GREENWICH
EXCLUSIVE BUILD PARTNER.

www.sentineldesignandbuild.co.uk



TRUSTED

Instagram Facebook Twitter

WQ

WQ

WQ

Tel: 0203 302 8005 / 07747 517930

contact@sentineldesignandbuild.co.uk

WHAT'S ON



CHARLTON VILLAGE THEATRE

THE ASSEMBLY ROOMS,
THE VILLAGE, CHARLTON SE7 8UD

FRIDAY - 4TH (7.45pm)
SATURDAY - 5TH (4pm/7.45pm)
SUNDAY - 6TH MARCH (6pm)

In aid of Charlton House Roof repairs
for the benefit of the Whole Community

Tickets: £15 Adults £5 Children
BOOK NOW: 020 8856 7373

In Words Poetry

Growing Well
Thursday March 31st, in-words is bringing you from Norfolk, Peter Wallis and Jenny Pagdin. They will take you on a poetic journey from birth through doctors' waiting rooms to allotments and family (and other) trees. As always, there will be a bit more than verse. This is a free event by invitation. Email Irena50@gmail.com to join and you will sent the Zoom link the day before the reading.

Arts Society Greenwich

Land of the Monkey God - The Art and Architecture of Sri Lanka
Lecturer: Georgina Bexon
7pm Monday 14th March

Shrines, stupas, cave temples, colonial grandeur and modernist architecture – a look at the history of this beautiful island through its intriguing art and culture. For much of Sri Lanka's past Buddhist and Hindu have lived alongside each other peaceably and much of its culture is evidence of this spirit of tolerance and generosity. This talk examines the fascinating story of Sri Lankan art and the original minds, talents and spirits that created this unique visual world.



This lecture will be presented on Zoom. Members will receive email joining instructions. Guests are welcome for £8 - please email ticaclark@hotmail.com for further details.
www.theartsocietygreenwich.org.uk

Easter Courses On Sale Now!

EARLY YEARS | CHILDREN AND YOUNG PEOPLE | ADULT



FAIRYTALES & LEGENDS

The Conservatoire

www.conservatoire.org.uk
info@conservatoire.org.uk
ART | MUSIC | DRAMA

Greenwich Industrial History Society

15th March:
Work of the Industrial Heritage Support Officer by Mike Nevell
19th April:
Film Making and the history of the Greenwich Peninsula by Paul Wyatt
17th May:
The Museum of Slavery and Freedom in Deptford
14th June:
Photographs of Greenwich & Docklands Industry since 1970 by Peter Marshall,
19th July:
Morden College and its Archive by Elizabeth Wiggans
20th September:
The Survey of London in the East End by Peter Guillery
18th October:
Colliers – the work of the coal-carrying ships by Roy Fenton

All meetings will be on Zoom and details of how to book will appear on the Greenwich Industrial History Facebook page a few days before the event. Bookings will be on a first-come-first-served basis.

Royal Museums Greenwich

Canaletto's Venice Revisited

Tickets are now on sale for a new, major exhibition opening 1st April. A rare opportunity to see up close the complete set of 24 Venetian views by Canaletto from the Woburn Abbey Collection.
The exhibition aims to reassess these iconic works, created at the height of the artist's career, alongside contemporary objects examining the city's current tourism and climate change challenges, putting into context Canaletto's idealised scenes with the social and environmental issues the city faces today.

FREE Visit the **Queen's House**. Open daily. Home to internationally-renowned art including more incredible artworks from the Woburn Abbey Collection.

In celebration of Women's History Month this March, discover the untold histories of female pirates and trailblazers through the ages. Drawing on the knowledge of

Pic: Pirate Anne Bonny (b:1700)



writers, performers and academics involved, we look at the pioneers who forged their own future in an overwhelmingly male-dominated society.
The series of **Zoom talks** sheds new light on female pirates and gender non-conforming histories within the navy. These include the exploits of Zheng Yi Sao (Ching Shih) – the most successful pirate in history – and the life of William Brown – said to be the first Black woman in the Navy, all of whom pushed gender and sexual boundaries on the high seas.
The programme kicks off with a screening of *Matriarchs*, a drama by writer and biographer Anne Chambers. This production centres around the meeting of the Pirate Queen Grace O'Malley and the Virgin Queen Elizabeth I in 1593.
All Royal Museums Greenwich sites are now open. Find out what's on and plan your visit at rmg.co.uk/plan-your-visit or sign up to our e-newsletter.

Early Music

Musicke in the Ayre, St Alfege 5th March, lunchtime recital. “A Greenwich Song Sandwich” – songs from the reigns of James I and Charles I, bookended with works by two Greenwich-based Royal musicians. Alfonso Ferrabosco the Younger and Nicholas Lanier. 1.05pm.

Charlton House

Meet the Collection with the Friends of St Luke's
Sunday 6th March, 1.00-4.30pm
St Luke's Church, Charlton
Engage with local history artefacts in the wonderful setting of St Luke's Church. Learn about the history of the Church and Charlton, and go on a tower tour. Everyone welcome, for refreshments, free children's activities, and a chance to tell your own stories of the area.

Open Fridays at Charlton House & Gardens


Friday 18th March, 9:30am-3:30pm
Charlton House & Gardens, Charlton
The regular programme of open days continues, welcoming the community to explore the House and discover its history one Friday every month. Activities include daytime tours of the House, lunch and tea from their in-house café Frilly's, toddler time with Montessori Moments nursery school, and local treats from the Producers' Market from 10am to 2pm.

Runs in Greenwich Park

19th March - Greenwich Meridian 5k-10k
Approximately 300 participants.
2nd April - Run Through Greenwich, approximately 500-600 participants.


Events on Blackheath

Zippos Circus: 31st March-8th April
Funfair on Circus Field:
27th March-19th April




Local team of IT experts ready to transform your business

- Friendly, local team of engineers with over 100 years' combined IT experience and expertise in multiple industries
- Huge range of knowledge in both **Local** and **Cloud** services like Office 365, SharePoint and Teams
- Flexible service tailored to your needs ... and we won't use baffling jargon
- Fast 1-hour response Helpdesk service
- We can solve the IT woes that are holding your business back (hardware, software, networking, collaboration ...) and make you more productive



"Headstart provide us with exceptional service"
"Peace of mind and technical reassurance"
"Excellent service, friendly people"

 **0208 858 2002**

Check out more of our testimonials at www.headstart.it

Call us - with no obligation - to find out what we can do for your business

The Dinsdale Road Wall Rebuilt at Last!

After nearly three and a half years, during which the retaining wall at the top of Dinsdale Road (where it meets Humber Road) was demolished, the area has been transformed. Some 'serious' structural engineering has gone into rebuilding the wall and the raised bed area has now been planted with a range of appropriate trees. A local resident told us: "Without the ongoing support of the Westcombe Society and Councillor Geoff Brighty, this project may have dragged on for a further three years! But the replacement wall is fabulous and we are looking forward to seeing how the planting flourishes."

- Helen Warner



Reducing Your Heating Bill Will a Thermal Imaging Survey Help?

Helen Warner

A thermal imaging heat loss survey is a quick way to identify the places where your home is losing heat and money. This interview with Helen Warner describes her recent experience of such a survey:

Why did you decide to have a thermal imaging survey?

I'd read some articles and then attended a couple of webinars run by SELCE co-operative (SE London Community Energy) because I'm interested in how to better insulate my house in order to lower my carbon footprint and reduce my energy bills. I had already decided that some of the 'big ticket' items such as having an air-source heat pump was too invasive and well beyond my budget but was interested in other things I could do. A thermal imaging survey of the house would show up my 'problem areas' and therefore help me make decisions on what I could afford to do. For example, I can't physically get into my loft and although it is insulated, I didn't know how well. I was also about to have refurbishment of some rooms, so it was the right time to look at this.

What happens when you have the thermal imaging survey?

Two advisers from Future Fit Homes (SELCE) came. They fixed a huge fan in a plastic seal to my opened back door to draw the air through my house. They then

went around each room with a thermal imaging camera, giving me an iPad so I could follow round and see what the camera saw. Cold areas showed up as deep blues to green and warm areas yellows through to red. In each room they explained the problem and what might be done to rectify it. For a typical house it takes around 2 hours. You get a summative report with images, the issues and recommendations.

What did you find out and what will you do about it?

Firstly, that my loft insulation is terrible! So, I will go ahead and have my loft re-insulated. This is relatively low cost and will make a big difference. I will also have a draught-proof loft hatch installed to ensure no leakage occurs around the hatch. Secondly, my east-facing solid brick wall is also losing lots of heat. Planning permission is required and currently external wall insulation, to the best of our knowledge, is not allowed in conservation areas. To have a wall properly insulated internally is a 'big deal' however, and if not installed correctly can lead to damp and mould. You lose considerable room space and it has knock-on effects such as needing pipe work and radiators moved, therefore can affect front and back rooms. However, I am currently having my living room refurb-

bished and my trusted builder has provided me with a compromise type of internal wall insulation which will still allow the room to 'breathe' and means I only lose two inches of room depth. This compromise will reduce heat loss in that room. At a later stage I will repeat this in the front room, keeping an eye on how home insulation technology develops.

I learnt that some of my (old) double glazing is 'leaking' where the window closure isn't fully gripping and over time, I will have windows replaced. One 'howler'! I have a redundant gas fireplace in my front room which was causing a huge draught. I had already had the gas terminated and will have the gas fire removed. Temporarily I have now plugged 'the hole' with bubble wrap but intend to have a chimney sweep fit a proper chimney 'pillow' to provide a seal which still allows the chimney to 'breathe'.

I have bought some radiator reflectors to put behind the radiators in some rooms so that heat is reflected back into the room instead of being lost through the walls. These steps should make a difference. How much did the survey cost? £299 Further information can be found at: <https://selce.org.uk/>

Wildlife Corridor

Residents living around Westcombe Woodlands located between Vanbrugh and Maze Hills report regular hooting - and its not just from frustrated motorists! The distinctive 'hoo, hu-hooo' of the Tawny Owl can be heard calling most evenings. The owl is endangered with around 11 breeding pairs in London. Former residents of the Nurses' Home - now Woodland Heights - remember hearing owls in the 1970s. Their calls are heard along Humber Road and Mycenae House Gardens and were audible from the streets around Blackwall Lane during the lockdown period when traffic noise was greatly reduced. The presence of both owls and bats were mentioned in objections to the (recently rejected) planning proposal to

add extra storeys with rooftop gardens to Woodland Heights. Similarly, the Friends of Oxleas are calling on the Eltham Area Planning Committee and the Royal Borough of Greenwich Planning Board to reject the eleven-storey Shepherd Leas planning application due to its impact on the woodlands - unless the height of the proposed building is reduced to six storeys or less.

Oxleas Campaign - visit www.oxleas-woodlands.uk or our Facebook page @oxleasfriends

London Wildlife Trust are keen to have reports of owls - <https://www.wildlondon.org.uk/campaign/record-your-sightings/owl-prowl>

- Rich Sylvester

PLANNING APPLICATIONS (See also <http://www.westcombesociety.org>)

34 DINSDALE ROAD ref 22/0077/HD
To demolish rear and side infill extensions and erect new single storey rear and side return extensions with glazed roof lights.

49 MAZE HILL ref 21/3608/L
To enlarge rear garden boundary wall.
27 SHOOTERS HILL ROAD ref 22/0301/HD and 22/0302/L
To demolish metal garden terrace and construct lower ground rear extension, internal alterations, and alterations to window and door openings to side and rear. Grade II listed.

67A SHOOTERS HILL ROAD ref 22/0176/HD
To construct first floor side extension.

60 FOYLE ROAD ref 22/0172/HD
To demolish rear conservatory and construct single storey rear extension

TREE WORKS
36 BEACONSFIELD ROAD ref 22/0492/TC
To fell lime tree in rear garden.

47 WESTCOMBE PARK ROAD ref 22/0460/TC
To fell 2 plum trees, 2 hazels, 1 elder, 1 buddleia, crown reduce weeping ash, yew, mulberry, and ash, and prune back holly to the boundary.

3 HIGHMORE ROAD ref 22/0267/TP
To crown reduce Acacia dealbata by 30%.



TROJAN PRESS

PRINTING IN BLACKHEATH SINCE 1978

ALL PRINTING UNDERTAKEN

SUPPORTING LOCAL BUSINESS

1a Lizban St
Blackheath, London SE3 8SS
Tel: 020 8853 2268
Email: info@trojanpress.co.uk
www.trojanpress.com

PAINTING & DECORATING

Interior/Exterior/
Experienced Reliable Clean
Fully Guaranteed/Insured.
References available.
Free no obligation quote
and advice given

JOHN at JAMES & LAMONT
Office 020 8462 4646
Mobile 07802 535695
jamlam.john@btinternet.com

A & A LANDSCAPES
Landscape Specialists



Free advice & estimates



Qualified horticulturalist

All aspects of soft & hard landscaping work carried out including
* Maintenance * Site clearance
* Turfing * Tree surgery
* Fencing * Patios
* Brickwork

Tel. 020 8318 2530



St Olave's Prep School



Contact us for further information or to arrange a tour

●● The quality of the pupils' academic and other achievements is excellent ●●
ISI Inspection Report

www.stolaves.org.uk. Call 020 8294 8930

THE OUTDOORS

My Rowing Life

Cath Farrant

In 2016 I began a fitness journey to get back in shape and with some trepidation, shelled out for a membership with Burn it Fitness at the Standard. My first session left me panting for breath and red-faced in my armchair unable to move for an hour! Over the next few years, I became fit and lost 15 kilograms. I'd made new friends and found joy in strength training and mad games without rules on the heath with others. I'd even started running after years of saying I was not a runner. I still train with Burn It and love the trainers and the approach.

Wanting a new challenge that was skills-based and, encouraged by one of my Burn It friends (local resident Charlotte Kirk - who just happens to be a coach for Juniors at Globe Rowing), I signed up for a Learn to Row Course in May 2019! I was 59 but thought why not! My dad had rowed though I never witnessed this, the river was there, and I really love to be on or near water. I wasn't the only senior on the Learn to Row course – and it was super fun though very hard. We learnt sweep rowing which is where you row with one blade and are in quads or eights. I even raced in that first summer at Peterborough with the naiveté of a first-time rower! We didn't win but we had a blast.

Rowing is not for the faint-hearted – it's a team sport and there is a lot of skill involved. There is always more you can do to improve. And did I mention the blisters?

I'm still a novice, not least because from March 2020 – September 2021 there was limited opportunity to row given the pandemic. I learnt to scull (2 blades) in the summer of 2021 and then picked it up

again when things really opened up and have been mostly sculling since. When you are in a boat with really experienced competent rowers, there is no bet-



ter feeling as you fly along, and the boat is steady and stable. Other boats with mixed crews can be a nerve-racking experience as the timing is off and the boat wobbles alarmingly! But the worst that can happen is that you get wet – it is a water sport after all!

And believe me I have fallen in – the most dramatic being in a coxed quad in February 2020 in the Thames with a full-scale rescue by a police boat, a ferry, a working boat and a lifeboat! (pic above) I had only just learnt capsize drill the week before! Learning to single on

the Thames is also likely to lead to a dunking in the water as the river is capricious and novices dig blades into the water which tends to overbalance a boat – but you are never far from the shore. Make sure to have a spare change of clothes with you always! Globe is friendly and inclusive club, and your membership gives you events, a gym, circuits and coached rowing both on the river and at the Albert Docks. It's a fun crowd. They will be running further Learn to Row events this summer – follow them on Instagram and watch out for the announcements. Newbies now learn to scull and progress to sweeping once they are established rowers. Give it a go! If you rowed at university or elsewhere then message them for a try-out before joining.



WOODLANDS FARM

Hedge-laying Experience

Saturday 12th, Sunday 13th, Saturday 26th or Sunday 27th March. 8am – 4pm

Work alongside Woodlands' Farm Conservation Team and learn the ancient art of hedge-laying. In this hands-on experience, you'll lay a hedge from start to finish, including:

- Preparing the ground.
- Learning how to use the hedge-layers tool, a billhook, safely.
- Cut wooden stakes and hazel bindings.
- Learn the skilled art of 'pleaching' – slicing the stem of a tree just enough to keep it alive but make it supple enough to become part of the laid hedge.

Cost: £80 for a full day. For information visit our website or to book contact admin@thewoodlandsfarmtrust.org or call 020 8319 8900.

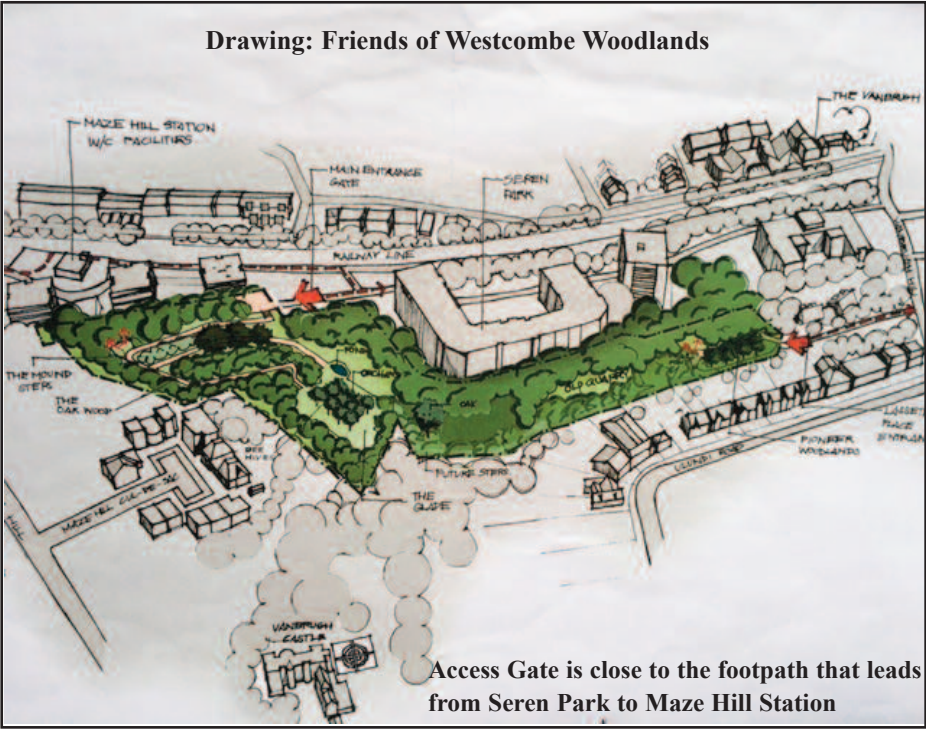
Woodlands Farm is located on the borders of the London boroughs of Bexley and Greenwich. At 89 acres, it is the largest city farm in the UK. Their priorities are education and conservation, and the farm is part of the Natural England Higher Level Stewardship Scheme helping to bridge the current town/country divide.

Nearest tube: North Greenwich
Nearest station: Welling
Buses: 486 and 89

Sensible shoes and clothing are recommended! Dogs are not allowed on the farm, unless they are assistance dogs.

THE HIDDEN NATURE OF WESTCOMBE WOODLANDS

Drawing: Friends of Westcombe Woodlands



Access Gate is close to the footpath that leads from Seren Park to Maze Hill Station

Six and a half acres of wooded scarp-land make up Westcombe Woodlands (pictured left); surrounded on all sides by development - the semi-detached and terraced houses of Ulundi Road, Vanbrugh Hill and Maze Hill to the south, east and west, and Maze Hill station and the modern blocks of Tom Smith Close and Seren Park to the north.

Before the mid-nineteenth century the area was largely rural. As the surrounding area got developed from the 1840s onwards, the Westcombe Woodlands escaped development, partly because the old gravel pits on the site had left the ground far too steep to be built on. The slope on the site would previously have been much more gentle. As Neil Rhind puts it in his in his History of Blackheath Village and Environs (1986) "its steep slopes and uneven terrain was created by man only as recently as the middle of the 17th Century, if not shortly before". If it had not been for these gravel pits, the land

would surely have been developed just as the rest of the Westcombe Park area was from the 1860s onwards.

Open/Volunteer Day
Friends of Westcombe Woodlands <http://www.westcombewoodlands.uk/>
Westcombe Woodlands welcomes volunteers and visitors to have look round. Woods open from 10am-1pm on Sunday 6th March and Saturday 2nd April (usually open either first Sat or Sun of each month) The latest Woodlands newsletter available online.

RSPB Garden Birdwatch 2022

Took place in the Westcombe Woodlands, on Saturday 29th January and 14 species were recorded:

- Wood Pigeon 2,
- Stock Dove 2,
- Great Spotted Woodpecker 1,
- Ring-neck Parakeet 1,
- Blue Tit 2,
- Great Tit 2, Long-tailed Tit 2,
- Wren 3,
- Robin 2,
- Goldcrest 1,
- Mistle Thrush 1,
- Jay 1,
- Carrion Crow 3,
- Magpie 2.

A cormorant, herring gulls, black-headed gulls and feral pigeons also seen, but as they did not actually land in the woods they do not count for the RSPB. Also, after the required hour, a blackbird turned up, but again, cannot be counted.

- Nigel Duncan

Personal Training At Home, Blackheath, The Pleasaunce & Fitstudioz Greenwich from just £40 per hour.

'I really enjoyed my sessions with FitnessNyx. I saw vast improvements with my overall health and fitness.' Laura H.

★★★★★

'Great trainer who focuses on the individual needs of his clients - He has helped me regain my core strength after a back injury.' Ken M.

★★★★★

Specialising in: Weight Management & Nutrition Coaching, Strength, Posture Correction, Sports Massage and Exercise for Older Adults.

Head to fitnessnyx.com for more information on training, prices, interviews and more!

Call: 07538339611 Facebook & Instagram: @fitnessnyx

MARKET PLACE

COUNSELLING

BLACKHEATH COUNSELLING SERVICE
(over 20 years experience)
For Anxiety – Depression - Relationship problems & Other Issues
1 full hour session £50 –
Concessions available
Please contact Brenda T: 020 8858 5969 E: bmbt@btinternet.com Or Linda T: 020 8858 1991 E: linda@selondon.co.uk
W: blackheathcounselling.selondon.co.uk
No problem is too big or too small!

GARDENING

DANIIL'S GARDENING SERVICES
Garden Design & Maintenance. Experienced gardener and qualified garden designer. Planting designs available. All aspects of maintenance undertaken except tree surgery. All waste can be removed. Contact Daniil on 07419338261 or 02088531397. Email daniil96@yahoo.co.uk.
GARDEN MAINTENANCE WORK REQUIRED BY A FEMALE, 25+ YEARS EXPERIENCE. No loud machinery employed, fully qualified, RHS, City and Guilds, reasonable rates. 07957370086

HOLIDAYS

WHITSTABLE WEEKENDS/WEEKS
Sea wall house between Oyster Warehouse and harbour. Sleeps 5. Fantastic views. Tel: 8858 6578 or 01304 367443

WORK FROM HOME

EARN AN EXTRA INCOME
EARN EXTRA CASH P/T OR F/T
- Work from home
- Hours to suit you
- Full training & support given
If you're honest, hardworking & positive, message me: Sona - 07866152820

TUITION

LOCAL PRIVATE TUITION
English & Math's Key stage 1 - GCSE'S
PGCE Qualified & Experienced Tutor.
1-1 & Small groups Call: 07904 880 448

MATHS & ENGLISH TUITION TO GCSE AND PREPARATION FOR 11+ AND INDEPENDENT SCHOOL SELECTION TESTS by qualified and experienced teacher.marystuition.com
Mary Bauckham 07709 089 838 marybauckham@gmail.com
HOME SUPPORT AND TRAINING FOR YOUR DIGITAL DEVICES Need some help with computers, phones and tablets? I'm a DBS checked IT trainer with 21 years experience, friendly and patient. £35/hour (£20 call out), discounted for block bookings. To discuss options, call Paul on 07958 251 448 or email paul.clayton@soulchip.co.uk
GOLDSTAR LEARNING ACADEMY UK Specialist in STEM Maths, 1 to 1 and Group Tuition. Experienced PGCE Qualified Tutors 07495 434 234 @goldstarlearningacademy_uk
SPANISH TUITION all ages and levels, GCSE, A levels , conversation, literature, by Latin-American native speaker. Also lessons online. Please contact Miguel at migansiergut52@gmail.com or 07910 318 513
MATHS TUITION Qualified and experienced secondary teacher offers tuition to GCSE level. Call Miv Whitaker: 07745 816338; or email miv.whitaker@gmail.com
RUSSIAN TUITION (all levels), Translation and Legal Interpreting. 07766 531 401
SCIENCE TUITION: GCSE BIOLOGY, CHEMISTRY & PHYSICS by a qualified and experienced teacher. Private 1 to 1 and small groups. @chenique_sciencetutor
Chenique Ventura 07365 992 717 cheniqueventura@gmail.com
PIANO/DRUMS/BASS GUITAR LESSONS Learn from industry professionals in your own home or travel to us. All ages/levels/styles catered for. Contact will-stanley@hotmail.com

SERVICES & TRADE

A MAN AND A VAN
Tel: 020 8858 3889 Mobile: 07885 917842

T.TA ELECTRICS. NICEIC Approved Contractor, Quality Tradesman. All electrical work undertaken, Fully Insured & Guaranteed. 24HR EMERGENCY ELECTRICAL. Please call Tony on 07961 509 403 OR 020 8488 7425
OR info@ttaelectric.co.uk
HOMEWORKS All-round handyman for those DIY's you have no time for! General repairs. Painting & Decorating. General Carpentry and flooring. Flat-pack assembly. Patio and deck cleaning. No job too small.
Contact Matthew Barron 07903 388658**ELECTRICIAN / ALARM ENGINEER**
No job too small TMIET registered. Call 07879 011792
INTERIOR DECORATOR & CARPENTER with over 20 years experience. A member of the guild of mastercraftsman. Free quotes & friendly advice on all your decorating requirements. Local references available.
Tel: Ashley Greaves 8858 2981
PAINTING PLACE DECORATORS
Interior & Exterior
Female Painting Team
We cover South London
Call +44795 808 4728
email:Paintingcolour15@gmail.com
www.paintingplacedecorators.co.uk
LOCAL GUTTER CLEANERS. GUTTER CLEANING AND ROOF CLEANING SERVICE.
Mike 07791465052 www.local-guttercleaner.co.uk admin@local-guttercleaner.co.uk
MARK CHEESEMAM, LOCAL CARPENTER AND JOINER WITH OVER 30 YEARS EXPERIENCE.
All Aspects Of Carpentry and Construction Executed Considerately and to a High Standard. Both Traditional and Contemporary Design Joinery - Cupboards, Wardrobes, Floating Shelves Etc. Sash Window Overhaul. If you have Rotten Window Sills, Door Frames Etc. rather than replace them with the associated upheaval and expense, why not have a Timber/Resin Repair? Please Call Mark on 07767 456131 or H: 020 8854 4028.
JEWELLERY AND WATCH REPAIRS AND VALUATIONS
from Michele Franklin. British Jewellers Association accreditation 07809 502714
PEST CONTROL SERVICES
Mice, Rats, Squirrels, Wasps, Foxes etc. Local Service 07850 839 655
Specialist in cleaning Carpets & Ovens,
LOCAL CARPET / OVEN CLEANER
Upholstery & rugs. M: 07828 503132
http://www.carpetcrew.co.uk
ANGELO, ELECTRICIAN
No Job Too Small
T - 020 87616012/ M - 07850 767 283
Email - angelo@glennies.net
Part P Certificated
18th Edition & JIB Registered

WESTCOMBE CLEANERS
I'm a friendly, hard-working & organised domestic cleaner. Regular or single services. Competitive rates. Additional tasks. I love my clients to be happy.
Phone 07746 291617
DV SERVICES
PLUMBING & HANDYMAN
Blockages & Drains,
Radiator valves and radiators not working, Change and fix toilets, sinks, showers & taps In bathrooms, toilets and kitchens. We can fix it!
Call Daniel on: 07904 880 448
LOCAL REPAIR & ALTERATIONS
Tailored Bespoke Jacket repaired, Trousers repaired/shortened, Skirts and dresses reshaped/shortened etc. Over 25yrs Experience Call 07904 880 448
TOM ELLIS BESPOKE CARPENTRY
Alcove bookcases, cabinets, wardrobes and window seats. M. 07510 869 947
TRAINED CHIMNEY SWEEP & STOVE INSTALLER Fast, friendly Happy to work!
Call Anthony on 07772 649577 or email: chimneymaintenance@gmail.com

WANTED

LOCAL, TRUSTWORTHY AND HONEST ANTIQUE DEALER, will buy antique solid gold jewellery at fair prices (exceeding scrap value). Please text Sarah 07743514364 to arrange a call.
ROYAL AIR FORCE WW2 ITEMS
Uniforms, Wings, badges, photos and documents. Good prices paid.
Tel: Mark on 07727 532503

DISCOUNT!
(When you show your Westcombe Society membership card)

PARES FOOTWEAR - Blackheath
10% OFF shoes over £20 excl sale stock.
BODYWORKZ - THE FITNESS CLINIC
109 Humber Road.10% OFF all treatments £30+ except Chiropody; exc.Saturdays.
ROYAL NEPALESE RESTAURANT
(Station Crescent) 20% OFF meals for two or more Sunday - Thursday.
CORIANDER RESTAURANT (Station Crescent) 25% off bookings Sun/Thurs.
COTON & HAMBLIN LENS CLUB-
Complimentary standard coated single vision lenses worth £50 when purchasing complete spectacles. T's & C's apply.
BLACKHEATH EYECARE OPTICIANS
Advanced Eye Examinations £95 or £45 with NHS concession. 25% off 2nd pair of spectacles with the same prescription.
TROJAN PRESS 10% OFF all quotations
WESTCOMBE DRY CLEANERS
10% discount on Dry Cleaning. Cannot be used in conjunction with any other offers.
A * DRIVING SCHOOL £5 discount on the price of one x 2 hour lesson
KAREN STOREY OF HOMESPACE offers members 10% discount on decluttering & homestaging : 07951 191086
SHENDA FALVEY PERSONAL TRAINING, STOTT PILATES & BOOTCAMPS
M: 07887727335

R.G.Austin
(Established 1963)



Heating Engineers, Property Maintenance, Electricians, Painting, Decorating, Plumbing, Central Heating,

GAS SAFE

Shower and Bathroom Specialists

2A Hassendean Rd, Blackheath SE3 8TS
Telephone: 0208 858 7359
rgaustintltd@gmail.com

Emergencies: 07738124344
email: rgaustintltd@gmail.com

WRISTWORTH HEATING & PLUMBING

Installation - Servicing - Repair

Tel: 07725 008280
Email: wristworth@hotmail.co.uk

GAS safe
REGISTER

Check Out Our **NEW** Website: wristworthheating.weebly.com

Phone Sockets/Broadband
25YRS BT ENGINEER



WHY PAY SERVICE PROVIDER PRICES FOR INTERNAL FAULTS?

- New phone/ Broadband extensions
- Fault finding repairs/ Improve broadband speeds
- Cat 5 wiring
- Internal/ external re-routing/ tidying of cables prior to double glazing

FULLY INSURED

G. NUGENT 07845 705900

CARPENTER
Specialist in refurbishment, repair and replacement of sash windows. Call **MALCOLM TIERNEY**
07775 657371





BLACKHEATH HIGH SENIOR SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Our girls can explore possibilities that are simply out of this world, like studying GCSE Astronomy at the Royal Observatory.

Where girls boldly go
blackheathhighschool.gdst.net

Deadline for 13+ Applications: **Friday 11 March**