

Westcombe NEWS

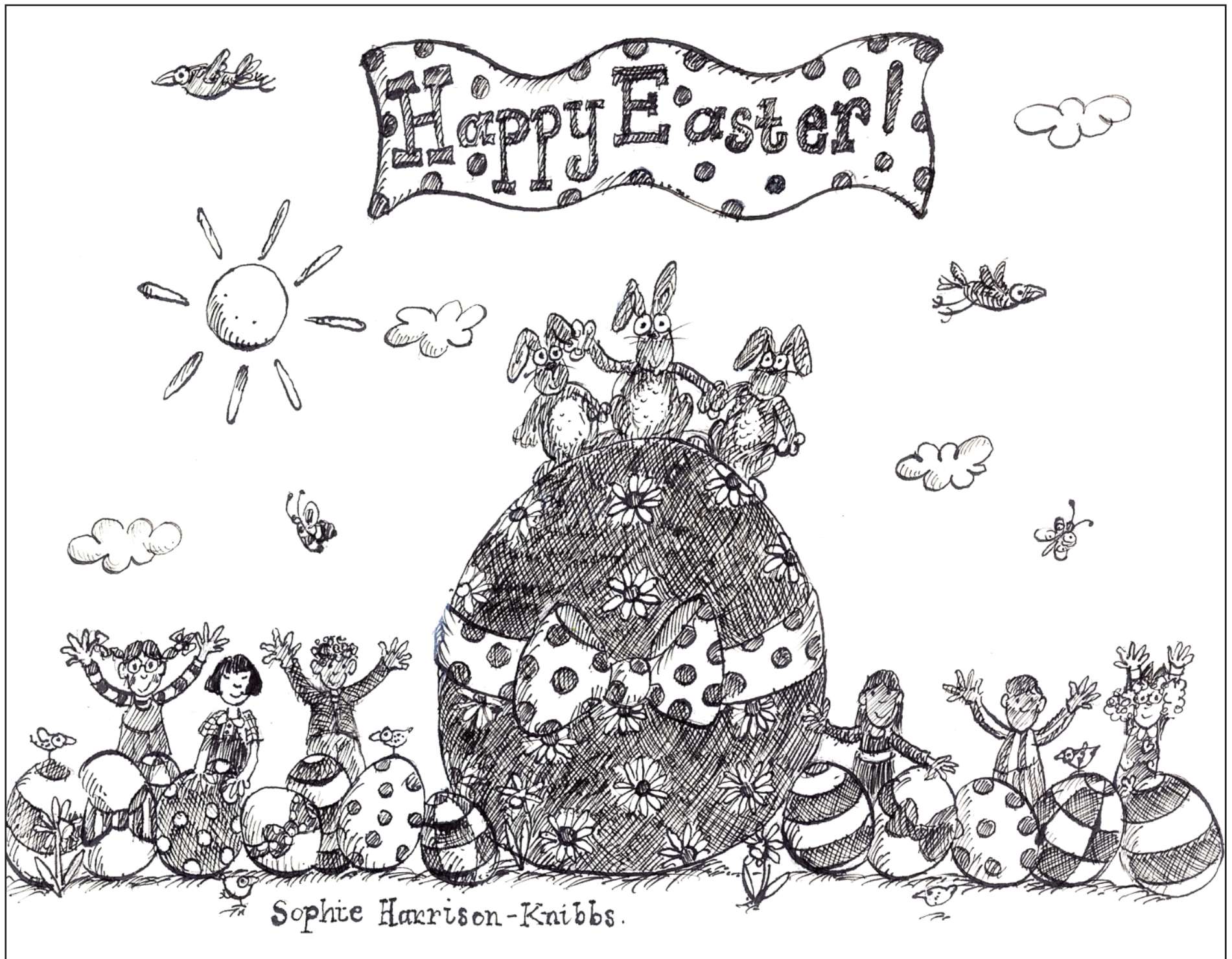


Free to 3800 homes, in libraries and shops and online

April 2022 No.3

"The difficulty lies not so much in developing new ideas as in escaping from old ones."

John Maynard Keynes



Civic Award for Lucie

Lucie Murphy, General Manager of The Bridge East Greenwich, received a Civic Award at a ceremony hosted by the Mayor at the Town Hall on 17th March. She was honoured for her contribution to the community during the Covid-19 pandemic. The awards recognised the efforts of exceptional people in the Royal Borough of Greenwich during the crisis who put the needs of the community at the forefront of their minds and endeavours.

Lucie said "It was a huge honour to be included among such inspirational people who have shown such love, care and dedication. It was a very proud moment for me

and I'm really grateful for the award".

The Bridge is located in East Greenwich Pleasance and is a thriving hub of the community; supporting the most vulnerable in their outreach work whilst also offering low-cost play sessions for local families. Check out their website for more information:

www.thebridgegreenwich.co.uk

Mayor of the Royal Borough, Cllr Denise Hyland, said: "The winners of our Civic Award have shown outstanding com-

munity spirit. I am so proud to be able to give them the recognition they so truly deserve. The world can always do with a bit more kindness, selflessness and people who go the extra mile to care for others."

"Our winners have made a huge difference to their communities and as well as making the borough such a wonderful place to live and work. Well done everyone."

For a full list of winners:
www.royalgreenwich.gov.uk/civicawards2022



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 May copy
18th April 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 April 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>

Local Resident Taking Medical Supplies to Ukraine

Francis Matthews of Coleraine Road felt deeply disturbed by the events in Ukraine and wanted to do something to try and help the situation for those affected. His original aim, to raise £5K to drive his dad's van to deliver supplies. "Within an hour it was four of us driving with two vans and we have been able to raise the target several times, currently at £65K with £48K raised and counting."

Francis, an Interdealer broker and father of three, said his main priority is to deliver specialist frontline trauma kits which can no longer be sourced in the Ukraine. "We are working hard with suppliers to obtain top quality medical kits and we have secured major trauma dressings, combat tourniquets, stethoscopes, field resuscitators, and trauma surgical instruments - all are vital in the treatment of frontline soldiers, but also innocent civilians maimed or injured in this brutal war. With hospitals overwhelmed it's vital these mobile kits are made available."

An effort from his extended family also saw the mission collect 30 boxes filled with humanitarian aid, kindly donated by students and staff from the UEA.

Francis said he wanted to give something back after years of working in London's financial district. "I've spent many years making money for other people and maximising profits whenever possible but, like all of us, after seeing the destruction and loss of life in Ukraine it put things into perspective." Francis said he is also delivering specialist monitoring equipment, "Diabetes sufferers in Ukraine are at mortal risk from not being able to monitor their condition."

They will be staying at the Polish border to offer help transporting anyone who needs it. "I'm liaising with a Ukrainian team over protocol and logistics for the handover but so far everything is going to plan, I just wish I could personally thank everyone who has helped so far. This is an ongoing humanitarian crisis and it's only by people making donations that we can make a difference, so please, if you have any spare change, do keep adding to the fundraising page, as every penny counts." <https://www.justgiving.com/crowdfunding/francis-matthews>

Update on West Greenwich LTN

A report on the West Greenwich LTN recognised that traffic to the east of the Park was suffering delays and congestion due, in part, to the closure of roads to the west of the Park. Other factors were the closure of The Avenue in Greenwich Park to rush hour traffic and the increased use of private vehicles as an alternative to public transport.

The decision that was made by the Cabinet Member for Environment, Sustainability & Transport had considered three options.

1. To make the scheme permanent.
2. To remove the LTN and return the streets to how they were before the trial.
3. As Option 2, but to allow the Cabinet member to authorise Council officers to begin the process of developing an alternative LTN traffic scheme for West Greenwich.

The Cabinet Member, supported by the meeting, chose Option 3, meaning that the streets in West Greenwich will return to how they were before the trial.

We hope the Council's proposal to develop a borough-wide over-arching Sustainable Transport Strategy will provide a solution that is acceptable to all residents.

- Marilyn Little

'March 10th'

Amidst the warring world; not sharing, not caring,
Dark and deadly,
Amidst the drab city; not looking, not listening,
Littered, stressed and rushing,
Amidst a traffic island; road noise, grey walls
And black, unyielding railings,
Sits a tiny paintbox splash
Of dazzling rainbow beauty.

Spring prevails and hope's restored
In Batley Park.

Mary Andrews



Letters

Dear Westcombe News,

Thank you for your detailed feature on the Westcombe Park and Maze Hill Low Traffic Neighbourhood scheme (March 2022 edition). It was no surprise to read how this came to grief, but let's put LTNs in their wider context.

LTNs, aimed at reducing rat-running, i.e. long-distance traffic going through residential areas, have been a common policy in designing new towns and communities in the UK since the 1960s and, when implemented from scratch, they have successfully reduced traffic congestion, noise pollution and air pollution (the worst effect, currently killing an estimated 4,000 people per year in London).

Throwing out the Westcombe Park and Maze Hill LTN will not lessen traffic congestion, noise or air pollution in our residential areas, and I think most residents would support something that did.

Greenwich should revisit this scheme and with better Government preparation and support (not a Covid emergency scheme with a £417m budget that was later cut by £317m) and a consultation questionnaire that starts by asking us if we want less traffic congestion, less noise pollution and less air pollution in our residential areas.

Chris Percy, Heathway

Wanted

Advertising Manager needed for popular local paper. Many regular advertisers, together with one-offs.

Would suit a Volunteer with a few hours a week to spare. Knowledge of simple spreadsheets would be useful but training could be given.

Please contact:
info@westcombesociety.org

THE WESTCOMBE SOCIETY

EASTER EGG HUNT



Saturday 16th April
2022
1.30 - 3.30pm
Mycenae Gardens

London's Night Czar Visits Greenwich

Greenwich nightlife is growing and will pick up swing this summer, especially with the new Elizabeth line opening, with a branch DLR line running through Woolwich Arsenal to Abbey Wood. These developments pulled London's Night Czar Amy Lamé to our area on 3rd March, where she met with several local officials to discuss Council investments in Royal Greenwich's night economy, deemed a key component to the borough's post-pandemic recovery. The officials also visited Maritime Greenwich and Woolwich Works, which are developing venues for events, markets and performance space. Cllr Jackie Smith noted the Council is working with local police to ensure everyone, including women, feel safe at night when out and about in our area.

- Thea Gioe

Pauline Marshall 1942 - 2022

We are very sorry to report the death of Pauline Marsdall. Pauline, a popular member of the Westcombe Society and served on the committee for some years. Even after she left the committee, she was always ready to help, and would make cakes or sandwiches for Westcombe Society events.

Some of us will also remember Pauline as an inspiring teacher of Latin who helped to encourage a whole new generation of classical scholars. Pauline died on 22nd February. We send our deepest condolences to Roger, Melinda and Piers.

- Neville Grant

Westcombe News April 2022

New Brochure Out Now

Mycenae House & Gardens

GOOD STUFF Inside

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, activities, meetings, events and all manner of things!

Blackheath Westcombe Ward Budget Fund - Councillor Geoff Brighty

The four year term of office for Greenwich Council comes to an end in May and with it the 2018-2022 ward budget scheme which followed on from the success of the first such scheme in the Royal Borough which ran until 2018. The scheme provides Councillors with funds to support initiatives across their local communities and makes available £30,000 per ward over four years.

Ward budgets are intended to be used for one-off expenditure on events or activities that have a positive impact within the ward and provide a way in which Councillors can respond directly to the needs of their communities.

There is a ward budget team at the Town Hall which ensures that applications meet the criteria for the fund and that there is a proper use of public money.

During the last four years the three Blackheath Westcombe Councillors have agreed and put forward 15 successful applications which would see the full amount in the fund allocated.

These have included supporting the Vanbrugh Pits Community and Wildlife

Project, the One Game One Love Tennis scheme for local adults with a disability (based in Greenwich Park) and the Christmas Lights at the Royal Standard / Old Dover Road. A two-part project to clean and repair the drinking fountain at Batley Green was also funded. Originally installed by public subscription the fountain had been sadly neglected.

One of the last applications being processed was to help with a second phase of a greening project on the Vanbrugh Park Estate.

In addition we joined with other wards for borough-wide projects with contributions to the Greenwich Pensioners Forum 2019 Annual Health and Well-Being Day, to Mums Aid for a texting service and to Greenwich & Bexley Hospice for the provision of new external doors to give patients access to the terrace and the gardens.

So, through the ward budget, we have been able to help with a range of projects of benefit to the community. A third ward budget scheme is likely to be introduced in the new municipal year.

Lambing Day at the Farm is Back!



Sunday 24th April. 11am – 4pm
A fun day out for all the family and an opportunity to see the newborn lambs as well as browse a selection of craft and local food stalls. Children’s activities include Tractor and Trailer Rides and Pony and Trap rides (weather permitting).
Entry charges: Adults £2 / Children under 16: £1 / Family (2 adults and up to 3 children) £5
Please be aware there will be no parking available on the day, so use public transport. Also due to the young lambs, no dogs are allowed at Lambing Day.
For more information, see our website or contact Hannah Ricketts on education@thewoodlandsfarmtrust.org

A Favourite Local Destination



Alan’s Plants in Greenwich is the best place to find all your seasonal plants. Alan and Colin have extensive plant knowledge that will help you find the right plants for your home or garden. Open daily, the garden centre is filled full of gorgeous flowers, shrubs and indoor plants – all competitively priced and well cared for. Alan will source plants for you, give advice, deliver and plant them. It’s really important that we support our smaller local sellers – they can’t compete in size, but they can in quality.
Alan’s Plants Garden Centre
244 Woolwich Road, Charlton SE7 7QU
-Amanda Arthur

Plantlife

Plantlife is the organisation that is speaking up for wild flowers, plants and fungi. From the open spaces of our nature reserves, to the corridors of government, it exists to raise their profile, celebrate their beauty and protect their future.

Those of us with gardens (large or small), window boxes, planters, allotments, can make a truly invaluable contribution to doing our bit for Nature.

Plantlife is asking us to lock up our lawn mowers, to let all the wildflowers in our lawns bloom.

Their ‘No Mow’ May campaign took off last year and its hoping its going to be even bigger and better this year. *And* starting a month earlier!

Letting flowers bloom in the peak of their flowering season helps provide a vital source of nectar and pollen for our bees and insects.

From 21-30th May Plantlife is asking us to take part in its **Every Flower Counts** survey by counting the no of flowers in a random m2 of our lawns, then entering the count on the Plantlife website (plantlife.org.uk). After doing this we will each receive our own Personal Nectar Score, showing how much nectar is

continued next colum

WESTCOMBE SOCIETY MEMBERSHIP

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

Family membership £12. Individual membership £8. Senior Citizens and Unwaged £4.

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

Enderby Group and Greenwich Industrial History Society Merger

There has, from its inception, been a close link between the Enderby Group and Greenwich Industrial History Society. Recently, a merger of the two has been under discussion. At a meeting on 29th January 2022 the committee of Enderby Group (EG) agreed to the formal merger of the Group into the Greenwich Industrial History Society (GIHS) and is now seeking the approval by GIHS of the following.

EG would maintain an identity as an interest group within GIHS, continuing its concern for the history of the sub-sea cable and other industries associated with Enderby Wharf and its close neighbours. EG would recommend to GIHS the development of other similar interest groups within GIHS.

The activities of EG would include arranging walks and talks on its core interests, feeding information to the public using leaflets, posters and, we hope, siting some activities at Enderby House. EG would also ensure that those responsible for maintaining the Lay Lines installation would continue to do so. Other activities in pursuit of its major concern would be possible, all with the agreement of GIHS.

EG and GIHS would discuss the possible merging of their online activities and platforms.

EG funds would be transferred to the GIHS account and the EG account then closed. No conditions would be attached to the transfer.

For further information contact Peter Luck peter.luck@waitrose.com or text message to 07810 646839 if email fails to connect.

continued from previous column
produced by the flowers in our lawns and how that may support different pollinators.

Wildflowers provide both pollinators and insects with food from leaves, pollen, nectar, shelter and places to breed. Pollinators then return the favour by transferring pollen, enabling the wildflowers to develop seeds that produce more flowers.

Wildflowers are beneficial during the winter also, providing food for birds and wildlife via its seeds and shelter/habitat for overwintering insects.

- Shirley Boughton



Council Addresses Food Insecurity

During the Easter holidays, tasty *and* nutritious lunches can be collected from libraries and leisure centres across the borough, at no cost to families.

There are no forms to fill in and no prior sign up required – it’s as easy as turning up and tucking in.

Councillor Matt Morrow, Cabinet Member for Children and Young People, said: “Our Holiday Meal scheme is not a new project, we do this every half-term and school holiday. We do this because it is the right thing to do for our children and young people.

“There is a cost of living crisis looming, and the last thing parents and carers need is to worry about providing extra lunches because their kids are not in school. We’re committed to doing what we can to ending food insecurity, and this scheme is open to any family who needs a helping hand.”

Meals will be available Monday to Friday during the Easter holidays, excluding the bank holiday on Friday 15th April. Visit royalgreenwich.gov.uk/holidaymeals for more information.

RBG also organise free spaces for children at activity clubs which must provide a healthy meal every day; and are also promoting Healthy Start across the borough and training businesses to sign up to this.

Easter at Charlton House

Charlton House Explorers: My Family and Me
Tuesday 5th April. 10am, 12 noon, 1:30pm
£3 per child. Lions to unicorns, flutes to harps, feathers to flowers. Kids aged 5-12 explore the meaning of family crests, then make their own to take home.

Bunnies in the Beds
Sunday 10th April. 11am to 3pm
Their popular family Easter celebration returns! Discover the treats, spring plants, and bunnies in the garden beds. A drop-in children’s craft session will also be available for £2 per child. Walk-ups welcome.

Charlton House Explorers: Votes for Women!
Tuesday 12th April. 10am, 12 noon, 1:30pm. Suffragettes are part of London’s long history of brave and bold women. Kids aged 5-12 will learn about female leaders, and make their own rosettes.

Open Friday at Charlton House & Gardens
Friday 15th April. 9:30am to 3:30pm
Explore Greenwich’s historic Jacobean manor house (guided tours £5 pp), and enjoy the Producers’ Market, café treats, and morning toddler time.

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

FEATURES

HISTORY QUIZ - HEADS OR TAILS?

Neil Sharman

Here's a quiz for the family with an ingenious way to win even if you don't know the answer! Just chose Heads or Tails and you're in with a chance.

Q1. What is a Cutty Sark?

Heads: A knife or Tails: a nightie

Q2. Which pirate's treasure helped pay for Greenwich Hospital?

Heads: Captain Kidd or Tails: Blackbeard

Q3. How many tea voyages did Cutty Sark make?

Heads: 8 or Tails: 188

Q4. Who is Baron Greenwich?

Heads: Prince Andrew. Tails: Prince Charles

Q5. James I gave a big plot of Greenwich land to his wife, Anne of Denmark to try and make up for what?

Heads: executing her brother or Tails: swearing at her after she accidentally shot his dog

Q6. What was Halstow school during WW2?

Heads: a fire station Tails: a military hospital

Q7. In what prison was John Vanbrugh once held? Heads: Newgate or Tails: The Bastille

Q8. Samuel Enderby & Sons was a maritime company at Enderby Wharf. In which famous novel is an Enderby ship featured?

Heads: Moby Dick Tails: Great Expectations

Q9. What was unusual about the plume Nelson wore in his hat?

Heads: It had a clockwork rotating dia-

mond or Tails: it doubled as a periscope

Q10. In what year was the Millennium Dome first known as the O2?

Heads: 2002 Tails: 2005

ANSWERS

Here are the answers, plus a little context for each.

Q1 Tails. The Cutty Sark sounds like a knife and the razorlike shape of the copper and zinc alloy hull cut through the waves like a knife. However, a cutty sark is a skimpy nightie. The name comes from a poem called Tam O'Shanter by Robert Burns, which features a witch called Nannie dressed in a short nightdress. If you want to see Nannie, she is the ship's figurehead; nightie and all.

Q2 Heads. Captain Kidd's treasure paid for the Greenwich Hospital after Kidd had paid for his crimes with his life. Kidd might never have turned to piracy were it not for an incident in Greenwich. Kidd's ship neglected to salute a navy yacht and some of his crew even turned their back and slapped their bottoms at it. Their punishment was being taken away to serve in the navy. When Kidd picked up new crew members in New York, they turned out to be pirates.

Q3 Heads. Cutty Sark made only eight tea voyages. It is surprisingly low for the world's most famous tea clipper. It was fatefully launched on the same week the Suez Canal opened. The Suez made the journey quicker for steam ships which were able to travel unaided through the

canal. Too young and sleek for long term redundancy, The Cutty Sark soon found other cargoes to transport.

Q4 Tails. Baron Greenwich was, until recently, Prince Phillip. It was a title revived for Phillip and awarded to him on his wedding day, cementing his link to Greenwich, where he had spent some time during his naval career. On his death it passed to his eldest son, Prince Charles, despite Andrew's naval career.

Q5 Tails. James I lost a hunting dog when his wife accidentally shot it. In his rage James swore in front of her but apologised with the gift of the royal palace complex at Greenwich. Anne capitalised on the gift by commissioning Inigo Jones to replace the Tudor gatehouse with the Queen's House we know today.

Q6 Heads. Halstow School was AFS (Auxiliary Fire Service) substation 54Y in World War Two and came under the overall control of East Greenwich Fire Station. What happened to the school kids? I can thank Steve of blitzwalkers.co.uk for his research here. On September 1st, 1939, the Halstow children were evacuated via New Cross Station for St Leonard's on Sea under the charge of Mrs Belbin and Miss Milne. In June 1940 they were evacuated from there to the West Country.

Q7 Tails. If you leave The Vanbrugh Tavern and walk-up Vanbrugh Hill to the park you might pass Vanbrugh Castle. John Vanbrugh was, amongst other things, an architect. He part-modelled Vanbrugh Castle on Paris's notorious Bastille prison where he had been imprisoned for four

years for espionage.

Q8 Heads. In Chapter 100 of the novel Moby-Dick, the Pequod of Nantucket meets a whaling ship of London named the Samuel Enderby. Samuel's family owned a whaling company and developed Enderby Wharf.

Q9 Heads. Nelson's hat featured a diamond laden plume which had a rotating clockwork diamond at its heart. It was a gift from the Sultan of Turkey after Nelson's victory at the Battle of the Nile and had 13 diamond sprigs that represented the ships Nelson sank or captured in the battle. It was stolen from the Maritime Museum in 1951, broken up and the diamonds sold for a 'few thousand'.

Q10 Tails. The Millennium Dome was built in 1999 and originally housed the Millennium Experience exhibition. It became known as the O2 in 2005, due to a deal with telecommunications company O2.

How did you get on? Did you get more right than wrong? Did you learn a thing or two? Or did you find my questions and explanations put me at the bottom of the class? I know some readers will be far better versed on local history than I am, so I will doff my cap to the expertise of others and look forward to any 'corrections' sent in via the letters page in the next issue. Maybe some of you will even be kind enough to embellish these answers with related historical facts and stories too. I'm always keen to learn.

-Neil Sharman

The Case for Camping

Thea Gioe

For many of us, the idea of leaving behind our comfortable beds and home amenities to sleep in a tent in who-knows-what-weather seems a hard sell. However, with the price of travel shooting up thanks to pent up demand and surging fuel costs, camping can offer an economical vacation option. And according to local camping enthusiasts, it's really up to you how much you want to get away from it all!

For Robbie and Helen Swales, a mobile camper offers all the comforts of home, but one you can drive to a new location at will. No special license is required, and with a double bed, three cooker hob and built-in loo with shower, Robbie says the hardest part about camping is finding the best spot in the park. He and Helen bought their camper two years ago, and while motorhome camping became more popular during the pandemic, he said they've always been able to find a decent pitch – with the help of Michelin's Guide to campsites.

Not sure if a camper is for you? Rent one for a week to try it out, Robbie advises. "Consider what makes you comfortable and go for the extra bits," like the on-board toilet. Also, don't forget to pack your bikes, as you'll want to leave your camper in your prime camping spot, but may need a way to get to nearby sites, shops and restaurants.

While pitching a tent may take a little longer than parking the camper, Saskia Krijgsman and her husband, James Aird, take their three kids camping every year, and have done since the three ranged from ages 1 to 3. "They love it," Saskia said, "they love the freedom, to be outdoors all day."

Saskia and James were avid campers before they had kids, spending their honeymoon driving from the UK to South

Africa, camping all the way. The key to happy life in a tent, she advises, is a little rug to make it cozier and easy clean up when the great outdoors gets tracked inside. She also recommends ear plugs, as even far from other human beings, nature can make enough noise to wake up all but the deepest sleepers.

There's nothing like the instant community you forge when you find yourself among other campers, according to Saskia. "Some people come with the kitchen sink and others come with very little," so campers tend to share and be inclusive. That's a great lesson to teach the kids and a great reminder for us all that we're part of a larger human community



Pic above: Saskia and James showing their tent who's boss and below: Fenn and Nina with their neverending sandcastles.



Gnocchi or dumplings are really just a tastier version of pasta which was probably introduced to Italy by nomadic Arabs travelling from Asia and then adapted for Mediterranean flora. Potato can be substituted for a

number of things including bread, spinach and turnip and often was, when this distant relative of tobacco and deadly nightshade first arrived in Italy, in the 16th century, via Spanish explorers returning from the Americas. Their appearance was regarded with some suspicion as was their heathen origin, that is, until Catherine and Frederick the Great recognised its potential to sustain Europe.

As with pastry I don't want the gnocchi to become too dense so rice the potatoes (600g) when still warm getting air into the mix. In place of a ricer use a colander. Quickly add salt (20g), parmesan (100g), an egg and a yolk mixing well before adding flour (160g). Make sure the flour is evenly spread before lightly kneading, quartering and resting the dough in the fridge. Take care not to knead for too long as you don't want the gluten in the flour to develop. Once you've allowed half-an-hour's rest time dust a surface with a little semolina and roll the dough into reasonably thin logs before cutting into inch sections.

For shaping gnocchi it helps to have the small handled wooden ridged surface called a gnocchi board but an upturned fork will suffice. Lightly make a thumb imprint in the exposed centre and roll gently with the base of your thumb along the ridges so that it folds over on itself. The grooves left by the ridges allow for sauce to cling when cooked.

Boil for one or two minutes in salty water and, when they rise to the surface they are ready. Gnocchi are best made just prior to cooking but can be boiled, fried or roasted straight from frozen.

-Jo Burnand

headstart
IT Solutions

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

WHAT'S ON

Local Art Galleries

‘**And Action ..Part 2**’ by photorealist oil painter Ben Addison (from the Acid Jazz band ‘Corduroy’) opens at 7pm on the 1st April and will run until 24th April. Ben’s first show only opened for one night before the first lockdown! WN readers are invited on the opening night or throughout the show at the **Ben Oakley Gallery, 9 Turnpin Lane SE10 9JA**. Instagram page @benoakleygallery or www.benoakleygallery.com

In Words Poetry

The Writer’s Eye: Poets who Paint. Tuesday 26th April at 7.30 on Zoom (please note, this event is on Tuesday and not the usual Thursday)
In collaboration with Sharon Black of Pindrop Press, an evening of verbal and visual delights with Roselle Angwin, Mike Barlow and Ole Hagen.

Roselle Angwin is a West Country poet. Her poetry has appeared in many anthologies and in the most diverse places, such as printed on t-shirts, etched onto glass, hung from trees, written on stones, metal and wood, sung, choreographed, performed, and even eaten by sheep.
Mike Barlow’s full collections and pamphlets have won prizes in numerous prestigious competitions, including the National Poetry Competition. He will be reading from his fourth full collection, Hotel Anonymous (Pindrop Press).
Originally from Norway and now based in Brighton, Ole Hagen is an artist working in moving image, drawing, sculpture, performance, sound and creative writing. He has exhibited nationally and internationally. His first full poetry collection is titled Lemon in Orbit and is at the same time surreal, serious and comic.

Thomas Tallis Society Choir

Into Thy Hands
A sequence of art and music reflecting on the Passion story and our reaction to it; including works by composers through the ages, from Palestrina, Lotti, Bouzignac, Gibbons, Parry, through to James MacMillan and Jonathan Dove
Thomas Tallis Society Choir, conducted by Eamonn Dougan. Art narration by Chris Moody
Saturday, 9th April, 7:30pm
St Alfege Church, Greenwich
Tickets £10-16, available online or on the door: www.ticketsource.co.uk/tts

Woodlands Farm

Wednesday 13th April Marvellous Minibeasts
10am-12pm and 1pm-3pm. Armed with a magnifying glass search for creepy crawlies around the farm before making your own wormery to take home. Price £6 per child. Please book.
Thursday 14th April Make a willow hurdle
10am-11am and 11.30am-12.30pm
Learn a traditional skill and have a go at making a mini willow hurdle. £5 per child. Please book.
Friday 15th April (Good Friday) Egg-cellent Easter Trail
10am – 2pm. Chocolate egg prizes! No need to book for this, just drop in, £2 per child.
To book visit the Farm’s website www.the-woodlandsfarmtrust.org
The Woodlands Farm, 331 Shooters Hill, DA16 3RP. Buses: 486 and 89

Cutty Sark Events

The Crews of the Cutty Sark
14th April. 11.30am
We know a few facts about the men who sailed Cutty Sark; we know most of their names, their ages and where they were from, but not much more. This talk aims to paint a more detailed picture of what these men were really like, life on board and the work they did. The crews of these clippers were extraordinary men with unrivalled skills, courage and understanding of their ships and the sea, but how did 19th century society value them? Cutty Sark, Sammy Ofer Gallery.
Free with admission to the ship
Cutty Sark Rig Climb Experience
For the first time since arriving in Greenwich in 1954, visitors to Cutty Sark will be able to climb the famous masts and enjoy views of the Thames and London like no other. Visitors will traverse one of the ship’s lower yardarms before reaching the tops platform, taking in the view while standing amidst the rigging of a true London icon. From 2nd April.
https://www.rmg.co.uk/cutty-sark/attractions/cutty-sark-rig-climb-experience

St. George’s Easter Services

Come together as we remember that last week of Jesus’s life, his death on Good Friday, the desolation and despair of Easter Saturday and his glorious resurrection on Easter Sunday. Holy week and Easter encapsulate not just a vital part of the story of Jesus, but also all the emotions of humanity.



ARTLESS THEATRE COMPANY PRESENTS

CENTURION

THE PASSION THROUGH THE EYES OF THE ROMANS
AN IMMERSIVE RETELLING OF THE EASTER STORY

ST JOHNS BLACKHEATH

STRATHEDEN ROAD & ST JOHN'S PARK, BLACKHEATH, SE3 7TH

WED 13 APRIL 7PM

TICKETS \$5

WWW.STJOHNSBLACKHEATH.ORG.UK
SEE WEBSITE FOR TICKETING INFORMATION

OFFICE@STJOHNSBLACKHEATH.ORG.UK

artless.org.uk

Something for Teenagers at The Conservatoire

A two-day workshop with Annalise;
Beat Making & Songwriting For Beginners (13-16 yrs).
Music Improvisation Workshop (14+), 'painting' sound together, like artists use colour, to make an epic jam session.
Drama School Audition Masterclass (16+) for any young actors who are auditioning for drama school or NYT this year; it will take students (or adults) through warming up properly, expert advice on monologues and a group movement workshop.
Teenagers and those older might find **How to Photograph Your Work: Top Tips For Visual Artists** very useful. Michael will show you in practical terms how to photograph your work for use in portfolios, websites and more.
Book now by calling us on 020 8852 0234, popping in to The Conservatoire or emailing info@conservatoire.org.uk.

Celebrate Earth Day Benjamin Gioe

This year, Earth Day (22nd April) falls on a Friday, so you’ve got the whole weekend to celebrate our amazing planet. Events to honour and help clean up our environment will be taking place all across London for weeks before, but here are some ways families can make a difference close to home:

1. Bike, walk or scooter to work or school instead of taking the car or bus.
2. Climb a tree and give it a hug!
3. Donate used toys or clothes to a charity shop instead of binning them.
4. Go for a walk/hike and pick up litter.
5. Have a nice day at the beach (or river) and pick up plastic.
6. Make a sign for earth day – remind people to take care of our planet.
7. Plant something that will clean our air (a tree, plant or flower).
8. ‘Adopt’ a wild animal through a rescue society like the World Wildlife Fund.
9. Share Earth Day cupcakes.
10. Terracycle (recycle usually non-recyclable products – find out more at teracycle.com) AND recycle.

Greenwich Industrial History Society

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

Runs in Greenwich Park

2nd April - Run Through Greenwich, approximately 500-600 participants.
Events on Blackheath
Zippos Circus: 31st March-18th April
Funfair on Circus Field: 27th March-19th April

Kids: Please write in to share ways you celebrated earth day this year. Photos encouraged! Don’t forget the Earth Day 2022 hashtag #InvestInOurPlanet



Ben putting litter in the bin whilst holding on tight to a stuffed planet Earth.



Change their world for £3 a month...



...that’s the cost of providing a school-age girl in Africa with sanitary pads for a month. Without such protection, girls often miss lessons and can lose over two month’s education every year.

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.

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 £3 monthly donation, please visit www.stamens.org.uk

Do you have £3 a month to help?

Westcombe News April 2022

5

ENVIRONMENT

Woodland Heights Planning Application Refused

Clive Corlett



Pic: Patricia McAllister

The Greenwich Council Planning Committee, at their meeting in February, unanimously refused a planning application from developers who sought to add eight penthouse flats, with roof gardens on top, to the bulky Woodland Heights building on Vanbrugh Hill, which already dominates the area.

The building was constructed in the 1920s as a nurses’ home for the local health authority, until some 20 years ago when it was sold and converted into flats. At that time the new owners applied to add two storeys of flats, but that application was refused, following a campaign by local residents.

This time, another well-organised campaign has again been successful. Notices of the application were originally sent by the Council only to those living very close by, such as residents of the building itself and of the adjoining Lasseter Place.

Campaigners, however, circulated the notice, by hand and through social media, more widely to those in surrounding roads. This resulted in the submission of over 160 objections to the application. In addition, local amenity bodies, including the Westcombe Society, the Greenwich Society, the Blackheath Society and the Friends of Westcombe Woodlands (the nature reserve which backs onto the building), registered their opposition. We were also strongly supported by our MP, Matthew Pennycook. Committee members

also paid a visit to the site shortly before the meeting, which proved positive from our point of view.

At the planning meeting, where members of the public can apply to make short speeches, the campaign arranged for speakers from Woodlands Heights, Lasseter Place, the Westcombe Society, the Westcombe Woodlands and several

residents from the surrounding roads to address the Committee. Care was taken to ensure that speeches were kept strictly within the permitted time limits, and that speakers made succinct but relevant points avoiding simply repeating arguments already made. The way that the speakers conducted themselves clearly contributed to our success, and their discipline was even favourably referred to by the Committee’s Chairman.

The Committee’s stated reasons for refusal were:

- Woodlands Heights, by virtue of its bulk, height, and prominence, would be visually intrusive and dominant and have a detrimental effect on the building itself, the local streetscape and the Westcombe Park and East Greenwich Conservation Areas.
- Its close proximity to Lasseter Place would have a detrimental impact on the living conditions of residents there through loss of sunlight, overshadowing and increased sense of enclosure.
- The proposed roof terrace would result in loss of privacy, general noise and disturbance and light spillage to adjacent residential properties.
- The increased number of vehicles would add to traffic stress in the local roads and would prejudice safety through the turning and loading of vehicles.

Congratulations and thanks to all who participated in this campaign.

Silvertown Tunnel Update: Progress and Opposition

Anne Robbins

Across the river in Newham, the largest tunnelling machine in the UK is being assembled, and access holes are being dug. Work has begun on the Silvertown Tunnel. The new crossing of the Thames, expected to open in 2025, will supplement the capacity of the Blackwall Tunnel and enable full-sized lorries and double-decker buses to cross.

Transport for London argues that the new tunnel will add resilience to the Blackwall Tunnel, but their argument hasn’t been universally accepted. Newham, Lewisham and other boroughs have condemned the plans because of a well-documented effect: building a new road for traffic to move faster simply encourages more people to drive. Road building does not lessen congestion, and with congestion, air pollution worsens, affecting people’s lungs, hearts, and even brains. Driving also has a big impact on oil use, adding to climate change.

Some Greenwich councillors have been working hard to change the borough’s stance welcoming the tunnel development. There has been public worry about the effects since the plan was first presented; our MP Matt Pennycook argued strongly against it, and the Westcombe Society opposed it following consultation with residents. The tunnel got the go-ahead in 2018, and a campaign against the tunnel has gathered support across the capital ever since. Now Greenwich (after a contentious meeting) is asking the Mayor of London, Sadiq Khan, to pause work on it for reassessment in light of Greenwich’s Carbon Neutral Plan, its acknowledgement

of a climate emergency, and concern about health effects.

While TfL have said they would be able to run many more buses through the new tunnel, one key point is that full-sized HGVs will be able to use the dedicated bus lane. There are now proposals or possible plans for huge distribution centres in Newham, Charlton’s Anchor and Hope Lane, and Tunnel Avenue, all taking advantage of the new capacity the Silvertown Tunnel will bring. This is a clear sign of the potential impacts, with more and heavier traffic passing through our neighborhood.

And who will be paying for this new river crossing? Not TfL: the Silvertown and Blackwall Tunnels will both be tolled during peak hours, so it will be users, especially people commuting to work and back. The developer, Riverlinx, will have the revenue until the costs are paid back.

After that, probably thirty years after the new tunnel opens, the fees will go to TfL.

If you don’t want this tunnel to proceed, what can you do? Stop the Silvertown Tunnel have a range of materials online outlining their case against the project, and sometimes arrange protests and meetings. You can write to local councillors and the Mayor of London. The Liberal Democrats and Green Party in City Hall have been active opponents, as have Friends of the Earth and groups like Mums for Lungs. Even if the Silvertown Tunnel might be hard to stop, you can still add your voice to the movements for clean air, less traffic, and zero carbon.

PLANNING APPLICATIONS

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

12 HUMBER ROAD ref 22/0926/HD

To convert loft with two rear dormers and two rooflights to front slope.

5A GLENLUCE ROAD ref 21/4433/F

To extend rear stair landing and replace stairs.

29 MYCENAE ROAD ref 22/0826/HD

To construct single storey rear extension at lower ground level.

3 FOYLE ROAD ref 22/0633/HD

To demolish rear conservatory and construct single storey side and rear extensions, and replace windows and external doors.

TREE WORKS

32 HARDY ROAD ref 22/0888/TC

To reduce two limes, one sycamore, and one ash.

Planning applications can be viewed in the library, or at the Woolwich Library on the lower ground floor of the Woolwich Centre, 35 Wellington St. They may also be viewed on:

www.greenwich.gov.uk/planning

PAINTING & DECORATING

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

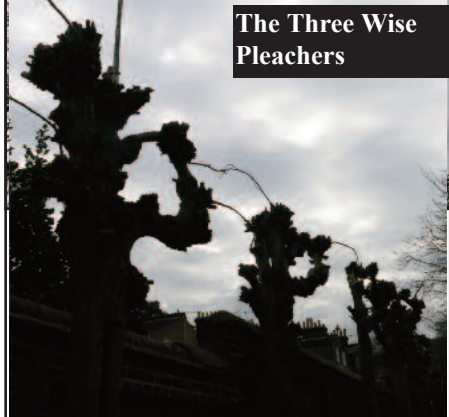
JOHN at JAMES & LAMONT
Office 020 8462 4646
Mobile 07802 535695
jamlam.john@btinternet.com

Tree Photography

by Anne Williams



Talking to the Sky



The Three Wise Pleachers

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

Running Up and Down the Mountains of Life: Dr Jim Ashworth-Beaumont

By Helen Amanda Hutchinson

This is a story of life's slips, slides, and twists. Of how our hearts and bodies may break. But how our minds can bring us through the darkness, leading us to new and unexpected places.

In March 2020, at the height of the Covid-19 pandemic, Senior Orthotist Dr Jim Ashford-Beaumont volunteered to be a Nightingale nurse working in the intensive care units (ICU).

Two and a half weeks later, following a near-fatal cycling accident at the Catford Gyratory, he was in ICU himself, lying alongside the COVID patients he would have been treating.

18 months from his accident, Jim is not only back at work treating spinal injury patients at the Royal National Orthopaedic Hospital in Stanmore, but he has also found a new career as a Para-athlete. Jim came third in the 2021 British Triathlon - just one place away from taking part in the Tokyo Paralympics.

The Westcombe News interviewed Jim to understand how his medical and fitness background provided the motivation to pull himself back from the brink and to learn more about the coaching techniques he uses with his rehab patients and personal training clients.

MOTIVATION IS EVERYTHING

When Jim moved off ICU after two and a half months, his main motivation was to get out of bed and move around.

"Everything had been smashed up badly internally. I'd lost my right arm above the elbow. I had to learn how to balance again, how to move again."

The hospital didn't want Jim getting out of bed. He was putting himself at risk. But Jim, demonstrating the cast-iron determination that had defined his life to this point, simply thought, "if I don't get out of bed, who is going to do this for me? I must take some control."

Jim's rehab work with spinal injury patients had given him a big insight into the varying ways people dealt with life-changing events.

"I'd seen others go through this all before, many times. But I was getting frustrated with people being referred to me and blaming the prosthetics when often that wasn't the underlying problem."

Jim saw that sometimes the barrier was as much mental as physical. "People were blaming the tools they were given when they didn't really want to learn how to use them. Their basic motivation was lacking."

Some people needed much more help and encouragement than others. "But they

probably needed that before whatever brought them to the spinal unit. The rehab setting highlights people's basic psychological settings."

Jim had seen many road traffic accident victims and had a keen insight into the kind of mindset that could make amazing recoveries. It wasn't just about physical strength. Their mental attitude was key as well.

"I've treated people who came off motorbikes with near-fatal injuries and are left

tetraplegic. The people who pull through that level of injury are experts at life management, mental strength, and motivation."

SPORTS PSYCHOLOGY & REHAB

"Sporty people tend to be driven and focused. But in rehab, people are in for all kinds of reasons. You'll encounter many different mindsets."

Jim quickly learned working in the rehab unit, "I needed to let people come to me. I had to give them space to let them do their own work, to identify their own

goals. Making the first move is very powerful."

The simple fact of being human means each of us are uniquely adaptable. Our brains are plastic, our life experiences continually modifying neurons and highlighting and adapting our underlying basic personalities. Science has shown us we can think about something and activate the motor part of our brains. We don't have to do the actual process to strengthen the signals - sometimes, imagining doing it could be enough.

This 'brain hack' was a technique Jim used to aid his recovery:

"For the many months I couldn't move, I imagined myself running or personal training. This mental imagery kept me going. Sometimes, I'd be running up Shooters Hill. Other times, doing personal training sessions in Greenwich Park."

If we can learn to control our minds, focus on what we want to achieve, we may also improve our bodies. It's not easy, but Jim's experience proves it can be done.

"Our thoughts are energy. Our actions all begin with a thought. We must develop our strength, mentally as well as physically. Motivation is a muscle. If we don't use it, it will waste away."

BUILDING THE BRAIN AND BODY

At work, Jim uses an artificial limb at work to see his patients. This is a body



powered limb, moved by cables attached to his other arm, moving the shoulder blades moves the hand.

Jim is possibly one of the only people in the world who could potentially be involved in designing their new arm. He began his career in the military, and upon leaving the forces he became interested in prosthetics upper limb and control systems. This led to a degree in Prosthetics and eventually to the Royal National Orthopaedic Hospital.

"I have the components of the arm already from the European manufacturers. It will need implantation surgery as extra level wiring will send the muscle signals down to the prosthetics."

This is highly experimental work and is not available on the NHS. The operation itself could cost upwards of £80k. Jim's family have set up an appeal to raise money for this surgery and for the on-going medical costs.

Outside of work he doesn't see the need to wear a prosthetic all the time, saying; "My arm is a tool. My body is a tool. I will use an artificial limb if I need to, but I can achieve most of the things I achieved before."

Jim will not be using a prosthetic for his sporting events. "It's too much friction for running and you can't use an upper limb for triathlon."

WHAT'S NEXT FOR JIM?

"Personal training is a massive source of enjoyment for me. It takes me outside myself, helping others realise and reach their potential."

"I did the British Triathlon last year and came third. If one of the guys had dropped out, I'd have gone to Tokyo! The two guys that got in were lower limb amputees and they are both professionals. I need to work on my swimming technique over the next few months."

The Westcombe News will be following Jim's progress. You can donate to his appeal here: <https://www.gofundme.com/f/jim039s-greatest-challenge>



JIM'S QUICK GUIDE TO FINDING AND DEVELOPING MOTIVATION

Simple steps to help us climb our mental mountains:

- Find your motivation: "Somebody might say to me, 'I want to get fit.' I would say to them, understand why you want to get fit. For example, as you start aging, you lose 1-2% of muscle mass every year. Maybe your basic motivation is fitness for life."

- Define what 'better' means to you: "'Better' is very different for everybody. We all have our own unique levels. Be honest with yourself about what you want to achieve."

- Focus on the things you can do: "While I was recovering, I focused on the parts of me that could move."

- Create a structure: "A fitness programme can keep you going if it feels like everything is collapsing around you. Just look at all the people in Greenwich Park during Lockdown."

- Focus on the long-term objective you want to achieve: "My 'gold medal' was getting back to work. I broke this down into small, achievable steps. A microcycle a week - I'm just going to focus on getting up today. A macrocycle - 8 weeks - I'm getting up, I'm going to take a step.' ...and be prepared for your next one!"

"Everything I did was working towards going back to work. Getting my running kit on, running to North Greenwich to get the tube and see my patients at Stanmore. But once I achieved my 'gold medal', it was the start of a very dark period. What was I going to do next? It's very important to create new goals, especially when you hit that long-term objective."

Self-coaching is hard!

"You must switch between being objective and subjective, between being good to

yourself and knowing when to challenge yourself. For example, I'm going to run 800 metres in 3 minutes. But I only achieve 3 minutes 10 seconds and it's not good enough. This is one form of coaching, it can work sometimes, but if hitting your best is always the minimum you accept then

you can get negative very quickly."

- Give yourself a break: "Now I must admit don't often do this myself. ...! But I did three fell races last Autumn and for around three weeks after that I was wiped out and I had to accept I needed a rest."

- The journey is just as important as your final goal. Be present for every stage of the process. "Take the first step every day and see where it takes you. The first step is the most important one!"



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](https://www.fitnessnyx.com) for more information on training, prices, interviews and more!

Call: 07538339611 Facebook & Instagram: @fitnessnyx

GUTTER AND WINDOW CLEANING SERVICE

-High reach ladderless Gutter cleaning
-Downpipe unblocking
-Reach and Wash window cleaning

Call/Text Mike
07791 465052
reachnwash@gmail.com

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.
FEMALE GARDENER, 25+ YEARS of maintaining gardens in Greenwich. Fully qualified, RHS and City and Guilds. 07957370086
HEDGE CUTTING SERVICES
Garden Work
07789 485 044/020 8309 7910

HOLIDAYS

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

MUSIC

MOBILE DISCO
Dance Decades/Motown/70s,80s only
07789 485 044/020 8309 7910

TUITION

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 welcome. Contact will-stanley@hotmail.com
SPANISH TUITION
GCSE, A Levels, Conversation. Latin-American native speaker. On line. Please contact Miguel: migan-siergut52@gmail.com
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. £45/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
MATHS TUITION
Qualified and experienced secondary teacher offers tuition to GCSE level. Call Miv Whitaker: 07745 816338; or email miv.whitaker@gmail.com

SERVICES & TRADE

LOCAL CARPET CLEANER
Specialist in cleaning Carpets, Upholstery & Rugs. www.carpetcrew.co.uk
Phone 07828503132
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
A MAN AND A VAN
Tel: 020 8858 3889 Mobile: 07885 917842
JEWELLERY AND WATCH REPAIRS AND VALUATIONS
from Michele Franklin. British Jewellers Association accreditation 07809 502714

WRISTWORTH HEATING & PLUMBING

Installation - Servicing - Repair

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

GAS safe REGISTER

Check Out Our Website: wristworthheating.weebly.com

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@ttaelectrics.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
MARK CHEESEMAN, 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.
PEST CONTROL SERVICES
Mice, Rats, Squirrels, Wasps, Foxes etc. Local Service 07850 839 655
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

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

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 Chiropractic; 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

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

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

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

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

BLACKHEATH HIGH SIXTH FORM GDST

I will develop the next vaccine

Where girls boldly go
blackheathhighschool.gdst.net

Sixth Form Open Morning
26 April - book now

Fully funded Sixth Form bursary places available for exceptional applicants - **apply now** for September 2022