

Park Hill Residents Association NEWSLETTER

Issue 127

Keeping you up to date with local news and services www.phra.org.uk

Spring 2017

THE NEIGHBOURHOOD MEETING

THURSDAY
11TH MAY
8PM

FIND OUT
WHAT IS GOING
ON IN
PARK HILL

Come to the Neighbourhood meeting (formerly known as the AGM)
Thursday, 11 May 2017 from 8.00pm, at St Matthew's Church, Chichester Road

WHAT'S HAPPENING?

- The Residents' Association: what it's been doing and what it plans to do.
- Grainne Cook from the Whitgift Foundation, on the Foundation's work with the elderly – especially respite and day care.
- Question and Answer Session. Local Councillors and the Police Safer Neighbourhood Team have been invited. Find out the answers to the questions you want to ask.



HOW LONG IS THE MEETING?

Ninety Minutes with refreshment break.

Inside:

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Police Safer Neighbourhood Team

Meet the police safer neighbourhood team who are there to assist you with non-emergency issues which directly affect your area.

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Croydon Clocktower Café Jazz

Every Thursday lunchtime from 12 noon to 2pm, some of this country's finest jazz musicians play in the back room of the Clocktower Café.

Pages 8-9

Park Hill Personalities

We talk to Debra Bourne, Events Director at Lloyd parkrun.

Pages 11,12 & 13

Here & There

Turn to pages 11,12 and 13 this edition to read about new arrangements for permits to use at the council dumps, local litter, the GP hub at East Croydon Medical Centre, Fairfield Halls update, waste and mismanagement, Croydon and District National Trust Centre and the new opening hours at the Kiosk.

This newsletter is distributed to 2,600 households in the Park Hill area.

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SAFER NEIGHBOURHOOD TEAM

Dear Residents,

My name is Sergeant Penfold and my officers are Tom and Andy and we make up the Fairfield Police Team, We also have a Police community support officer Oliver White.

Our role as a local team is to assist you in the non-emergency issues that directly affect your area.

We have been working hard on tackling an increasing number of vehicle crime offences that have taken place over the past few months by conducting a large number of High Visibility patrols and plain clothes patrols in the area. When we have had access to a marked police vehicle we are conducting routine stops on vans that are in the area as these have been identified to us as targets but also as suspects.

There have been a number of work vans targeted throughout the day, where the victims have left their vans unlocked whilst they are working nearby but not in view of the van and the suspects have stolen all of the tools in a matter of minutes.

We are asking that if you have work done on your houses you remind the contractors to ensure that their vans are locked each time they walk away from them. I know this is sometimes inconvenient but it will prevent them from becoming victims of crime.

We are also suffering from personal vehicles being broken into overnight. We are asking that where possible please remove all valuables from display and again if possible leave your gloveboxes open with nothing on show, this will hopefully reduce the temptation to damage and search the vehicle where there is clearly nothing to steal.

If you need to contact the police in an emergency please call



Fairfield Safer Neighbourhood Team: PC Andy Smith (left), PC Tom Rowlatt (centre), Sgt Dan Penfold (right)

999. If it is not an emergency please call 101.

For anything that is longer term then please contact us on the email listed below. If you call 101 or 999 we will generally be informed and can assist with long term issues.

We are trying to increase our communication with all of our local residents to keep them up to date with the crimes from each week. This should show you that the area in which you live is a safe place to be but should the need to contact you arise due to a crime trend emerging or an urgent message then we are best positioned to do this via email.

Please could you send us an email with your name and address and we can keep you up to date with all that is going on.

Our email is Croydonfairfield.snt@met.police.uk

We need your subscription please!

Subscriptions for the coming year to the Residents Association are now due. The subscription is now **£5** – the first increase since 2007.

We have over 300 members and we are very grateful to them for their support. But we represent 2,600 households and we'd like to have more of you as members.

Please join the Association if you aren't already a member – or renew your subscription if you are a member.

Here is what your subscription does and how you can pay it.

What happens to your subscription?

- it helps cover the cost of this Newsletter which appears three times a year. The money we get from advertisers does not cover the full cost of producing and printing the Newsletter.
- it helps with special projects such as new trees and plantings and our website.
- it helps cover the running expenses of the Association, such as hiring the hall for the AGM and refreshments

there. (Committee members pay for postage and stationery themselves.)

How can you pay your subscription?

- the Road Steward who distributes this Newsletter may call on you;
- you can pay at the AGM on 11 May;
- you can send your subscription of £5 to our Membership Secretary using the form on page 8;
- you can pay your subscription by internet transfer. The sort code for our bank account is 30-92-45 and the account number is 01330171. (The account is held with Lloyds Bank, George Street, Croydon). Please give your postcode as a reference.)

Thank you for your help!

CROYDON CLOCKTOWER CAFÉ JAZZ

Every Thursday lunchtime from 12 noon to 2pm, some of this country's finest jazz musicians play in the back room of the Clocktower Café.



There is usually a trio, playing a selection of standard jazz repertoire, often tunes well known by the loyal and enthusiastic audience. Brian (who organises the sessions) collects

voluntary contributions for the players at the half time interval, and there is a great selection of food available at the café at very reasonable prices. If you have a spare couple of hours on a Thursday, do give it a try, but best to arrive early as the place fills up quite quickly and space is limited.

For the current month's line up of musicians, email jc@jca-design.com



Pictured above: Mark Crooks (tenor sax/clarinet), Dave Green (bass), Dave Warren (guitar).

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Park Hill Personalities:

We talk to **Debra Bourne**, Events Director, Lloyd parkrun about parkrun.

Every Saturday, at 9am, about 200 people of all ages and backgrounds go for a run of about 3 miles (5 kilometers) in Lloyd Park. It is not a race – but everyone's performance is timed. After the race, everyone gets an e-mail with details of their time, their overall position, their position in their age group, how they compare against world record holders, and whether this was their personal best.

Similar events take place round the country at 9am on a Saturday and round the world – from Poland to New Zealand. There are 900 parkruns in 15 countries – 500 in Britain where some 90,000 people participate each week, supported by 9,000 volunteers. In South Africa, one in a hundred of the population participates.

What's it all about? It's parkrun – 'much more than a run in the park', as Debra Bourne who organises the event in Lloyd Park describes it. What makes parkrun special? It is:-

- open to anyone – old, young, active runners, walkers as well as runners;
- free – the event is run entirely by volunteers; and
- in the same place at the same time each week.

Parkrun began in 2004 in Bushey Park near Hampton Court and came to Lloyd Park in November 2010. As many as 300 people have turned up at Lloyd Park but the average is 170-200. There is a separate event for juniors in the park on Sundays. What do they get out of it?

- exercise tailored to their needs – they can go as fast as they can or as slow as they want;
- a sense of achievement – they set themselves a challenge and achieve it; and
- being part of a community – they get to know people on the trail and share their successes and setbacks. They get to know people from different backgrounds and cultures.



About half the participants at Lloyd Park are women and ages range up to 80.

Debra first ran in Lloyd parkrun in January 2011 and soon became a regular. When she was injured, she became a volunteer – and then Volunteer Co-Ordinator and now Events Organiser. As she says:- 'Even if you can't run, you can always be a volunteer' Indeed one of the volunteers at Lloyd Park is disabled. (The organisation has also benefitted from support of various kinds from the Council and Debra has been grateful for their help.)

Debra is a keen runner. She started at school running the mile and 1500m and then in her late thirties started long-distance running with the Croydon Striders. She is currently preparing for the Comrades ultra marathon in South Africa – 54-56 miles. But even someone like her can enjoy the concentrated effort of running a relatively short distance like

parkrun. She has done 65 different parkruns in 12 different places.

However her responsibilities as Event Organiser make considerable demands. She looks after relations with other park users; makes sure that the time-keeping equipment is in order; that the volunteers are available; and helps prepare a post event report each week. She has to be in Lloyd Park by 8.00am on Saturdays and in all, she does about 7-10 hours voluntary work a week for parkrun. But as she says: 'I put a lot in but I get more of it'. Her greatest reward has been to see participants develop – gaining self-confidence, developing as runners – some to go on to run marathons - and offering to do more for the organisation.

It was Debra's enthusiasm for parkrun that led her to propose to Paul Simon-Hewitt, the founder of parkrun that she should write a book to mark the tenth anniversary of parkrun - 'parkrun much more than just a run in the park' - which describes how parkrun began and how it has developed. The book won a prize for Best Book Running Awards in 2016.

Debra does all this and has a full-time job. She is a veterinarian by profession and edits a journal: 'Companion Pets' for the profession as well as contributing to the Journal of Wild Life.

What would Debra say to anyone thinking of joining parkrun?

'You can simply turn up at Lloyd Park – by the café – shortly before 9am on a Saturday morning. But it is best if you register first. Just go to the parkrun website and look for 'register'. Then complete the form and you will be sent an ID number – a number you can use wherever you go and whenever you run with parkrun. Bring a printed copy of the number with you.

I hope that parkrun will enhance your life as it has enhanced mine, and the lives of so many people in Croydon and across the world.'

Your PHRA Committee:

CHAIRMAN - John Ingman
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ADVERTISING - Andree Dyer - Tel: 020 8688 5488

NEWSLETTER EDITOR/PUBLISHER - John Chambers
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Other members are: Patricia Bonham, Fiona Nicol (Membership), Ujjal Ghosal (IT), Bill Smart, David Stanton (Treasurer) and Robert Webb (Secretary).

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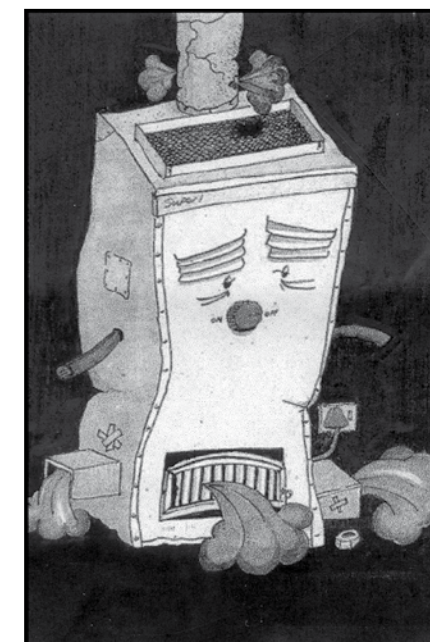
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Membership Application Form

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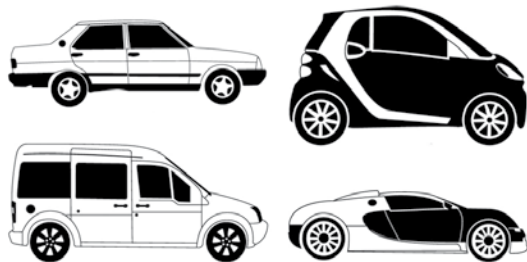
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Here & There – A Round-up of Local News

Joan Pick



Joan Pick died in January at the age of 76. Joan was a well-known local figure, described by the Croydon Advertiser as 'The Best of Croydon'.

She felt passionately that people must learn to live within the planet's physical means and carried this commitment through to her personal life. She became known as the running lady - she would run five miles in the morning and then five in the afternoon and 25 miles on Sundays. But the running was only one aspect of her efforts to 'do the best with the least'. She did not use public transport; she used a car twice in 40 years. She lived on raw vegetarian food; washed by hand; didn't use gas and consumed very little electricity. Her only 'luxuries' were a radio and a small electric kettle. She had no heating. 'It was easier to put more layers on', she said.

She sought to persuade others of the philosophy which underlined her efforts. At one stage she would write at least 100 letters a week to governments, organisations and prominent individuals. Starting from her view that 'energy is finance and the fossil fuels are the reserves' she came to develop a theory for the whole of the physical and economic world – a theory which would replace the approaches of Einstein, Darwin and Marx.

She attracted considerable media interest at one stage but was disappointed that journalists were more interested in the rigours of her life style than the global review which she sought – an Earth Enterprise Report which would change attitudes.

She will be remembered as a remarkable individual who pursued her view of the world unceasingly. As we said when we interviewed her in 2009: 'It is impossible not to be impressed by her fervour, her tenacity, her commitment – and her hope'.

A Guide to Living in Park Hill - Where, When, How

In association with Pedders, the local estate agents, the Association is producing a guide to living in Park Hill – Where, When, How. It covers the sort of questions newcomers to the area might ask – where the local shops and what time do they open, where can I buy screws, where is the nearest pharmacy, where is the nearest cash machine, how do I find a doctor and – most important – how do I deal with my rubbish. The guide is primarily for newcomers to the area but other residents might find it helpful, too. You can see it on our website www.phra.org.uk – look under the 'Local Information' section. Let us know what you think about it.

New arrangements for using permits at the Council dumps



As from 3 April, you will need a permit to use one of the Council's household reuse and recycling centres – that is, the Council dumps at

Factory Lane, Purley Oaks and Fisher's Farm. You can get these permits at the sites but you will need to produce two forms of ID – a photo ID such as a driving licence or passport and an address ID such as a recent utility bill or bank statement. You will need to display your permit at the top right of your vehicle's windscreen every time you use a site. Vans will not get permits; they will need to produce ID every time they use the site. Further details are on the Croydon Council website.

The Council has tried a similar scheme in the past and it did not work. We shall be interested to see if this one does.

Garden waste

The Council's garden waste service will start again on 17 April and continue until 24 November. There is a charge for this – from £55 upwards depending on the amount of waste. This charge has to be paid on-line: go to the Council's website – www.croydon.gov.uk and follow the links to garden waste. The waste is collected every two weeks and you can find the date for your collection from the Council website.

Litter



Talking of refuse . . . despite wretched weather, a faithful band of volunteers turned out on Sunday 15 January for the annual litter collection. Twelve sacks of rubbish were collected and we are grateful to all who participated. It is disappointing to report that about a month later, the area so thoroughly cleaned by the volunteers was strewn with litter and another collection had to be made at the junction of Chichester Road and Park Hill Road.

Here & There

GP Hub, East Croydon Medical Centre



From 1 April there will be a new GP Hub at 2-4 Brickwood Road, to help people get urgent appointments with a GP or nurse. It is open 8am - 8pm 365 days of the year.

Though the Hub is next to the East Croydon Medical Centre, it is separate from the Centre. If you are a patient at the Centre, then you continue to book appointments there just as before.

The Hub is part of a wider service – “Heath Help Now” with other hubs in the Borough being located in Addington and Purley.

If you need urgent help in the future and are either not registered with a practice or your practice can't offer an early appointment with a GP, then you should phone 111, the NHS Helpline, and discuss your symptoms with them. They will advise you on what to do. They might advise that you go to A & E, to the Urgent Care Centre at Croydon University Hospital (formerly known as Mayday Hospital) or your local pharmacy. If deemed appropriate, they will contact the GP Hub on your behalf who in turn will contact you and offer an on the day appointment. In due course they will be able to directly book you an appointment without having to wait for a call back.

The Hub takes over from the Walk-in Centre at Edridge Road which is closing but is not a walk-in service. If you just walk-in they may not be able to help you and would have had a wasted journey. It is best if you phone 111 first so that you get the right sort of help for your symptoms.

For further information, visit www.healthhelpnow.nhs.uk

Improvements at East Croydon Medical Centre

Also at East Croydon Medical centre, starting the middle of April, the front porch is being extended to provide a lift to the first floor and pram parks on both floors. The patient check-screen will be re-located nearer the main entrance.

The practice say that these changes will benefit those patients who currently can only be seen downstairs and also ease congestion around the reception area. The works are expected to take approximately three months and during this time access to the surgery will be via the entrance in

Addiscombe Road.

The practice recognise that this will be quite disruptive. They are sure however that the temporary inconvenience will be significantly outweighed by the advantages this work brings to both patients and staff.

Waste and mismanagement

None of us like paying taxes. However, in our better moments we recognise that taxes have to be paid to provide the services we want such as health and education. But the money raised by taxes must be spent efficiently, avoiding waste and mismanagement.

Two projects in Croydon currently fail this test. First the work in Wellesley Road. It has been going on for months and it is not at all clear what it is intended to achieve. There has been considerable disruption to traffic over a long period and the work seems no nearer completion.

Second, the renovation of the bus station at East Croydon which is proceeding at a glacial pace. There never seem to be more than two or three workers on site at any one time. In the meantime passengers face considerable disruption and inconvenience. What were simple transfers can now involve catching a tram and changing at Lebanon Road. And for what? The new bus station doesn't look much different from the old and the work could surely have been done much more swiftly.

In the meantime, the condition of roads in Croydon continues to deteriorate – with potholes, patched surfaces and cracked tarmac. If only the money spent on these two 'vanity projects' had been spent on repairing our battered roads, what a difference it might have made.

Fairfield Halls



Nine months after the Fairfield Halls closed, demolition work has at last started and there is progress in other ways.

The Council granted planning permission for the redevelopment of Fairfield Halls in February. At the same time came news of a Government grant of £1.4m from Coast to Capital Partnership towards the wider project for College Green surrounding the Hall.

What then is the timetable for the redevelopment? The best we can say is that the Council are firm in their view that the Halls will re-open by the end of 2018 and that contractors to

Here & There

run the Hall will be appointed in May – apparently three bids have been received. Main construction work on the site is due to start in May. We suspect, however, that May may be a little late this year.

National Trust Centre

Croydon and District National Trust Centre has a full programme of meetings and outings for the spring and summer, including a visit to Highclere Castle near Reading which featured in 'Downton Abbey'. For information about the activities of the Centre, contact Angela Swan on 020 8657 0158 or e-mail her on: alswan1814@yahoo.com

You do not have to be a member of the National Trust to join the Centre.

Ward Boundaries

The Local Government Boundary Commission has published their proposals for new ward boundaries for Croydon. These are designed to make the wards in the Borough more equal in size and affect all parts of Croydon including Park Hill.

Park Hill is at present part of Fairfield Ward which includes the town centre and the Whitgift Estate.

Under the new proposals, most of us would be part of a new Addiscombe West and Park Hill Ward. This would extend north into Addiscombe beyond the Lower Addiscombe Road.

The west side of Radcliffe Road and the associated roads would move to a new Addiscombe East ward which would include the Whitgift Estate. The impact of this change is not easy to measure but we would be part of a different sort of ward with some deprivation. We might find it harder to get help from Councillors than we do at present.

One of the reasons for the change is the planned redevelopment of the town centre which will make the present Fairfield ward far too large. So we cannot escape changes. The new proposals are moreover a complicated jig-saw affecting the whole of Croydon which are difficult to amend.

But the Commission is asking for comments.

You can see what is proposed by going on the website of the Local Government Boundary Commission and looking for their review of Croydon. If you look in the section marked 'Have Your Say' and enter your post code you can see what the changes mean for you and make your comments - which have to be received by 8 May.

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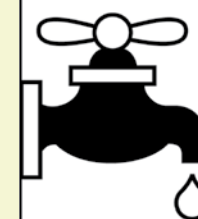


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