

MORA

Monks Orchard Residents' Association

www.monks-orchard-web.org.uk
email: monksorchardweb@btinternet.com

NEWSLETTER

SPRING 2014

(Non Party)

Croydon

(Independent)

Celebrating

90

years

of MORA

The Monks Orchard Residents' Association was founded in 1923,
and represents approximately 2,000 residents.

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CONTRIBUTING TO MORA

To help keep MORA interesting and current we really need your help to fill it with local news and events. It's our magazine for our area, so please don't be shy; send us some information about a performance, workshop, sports contest, bowls clubs, sale or fayre, an article about something that interests you, or if you go to a Zumba class in the neighbourhood, or a parent and toddler group tell us all about it.

EDITORIAL

We welcome articles and contributions from all MORA members. Please send all material via email to monksorchardweb@btinternet.com or via post to MORA C/O [REDACTED]. Please ensure we receive all articles for the Summer 2014 issue by May 31st 2014.

ADVERTISEMENTS

To advertise in the MORA Magazine please contact our Advertising Manager, Barbara Turner at [REDACTED]. Please confirm which size advertisement you would like to book and if you will be

needing your advertisement designed. Each advertisement is placed for four issues and is seen by 2,000 residents.

LOCAL ACTIVITIES

MORA are considering inserting a local activities page in the next magazine. If any members could let us know of local activities in the MORA area we will try and include them in the next issue. Anything from indoor Bowls, short mat bowls, Zumba, Mother and Toddler groups etc. Please ensure we receive all suggestions by May 31st 2014 for activities after mid-July 2014.

CHAIRMAN'S COMMENTS

Now the festivities are over we have to clear up following the storms. Our household got away lightly with just one fence panel blown down but others we know did not get away so lightly. It appears the Environment Agency has been re-looking at the surface water and flood plain areas and in particular has revised the flood plain of the Chaffinch brook and the north area of MORA. If you wish to see if it affects your property, look on the agency web site. <http://www.environment-agency.gov.uk/>

Diane, membership secretary and Patsy, area manager, have resigned from the Committee due to other commitments and family reasons. We will also lose our Planning Officer, Ian Fraser, who is not standing for re-election next year. We would like to thank them for their contribution to MORA over recent years. We have now recruited three new members onto the committee and are arranging their duties (with their agreement) as Area Managers and Road Stewards. Vilas Patel has taken on the Membership Secretary's job from Diane. We are extremely grateful for their commitment as without these volunteers MORA would find it difficult to continue the high standard that had been set by our predecessors.

As you are aware from the planning report in the winter newsletter, we have the problem of what we believe is the first 'beds in shed' in MO. Our investigations have shown a "gym" to be equipped with two bedrooms, kitchen and bathroom. We are on the case so if any members note any other unusual

practices please let any of the committee know and rest assured it will be investigated.

Elsewhere in this issue you will find details of our forthcoming AGM when we will be celebrating a full 90 years of service. There will be bunting and a special anniversary cake and we hope for a lively evening. We will also have the headmaster of Edenham to talk about the school. If anyone has any questions please forward them to either of our editors, Derek or Kevin, so these can be passed to the appropriate person for a considered answer at the AGM.

You will have noticed the old lighting columns are still in situ. We have contacted Skanska regarding their removal. Apparently they are due for removal but the cables are still connected and the diversions need to be carried out in the first instance.

Some of you may have noticed what appears to be an old fridge having being dumped on the grass verge in Orchard Way. We should all keep alert and if any fly tippers are seen, the vehicle numbers should be noted and we will notify the proper authorities. This of course we understand may be difficult as fly tipping is usually carried out in the 'wee small hours'.

By the time you receive this newsletter Spring will be well on its way and many of you will have arranged your summer holidays and we can hope for long summer evenings and bar-b-que weather.

DAVE KING
CHAIRMAN

MORA CELEBRATES NINETY YEARS

This year MORA is celebrating ninety years of representing and endeavouring to protect the interests of local residents. The association was, in fact, set up in 1923 but the culmination of a year's activities is the Annual General Meeting, hence the celebration taking place in 2014.

The association was originally set up to represent the residents of the old East Ward of Croydon Borough Council which, at the time, encompassed an area slightly beyond East Croydon Station, north and south of Upper Addiscombe Road and Wickham Road.

In 1923 the majority of the population was around Croydon and Addiscombe, the Monks Orchard area still being regarded as rural. However, with land from the old large country estates being rapidly sold off for development and the population within the area growing, the residents association was formed which called itself the East Ward Electors Association (EWEA). The two photographs taken at the junction of Addiscombe Road and Shirley Road illustrate, to some extent, the

enormous changes which were taking place during the 1920s.

The Association was, as now, non-party but it did play a major part in putting forward Independent candidates at the local municipal elections. That continued for over forty years with the elected Independent Councillors faithfully serving their ward constituents. In addition to their Council duties they regularly attended the Association's Executive Committee meetings.

With the EWEA Executive Committee at it's head, several sub committees, such as the Social and Ladies Committees were also formed. They all played integral parts within the Association as a whole, with fundraising in particular as an important activity. This was especially so during the years of W.W.2 when, despite the obvious problems and difficulties of the time, meetings were still held, dealing with the many concerns of the Ward's residents. Old minutes taken at the

Main farmhouse of Ham Farm c.1920, owned by Frederick Lloyd and subsequently sold to Percy Portway Harvey in 1920



MORA CELEBRATES NINETY YEARS



**‘Shirley Park
Parade shortly
after
construction
in 1928’**

time reveal that a ‘comfort fund’ to help the local needy was set up by the Ladies Committee. In one instance, having been told of a boy who desperately required new boots, it was unanimously agreed that the Association would provide the necessary funds.

The W.W.2 and post war years obviously had many problems relevant to their time and they were invariably tackled, if the Association was able, in the event that members and residents were badly affected. Some problems, though, never seem to go away as the old minutes also show that public transport, as often now, was a frequent topic at committee meetings, with the EWEA working hard to try and improve local services.

Following the sale in 1920 of the Ham Farm estate to Percy Harvey Estates Ltd., another

association had been set up by them in 1921 called The Monks Orchard Owners Association. Membership was open to all freeholders on that part of the estate which had been sold by Percy Harvey Estates Ltd. Apparently there had been very little, if any, prior planning by the company and the development was considered very haphazard to say the least, with sewerage and roads needing to be put into place as well as gas and electricity. Before a water supply could be provided it was ultimately agreed with Croydon Corporation that the plot holders themselves would pay for the installation of sewers. From a very brief history, written in 1935, for the benefit of new members it is very clear that members of that particular Association and residents played a very large part in helping to develop their area, even to the extent of offering voluntary labour in laying footpaths.

MORA CELEBRATES NINETY YEARS

‘Looking eastward in 1926 from the junction of Addiscombe Road with Shirley Road across what was once the North Park of Shirley House. Two years later the Shirley Park Parade of shops was built on the field in the foreground.’



Early attempts by the EWEA to liaise with the Monks Orchard Owners Association had been met with great resistance as they wanted to retain their independence but finally, during the 1940s, agreement was made to liaise if there was a common interest. It is not clear from old records, but there is an indication that they probably merged with the EWEA sometime in the 1950s.

During the early 1970s the major political parties started to dominate and eventually Independent candidates could no longer compete, with the result that in 1974 no Independent candidate was put forward. The 1970s also saw revision of Ward boundaries and, as a result, the demise of the old East Ward. The EWEA then resolved at its 1977 Annual General Meeting it would change its name to Monks Orchard Residents Association in the continuing work of its predecessors.

JOAN PRING

WARD PANEL & SECURITY

All photos in this article were taken from 'Images of England' series with permission of the publishers, Tempus Publishers Ltd

Farm road from Ham Lodge to Ham Farm, now Orchard Avenue



SHIRLEY NEIGHBOURHOOD CARE
Funding Raising Event



QUIZ NIGHT

SATURDAY 15th March 2014

Shirley Parish Hall, Wickham Rd

7 PM START

Tickets £8.00

Sausages and Baked Potato Supper
Please bring own drinks and glasses

Includes a Raffle

**Tickets are £8.00 (cheques payable to Shirley Neighbourhood Care) and are available from the Shirley Neighbourhood Care Office, Shirley Methodist Church, Eldon Avenue, Shirley. Tel: [REDACTED] [REDACTED] snc@cnca.org.uk
Charity No: 1137581**

TRIP OF A LIFETIME!

Remembrance Day (also known as Poppy Day or Armistice Day) is a memorial day observed in Commonwealth countries since the end of World War I to remember the members of their armed forces who have died in the line of duty.

The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields". These poppies bloomed across some of the worst

battlefields of Flanders in World War I, their brilliant red colour an appropriate symbol for the blood spilled in the war.

The photos below and story opposite are by Maddy Turner, aged 10 from Monks Orchard Primary School.



ABOVE. Saturday 9th November. St Pancras International station prior to boarding the Eurostar.

RIGHT. Wellington Barracks on 30th November when Maddy was being interviewed by ITN to witness the sacred soil being received there. The soil had travelled that day by gun carriage from HMS Belfast.



ABOVE. Menin Gate on Monday 11th November at the arrival of the sacred soil.



Gathering of the 'Sacred Soil Ceremony'.

I was asked to represent Monks Orchard Primary School at the 'Gathering of the Sacred Soil Ceremony', in Belgium at the Menin Gate in Ypres.

On Saturday 9th November I met the other UK children at St. Pancras International where we had photographs taken before we boarded the Eurostar at Ilam for Brussels. When we arrived the Principal, Ann, of the school Monks Orchard is twinned with – WinnderKind- met us at the station and escorted us to a Belgian double-decker train. She then gave me a bobble hat and a red pen as welcoming presents. She told me that a class of 13 Year 5 and 6's had prepared a secret for me.

On Sunday 10th November we visited a cemetery which held 9,000 war graves. Then we had a guided tour of the area. I visited WinnderKind School and the 'secret' was watching an emotional film called "War Horse." It was in English with Dutch subtitles so that we could all understand it.

On Monday 11th my mum and I had to get up early as it was a 30 minute drive in Ann's car to the Menin Gate at Ypres. Firstly, we visited the War museum and shortly afterwards we had a guided tour of the town. We then made our way back to the Menin Gate where all of us children, (Belgian and English) gathered in pairs to wait for the ceremony to begin.

The Duke of Edinburgh and the Belgium Prince both laid wreaths, poppies fell from the roof of the Menin Gate. Then it was time for, the 'Gathering of the Sacred Soil Ceremony' to begin.

The names of each of the 70 cemeteries were called out in turn. A soldier carried a sack of the sacred soil brought from each cemetery. This soil had never been moved from the cemeteries for 100 years. One English child and one Belgian child escorted the soldier to the gun carriage, there were 70 sacks altogether. Each sack was handed over to a King's Troop Royal Horse Artillery soldier who placed it on the gun carriage.

My emotions for the whole trip were varied. My journey was exciting, however when I met Ann I felt quite shy and nervous. When I visited the cemetery I was a bit sad seeing all the graves of the soldiers who had died saving our country. It was an honour to be at this special ceremony, and overall I felt privileged to have been given the fantastic opportunity to visit Ypres and stand under the Menin Gate.

By Maddy Turner aged 10.

EXERCISE IS MEDICINE

BY MATTHEW WYATT

Clinical Lead Musculoskeletal Physiotherapist, Croydon Health Services

Uses: For the prevention and treatment of most non communicable diseases such as: heart disease, cancer, hypertension, stroke, obesity, diabetes, osteoporosis, mental health problems, Parkinson's disease, multiple sclerosis, asthma, chronic obstructive airways disease, musculoskeletal problems and for over a 100 different disease that commonly present to both doctors and other health professionals.

Precautions: Check with your doctor or physiotherapist if you have a long term health condition and have been inactive for a long while. They will advise you on a safe and effective range of exercises for you to try and enjoy! Start off slow, with 10 minutes of exercise and aim to increase both how long and how hard you exercise for as you start to feel fitter and healthier! **ALWAYS warm up and cool down** for at least 10-15 minutes. This helps your heart and lungs prepare and relax after exercise!

If you feel at all unwell when exercising, then stop the activity and contact your doctor according to your exercise treatment plan.

Directions for use: Aim for AT LEAST 30 minutes, 5 days a week, or 150 minutes of exercise a week.

You should aim to get slightly breathless (this is good for your heart, lungs and brain). Take with plenty of water, friends and family, and especially in environments that you enjoy! Plan to enjoy regular exercise as part of your daily routine. Plan to ensure that your family and friends also enjoy regular exercise.

Some important information about the ingredients: This product consists of 4 main ingredients: cardiovascular, strength, flexibility and balance exercises. Combined on a regular basis these help you maintain a healthy body, reduce your risks of illness and infection, and significantly improve your overall health, wellbeing and quality of life, whatever your circumstances!

KEEP THIS MEDICINE WELL IN REACH AND ACCESSIBLE TO CHILDREN, ADULTS AND ESPECIALLY OVER 60s! KEEP IN SIGHT OF CHILDREN as this helps set a good example of a healthy lifestyle and improves their overall life chances.

ACTIVE INGREDIENTS: Some amazing natural hormones and chemicals that help the body stay healthy such as endorphins (the body's natural feel good chemical) and naturally produced chemicals that reduce your cholesterol, blood pressure, and reduce the inflammation that causes many diseases. It also significantly helps you maintain your bone, muscle, heart and brain health.

Also contains: An ability to significantly improve your self-esteem, to feel more mobile, independent and enjoy daily life more. Significant amounts of wanting to share the health benefits of exercise with your friends and family. So help get the message out that "Exercise is Medicine" for many long term health problems!

Manufacturer: You, your family and friends! Regular exercise advice and support only works if you are able to make it a daily and routine part of your life.

SIDE EFFECTS:

- 35-40% reduction in risk of a heart related event such as a heart attack
- 50% reduction in breast cancer death
- 50% reduction in bowel cancer death
- 42% reduction in diabetes related death
- 42% reduction in risk of developing diabetes
- A significant reduction in blood pressure
- Reduction in risk of falls and maintenance of bone health in men and post-menopausal women

Batch number: Delivered in homes, gyms, community centres, parks, outdoors, indoors, hospitals, health clinics, GP surgeries... globally by passionate health and fitness professionals with the skills and motivation to help you achieve your health goals!

Expiry date: 'From cradle to grave': A lifelong commitment to helping you enjoy the best of health and abilities to access all life opportunities whatever your disease condition.

HEALTHY LIVING IN LATER LIFE

Purley War Memorial Hospital

Tuesday 25 March, 2.30pm

Dr Selina Lim, Elderly Care consultant and colleagues from the Trust offer some hints and tips on how to stay well in later life with this talk about tactics for health and fitness in retirement.

DEMENTIA

Dementia is a condition of the brain that affects memory but it also affects the way people perceive the world, and their ability to interact with it. Although dementia occurs more commonly in the over-65s, it is not a normal part of ageing. It is a progressive condition which means that symptoms will get worse over time, but the rate of progression is variable from individual to individual.

There are many different types of dementia. The most common are Alzheimer's disease and vascular dementia. However there are some common ways that dementia affects people:

- Memory loss – especially for things that have happened recently. This may result in people repeating themselves eg asking the same question over and over.
- Difficulty thinking things through and planning – which can result in problems concentrating or solving a problem, or result in difficulty in managing familiar tasks such as following a recipe or paying a bill.
- Problems communicating – this can mean that someone has difficulty finding the right word to say or problems with following a conversation, misinterpreting a conversation or understanding something that is written down.
- Being confused about time and place – being confused about the time of day, date or season or not recognising a familiar place.
- Sight and visual difficulties – which may result in difficulty judging distance (eg on stairs) or misinterpreting patterns or reflections (eg shiny floors, in mirrors)
- Mood changes or difficulties controlling emotions – being unusually sad, frightened, angry or easily upset, losing interest in things and becoming withdrawn or lacking self-confidence.

People with dementia may have just one or any combination of the above symptoms.

Around 800,000 people have dementia in the UK. However it is estimated that just over half of these do not have a formal diagnosis of dementia. There is currently a nationwide screening campaign, for people aged 75 years and above, to improve the diagnosis rate for patients admitted into hospital. If you go into hospital you might be asked about your memory. That does not mean that the doctors think you have problems with your memory, it is just part of the nationwide screening programme.

Why is a diagnosis important? There is no cure, at present, for dementia, but some forms of dementia can be treated with drugs that slow the rate of progression of dementia. Also there are some non-drug interventions which may help slow the rate of progression. A diagnosis also means that people can access services that can help them continue to live a full and independent life for as long as possible. They can be given advice on different strategies that can help maintain their independence, and start to think about

planning for the future eg how to manage if there comes a time when they are no longer able to drive.

There is no magic bullet that will prevent you developing dementia but there are things we can all do which will reduce your risk of developing dementia:

- Keep physically active – regular exercise has been shown to help reduce the incidence of dementia and depression.
- Avoid being overweight – coupled with eating healthily
- Alcohol should be drunk only in moderation – and try to have 2-3 days a week which are alcohol-free
- Keep active mentally – play games or cards, do puzzles, read books or newspapers, learn a new skill
- Spend time with friends and family

If you or someone close to you is worried about their memory, then make an appointment to see the GP. Remember there are other causes of memory problems besides dementia, many of which are treatable.

Other sources of information about problems with memory and support if you are someone with dementia or a carer are:

Alzheimer's society
(www.alzheimers.org.uk)
Age UK Croydon
(www.ageuk.org.uk/croydon)

There is a nationwide campaign called Dementia Friends (www.dementiafriends.org.uk) which is open to anyone aged 18 and above which aims to promote a dementia friendly community in the UK. It is an Alzheimer's society initiative to help promote understanding about dementia and the actions that we can all take to help. You will be asked to attend a Friends information session (about an hour) where you will learn more about dementia and how to create dementia friendly communities. You will then be asked how you might turn this into an action. Examples of a dementia action could be:

- behaving patiently with someone showing the signs of dementia
- spending more time with, helping or supporting a friend or relative affected by dementia
- signposting people affected by dementia to more information and support
- volunteering with an organisation to support people with dementia.
- Fund raising for a dementia-related cause.
- helping your workplace to be more dementia friendly.
- telling other people about Dementia Friends or spreading the word through social media.

The aim is to have signed up one million dementia friends by 2015. Help us to achieve that target!

SHIRLEY LIBRARY'S PUBLICITY

CITY READ CELEBRATIONS THIS APRIL

Barrie McKay will give a talk entitled The Crystal Palace at War on Tuesday 1st April from 2.15-3.30pm. Please reserve your place at the library.

World War 1 collage for ages 3+ on Thursday 10th April from 3-4.30pm. No need to book.

Make a felt poppy brooch for ages 5+ on Friday 11th April from 2.30-4.30pm. No need to book.

Storyteller John Kirk will give a theatrical animation of Michael Morpurgo's Private Peaceful for ages 7+ on Saturday 12th April from 4-4.45pm. Please reserve your place at the library.

Make a peg doll nurse or soldier for ages 4+ on Monday 14th April from 2.30-4.30pm. No need to book.

Easter cup cake decorating for ages 5+ on Tuesday 15th April from 2.30-4.30pm. Please reserve your place at the library.

Frank Anderson will give a talk entitled Croydon Airport during World War 1 and beyond on Tuesday 22nd April from 2.15-3.30pm. Please reserve your place at the library.

All are welcome at our "End of the War" afternoon tea on Monday 28th April from 2.30-4.30pm.

FREE REGULAR CHILDREN'S ACTIVITIES AND EVENTS

Storytime – every Thursday 2.15-2.45pm

Rhymetime – every Friday 10-10.30am

Once Upon A Rhyme – 10-10.30am on alternate Saturdays. Please ask at the library for dates.

Saturday Crafts – 2.30pm-4.30pm on alternate Saturdays. Please ask at the library for dates.

Teen Reading Group is held monthly for young people aged 11-19. Please ask at the library for dates.

FREE REGULAR ADULT ACTIVITIES AND EVENTS

Board Games – Do you like playing Scrabble, Monopoly, chess, cards and Battleship? We have a selection of games which can be used in the library at any time.

Adult Reading Group – The group meets on the second or third Thursday of the month from 6.00 to 7.00pm. Please ask at the library for dates.

Monthly craft workshop on Tuesdays 2.30-4.30pm. Card making. Please ask at the library for dates.

Fortnightly Knit and Natter on Fridays 2.30-4.30pm. Please ask at the library for dates.

Free monthly author/speaker talks.

Please see above for the two talks we've got scheduled for April. Please contact the library for the details of subsequent talks that we organise every month.

Computer sessions for beginners. Learn to set up an email account, use Facebook, do online shopping, use Word, Excel and PowerPoint or improve your typing skills. These sessions are offered on Mondays and Tuesdays in the morning and afternoon and some Saturday mornings. Please contact the library for further details.

Free Wifi – the library now has free Wifi access.

Food waste bags – you can buy these at the library. They come in packs of 75 and cost £5.25. We also sell garden waste sacks for £1 each.

Display boards at the library are available for use free of charge for your club or society. Please contact Fiona or Irene on [REDACTED] or email croydon.shirleylibrary@carillionservices.co.uk

OPENING HOURS

Monday: 9am – 1pm, 2pm – 6pm

Tuesday: 9am – 1pm, 2pm – 6pm

Wednesday: Closed

Thursday: 9.30am – 1pm, 2pm – 7pm

Friday: 9am – 1pm, 2pm – 6pm

Saturday: 9am – 5pm

Sunday: Closed

SERVICES

- Books, CDs and DVDs for reference and loan
- Children's library
- Wordwise collection for children with dyslexia
- Enquiry service
- WiFi internet access
- Free use of PCs including internet access
- Black and white and colour photocopier
- Newspapers and periodicals
- Community information
- Reading groups

CHRISTMAS HAMPER RAFFLE RESULTS

The South Way Surgery Patient Participation Group Committee would like to thank everyone who supported the Christmas Hamper raffle. The Winning ticket drawn by Dr Ford on Friday 20 December 2013 was WHITE 139 and the hamper was delivered to the lucky winner. The raffle raised £1,027 which was presented to the Practice Manager to be used for the benefit of patients of the practice.

Doctors and staff will be trailing a monitor, to be used by patients, which records height, weight, BMI and blood pressure; it is fully automatic and produces a print out which can be handed to the Receptionist or GP. If found beneficial by both patients and staff the monitor will be installed in the surgery.

POPCHOIR

The choir is mixed – men and women. We could do with more men!! This is my third year and it's great, especially all the singing at charity events. Helen Hampton is the musical director. We, men and women, meet for choir practice from 8p.m. – 9.30 p.m. on a Monday evening at the St Mildred's Centre in Bingham Road, Addiscombe. We sing at several local events throughout the year raising money for charity. It's very therapeutic and good fun – you certainly achieve the 'feel good' factor from taking part in this activity.

If you love to Sing... ..Don't keep it to yourself!

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choir

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Popchoir raised over £3,800 during the Christmas period by singing at various venues. This was donated to two charities – 'Macmillan' and 'Children with Cancer'.

It's ok... help is at hand!

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HANDY AD'S SECTION

Friday Market

St Francis of Assisi Hall

[opposite Sainsbury car park, Ravenswood Av.]

Craft Stalls, handmade cards, crystal gifts, cd's, silver, bric-a-brac, gift wrap, Home made Jam's & Marmalade, Toy's, Picture Framing, watch & clock repairs, and many more stalls. Etc

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HANDY AD'S SECTION



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Solicitor Carol Snazell at local firm Thackray Williams is a member of **Solicitors for the Elderly** which is an independent, national organisation of lawyers, who provide specialist legal advice for older and vulnerable people, their families and carers. You can therefore be sure that your particular needs are fully understood.



Carol has worked in the West Wickham/Bromley area for a number of years. Her main practice areas are: **Court of Protection applications, Lasting Powers of Attorney, Registration of Enduring Powers of Attorney, Probate & estate administration, Wills & Inheritance tax planning.**



For more information please
telephone 020 8777 6698
or call in at 73 Station Road, West Wickham, BR4 0QG
(offices also in Beckenham and Bromley)
email: carol.snazell@thackraywilliams.com
www.thackraywilliams.com

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THE SOLICITORS IN SHIRLEY

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To the full extent permissible by law, Monks Orchard Residents' Association disclaim all responsibility, liability, or otherwise, or from any action or decision taken as a result of using this 'Handy Ads Section'. We reserve the right to withdraw any advertisement if we receive any complaints about the service provided. To contact us for more details, please telephone Barbara Turner on: [REDACTED].

HEALTH CARE

GET THE RIGHT TREATMENT

WHAT IS THE BEST CHOICE FOR YOU?

Did you know that a trip to A&E may not be necessary?

With many conditions people can be more appropriately treated elsewhere – as a result patients may wait in A&E when it would be easier and more convenient to see a local GP, chemist or to visit a walk-in centre.

If you live in the London Borough of Croydon you can now **call 111** when you need medical help fast, but it isn't a 999 emergency.

NHS 111 is a fast and easy way to get the right help – wherever you are, and whatever the time.

You can **call NHS 111** 24 hours a day, 365 days a year and all calls from landlines and mobiles are free.

NEED TO SEE A DOCTOR?

Visit your GP: Make an appointment with your GP when you have an illness or injury that won't go away. The GP can give you medical advice, examinations and prescriptions. In an emergency they can visit you at home. Call your own surgery for an appointment.

Many GP practices have extended hours or can provide urgent appointments. An out of hours GP service also means patients can contact a health professional when their practice is closed.

For more information about GP services in London see the [myhealthlondon](http://myhealthlondon.org.uk) website.

Below is a list of other healthcare services available, depending on the nature of your illness.

Urgent Care Centre (UCC) at Croydon University Hospital

Please note this GP led service is not run by the Trust but by Virgin Care.

Located in the hospital's main Accident and Emergency department this is a service for patients who have a minor illness or urgent medical problem, such as a sprain, cut or simple limb injury, which is not life-threatening but needs urgent attention.

This service is open 24 hours a day, 365 days a year.

Urgent Care Service at Purley Hospital

8am to 8pm, seven days a week.

Please note that the last people will be booked in between 7pm and 7.30pm to ensure patients receive a thorough assessment. If you arrive after this time staff will advise you on alternatives.

HEALTH CARE

GET THE RIGHT TREATMENT

Minor Injuries Unit (MIU), Parkway Health Centre, New Addington

Adults and children over one year old can be assessed and treated for a variety of minor injuries including:

- Cuts, grazes and wounds
- Minor burns and scalds
- Sprains and strains
- Minor head injuries
- Minor eye injuries
- Removing some foreign bodies

Monday – Friday, 2pm – 10pm Saturday
and Sunday, midday – 10pm

Please note that the last people will be booked in by 9pm to ensure patients receive a thorough assessment. If you arrive after this time staff will advise you on alternatives.

Edridge Road Community Health Centre

8.00am – 8.00pm, seven days a week, 365 days a year.

This health centre in central Croydon is open every day of the year and includes a GP surgery.

You can walk in to see a doctor or book an appointment. You don't have to be registered at the centre to see a doctor.

Edridge Road Community Health Centre

Impact House 2 Edridge Road Croydon
CR9 1PJ

Telephone: 020 3040 0800

NEED MORE ADVICE OR TREATMENT FOR MINOR AILMENTS?

Visit your local pharmacy when you have a common health problem that does not need you to be seen by a doctor such as runny nose, painful cough and headache. They can give you advice on illnesses and the medicines you can take to treat them. Find a pharmacy near you.

IF IT IS A LIFE THREATENING OR VERY SERIOUS ILLNESS CALL 999 AND ASK FOR AN AMBULANCE



SUGGESTED RULE CHANGES

MORA SUGGESTED RULE CHANGES

For proposer and seconder for the 2014 AGM

Two members of MORA's executive committee were recently sought out to be adopted as local councillors by major political parties. This was flattering for those particular individuals and MORA as a whole, as this compliment indicated an appreciation of MORA's contribution to our community.

Our executive committee collectively considered that the inclusion of councillors on our committee could create conflicts of interest. MORA is a Non-Party organisation. We answer only to our members. Councillors, of necessity, must answer to their chosen political masters. We believed that MORA should remain free, and be seen to remain free of political control to influence. We therefore decided to re-examine our own rules.

The changes outlined below have been designed to achieve these ends. There are also some minor changes which "tidy" our rule book! The rules of our Association can only be changed by our members at our AGM. Our members will be asked to propose, second and to vote for these changes en-block at our AGM in April 2014.

Under Item 2 – Objects:

Add (4) To represent any resident within the boundaries as shown on the map opposite. The boundaries as shown to be modified by a two thirds majority of those entitled to vote at an AGM or special meeting

To clarify the definition of "The Association shall be non-party in politics ...

Add: "Any Committee Member who has been adopted as a prospective candidate for election to represent a political party should renounce their committee membership forthwith"

Add: "Any committee member standing for election, who fails to be elected, should not re-join the committee for a period of one calendar year after the date of the election.

Add: "Any person who stands down from a publicly elected political position should not be allowed to become a committee member until one calendar year after the date of them standing down or revoking their elected position."

Under Item 3 – Membership:

Add:

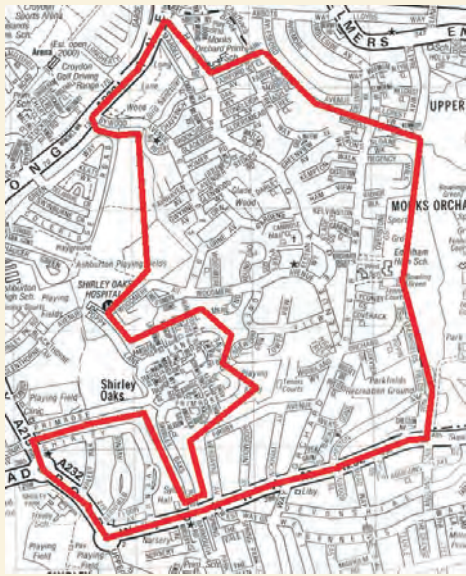
Ex members who have moved out of the area shall have the option of remaining a member on payment of the relevant membership fee and providing their appropriate forwarding address to the Secretary or the Membership Secretary

Life Members shall retain free membership so long as they inform the Membership Secretary of their current address.

Other out of area residents may become members of the association if so agreed by the executive committee by a majority vote.

SUGGESTED RULE CHANGES

Membership shall lapse if annual subscriptions have not been provided after three years or on dissolution of the association in accordance with Article 11.



Under Item 8 Meetings:

Delete: 31st and insert 30th April (as there is no 31st April)

Under 11 Dissolution

Insert: 'registered' between towards and charities.

Delete: 'and Wales'

Add: 'Any physical assets of the association held by any member of the association should be valued after depreciation as agreed by the executive committee and shall be offered for sale or dispersal as agreed by the executive committee.'

DATE FOR YOUR DIARY

MORA 2014 AGM

CELEBRATING 90 YEARS OF
SERVICE TO THE COMMUNITY

Guest speaker
Headmaster of Edenham

Friday 4th April 2014

St Georges Church Hall,
Elstan Way, Shirley

7:00 pm doors open
for tea/coffee and biscuits
for start at 7:30 pm

If anyone has any questions please forward them to either of our editors, Derek or Kevin, so these can be passed to the appropriate person for a considered answer at the AGM.

ACCOUNT OF INCOME & EXPENDITURE

FOR THE YEAR ENDING 31 DECEMBER 2013

INCOME	2013	2012
SUBSCRIPTIONS	3,817.00	4,003.00
BANK INTEREST	4.00	5.00
ADVERTISING REVENUE	1,695.00	2,050.00
DONATIONS	132.00	80.00
XMAS REFUND	80.00	45.00
	5,728.00	6,183.00
EXPENSES		
PRINTING & STATIONERY	4,590.00	4,840.00
ROAD STEWARDS	400.00	400.00
HALL HIRE (AGM)	75.00	93.25
VESTRY HIRE	25.00	300.00
CHAIRMAN'S/SECRETARIAL EXPENSES	nil	nil
SUNDRIES	98.63	230.00
INSURANCE (BTCV)	102.38	102.38
DONATIONS	nil	nil
AUDIT	10.00	10.00
WEBSITE	83.99	nil
SUBSCRIPTIONS TO BTCV	38.00	38.00
AGM (EQUIPMENT/REFRESHMENTS	100.00	108.37
MORA XMAS STALL	10.00	nil
TOTAL	5,533.00	6,122.00
SURPLUS	195.00	61.00
CURRENT ASSETS		
CURRENT ACCOUNT	6,812.00	6,620.00
DEPOSIT ACCOUNT	4,958.00	4,955.00
CURRENT LIABILITIES	nil	nil
NET CURRENT ASSETS	11,770.00	11,575.00
CARRIED FORWARD FROM PREVIOUS YEAR	11,575.00	11,514.00
BALANCE FOR CURRENT YEAR	195.00	61.00
GRAND TOTAL	11,770.00	11,575.00

LOCAL ACTIVITIES

ASHBURTON PARK BOWLING CLUBS

ACCESS: TENTERDEN ROAD, CROYDON CR0 7DN

The club opens for this year's summer season on Saturday 26th April. It is open every day, weather permitting from 2.00p.m. There is usually a public rink available for a small fee and all equipment can be provided. If you take part in our open sessions there will be no fee to pay.

Why not arrange an introductory session with our coaches or attend our open sessions on Saturday 26th April 10.00a.m. or 2.00p.m. and on Sunday morning 27th April at 10.00a.m. Alternatively, join our coaching sessions at 5.00p.m. on Tuesday evenings in May. Dress is informal for these sessions, there is a dress code for members in inter club matches. There is no age restriction other than children must be at least 10 years old and accompanied by a

parent. All equipment can be borrowed whilst you try this sport. Some players start young, many when they find football and golf becoming too strenuous. Many play on into their eighties and later. There is also 3 indoor clubs in our area so that you can continue throughout the year. If you have any questions or would like to book an introductory or coaching session, please phone Bob Wright on [REDACTED]. We are two clubs and have male and female coaches. The bowling green is behind the petanque court and house as you enter the park from Tenterden Road, this is the car parking area.

BOB WRIGHT

SPRING PARK SOCIAL CLUB



Springpark Social Club is a friendly mixed club for people who are of retirement age and celebrates its 60th Anniversary this year. We have interesting speakers at our meetings and regular outings. We also have a table tennis section. Meetings are held each month on the 1st Thursday at 8.00pm and the 3rd Tuesday at 2.30pm at the Wickham Hall, Sussex Road, West Wickham. Visitors are always welcome.

Please contact the Secretary, Gilyan Hastie on [REDACTED] for further details.

SHIRLEY & DISTRICT PROBUS CLUB

We meet on the 4th Wednesday of the month at the Shirley Park Golf Club for lunch, normally followed by a speaker. The Club arranges theatre outings, day trips and an annual holiday for members and their wives, partners and friends. New members very welcome, by invitation. For further details contact John Cutting on [REDACTED] or email [REDACTED]

PLANNING REPORT

31A Woodmere Avenue

Reference: 13/01397/P

Proposal: Retention of single storey outbuilding at rear.

Much of the planning report in our last newsletter informed our members about the continuing saga of the development at 31A Woodmere Avenue. This development was built under 'Permitted Development' legislation which is supposed to simplify the process of development planning. In this case 'simplification' means that the reduced control which is sanctioned by this 'simplification process' has allowed the developer to run rings around the council and the planning department and the intentions of Central Government to improve and speed planning processes. The costs of this case must have certainly spiralled outrageously. We still await a decision about the legal status of what MORally appears to be an illegally built residential bungalow.

The briefest history of this case is that the developer put forward a plan for a permitted development in the back garden of a 3 bedroom property at 31A Woodmere Avenue. The application was for a gymnasium. Permitted developments exclude use as a residential building. Neighbours are not allowed to object to the erection of permitted developments. The

council are unable to reject applications if they comply with a few very basic requirements. This application for this 'permitted development' was thus approved despite many obvious public and private concerns.

The property was built. It was larger than the host bungalow – even after the extension of the host bungalow with an additional bedroom. It was not, however, built to the approved plans. The roof, windows, doors and internal walls were substantially modified to include a kitchen and sumptuous bathroom. There was concern that the outbuilding had been built too high (over the allowed permitted development of 4m) and these suspicions were reported to the council. The Council Enforcement Officer confirmed that there were substantial differences between the approved plans and the actual built outbuilding. There was also evidence that the property was being used for residential accommodation

The council exercised their option to allow the appellant the right to apply for a retrospective full planning application. After due consideration, Croydon LPA rejected the retrospective application.

The developer has now appealed. We await the Planning Inspectorate's decision.

PLANNING REPORT

3 Woodmere Close

Reference: 13/00363/P

Proposal: Erection of a detached 3 bedroom bungalow; formation of vehicular access and provision of associated Parking.

The above proposal was refused planning permission on 24th July 2013 as:

1. The proposal would introduce additional traffic movements that would exacerbate an already unsatisfactory situation on Woodmere Close, a narrow unadopted road which would thereby conflict with various policies of the Croydon UDP and the London Plan.

2. The development would result in an inappropriate form of development out of character with the surrounding area and detrimental to the visual amenities of the streetscene by reason of building in a back garden location and resulting the loss of soft landscaping and inversely impacting on the established hedge fronting Woodmere Close; the development would thereby conflict with policies of the Croydon UDP and the London Plan.

The developer launched an appeal on 27th August 2013.

We still await a decision from the inspectorate. MORA complained formally about the conduct of the Planning Inspectorate as we believed that the Inspectorate treated us unfairly compared

with the Appellant; MORA had prepared an objection to the appeal which challenged many of the sparse, inappropriate and inaccurate claims which the appellant had made within his 'Grounds of Appeal' document. The appellant then prepared a further lengthy additional statement about his grounds of appeal which was received and accepted one day AFTER the close of consultation. Neither MORA nor local residents were given the opportunity to comment on the appellant's additional letter.

The inspector has since stated that the lengthy document was accepted under "exceptional circumstances". She did not explain the nature of these exceptional circumstances. We understand that the inspector did not contact any of the other objectors to inform them that additional information had been submitted to, and accepted, by the Inspectorate. She did not explain that she would deny the objectors the opportunity to respond to these additional appellant's comments, or that this denial may lead to an unbalanced decision by the inspector. MORA's reply to the accepted and belated letter from the appellant was NOT accepted. Our proposal that work on the appeal should be halted until errors that had been made had been investigated was ignored. We have received a response to our formal complaint from the inspectorate. We consider this to be unsatisfactory. If the appeal is upheld we will have to consider how we can challenge this decision.

PLANNING REPORT

79 Verdayne Avenue

Reference: 13/02068/P

Proposal: Erection of 2 four bedroom detached houses and provision of associated parking

MORA regret the final decision of the Croydon LPA to accept the developer's plans to erect two back garden, tandem, highly modernistic four bedroom properties at the rear of 79 Verdayne Avenue. Neither the Council nor the LPA have managed to convince MORA that these properties comply with the character of the area. The LPA believed that they had no alternative but to conform to a decision of the inspectorate to approve a previous application for similar three bedroom houses, providing a holly tree was preserved to maintain the character of the street scene.

The holly tree which the inspector was so keen to preserve has now been felled by the

developer. This action could have been avoided if only the LPA had not neglected to place a tree protection order on the holly tree. The street scene has now been destroyed by the loss of the tree which has also opened inappropriate views to the rear. It appears that some residents have lost vehicular access to their own garages at the rear of their own properties. The most important conclusion of this decision is that a new precedent has now been set which may allow properties to be built which are totally out of character with the street scene if they are not immediately visible from the street. This planning defect can now be repeated in many back garden and tandem developments. It is likely to further destroy the character of our area.

IAN FRASER
PLANNING



PLANNING UPDATE

APPEAL REF

APP/L5240/A/13/2204270 – Land adjacent to 3 Woodmere Close.

The application Ref 13/00363/P, dated 5 February 2013, for the erection of a detached bungalow on land adjacent to 3 Woodmere Close & to the rear of 18-22 Gladeside, with new access and car parking spaces for two cars, was refused by the Croydon Planning Committee and by notice on 24 July 2013. The developer – Chailey Homes Limited, subsequently appealed against this refusal to the Planning Inspectorate.

We learnt on the 19th February 2014 that, after strong representations from MORA and local residents, this appeal has been dismissed. We would like to thank all the residents who supported MORA and the local residents in their efforts to gain this dismissal.

FLOOD PREPAREDNESS

At the time of going to press, we had been very lucky to have avoided floods in our area compared to the rest of the country, especially as we have watercourses flowing through our area which are considered high risk for surface water flooding (see map). We have raised the preparedness issues with our local councillors and have been informed that they are well aware of the flood risks in the Ashburton Ward and the Environment Agency are monitoring all areas of risk and will give adequate notices of potential risk to either life or property. The immediate priority is in the Kenley Whyteleafe area and the Council has learnt a lot from that incident on how to deal with this type of



problem. Be prepared – go onto the Environment Agency website for advice on how to protect your home. Also, see the article published in our Autumn 2012 Newsletter on simple flood defences.

DEREK RITSON
EDITORIAL TEAM

WITH THANKS

THANK YOU

Just wanted to say a big THANK YOU to all my friends, colleagues and members of MORA for your kind support during last year and buying my cards. I have just sent off a cheque to the Evelina Paediatric Unit which I hope will go towards buying some goodies for the ward. I shall continue to make cards for as long as I can as it is the most satisfying hobby I have ever had.

The reason for my doing this is due to the fact that one of our grand children, Max, when he was five and a half weeks old was very very ill and admitted to the Evelina who managed to get him back to normal – He is now a healthy lovely, happy little chappie and was 4 last November. Here is a photo of him on his 4th birthday.



BEING A GAMES MAKER

Due to the talks I have given this last year about my experiences as a Games Maker at 2012, I have been able to present a cheque for nearly £200 to the Croydon School of Gymnastics – Special Needs Section. I am hoping to be able to give continued support to the gymnastics club in this way for as long as my talks prosper. Thank you so much to everyone who has supported me by coming to hear me speak.

BARBARA

VACANCIES

Hello everyone, can spare a few hours each month throughout the year? If the answer is yes, MORA needs some support.

Planning Officer

With the news that Ian Fraser, will not standing for re-election next year, we are looking for someone who can help MORA with planning issues and support planning applications within the area.

If you are interested please contact monksorchardweb@btinternet.com

SHIRLEY COMMUNITY AND CHARITY CHRISTMAS FAIR

Once again we held the Shirley Community and Charity Christmas Fair at the Shirley Parish Hall last November. The hall was decorated with bunting, the grotto was waiting for the arrival of Father Christmas and all the tables looked very festive



This met with great success and I think both the stallholders and customers enjoyed themselves. Many people took the opportunity to enjoy some time relaxing at tables, drinking tea and coffee etc. and enjoying some really tasty homemade biscuits and bread pudding etc.

Many of last year's stallholders returned and there were several new stallholders so there was a wide range of gifts. All stalls seemed to do pretty well and the lucky dip was a sell out.



A lot of money was raised for various charities including AADC, Demelza, Evelina Childrens' Hospital, Towns Womens Guild, Royal Marsden, St Christopher's Hospice and the Shirley Lunch and Supper Club's chosen charity – Nash House.

A huge thank you to all the stallholders for their hard work and to everyone who came to the fair and supported us on that cold day.

I am hoping to be able to do the same again in November this year – so see you there.

CHRISTINE ROSS-SMITH
SOCIAL SECRETARY



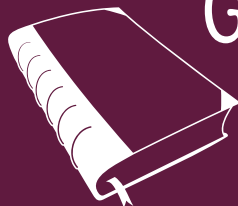
SNIPPETS

THE 367 BUS ROUTE

We have had a number of complaints regarding the timekeeping of the 367 Bus Route. If you have had a bad experience either regarding buses not arriving on time or being taken out of service, please send the details to a committee member or email the details to monksorchardweb@btinternet.com (date time of arrival at the bus stop – length of time waiting for a bus – type of weather etc. If a bus passed the stop full and didn't take on passengers etc.) We will take up the series of complaints with Metrobus and TFL.



THE GREAT BOOK SALE



The Great Book Sale takes place **Sat 15th March 2014**, 10am – 4pm, Shirley Methodist Church, Eldon Avenue. CR0 8SD

Many thanks, Steve Hunt
(on behalf of the GBS organising committee,
Shirley Methodist Church)

Further information at
www.greatbooksale.org.uk

KEV'S CORNER

Well, this is my second issue supporting the editorial team and from the feedback I have had over the last few months, the re-vamped newsletter seems to have gone down very well amongst the MORA residents. So well, in fact, that we have received a bumper amount of requests to add articles and adverts – we've had to make this a 40-page newsletter to fit everything in! I hope you enjoy the variety and diversity of the content. I would love people to continue to send us more pieces, to help pack out the next newsletter with extra details and updates about what's happening in our corner of the world, and what's great about living in Monks Orchard. This is a special year for MORA: 90 years is something residents should be proud of and I am sure there will be plenty of celebrations over the coming months to enjoy. Anyway, must get on – plenty of AGM prep to do... Hope to see you there.

KEVIN MARTIN

EDITORIAL TEAM

JOHN RUSKIN CHORAL SOCIETY

present

“A Concert of English Choral Classics”

Saturday March 29th 2014
St John's Church, Shirley Church
Road Shirley at 7.30 pm.

Programme Vouchers £7.00 /
£6.00 senior citizens / Students free

Tickets available on the
door or contact:

Wendy on [redacted] or
email [redacted]

SHIRLEY NEIGHBOURHOOD CARE SCHEME (SNCS)

Registered Charity No: 1137581 (under the auspices of Churches Together in Shirley) are looking to recruit a new **VOLUNTEER CO-ORDINATOR** as the current post holder is leaving at the end of May. This is a paid position for a flexible 18 hours a week. Eldon Avenue, Shirley, CR0 8SD from where the volunteers are co-ordinated. Further details including an application form can be obtained from Trustees Bernard Maguire ([redacted]) or Jonathan Baxter ([redacted]).

A reasonable knowledge of the geography of Shirley is required. The SNCS office is situated at Shirley Methodist Church, Shortlisting of applicants will take place in early April with interviews shortly thereafter.

MORA COMMITTEE MEMBERS 2013-2014

Chairman	Dave King		██████████
Secretary	Mary Evans		██████████
Treasurer	Terry Greenwood		██████████
Planning	Ian Fraser		██████████
Membership Secretary	Vilas Patel		██████████
Editorial Team	Derek Ritson		██████████
	Kevin Martin		██████████
Advertising Manager	Barbara Turner		██████████
Primary Care	Mercia Nash		██████████
Social Secretary	Christine Ross-Smith		██████████
Transport & Highways	Julie Cornell		-
Ward Panel & Security	Joan Pring		██████████
Trees & Open Spaces	Sue & Martyn Buchanan		██████████
Committee Members and Area Managers	Michael Nash	John Helen	Omer Ahmad
	██████████	██████████	
	Anne Horton	Mary Jennings	Sandra Scott
	██████████		

MONKS ORCHARD RESIDENTS' ASSOCIATION MEMBERSHIP APPLICATION FORM



'I wish to become a member of the Monks Orchard Residents' Association'

(BLOCK CAPITALS PLEASE)

Full Name:

Address:

Postcode: Email Address:

Mobile No: Home No:

Please send this completed form with your subscription:

Vilas Patel, ██████████

cheques payable To Monks Orchard Residents' Association [£4/year (£2 Senior Citizens)]

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Bexleyheath Kent
Tel: 020 8301 5900

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