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**Editor**  
Julia Church

Circulation: 12,000

**MS sufferer faces long wait to live independently**

A Tandridge resident suffering from multiple sclerosis is unable to find suitable accommodation now that he is ready to live independently. 37 year-old Andrew Mace was first diagnosed with MS when he was just 22 years old. As the disease progressed Andrew became confined to a wheelchair and he paid for nursing care. His house in Redhill was unsuitable for wheelchairs so his social worker found him a room in specialist accommodation, the Diana Francis House in Caterham. "I was told when I moved here in August 2007 that I would be here for a maximum of two years. It's a marvellous place but I have been ready to move out into a place of my own for some time now. While I have been here I have seen other people with learning disabilities come to live in Diana Francis



Andrew Mace in his room at Diana Francis House

House then move out to their own places. This is highly specialist living accommodation and while I remain here it means there is one less room available for someone else who would benefit." A spokesperson for Tandridge District Council said: "While we are aware Andrew would prefer to remain in Caterham, this is unlikely to prove possible, as he needs specialist adapted accommodation, which is in very short supply. "We currently have very

few fully wheelchair accessible properties in our council housing stock. When a vacancy does arise, there are almost invariably other households which need this type of accommodation and which have been on the Council's housing list for many years. As Andrew had no connection with the Tandridge District, he was only able to move to Diana Francis House on the condition Reigate & Banstead Borough Council remained responsible for his future

accommodation, as he had lived in that area for the previous six years. Andrew is aware of this condition. "Diana Francis House is a specially adapted house, which helps people with disabilities gain independent living skills. Residents usually live there for two years before moving onto other accommodation. "Andrew has been at Diana Francis House for nearly three years, so identifying alternative accommodation for him is becoming more pressing. We believe Reigate & Banstead Borough Council has increased his priority for re-housing in its area. In the meantime, we will continue to consider Andrew for any suitable vacancies in this area." Each year, 5% of properties built in Tandridge are for supported housing, although not all are specifically wheelchair accessible. In the next year, seven wheelchair accessible flats will be built at Robinsfield, a supported housing scheme in Whyteleaf Road, Caterham.

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# Caterham Carnival



Dancing to the Samba rhythm

Saturday 14th June saw another successful Carnival day which was blessed with sunshine, despite the threat of heavy showers. The crowds attending the event were treated to a host of sideshows and entertainment, which included gym and dance displays and two impressive demonstrations of birds of prey. Sadly, the second demonstration was missing *Jordan* the Peregrine Falcon, who soared so

high during the first demonstration, he lost his bearings and failed to return. The crowd were reassured that he would eventually be recovered, thanks to a tracking device attached to his leg. Last year's event raised £6,000 for local organisations and the Carnival Committee is confident the figure will be even higher this year, when it is announced at the AGM in September.



At least the eagle returned to his trainer!



Charlie the Clown was a hit with the children



Bloco Fogo



A budding Robin Hood gets to grips with archery

## Get walking on the Downs!

Walkers visiting Happy Valley will discover that a new information board, featuring the much-loved Downlands Circular Walk, has replaced the old one.

The new board was unveiled on Tuesday 10th June at Happy Valley car park, behind The Fox pub in Coulsdon Road, by the Deputy Mayor of Croydon, Cllr Robert Askey. Cllr Askey told the assembled guests that Happy Valley was: "One of the brightest jewels in Croydon's crown," and that access to the countryside was essential for health and well-being.

Roger Hargreaves, Head of Environment & Regulation, Surrey County Council, thanked the Deputy Mayor for his speech and spoke about Surrey County Council's support for the Downlands Project, which created the Circular Walk, produced the new walk leaflet and erected the new board.

Downlands Project Manager, Alex Baxter-Brown, told guests that the very first Downlands Circular Walk information board was erected in 1989 and since that date, 95,000 Circular Walks leaflets had been printed. Guests then walked into Happy

Valley to see some of the sheep provided by the Old Surrey Downs Project. Dominic North, Happy Valley Site Manager, explained how the sheep have the important task of keeping the chalk grassland short enough to allow orchids and other chalk-loving wild flowers to flourish. The new Downlands Circular Walk board displays long and short versions of the walk, with some information about the wildlife and history of the area. A new version of the Circular Walk leaflet is now available from the Downlands Project on 01737 737700.



Sheep play a vital role in protecting rare chalk-loving plants at Happy Valley

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## The sun comes out for this year's Dene Fête



The Old Cats rugby juniors and seniors put on a display for the crowd



Volunteers on the Caterham Overseas Aid Trust (C.O.A.T.) chocolate tombola



A youngster tries his hand at the Caterham Rotary Club's 'Spin the Wheel'



Hundreds of people flocked to the League of Friends of Dene Hospital Summer Fête last Sunday, raising thousands of pounds for the charity. The Fête is the League's main fundraiser but sadly had to be cancelled last year due to wet weather. Fortunately, all went ahead as planned this year, thanks to good weather and plenty of local support.

## Tandridge Home Choice launched

Tandridge District Council has just launched its new Home Choice service, which advertises all vacant council and housing association properties on the Home Choice website [www.tandridge-home-choice.org.uk](http://www.tandridge-home-choice.org.uk). Anyone on the housing register can also call 08459 400 473, or visit the Council Offices, Oxted to see what homes are available.

Only those on the housing register can "bid" for up to three properties, which are advertised each week and this will be the only way to be considered for a tenancy. If you would like any more information about Home Choice, please ring the Housing Needs Team on 01883 732825 or 01883 732826, e-mail [housingneeds@tandridge.gov.uk](mailto:housingneeds@tandridge.gov.uk).

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## Burtenshaw's Beat

by Tandridge Neighbourhood Inspector Elaine Burtenshaw



The Tandridge Safer Neighbourhood Team welcomed two new faces this month.

Neighbourhood Sergeant Jane Pettett and Neighbourhood Specialist Officer PC Martin Bassom will be joining the neighbourhood team for both Caterham Valley and Caterham-on-the-Hill.

Jane takes over as Neighbourhood Sergeant from Dan Gutierrez who now has responsibility for community safety in Tandridge. She has worked with Surrey Police for 21 years previously holding posts predominantly in the north west of the county. She brings with her a wealth of experience including that of a neighbourhood and response officer but most recently as an investigator.

I know Jane is keen to get to grips with the community concerns in the area and will be building on the excellent partnership work Sgt Gutierrez has carried out.

PC Bassom will become a regular face to those who live, work or visit Caterham Valley, as well as those in Caterham-on-the-Hill. Martin brings with him ten years of policing experience having previously worked in Redhill as a neighbourhood officer but recently as an investigator at Epsom.

There are a number of

challenges facing him, and the rest of the Tandridge Safer Neighbourhood Team, in the coming months but I am confident Martin alongside his colleagues will work hard to find solutions to neighbourhood problems.

I know Sgt Pettett and PC Bassom are keen to meet as many members of the community as possible and I would encourage you all to stop them and say hello when you see them out and about.

Following a number of rumours, and one reported suspicious incident in Whyteleafe, I am urging parents, schools and children to remain vigilant against strangers. Reports of alleged inappropriate activities have grown

which is distressing for the local community and a concern for me and my team. As a parent myself I would like to reassure the community that no criminal offences have been committed in Tandridge. However, it is vital parents, youngsters and schools remain vigilant and report any suspicious activity to one of my officers. We are working closely with all the schools in the area and our main priority is to ensure that pupils are safe and feel safe.

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# de Stafford - not a failing school

by Mark Phillips

Headteacher of de Stafford School

I am sure that many of you will be aware of the recent government decision to name 633 schools that they labelled 'failing', and that de Stafford was amongst that group of schools. Those of you who are parents of children at the school will also be aware of how strongly I disagreed with the action, and that I wrote to Ed Balls, Minister of Schools, to register my views. It will probably come as no surprise that Mr Balls has not had the courtesy to respond. The government list was based on one single piece of data - the percentage of students gaining five or more A\* to C grades at GCSE including English and Maths; a very crude way of judging success, or indeed failure. What the minister chose not to do

was consider the many other factors that go into making a school successful. Our recent Ofsted report concluded that in all categories de Stafford is performing at a 'satisfactory' level and, in twelve of the nineteen areas inspected, performance is 'good'. The report recognised, as I do, that levels of attainment still need to improve, but the inspectors agreed that progress of students is now as it should be, and that this will be reflected in our future examination results. Already our Key Stage 3 results are significantly better, and student achievement is now in line with the national average. Mr Balls chose to ignore the fact that inspectors found that the students behaviour was good, and that they were safe and



happy in the school. The curriculum and our systems for guidance and support were also found to be good and having a strong impact on helping our students to move on into their future lives and be successful. The process of school improvement is long; there is no 'quick fix' if the changes that we strive for are to be sustainable. de Stafford is just at the point where the changes, that our dedicated staff have worked so hard to achieve, are just about to bear fruit and it would be a disaster if Mr Balls' ill-conceived publication of a crude list were to undermine what we all want, and that is an excellent school for the Caterham community.

## TASS swims into second place

A host of personal best times took the Tandridge Aquarius Swim Squad into second place at a gala in Tunbridge Wells on Saturday, 7th June.

The club reached third place for the first quarter, then pulled into second place after winning four out of the first eight relays. With two time penalties and only one disqualification throughout the rest of the gala, they had to battle it out with the hosts, RTW Monson SC. They held onto second place, with Sevenoaks winning the competition.

Coach Caroline Mabb said: "We had some excellent performances in both the individual and relay events and a number of our swimmers achieved personal best times today. Our achievements included eleven wins and seven second placings."

Other clubs taking part were Beacon SC, Black Lion SC and Sevenoaks SC.

## School's Out For Summer!

Before the end of term, please send us photos of your summer events to brighten up the August edition of The Caterham Independent!  
E-mail: [editor@caterham-independent.co.uk](mailto:editor@caterham-independent.co.uk)



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## Taking a walk for Africa



Stepping out - the children from Warlingham Park School raising funds for a children's choir in Africa

The children from Warlingham Park School in Chelsham took part in a sponsored walk last month to raise money for the 'Pearl of Africa Children's Choir', a charity that builds homes and schools for orphaned and destitute children in Uganda. The whole school took part in the walk from Chelsham Common to The White Bear in Fickleshole and back again covering a distance of four miles.

Headmaster, Mike Donald, commented: "We took the whole school on the walk to help them understand that many children in the

remote areas of African countries walk this kind of distance as a daily occurrence either to collect clean water or to attend school. It was a great way for the children to learn a lesson as well as raise money for a worthy cause."

To learn more about the charity Pearl of Africa, see [www.pearlofafrica.org.uk](http://www.pearlofafrica.org.uk) For further information about Warlingham Park School, contact Head teacher, Mike Donald, on telephone number 01883 626844 or email [info@warlinghamparkschool.com](mailto:info@warlinghamparkschool.com)

## Local family business celebrates fifth birthday

A local family-run lettings business, Martin & Co (Caterham), recently celebrated its fifth birthday with the best results to date.

The successful team, headed by Marc Hansen, has made quite an impression on the Caterham market by being the only lettings specialist in town. Whereas the sales market is suffering a slump things couldn't be better in the lettings arena which has seen a dramatic rise in fortunes. Managing Director Marc Hansen, said: "In the current climate rental prices are going up and an increasing number of people need to rent. More and more properties are coming onto the market as vendors are looking for alternatives to selling in a difficult economy.

"Sometimes people need to move, but don't necessarily need to sell. In this situation letting provides

them with a different option."

Martin & Co (Caterham) recently took on another member of staff to handle an increasingly busy workload. Becky Floyd has already made a big impact in a team that includes two members of Marc's family. Marc's daughter Lucie added: "Being a family-run agency in a notoriously

opportunistic industry helps reassure landlords who are placing their biggest investment, their property, in our hands to look after."

The Caterham franchise of Martin & Co offers a full range of property management and letting services tailored to meet the specific needs of clients. If you would like to see how Martin & Co (Caterham) could help you let out a property, give them a call on 01883 332933 and benefit from their summer offers.



The team at Martin & Co

## Essendene's Got Talent!

Essendene Lodge School in Caterham-on-the-Hill hosted its very own version of 'Britain's Got Talent' last month. Over a third of the school took part in 'Essendene's Got Talent' with a variety of acts from break dancing to a violin recital. There was an excellent turnout for the show, which was judged by Mr Stephen 'Cowell' Haydock, Miss Zara 'Holden' Merali, and Mr Chris 'Morgan' Evans. The judges were increasingly impressed by the quality of the performances and chose their words carefully and well when appraising each act. As the only member of staff who took part, Mrs Shirley Stewart received a special award for bravery with her rendition of 'Memories' from the musical 'Cats'.

Rosie Duckett received a special award for her tap-dance routine to 'Singing in the Rain' and Henry



The 'Jellibeanz' dancers wowed the judges with their energetic routine

Richardson got the award for best soloist with his unaccompanied version of 'Can You Feel the Love Tonight?' The final performance of the afternoon was from parents Greg and Lisa Hard, who performed an outstanding duet from 'High School Musical', but who were the only act to be cruelly buzzed off the stage - despite receiving an ovation from the crowd! All the performers received a personalised certificate and a flower, in true theatrical tradition, as well as the thrill of having taken part. The show was thoroughly enjoyed by everyone and

looks likely to become a regular fixture in the Essendene Lodge School calendar.

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## In the Spotlight

Each month we put a local personality or resident in the spotlight.

This month we feature Michael Lord, of Michael Lord's Butchers in the High Street, Caterham-on-the-Hill.



**Birthplace:**  
Littleborough, Lancashire

**Marital Status:** Married

**Children:** Two

**Cars:** Toyota

**Pets:** Three cats, three dogs

**Childhood Hero:**

Harold Lloyd (1920's stuntman)

**Favourite Food & Drink:**  
Pasta; Australian wines

**Pastimes:**  
Long distance cycling

**Likes:** My pub

**Dislikes:**  
My wife (only joking!)

**Favourite TV show:**  
The Wire

**Favourite Books:**  
World Atlas

**Who would you most like to throw a custard pie at?**  
Bully the Sparks

**Favourite song of all time:**  
Beer for my Horses  
(Toby Keith)

**Favourite Holiday Destination:** Oz

**Biggest influence on your life:**  
My wife Maureen

**Proudest moment:**  
Marrying Maureen

**Most embarrassing moment:**  
Agreeing to do this

**Where would you most like to live?**  
Australia

**Who would you most like to meet?**  
Billy Connolly

**If you won the Lottery jackpot, how would you spend it?** I'd give it all to my wife, Maureen (Maureen's answer)  
Looking for a new wife (Michael's answer)

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## Tandridge Home Choice launched

Tandridge District Council has just launched its new Home Choice service, which advertises all vacant council and housing association properties on the Home Choice website [www.tandridge-home-choice.org.uk](http://www.tandridge-home-choice.org.uk). Anyone on the housing register can also call 08459 400 473, or visit the Council Offices, Oxted to see what homes are available.

Only those on the housing register can "bid" for up to three properties, which are advertised each week and this will be the only way to be considered for a tenancy. By bidding they are expressing their interest in a property and want to be considered for the tenancy. Bids are only accepted through the website, or the 24 hour automated bidding line on 0845 270 1908.

If more than one person bids for a property, priority will still be given to the applicant with the greatest need and who has been waiting the longest. If you would like any more information about Home Choice, please ring the Housing Needs Team on 01883 732825 or 01883 732826, or e-mail [housingneeds@tandridge.gov.uk](mailto:housingneeds@tandridge.gov.uk)

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## Quick Quiz

by Alec Herbert

### Animal magic

- In the film "Free Willy" what was Willy?
- Edward Lear wrote a poem about the Owl and what?
- What was the name of the lion in the TV series Daktari?
- In Alice in Wonderland who often referred to his waistcoat pocket watch only to discover he was late?
- Who did Jean de Brunhoff create?

### Answers:

1. A Killer Whale;
2. A Pussy Cat
3. Clarence
4. The White Rabbit
5. Babar the Elephant

## Kidsout

Wednesday 11th June saw Caterham Rotary take 35 children and a dozen staff from Clifton Hill School for children with special needs in Caterham-on-the-Hill to a fun-packed day out at Chessington World of Adventures. 'Kidsout' is an annual event that takes place all over the country with around 45,000 children and several hundred Rotary clubs taking part, visiting local theme parks and funfairs across the UK. All expenses are met by the local clubs and include tee shirts and hats for all, entrance to all the attractions and a picnic lunch for everyone.

Four Caterham Rotarians accompanied the group and the whole party tried out all the rides and visited the animal enclosure. Clifton Hill Headteacher Marion Unsworth said, "All the children look forward to this annual outing so much and get very excited as the day approaches. We are very grateful to the Caterham Rotary Club for their support in different areas over the years".



Rotarian, Claude Bertin, with two of the children from Clifton Hill School

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## Carnival time for the guides

by District Commissioner, Charley Formosa

With 9th Caterham and 1st Woldingham Guides being beneficiaries of the Caterham Carnival, much of our time has been taken up with preparations for the event on 14th June.

A very successful day selling programmes in Church Walk began the lead up, with Brownies and Guides raising £428. Guides and Young Leaders from each Company signed up to work on Carnival day and ran three stalls, all of which proved very popular

with the children. Guiders from other units came along to help, which gave those of us who had been there all day a very welcome break. Many thanks to all the girls, parents and Guiders who came and supported us.

4th Caterham Brownies, 9th Caterham Guides and a number of Young Leaders (dressed as cowboys), took part in the procession on the Hill and received a certificate of commendation for their efforts.



*District Commissioner, Jane Ede, with Charlie the Clown at the Carnival last month*

It was a really good day and we all had a fantastic time.

Guiding in the district continues to grow with a new Senior Section for girls aged 14 and upwards opening in Woldingham. A number of Young Leaders are now taking their adult leadership qualification which will hopefully give us new Leaders in the near future.

If you would like any information about Guiding in Caterham or Tilburstow Districts, please contact Charley Formosa, on 01883 653356.

## Were you there in 1986?



This year the local Caterham charity Play Safely is celebrating 25 years since its inception and 20 years since the opening of the playground in Queen's Park, Church Road, Caterham-on-the-Hill. On 19th July 1986 Play Safely held a 'Toddle' in Queen's Park as one of its many fundraising events (see above). The Play Safely committee would be interested to hear from anyone who took part in that event as they are 'rerunning' the Toddle at their Fun Day on

Saturday, 2nd August. The Fun Day is from 12-4pm with the Toddle starting at 1pm. Committee member, Jean Pidgeon, said: "We would love to welcome back the old stagers along with any children they may now have so that we can have a cross-generational fun event." If you would like to take part, telephone Jean Pidgeon on 01883 346873 or Sue Close on 01883 370817 or just turn up on the day.

### ADVERTISE YOUR BUSINESS IN THE CATERHAM INDEPENDENT

If you would like to see your business advertised in the August edition of The Caterham Independent, telephone 01883 346641 or e-mail: [info@caterham-independent.co.uk](mailto:info@caterham-independent.co.uk) for details

# Eating Out

## Win a £100 voucher for the White Hart!

To celebrate our new 'Eating Out' section in The Caterham Independent, we are giving away a £100 meal voucher generously donated by the White Hart Beefeater Inn in Godstone. The voucher must be redeemed by 31st August 2008.

The White Hart is a 16th Century listed Coaching Inn. With oak beams and several fireplaces, it remains a traditional type of pub with cosy nooks and crannies that give customers more privacy. The White Hart currently runs two set menus. The daytime set menu offers two courses for £7.99 or three courses for £9.99 from Monday-Saturday, 12pm-6.30pm. On Monday-Thursday from 6.30pm you can

enjoy the evening set menu - two courses for £9.99 or three courses for £11.99.

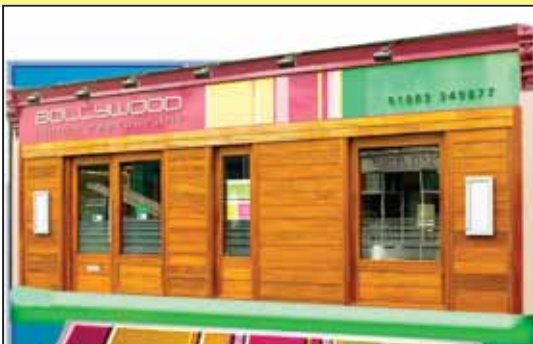
**To enter our competition**, simply send your answer to the following question and your name, address and telephone number to: White Hart Competition, The Caterham Independent, 33 High Street, Caterham CR3 5UE or e-mail your answer to: Editor@caterham-independent.co.uk. The closing date is Friday 18th July.

**Question: How much does the two course daytime set menu cost?**

- a) £7.99
- b) £9.99
- c) £11.99



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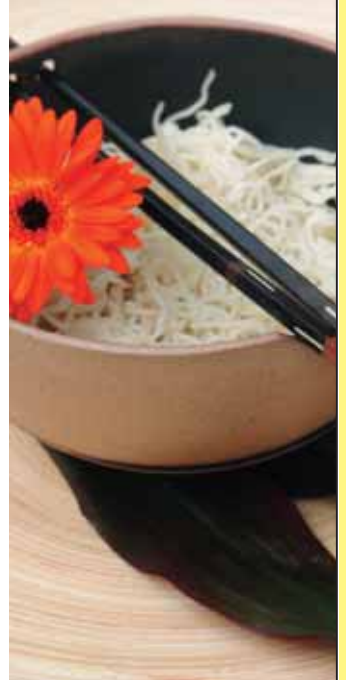
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## The Rajduth Tandoori Restaurant -

Review by Julia Church

In Caterham we are lucky to have many fine restaurants serving food from all over the world. The longest established of these is the Rajduth Tandoori Restaurant in Godstone Road, Caterham Valley, which has been serving authentic Tandoori cuisine for the past 27 years.

On a recent visit with my son our first impression was of a cosy, traditional Indian restaurant with courteous staff and a friendly atmosphere. It is an excellent choice for those wanting to be able to have a quiet conversation during their meal without being drowned out by loud background music.

After whetting our appetites with a couple of crispy papadoms, our starters were brought to the table, King Prawn Butterfly, a very tasty, delicately spiced, king prawn fried in ghee (clarified butter) and Chicken Tikka, which was brought to the table still sizzling in fried onions. The chicken was lightly spiced, grilled on charcoal and beautifully tender.

For our main course we tried Ayr Fish Curry, Balti Capsila Chicken and Koria Gosht (lamb) accompanied by vegetable dishes. John's favourite was the Ayr Fish - a very tender fresh water fish from Bengal cooked in delicious spices with a side-dish of boiled rice. The restaurant owner, Mr Miah, recommended Tarka Dall as an additional accompaniment consisting of pureed lentils that complemented the fish very well.

The Balti Capsila Chicken had a unique flavour tasting strongly of ginger but not in an overpowering way, a nice alternative to traditional tasting curries.

The Koria Gosht, in our opinion, had the best tasting sauce having been marinated in yoghurt for 24 hours before being cooked over charcoal. Other vegetable dishes on the table were Brinjal Bhaji consisting of spicy, tangy aubergines, and Sag Bhaji - spinach fried with onions and herbs.

Although by now pretty full, my dessert was the perfect way to end the meal. The Pineapple Delight consisted of a quarter of a pineapple skin filled with pineapple-flavoured ice cream - heavenly!

To book a table at Rajduth Tandoori Restaurant, call 01883 348539 or 01883 342404.

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## 'Connect' estate agents hold charity golf day



Managing Director of Rayners, Peter Gottelier (right) with Alison Chambers and Richard Groom from the Orpheus Centre in Godstone

Rayners Estate Agents of Caterham organised a Charity Golf Day at Tandridge Gold Course last month, in aid of the Orpheus Centre in Godstone. Local estate agents from the Connect group and their guests played a tournament before retiring for lunch in the clubhouse. Following lunch, prizes were presented to the winners of the morning's competition and a fundraising raffle and auction were held, raising hundreds of pounds for the performing arts charity for disabled youngsters.

## Readers' letters

### Shabby to Smart

Your item in the June edition makes reference to the next stages of ABC Caterham's intent to move the town from Shabby to Smart, with particular emphasis on the High Street, Westway and the Coulsdon Road, near to the Village Development. Clearly a lot of work is underway trying to achieve this. However, it will all be in vain if the people of Caterham, both the residents and traders, don't actively support the moves. To further this aim we all should take a hard look at the outside of our own properties, or shops. Are they 'up to scratch' or would they benefit from a 'freshening up'.

Has anyone really looked at the state of some of the premises in the Valley or the High Street lately? Blocked or leaking gutters, vegetation growing from the gutters, peeling and faded paint to mention but a small selection of de-

fects - these all contribute to the Shabby air that ABC Caterham is seeking to remove and could easily be rectified. Blocked/leaking gutters can lead to internal damp problems - solve it now and stop a minor fault becoming a major problem.

If Caterham is truly to move from Shabby to Smart, then it will only succeed if everyone takes part and does their bit. Its easy to say you want it to happen - it only works if you actually do something to help it along.

**Name and address supplied**

### Overgrown vegetation

I have contacted Surrey County Council regarding the neglected grass verges in Caterham. They advised that they do not have the resources to attend the verges and will only carry out verge maintenance on what seems an ad hoc (who shouts loudest) basis as road repairs

are taking precedence. Is this correct? In my opinion the roads are not seeing too much attention either. Some of the weeds in these local jungles are four feet tall. Now if they do come and cut the weeds and grass down in the same fashion as previously carried out then we can expect huge amounts of debris littering our paths, blowing in our driveways and being carried into our houses. I suspect that such a complaint would have received immediate attention prior to the May elections or is that just me being cynical? It may only be a minor issue in the grand scheme but I feel that it contributes towards levels of degradation which in turn results in lack of respect for public and private property i.e. Graffiti, Litter, Smashed Bus Stops etc etc...

**Scott Georgiades, Caterham-on-the-Hill**

Please send or e-mail your letters to the address on page 2.

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## In the garden

by Alec Herbert

Continuing last month's theme of the use of perennials and shrubs, there are a number of factors to consider if the plant is to thrive.

The type of soil is important. Acid soils found in areas of high rainfall or under tall conifers where their needles fall are essential for camellias,



The Astericus will provide colour throughout summer in a dry, sunny plot.

rhododendrons, azaleas and most heathers.

Chalky and clay soils will benefit greatly from the addition of leaf mould and compost to improve the nutrient content. Cistus, forsythia, kerria and potentilla are just a few of the many shrubs which are suitable for chalk. Clay soils can be more of a problem, often becoming baked hard in summer and waterlogged in winter.

Hard work it might be, but dig in as much well-rotted material from the compost heap as possible and also throw any old compost from pots, containers and hanging baskets over the ground. Anything that helps break up the soil will improve both the drainage and appearance.

Other considerations when selecting shrubs are the area in which they are to be planted – full sun, partial shade or a completely shaded area and, of course, the flower colour. Before planting try to be

aware how high the shrub will grow in the course of time. On a few occasions recently I have been asked by customers to move bushes planted at the front of beds which have grown and either hidden from view or overpowered smaller plants behind them. Many shrubs grow rapidly, such as buddleia and lavatera and should be located at the back of the border or flower bed.

Choosing the right plants for each area of your garden whatever its size, or aspect, is something which requires a little thought, rather than an impulsive purchase at the garden centre.

Tip of the month – cut back ivy growing anywhere you do not want it to. It can cause considerable damage to brickwork and trees if left unchecked. Newly planted ivy – first year it sleeps, second year it creeps, third year it leaps. Get the secateurs out!

Happy gardening.

## Do you have Willpower?

by Jerry Connor, Director of Kenley Financial Services



With willpower you can achieve goals - give up cigarettes, reduce fatty foods or exercise more. Some forms of willpower can lead you to control things even from beyond the grave, at the stroke of a pen. We are talking here of the desire to ensure your hard earned assets go to the ones you love. Allegedly the only things certain are 'death and taxes'. Well, Henry Allingham, the oldest man in Britain has just passed 112, so he is doing brilliantly to avoid the former. However it is practically impossible for him to avoid taxes especially as he joked last month that the secret of his longevity was down to 'cigarettes, whisky and wild women'!

Whilst perhaps the ultimate goal is to avoid both death and taxes this may be a bit tricky in the short term. In the longer term Inheritance Tax can be mitigated by good advice but initially there is quite an easy path to take on this journey of self help – if you have the Willpower that is.

Many people assume that if one of them dies, all their assets will automatically pass to the surviving partner. However, that is not always the case. Around 27 million people in the UK do not have a valid Will. People in this

situation will see their financial and personal assets (including children) dealt with by a bureaucratic system left pretty much untouched since 1925. Do you really want or trust the courts to decide what happens to your children if you leave no clear wishes?

Ultimately a well drafted Will, reviewed in the light of changing circumstances and law, is a very effective form of life planning.

Suffice to say this whole issue is often complex but need not be so.

Inheritance Tax can in most cases be avoided with good planning, that is unless you really like giving money to the government! Furthermore where there is a Will there is a Way to ensure the people you love benefit in the way you want them to. All you need is Willpower.

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## Scoutabout

by Andy Parr

Last month 140 Scouts from Caterham District joined over 4000 Scouts and Guides from Surrey on a weekend activity camp at Ardingly Show Ground. The event, called Scoutabout, has happened every three years since the 1970s and is very popular with the young people.

There were over 200 different activities for them to try from the fun things like bouncy castles and a dunk tank, to traditional skills such as tent peg or woggle making.

The Chief Scout, Peter Duncan, visited the event and was shown around by two Explorer Scouts. He tried various activities, including the pot hole system built from straw bales. Young people had the opportunity to drive cars, quad bikes or JCB diggers. They learnt circus skills, how to walk on water, and had the opportunity to form a rock band.

Scoutabout is the biggest event that most of these

young people will ever experience. It fires their imaginations to discover all the opportunities open to them.

During the weekend three Scouts from Woldingham Scout Troop, Cameron Sharp, Grace Garner and Harry Goldsack were invested at the top of a climbing wall before descending via the zip wire. At the closing ceremony, 10 year-old Jack Lewis from Chaldon Scouts led the renewal of the Scout promise. Plans are already being made for the next event in 2011, when many of those attending will return as Young Leaders.

If you think you could assist as a Leader or for more information about Scouting, please contact Andy Parr on 01883 340561.



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## Who wants to be a volunteer?

by Marion Piggott



"If the Chancellor doesn't listen and take action soon a vital transport link will disappear." Usually a mild mannered man, Phil Jesse is angry, and he makes a strong case. "The permitted mileage rate for volunteer drivers increased from 35p to 40p in 1999 and has remained static ever since. Overheads have shot up, even before this recent hike in petrol costs," he explained.

Phil Jesse learnt about the Caterham Car Scheme in 1996, two years into early retirement. "I was watching 'Fifteen to One' and a contestant was one of their drivers. I applied and have been a volunteer driver ever since. I needed to do something useful and I enjoy driving. Providing this service to the frail and elderly of North Tandridge is an essential service. Our clients

can't afford taxis and taking buses is out of the question.

But after twelve years Phil is sad as well as angry, he fears he can't afford to continue; he had to speak up. In early June he wrote to the Rt. Hon. Alistair Darling MP, copying to local MP Peter Ainsworth. "HMRC are seriously at fault in maintaining the 40p rate. Without an early and substantial increase to the mileage rate I for one, as a pensioner, will seriously have to consider giving up ... I simply cannot afford to effectively subsidise the travel needs of others and, indirectly, Government through the higher VAT and fuel taxes being incurred."

## What's On

### Concert for Kenya

A concert is being held on Saturday, 12th July at de Stafford School in Burntwood Lane, Caterham-on-the-Hill. The concert will feature a Welsh Male Voice Choir and Seventh Day Adventist Choir and the proceeds will go to the de Stafford School Kenya Fund. Tickets cost £10 each and are available from Geraint Jenkins, c/o de Stafford School, telephone 01883 347818.

### Play Safely Fun Day

To celebrate the 20th anniversary of Queen's Park Playground in Caterham-on-the-Hill, the Play Safely

charity is holding a Fun Day on Saturday, 2nd August from 12pm-4pm. The event will include a bouncy castle, a ride on a train, refreshments, a Pimms and Lager tent and a Toddler Fun Run at 1pm. Admission is free.

### Arts Festival

The South East Cancer Help Centre is holding its Silver Jubilee Arts Festival during July and August - a medley of arts activities, Saturday workshops and events for cancer patients, their families and carers. On Friday August 8th the SECHC Choir will perform 'Magic of the Musicals' served up with a delicious dinner from their

chef. The event starts at 7.30pm and is being held at St. John the Baptist Church Hall in Dale Road, Purley. Tickets cost £15 each/£24 for a couple. For more information about all the festival events telephone 020 8688 0974.

### Airfield debate

The Friends of Kenley Airfield are holding a public meeting to debate the issue of the MoD proposal to build a fence around the perimeter track on Kenley Airfield. If you visit the airfield for recreation, or if you are interested in the future of the Airfield, you are invited to attend the meeting on Wednesday 23rd July at 7pm at the Douglas Brunton Centre in Chaldon Road, Caterham-on-the-Hill.

*Want to comment? Then please ring me, Marion Piggott, at the Volunteer Centre, 01883 344444, or email: caterhamvc@owen29.wanadoo.co.uk. Watch this space for any up-dates.*

**WHAT'S ON**  
If you are a non-profit making organisation then you promote your event, free of charge by e-mailing details to [Editor@caterham-independent.co.uk](mailto:Editor@caterham-independent.co.uk) or telephoning 01883 346641

## Support the first ever Kenley and Caterham Beer Festival!

To celebrate 90 years of the R.A.F. at Kenley Airfield, the Kenley and Caterham Royal Air Forces Association (R.A.F.A.) is organising a Beer and Cider Festival to be held this September at the airfield. The event will host band music, a selection of hot and cold food, historical displays and original WW2 vehicles as well as a great selection of beer and cider of course. The organisers are also investigating the possibility of a fly-past or aerobatic display by a Spitfire. The dates for your diary are Friday 5th, Saturday 6th and Sunday 7th of September.

The Pilgrim Brewery in Reigate is brewing two special beers for the festival. One will be called '615 Hurricane Squadron' and the other 'Defiant' - early indications are that they will be stonking show stoppers!

These days at the airfield, large areas outside of the perimeter have reverted back to the Corporation of London Commons and are regularly used by joggers and walkers. An organisation called 'The Friends of Kenley Airfield' is dedicated to preserving the historic significance of the airfield



and have gained conservation status for the area. A stone tribute was erected in one of the original WW2 Blast Pens to pay reverence to the men and women who lost their lives in the service of their country while serving at Kenley.

The Kenley and Caterham RAFA are inviting you all to support this event as all the proceeds are going to the restoration of their club-house, one of the few remaining buildings from the period of the 1st World War.

To encourage responsible behaviour please leave your car at home and travel by train or bus - or why not walk? A regular free shuttle service to the festival will operate from Whyteleafe and Upper Warlingham stations and bus route 409 goes directly past Victor Beamish Avenue, the entrance to the airfield.

Further details will be published in the August edition of The Caterham Independent.



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**'615' Hurricane Squadron - a golden, hoppy 6° bitter**  
**DEFIANT - a dark 4° ale**

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**SATURDAY 6th SEPTEMBER 11am - 11pm**  
**SUNDAY 7th SEPTEMBER 12noon - 11pm**

For more information [www.kenleybeerfestival.co.uk](http://www.kenleybeerfestival.co.uk)

Pictures courtesy of [www.deroeck.co.uk](http://www.deroeck.co.uk)

## A hot stone massage - you're worth it!

by Julia Church

If you haven't spoiled yourself lately, then I would strongly recommend a luxurious hot stone massage by qualified masseuse, Sue Hannaford. When I entered Sue's treatment room at the Caterham Osteopathic Centre I was tired and flagging thanks to a restless night followed by a series of niggling problems to sort out at work.

After I had completed a confidential medical questionnaire, Sue explained the way she works. "I always tell my clients to look at how they use their bodies - do they sit awkwardly when talking on the phone? Or maybe they tend to hunch over the steering wheel when driving. It's these subconscious habits that can cause chronic pain and repetitive strain injuries," she explained.

"I like to help people to

treat themselves by explaining things like self-massage to them," said Sue. "I'll suggest little things for them to try as having repeated treatments gets expensive. I have done a lot of advanced training for pain treatment and if massage doesn't work I can recommend other treatments." Fortunately I don't suffer from any chronic aches or pains, but I was looking forward to Sue massaging the tension out of the muscles in my back and shoulders.

Once I had made myself comfortable on the treatment bed, Sue gently manipulated different areas of my body using a combination of expertise and intuition to seek out the areas that would most benefit from more concentrated attention. Sue had explained to me that although the massage is not



Sue Hannaford MCTHA

light, the treatment is not about eliciting pain for benefit. The effect of manipulation combined with heat from the stones was deeply relaxing and I was amazed at how Sue knew instinctively where to apply pressure for maximum benefit and I could feel the tension knots in my shoulders and back gently melt away.

By the end of the session I was delighted with the improved sense of well-being I was experiencing, not just physically, but it seemed my earlier worries had paled into insignificance as well.

To book a treatment with Sue call the Caterham Osteopathic Centre on 01883 331006. For more information, visit [www.suehannaford.com](http://www.suehannaford.com)

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## It's summer - time to rehydrate

by Steve Robertson, Energy for Life

S - So

U - U

M - Must

M - Must

E - Endeavour to

R - Re-hydrate

Summer time is here, so fluids is this month's topic, Call it what you want, sweating, perspiring, or the one all the ladies use glowing! They all lead to loss of body fluids, which if not replaced by drinking the right fluids at the right time can affect performance in the gym. If sweat loss is not replaced, our bodies become dehydrated. This affects our performance physically - our strength, power, endurance and capacity to continue, which will affect you mentally. This in turn impacts on decision making, reaction times, concentration, anticipation, skill delivery and task accuracy. Ultimately it can affect your health.

Regardless of what type of training you are undertaking you are well hydrated at the start of each session, during the session and after.

Research has shown that up to 50% of you are dehydrated when you start your training session. Being hydrated before your training could help significantly in your training program.

The purpose of using sports drinks varies but is most likely to be one of

the following reasons:

1. To stay effectively hydrated before or during exercise;
2. To supply carbohydrate as energy for use during exercise;
3. To speed re-hydration after exercise;
4. To reduce the physical stress of exercise;
5. To promote recovery after exercise.

There are many different types of sports drinks on the market

- Sports (isotonic) drinks - these will help enhance hydration and optimise performance.

- Sports waters - these are hypotonic drinks. Their lower carbohydrate and energy content makes them a drink for lower intensity exercise.

- Protein drinks - These are nutritional drinks for helping muscle growth. Many people use these drinks when undertaking a weight training program.

- Energy drinks - These drinks should not be used when fluid replacement is your goal, as most are caffeine based.

So hydration and re-hydration are good for you. Enjoy the summer and look out for our new class timetable coming very soon!

For more information on this and other health and fitness topics contact the team at energy for life [www.energyforlife.uk.com](http://www.energyforlife.uk.com) or 01883 650 100.



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## The housing market blues - a local estate agent's view

Lets not kid ourselves. The present state of the housing market in this area is as bad as I have ever known it in my 30-odd years as a local residential agent, worse even than in the late 1980's, and unusually with completely different circumstances. Back then we had high interest rates and galloping inflation. Today we have comparatively low interest rates and low inflation, but instead we have uncertainty about global issues that nobody seems to have any control over. With rising fuel, food and utility bill costs, potential house purchases are nowhere to be seen which inevitably leads to lower prices.

'Valuing' property today has thus become extremely difficult. The sheer speed of events has taken us all by surprise. The enquiry levels have more than halved and from those the 'serious' and

'able' purchasers are very few indeed. In order to sell in this market clients are simply going to have to 'bite the bullet' and be sensitive to market conditions and price accordingly. This will probably mean at least a 5% discount on the asking price of a property three months ago or more. When negotiating a deal, vendors must be more accommodating to offers and, in some cases, before turning them down out of hand see what they can negotiate off the price on their related purchase and 'make up' the difference that way.

The present absence of first time buyers due to the well documented credit crunch and subsequent banking fiascos over poor lending practices has left market confidence at an all time low. Central Government must take a lead before it's too late to stop this slide and start freeing up the lending process. I

am not advocating 100% mortgages or anything like that - that is what caused this problem! The market desperately needs sensible lending at affordable rates. One other simple but effective measure that could be introduced immediately would be to drop Stamp Duty on house purchases below £250,000 and have a much fairer 'banding system' up the price range instead of the rigid levels currently imposed.

This market is looking like it is going to be with us for some time to come and attitudes are going to have to change. Vendors who continue to believe that this market applies to everyone but them will just not sell and be more likely to be forced into taking an even lower offer. For buyers who are able to proceed there are some really good deals out there, so don't be afraid of making offers as you could have a lot to gain!

*Peter Gottelier FNAEA  
Rayners Estate Agents*

## Awards for Marie Curie volunteers



*Marie Curie volunteers with Eric Richard and one of his many motorcycles (Courtesy of The Croydon Advertiser)*

Eric Richard, who plays the much loved Sgt Bob Cryer in 'The Bill', rode into town last month to present long-service awards to volunteers at the Marie Curie shop in Church Walk, Caterham Valley.

Congratulating the volunteers, Eric said: "I am delighted to visit the Caterham Marie Curie shop which provides such an essential local service.

These volunteers give their time to help such a worthy cause and without them the shops would not be able to operate. Well done everyone!"

As well as the shop volunteers, Karen Green, Volunteer Press Officer also received a five year service award for her work with the press and persuading celebrities to attend photocalls and events.

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The communications technology that so many of us take for granted can often seem out of reach for those who could benefit the most – the physically disabled. The Internet provides a valuable means to keep in touch with people and shop for items from home, a valuable tool, especially if getting out of the house is a difficult task. The charity U Can Do I.T. offers accessible tuition, together with encouragement and support to blind, deaf and physically disabled people of all ages who want to learn how to use computers and the Internet in their own home. Their objective is to bring the world-wide web into the homes of people with disabilities at a cost they can afford

to combat social exclusion, promote independent living, and to increase quality of life. Aaron Solari has multiple sclerosis and has been learning computer skills in his own home with U Can Do I.T. Tutor, Keith Penrose. "Keith has really made me believe I can use IT," said Aaron. "Keith has taught me how to use spreadsheets and now I am going to Queen Elizabeth College in Leatherhead to learn book-keeping and accounting. Keith gave me the confidence to do it." For more information about U Can Do I.T., visit [www.ucandoit.org.uk](http://www.ucandoit.org.uk) or telephone/minicom: 020 7730 7766.



Aaron Solari at his keyboard with U Can Do I.T. tutor, Keith Penrose



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# Queen's Park FC

by Chris Varley



The Under 12 Girls with manager and club secretary Steve Williams proudly showing off their league awards and league championship shield.

The Football season has finally ended and I can at last look back upon our second season and the achievements or otherwise that it brought.

On Sunday 15th June our club presentation day and AGM allowed us to show our appreciation to those players and parents that

have supported us and to reward the outstanding performers. Once again we had a fantastic turnout with most teams being fully represented. We were also lucky to enjoy some fine weather and after a mini-world cup the award ceremony got under way. What has amazed me is

the success and enthusiasm of the teams involved as well as the support of each player's family and friends.

To date and in just two seasons we have won two Girls Most Sporting Team awards, one Girls Overall Sporting award, one Girls League Champions, two Boys Runners-Up awards and one Boys League Cup Semi-finalist. In addition to that our youngest team – the Under 8 Boys in their debut season – produced some wonderful football. Our other debut team – the Under 12 Boys – who were one of our league runners up this season – only came together this season. This is a notable achievement given that they were playing against sides who could have been together for four or five seasons already. The biggest cheer went up for our first league champions – the Under 12 Girls, who remained unbeaten in the league all season and comfortably won their division, playing flowing and attractive football. This

team have showed character and resilience and the fact that they were almost crowned Most Sporting Team again shows that you can play fair, enjoy it and win.

Finally we do have some team and referee vacancies. If you are a boy or a girl currently in school age seven (moving up to year 8 after the summer)

please give Steve or Matt Williams a call on 01883 345314.

Also we are seeking a club referee to officiate games in Caterham on a Sunday morning. We do pay for our referees so if you would be interested in this and are over 16, again please telephone Steve Williams and talk it through.

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## New Chairman for Old Cats RFC

Steve Dagleish is the new Chairman of the Old Caterhamians Rugby Club, having taken over the helm from Steve Buckle. Steve Buckle played for the club for many years before taking chairmanship five years ago and is now filling several important roles within the club.

Steve Dagleish has coached in the minis and youth sections over the last 19 years, starting a youth academy last season.

The club now provides qualified rugby coaching for ages 5 to 55, with three senior mens teams, one senior ladies team,



New Chairman, Steve Dagleish (right) and outgoing Chairman, Steve Buckle

one ladies youth team and teams at all age groups from 5 years old to 18.

Rugby is a sport for all to enjoy as a player or from the sidelines. You can contact the club at www.oldcats.co.uk or email: oldcatsyouth@hotmail.co.uk

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