

The Caterham and District

Delivered door to door in Caterham, Warlingham, Chelsham, Whyteleafe, Kenley, Hamsey Green, Old Coulsdon, Netherne-On-The-Hill, Chaldon



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The end of an era for Caterham

The Caterham branch of the Grenadier Guards will be closing at the end of the year due to a fall in numbers. On Sunday 7th August the few remaining members unveiled a bench outside the cricket pavilion in the old Caterham Barracks to commemorate the Guards who used to be stationed there. The branch have also planted a tree at the National Memorial Arboretum in Staffordshire to honour the Guards of Caterham.

The closure of the branch marks the end of an era for Caterham that started back in the 1870s when the Guards first started to arrive at the Depot. Over the years, many Guardsmen settled in the town after completing their service.

Caterham Barracks closed in 1993 and the old accommodation blocks and other military buildings were renovated by Linden Homes for housing and commercial use.

With old soldiers dying and no new recruits, the branch of the Grenadier Guards dwindled in numbers but it continued its success by joining forces with Guardsmen from the Coldstream, Irish and Welsh Guards, and also two Household Calvary members.

The bench unveiling was a solemn occasion attended by the members of the branch, their friends and family. Bugler Derryck Pryce played 'The Last Post' as the bench was unveiled followed by 'Reveille'.

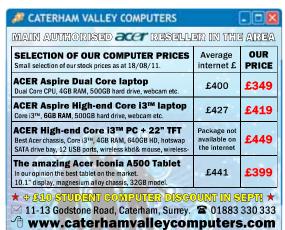
Chairman of the branch, ex Grenadier Guard Len 'Tiger' Payne said: "Six months ago only 12 members attended our AGM so we finally decided to disband the branch. We decided to buy this bench to remind people that we did exist. It is a very sad day."



From left, Simon Gregory, Russell Dodds, Derryck Pryce (Bugler) David Henty, Bryan Hall, Peter McNeil, Len 'Tiger' Payne, Pat Mason, Bob Forman, Mick Symmons, Mick Bromley, Robert









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INDEPENDENT

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Community gears up to have more say with a 'Neighbourhood Development Plan'

The Localism Bill going through Parliament is all about giving more control over important issues to local communities, so four local parishes are working together to produce a bid for money to develop a 'Neighbourhood Development Plan'.

Caterham-on-the-Hill, Caterham Valley, Whyteleafe and Chaldon Parish Councils have combined with local businesses and community groups to work with Tandridge District Council and Surrey County Council in a 'Front Runner Bid'. The scheme provides grant funds from the government to assist with the development of Neighbourhood Plans, to encourage groups to act as 'early adopters' and share experiences with others.

Chris Windridge, Chairman of 'A Better Caterham' community group, is the acting co-ordinator for the Front Runner Bid for government funding. He said: "The Government's agenda is 'sustainable growth' which means it will be impossible to halt development. However, with a Neighbourhood

Plan we expect to be able to affect how future growth will be implemented and supported, with a stronger local voice."

Mary Mountain, Chairman of Caterham-on-the-Hill Parish Council said: "We thought there would be quite a lot of challenges and opportunities with the Localism Bill so we decided to see if we could follow them through together with the other local parish councils and business groups. We realised that all the issues were the same for Whyteleafe, Caterham and Chaldon such as housing, loss of employment opportunities in the area and transport. Our first challenge is to put together our Front Runner Bid for government funding to help produce the Neighbourhood Plan."

A Special Interest Group consisting of 20 local community representatives has been formed to steer the development of the Neighbourhood Plan. Readers of The Caterham and District Independent will be kept informed of their progress.

For further information contact Chris Windridge on 07850 757037, e-mail: caterhamabc@mac.com

Chaldon residents concerned over future of 'Chaldon Mead'

Chaldon Village Council is holding a public meeting to discuss the formation of an Action Group to turn the four and a half acre Chaldon Mead site in the middle of the green belt into a community asset. Concern for the future of the site coupled with the growing

concern for the future of the site coupled with the growing need for a refurbished village hall, one of the community's few public buildings, has led many residents to consider the possibility of putting together a community bid.

Ted Howard, Chairman of Chaldon Village Council said: "Although this would certainly be in the spirit of 'localism' being championed by the present government, it would be a very large project for a small village the size of Chaldon. It will therefore be necessary to gauge the enthusiasm of residents and their willingness to contribute actively to such an undertaking".

All residents are invited to express their views and develop their ideas at the meeting which is to be held in Chaldon Village Hall, Rook Lane, on 1st September at 7.30pm.

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Vandals destroy trees planted by **Parish Council**

Parish Councillors in Caterham-on-the-Hill were shocked to find that their programme of tree planting has been subject to vandalism and, as the photo below shows, the strong and well protected trees on Westway Common have been destroyed. The Council undertook the planting last year

with advice from tree specialists, as part of the celebration of the ten year anniversary of the founding of the Council.

Mary Mountain, this year's Chairman of the Council said: "We are particularly shocked at this wanton act of vandalism. We will now have to consider what extra steps we need to protect our other trees and the plaques which mark them. But we will not allow ourselves to be put off from this programme by louts.

It's such a sad thing that there are those who have so little respect for the amenities of others. It is likely that we will re-plant the trees, but we will need to take extra steps to protect them in future which will cost more money.

"A kind lady resident from nearby flats had been coming to Westway Common to water the trees every day. We would like to thank her for looking after the trees before they were vandalised."



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Councillors Sarah Burningham and Mary Mountain at the site of the vandalised trees on Westway Common.

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'Gold Star Deals' - the new buzzwords for local businesses and shoppers

A free online service has been getting the hang of using 'social launched to give local businesses an exciting new way to promote their special deals. 'The Caterham and District Gold Star Deals" site forms part of the main Caterham and District Independent website and can be found at www.caterham-independent.co.uk/goldstardeals

Owner of The Caterham and District Independent, Julia Church, said: "I thought it would be a good idea to have a website that local people could visit to view some great local deals all in one place. There will be no fiddling about cutting out coupons. Shoppers simply have to quote a promotional code listed on the site to get the deal."

Julia did some research first to see if others thought it was a good idea. After receiving lots of positive feedback, it was all systems go!

"Once I had decided to launch the site I was very busy, inviting local businesses to feature in the launch and getting promotional material designed, but we are ready to go now!" she said.

"One of the challenges has been

media' to spread the word, using Facebook and Twitter. I hope that once people discover the Gold Star Deals site they will tell their friends using the internet."

Those who have signed up for the paper's free weekly online newsletter will be kept notified when the deals are updated each month.

Julia said: "Our weekly 'E-newsletter' enables us to send out extra news stories to our readers along with a calendar of local events. It will be a useful tool for keeping everyone updated with the Gold Star Deals as well."

If you do not already receive the weekly newsletter, you can sign up at www.caterham-independent.co. uk and click on the link near the top of the Home Page.

For anyone with an i-Phone, the deals will also be viewable via the Caterham and District Independent i-Phone App!

Some of the offers have Terms and Conditions and are for a limited number of customers because they are such generous deals so early viewing is recommended. Enjoy!

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This month we feature Caterham resident and selfemployed electrical engineer Pete Atkins. Peter is also the Chief Petty Officer at Caterham Sea Cadets.

Birthplace: Foxon Lane Gardens, Caterham.

Marital Status: Single.

Children: Not vet.

Cars: Ford Kuga.

Pets: Until recently I had a Dwarf Lop Rabbit (Sgt Bilko) who used to travel and enjoy caravanning with me.

Childhood hero: Flash Gordon and others.

Favourite Food & Drink: A nice carvery; ice cold orange juice.

Pastimes: Caravanning, powerboating, travelling, visiting people and helping them. I have an active life in Oakhall



Church in Caterham.

Likes: Playing the piano and occasionally the piano accordion, shopping and helping people.

Dislikes: Folk who have a disregard for the law and a lack of respect for other folks' property.

Favourite TV show: Star Trek without a doubt!

Favourite books: The Holy Bible.

Favourite song of all time: I have thousands of them

Who would you most like to throw a custard pie at? Anyone abusing the disabled parking spaces, being

disabled myself, causing some folk to suffer needlessly.

Favourite holiday destination: Balearic Islands, and then mainland England.

Biggest influence on your life: My mother who taught me a lot of technical and practical things.

Proudest moment: When I was presented with my CSM Medal and Clasp last year by the Lord Lieutenant of Surrev.

Most embarrassing moment: When I wrote off my first car and wasted £120 (my life savings at the time) when I was 17 years old.

Where would you most like to live? Caterham.

Who would you most like to meet? Lady Margaret Thatcher.

If you won the Lottery jackpot, how would you spend it? I would invest it wisely and use it when necessary to make other people's lives a little better.

'South Meets' raises £456 for **Orpheus Centre**

Members of a car enthusiasts' club called 'South Meets' held a charity event at the Orpheus Centre in Godstone on Sunday 21st August raising £456 for the charity. Over 100 people attended

the event with 70 cars that were washed by the 'South Meets' bikini girls. Other attractions included a display of classic cars, a Havair' stand and music. Organiser, Kathryn Giles

said: "The day was a great success and we hope to hold many more charity events. I would like to say a big 'thank you' to Three Arch Garage who supplied the marguees and ran the barbecue. I would also like to thank all the 'South Meets' volunteers who spent all day in the heat raising more and more money.

"Thank you too to the Havair team who turned up bright and early with their amazing cars, put on a fantastic show and gave some generous donations.

'South Meets' can be found on Facebook.



(From left): Ruth Jenkins, Kathryn Gyles, Jest Ash. Photograph by Jon Harrison www.localeventphotos.co.uk









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A Level success for 'Outstanding' Warlingham **School Sixth Form**

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Peter Osei-Bonsu A*A*AA Sarah Cross A*AA Jasmine Collins A*AAB Muneeb Safdar A*AAB Abbie Dempsey A*A*C Dale Songhurst A*AB Ryan Burke A*AB Jessica Norman AAB Tess Amigoni AAB Vidya Baji AAB Ellie Williams A*ACD Amy Coggins A*AC Jamie Price A*AC Headteacher, Alison Wood-



Warlingham School Sixth Form students, Harry Bearman and Jamie Price with their A Level results.

house, said: "I am absolutely delighted with the outstanding results, and particularly pleased with the 21 A* grades achieved by the students.

She paid tribute to all the students for the hard work and commitment shown by a very dedicated year group.

Assistant Headteacher and Head of Sixth Form, Rob Scott, was also delighted: "I would like to congratulate the students. I am particularly impressed not only by their excellent grades, but also by their wider commitment both to the school and to the local community as part of their Surrey Graduation qualification. In addition to working incredibly hard to achieve these fantastic results many of our students still find the time to help and support manv worthwhile causes within the local area. One student in particular, Muneeb Safdar, in addition to achieving his excellent results, has completed over 200 hours of voluntary service and been granted the much sought after Diana Award for his efforts.

Students will celebrate their success with their families and teachers at a graduation ceremony which will be held at the Hilton Hotel, Croydon on Tuesday 13th September.

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9.30 - 11.30 Stay and Learn For home based child carers		
10.00 – 11.30 Kickers and Crawlers £1.00 per session.		
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TUESDAY	Drop In 8.45 – 9.15 Advice & Information	Stay & Play 9.15 – 11.15 Parents & carers with children under 5 years
WEDNESDAY	Drop In 8.45 – 9.15 Advice & Information	Childminders Stay & Play 9.15 – 11.15 Come along and meet other registered childminders
THURSDAY	Drop In 8.45 – 9.15 Advice & Information	Baby Club 10.00 - 11.30 Parents & Carers with babies who are not yet walking
FRIDAY	CLOSED	CLOSED

KESTREI	S CHILDREI	V'S CENTRE
MONDAY	Childminder Sessions St Marys Community Centre Oxted 9.30 – 11.30 Every Other Week Phone to check dates	
TUESDAY	Stay and Play 9.15 – 3.15 For children who want to get messy £1.50 per session	Kestrels at Oxted 9.30 – 11.30 St Marys Community Centre Oxted Stay & Play Sessions All ages welcome
WEDNESDAY	Kickers and Crawlers Sessions 9.15 – 3.15 For babies who are not yet walking £1.00 per session	Kestrels at Tatsfield 9.15 – 11.30 Aileen McHugo Building Stay & Play Sessions All ages welcome
THURSDAY	Bumps and Beyond 9.30 – 12.30 FREE Sessions for Mums- to-Be & New Mums & Dads	Baby Clinic 12.30 – 1.45 Come along weigh your baby and meet the Health Team. Our Team will be here to offer you tips and advice on breastfeeding.
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Please call our centres for more information and to check availability before attending any of the above sessions.

Medieval Mayhem in Church Walk!

There was lots of lively fun to be enjoyed at the Medieval Day held in Church Walk, Caterham on Saturday, 20th August.

Shoppers were entertained by the Jolly Jester and Medieval Maid as well as the Centre Team dressed as Knights of the Realm and their Ladies. Lady Sonia, the herald for the day greeted shoppers and children had their faces painted by Bubblegum Face Painting. The ever-popular shop window competition was hosted by First Choice Travel, where children have to spot an item in a shop window that they do not sell.

The highlight of the afternoon was the fancy dress competition, won by eight year-old Matthew Hurcombe from Caterham who dressed as a knight. Princess Penny Hurcombe came second and Princess Isabelle Haynes came third



The colourful costumes on show at the Medieval Day.



Isabelle Haynes (4) and Grace Thompson (4) learning to spin plates.



The Jolly Jester.

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28th September 2011 7pm – 9pm Principal's Presentation 7:15pm

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Year 7:

10th October 2011 5pm – 8pm Principal's Presentation 5:15pm and 6:30pm

11th October 2011 Open Morning 9am – 12noon

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"Oasis Academy Coulsdon is a 'good' school and 'is providing its students with a good quality of education. The school's capacity for sustained improvement is 'good'." (Ofsted, March 2011)

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www.oasisacademycoulsdon.org

The Tandridge Community **Fund savs** 'Thank you'

by Chairman, Mike Moss,

I am delighted to report that the Tandridge Community Fund has benefitted recently from two sources.

Over 400 people attended the Classic Concert held at David Gold's house last month, raising £5,000 for the Fund. We were pleased that the weather stayed fine and dry, even if it did get a little cool late in the evening! We thank David for the use of his grounds and Richard Stilgoe for compering the concert. We also thank all volunteers without whom we could not have managed.

The second source of funding was from the Waitrose store in Oxted. Their 'Community Matters' programme raised £125 for the Fund. We would like to thank Waitrose, who made the donation, and their customers who indicated who should receive the funding.

The Tandridge Community Fund has now reached a point where the interest it has earned has enabled us



Flautist, Julie Groves, performing at last month's Classic Concert.

Photo by Noel Chay.

to make contributions to five local groups. In March we presented cheques to the Godstone at Play and Oxted-based Stepping Stones charities. We also made three cheque presentations at the Classic Concert to Age Concern, Oxted; the Baby Café, de Stafford School; and Ross Stevenson to assist him with a musical career.

However we are not sittingback - we are still working to reach our initial target of £100,000. Help us to help the community!

For more information or to make a donation, call Mike on 01883 713322.

Quick Quiz

by Alec Herbert

Five questions month on television commentators.

- 1. Who was 'the voice of rugby union' who retired in 2002 and died in 2007?
- 2. Which football and athletics commentator preceded Sue Barker as host of 'A Question of Sport'?
- 3. Who said: "Some people are on the pitch, they think it's all over, ... it is now"?
- 4. Who said: "For those of you watching in black and white, the last red is next to the blue"?
- 5. Who said: "This car is unique, except for the one behind which is identical"?

Answers:

5. Murray Walker 4. Ted Lowe; 3. Kenneth wooistennoime; 2. David Coleman; 1. Bill McLaren;

Diary of a **Plantaholic**

by Sue Baines

Search and rescue sums up this month in the garden. I love to plant closely; it saves on the watering and weeding. Plant combinations suddenly take on a life of their own, which I find really exciting. However, it is a dangerous game, because with a few days of rain some of the more precious plants can get completely swamped.

In between the showers I have started taking cuttings. Many of the cuttings are of shrubs and other plants that aren't very winter hardy, so they will be housed in a heated propagator over winter. Next spring as the weather warms I will pot them into larger containers, and with a bit of feed they will quickly catch up. I try to keep a trough handy, so that any broken pieces of wind blown plants will provide new plants. With all the wind we've had they are filling very quickly.



Sue Baines

Dead-heading at this time of the year can lengthen the season considerably, as can feeding, but be careful. Over-feeding with a general fertilizer will probably produce lax stems. I switch to tomato fertilizer which is great to encourage fruiting and flowers and also ripens the wood, hopefully making them more winter hardy. Some of the annuals are setting seed already, so as soon as the sun shines for a few days they will be collected. I put them into envelopes that I have saved from junk mail. Each year's harvest is very different, so having a good selection means that I can experiment without too much expense.







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Focus on Whyteleafe

A new image for Whyteleafe's 'Village Council'

Whyteleafe Parish Council has spruced up its image and has been renamed 'Whyteleafe Village Council', with a new logo to go with the new name. The council has been working to develop a greater community spirit in Whyteleafe and improve communication between the council and residents.

The Whyteleafe Fair in July, organised by the council members and other helpers, was enjoyed by many local people and the council was delighted at the sense of commuity spirit created by the occasion.

We should like to point out that Sam Gyimah is the MP for East Surrey, not Clir Sally Marks as was mistakenly printed in last month's edition of the paper. We are very sorry for the error.

To celebrate its fresh identity and improve communication, the council has launched a new website designed by local website designer, Ashley Burridge. The website is being kept up to date with local news and events, as well as providing the facility for residents to leave their comments and vote on local issues. Visitors to the site can also see who their local parish councillors are and download council meeting notes. The site is easy to navigate and the text can be made larger for the visually impaired.

Chairman of Whyteleafe Village Council, Celia Rudland said: "Many Whyteleafe residents do not have the time to attend the council meetings so the website provides an alternative way for local people to make their views known to the council. We really hope residents will use the website to support the work of their Parish



Council."

To view the new website go to www.whyteleafecouncil.org.uk



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Celebrating ten years in Whyteleafe

Village Bakers Sandwich Bar in Godstone Road, Whyteleafe is celebrating its tenth anniversary this year. A great highlight to the year for the shop was the Whyteleafe Fair in July, where many visitors to the event enjoyed their delicious range of sandwiches and cakes at the mouthwatering stand manned by Amelia Owarzany and Poppy Rickard.

Owner, Ian Bristow, said: "The girls were very busy but had a lovely time meeting so many local people. It was a great day and we have received a lot of compliments about our stand." More than just a sandwich bar, Village Bakers also serves speciality tea and coffee as well as hot food, including the delicious Chicken Escalope, served in a French stick with salad and mild chilli sauce.

Ian said: "The Chicken Escalope is a real favourite with my customers. Everyone who has tried one has come back!"

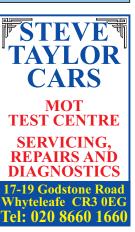
Seven years ago Ian



Ian Bristow with his assistants Amelia (left) and Poppy.

launched his sandwich delivery service that serves many local businesses and organisations, including Godstone Fire Station and Caterham PO Sorting Office. Thanks to the reliability of the delivery service, Ian has many regular business customers.

Another popular feature of Village Bakers is the early opening at 5.30am - a real boon for commuters on their way to catch a train. Ian is happy to take telephone orders so a packed lunch can be ready to grab in the early morning rush. What a great way to save











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C.H.E.C.K. volunteers help out in Kimilili

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On Monday 15th August, 21 volunteers returned Caterham following a three week trip to Kimilili in Western Kenya. The group was made up of members of C.H.E.C.K. (Community Health and Education for the Children of Kimilili), C.O.A.T. (The Caterham Overseas Aid Trust) and other volunteers. The trip was led by Geraint Jenkins MBE, who first went to Kimilili as a young teacher with the Voluntary Services Overseas (VSO) charity. He has made regular return trips over the years with other helpers to teach the children and carry out building projects at the town's four schools.

The charities C.O.A.T. and C.H.E.C.K. support the work back in the UK by organising events to fund the projects. Speaking about the work carried out on the latest trip, Geraint said: "We managed to get loads done while we



Geraint with one of his expupils, Pius Munika.

were there - our group worked really hard to get as much done as possible in a short time. I spent a lot of time teaching, but also supervised the projects. My hands were really soft compared to everyone else's at the end of the trip!"

The group worked on five separate projects in Kimilili with the help of the town's residents. Amongst the projects was the constuction of a new kitchen in Girls' Kimilili Primary School, a pig sty at St. Luke's Boys' Secondary School and a new toilet block at St. Theresa's Girls' Secondary School. children's ward of the hospital was cleaned and the walls painted while the children were placed outside under the trees for the frantic seven hours it took to complete the task. The group also handed out clothes, blankets and toys that had been donated by friends and family back in the UK.

In Geraint's evaluation of the trip, one of the group stated: "It was a fantastic experience to be involved in and we fell in love with Kimilil!"

A full account of the projects and more photos can be viewed at www.cater-ham-independent.co.uk



Pupils from Kimilili Boys' Primary School.



The newly-decorated children's ward in Kimilili Hospital.



PIRATES DAY 10am-4pm Meet Captain Jack Sparrow, Caterham Sea Cadets, Pirate Fancy Dress. Competition in the afternoon, free face painting, free all day parking in Morrisons and community stalls.

29th October GUYS & GHOULS DAY 10am-4pm

DJ Gravedigger, Barron Blood. Halloween Fancy Dress Competition in the afternoon, free face painting, free all day parking in Morrisons and community stalls.

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Pink's Independent Funeral Directors are proud to announce that this year marks the tenth anniversary for our office in Hamsey Green.

Our second office, in Caterham-onthe-Hill, has a memorial showroom where you can see a selection of memorials in different types of stone along with examples of restoration work, rather than just look at pictures in a brochure.

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Pinks Funeral Directors at Hamsey Green.

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further details.

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The Caterham Carnival 2012 is looking for beneficiaries!

The Caterham Carnival Committee is looking for local groups and organisations to be beneficiaries of next year's Carnival being held on Saturday 9th June 2012 Beneficiaries have the chance to raise their profile in the community, have a load of fun and earn several thousand pounds. For more information contact Chairman Martin Vaux (01883 345678) or Secretary John Orrick (01883 348098) before their AGM on Thursday 22nd September.



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Fun Day raises £700 for The Lilv Foundation

A Fun Day held at Whyteleafe Recreation Ground on Sunday 31st July raised over £700 for the children's charity, The Lily Foundation. The event featured a variety of stalls and sideshows as well as a barbecue and raffle, with a host of prizes kindly donated by local businesses and individuals. The event was organised by Donna Coote and her family and friends, who have been supporting the charity since it was set up three years ago to fund research into Mitochondrial Disease. "I am really, really pleased with how the day went and to see so many people coming who had never heard of

she said. "I would like to thank everyone for coming and to all my friends who worked so hard to make the day a success."

The Lily Foundation before,"

For more information about The Lily Foundation go to www.thelilyfoundation.org.



Donna Coote, centre front row with her team of helpers.



The colourful Cuncake stand.







photographer, Jon Harrison at Localeventphotos.co.uk

'The Chill Bar' - a cool new nightspot for Caterham

The Chill Bar at 188 Coulsdon Road in Caterham-onthe-Hill is under new management and on Friday 5th August the bar celebrated by holding a lively launch event,

Guests were served complimentary food and drinks and were entertained by a selection of music played by DJs Michael Williams and Dave Roberts of Ridge Radio.

The new manager, Amar Tanna, said: "This is such an exciting venue - there is nowhere else like it in Caterham. We will be holding different themed nights to appeal to different tastes and hope everyone will soon be talking about The Chill Bar.

The bar is modern and spacious with plenty of room



DJs Michael Williams (left) and Dave Roberts from Ridge Radio at The Chill Bar.

for friends to mingle while enjoying a relaxing drink. The bar currently has special offers on drinks and is planning to introduce a full range of food soon.

The Chill Bar is open every day of the week, 12-11pm Sunday-Thursday and 12-Midnight Friday and Saturday. For more information about forthcoming events visit www.thechillbar.co.uk





For more information call 01883 343260

Glam and Gorgeous!

Create your own style at 'The Knit Club'

On Saturday 30th July local knitting enthusiasts went along to the opening of 'The Knit Club' on the High Street in Caterham-on-the-Hill. 24 year-old Louise Dungate opened the shop following the closure of 'The Yarn House' so the community still had somewhere to buy yarn. Visitors to the launch party enjoyed tea and cakes whilst sharing ting'. knitting and crochet tips.

Louise said: "I was very surprised by the response 'Dagny & Barstow', a new on Saturday. Lots of people boutique opening in New came, drank tea, ate cake York this month. and shared knitting knowledge. It still hasn't sunk in Louise will be holding her yet that I've opened my own knit club on Thursday own shop.

whilst working at an adver- wants to enjoy knitting tising company that had a with others. A crochet 'knit club', which inspired club is also going to be the name of the shop.

After designing her own confirmed. knitwear for two years Louise decided to start sell- in knitting should just do ing some of her collection. it," said Louise. "Knitting Preferring to knit acces- with a group of people is sories such as hats and great, you get inspired by scarves, Louise has devel- others, get to share oped her own signature knowledge and show off



Louise Dungate, owner of 'The Knit Club'.

She is currently working on a commission to create 38 garments for

Starting in September, evenings for anyone who Louise took up knitting wants to learn, or simply held; the day is still to be

"Anyone who's interested style of 'Big Chunky Knit- your work. Knitting is

INTRODUCING KNIT NIGHT!

Knitters of all abilities are welcome to join our new knitting group, starting Thursday 8th September 7pm-9pm at our shop and will continue every week until Christmas.

No booking required, it costs

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making a comeback!" The Knit Club sells a variety of brands of yarn, such as: Rowan, Rico, Sirdar and Artesano at a range of prices. Louise would love it if you stopped by for a cuppa and for all your knitting needs.

For more information about The Knit Club call Louise on 01883 345220.

Meet the team at The Caterham **Cut-in and Tan-in**

visiting Gentlemen Caterham Cut-in men's Croydon hairstylists in Road, Caterham have seen a few changes to the shop in recent weeks. owner, Jeremy King, has teamed up with Carmen Tutt and James Ang to provide a sunbed, sun shower and spray tan service to men and women - a dream come true for Carmen!

"I had a couple of dreams about running my own sunbed shop which is what gave me the idea to start with," explained Carmen. "James and I discussed the idea with Jeremy who thought it would be a great way to expand the existing business, especially as he had plenty of space available at the back of the shop."

Some of Jeremy's clients have already used the new service. He said: "I think the guys find it a bit more comfortable having a tan here rather than going into other sunbed shops that are



(From left) James Ang, Carmen Tutt and Jeremy King, owners of The Caterham Cut-In and Tan-In.

mainly used by women." Carmen has found that some of her clients especially like the Sunday opening hours. She said: think the Sunday opening is something that will be extra popular with the ladies whose men go off to play Sunday football. They can treat themselves to a session on a sunbed while the men are off enjoying themselves!" To book an appointment at the Caterham Cut-in and Tan-in call 01883 330020.

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Get your entries in for the Titsey Trail 10K race!

The third annual Titsey Trail 10K race, organised by Oxted Runners, is being held on Sunday 2nd Octoher.

The race, which is being sponsored by Robert Leech Estate Agents and Pritchard Englefield Solicitors, starts on Limpsfield Common and covers a testing circuit of the Titsey Estate's High Chart. The limit of 300 runners is expected to be reached well before the race date so runners should get their entry in soon. Once again the net proceeds of the race will be donated to the East Surrey services of Alzheimer's Society which runs a day centre at Bletchingley. During the first two years of the race over £10,000 has been raised by Oxted Runners and many of the entrants have commented on the attractive route of the race. Full details and entry forms can be obtained from the race website, http://www.oxtedrunners.org.uk/10k.



Runners awaiting the start of the 2010 Titsey Trail 10K race. (photo by SMS Creative Photography).



Core Strength and Balance

by Steve Robertson

X-T.R.E.M.E. Training

Good balance requires 'core strenath' - a term that refers to the strength and stability around your abdominal, lower back and hip muscles. A lot of exercise incorporates twisting and rotating and core strength plays a critical part in controlling your everyday movements. The stronger your core, the easier it will be to perform better posture and for some more challenging manoeuvres it will also help reduce the risk of injury.

Next time you are training try these exercises with a stability ball or Swiss ball.

Russian Twist

Lie on a stability ball with your feet on the floor, knees at right angles. The ball should be nestled around your shoulder blade area. Keep your abdominals pulled in to support your back which helps to engage vour core.

Hold a weight plate/medicine ball above your head



Steve Robertson

and roll to the side until the tip of your shoulder is on the ball, and then repeat with the other side.

Stability Ball Bridge

Support your weight with your toes on the ground and placing your forearms on the ball, creating a bridge with your body. To increase the intensity, instead of using your forearms place your hands on the ball as though you were doing a push up.

Draw in your abdominals towards your spine and hold this throughout the exercise for a specific time.

Add these to your training programme, and you will improve your core and your balance. If you have any questions concerning health and fitness get in touch with me on 07745 946748.









FOR MORE INFORMATION CALL JULIA ON 01883 346641



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PARKING AT REAR AND LARGE, CHILD-FRIENDLY GARDEN

A taste of India at 'Bollywood'

Review by Emma Berry

Bollywood restaurant in Godstone Road, Caterham offers a wide variety of traditional Indian food in a comfortable and spacious setting. When I visited Bollywood with Julia from The Caterham and District Independent we immediately felt welcomed by the soft Indian music and restaurant's relaxed atmosphere.

For my starter I ordered the Tandoori Chicken Skewer and Julia ordered the Crab Piri Piri. Julia described her starter as: "Delicately spiced, pleasantly light and perfect for a starter."

The Tandoori Chicken was beautifully presented with plenty of salad and sauces. The chicken was tender and tasted lovely.

We shared a variety of curries and side orders for our main course, all of which looked colourful and appetising. The Chicken Nagpuri was the hottest curry we tried and had a spicy kick which gave it a distinctive flavour. The Xacuti Chicken was described as hot but Julia and I felt it was not too hot and the spiciness was just right. My favourite curry was the Dum Pukht Gosh (lamb curry). It was tender and, although it was one of the milder curries, it was full of flavour.

I hadn't tried Coconut Rice before but was glad I ordered it; Julia described the rice as "perfectly cooked" and I thought it contrasted

beautifully with the hot curries. We shared Dall Samber and Mombay Aloo as side orders. The Dall Samber (mixed vegetables and lentils) had a hint of lemon, which made it very refreshing, especially after the hot curries. I ordered Mombay Aloo, my favourite Indian dish, and I was not disappointed! The potatoes were soft, light and full of flavour, without being too spicy.

Bollywood offers great service, is child friendly and suitable for people of all tastes with a choice of mild, medium and hot dishes and vegetarian meals. To experience the tastes of India and a great night out I recommend you visit Bollywood.





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The 'Il Carretto' Italian experience is coming to Coulsdon Review by Julia Church

South London Italian restaurant, is having a reincarnation in Coulsdon and my daughter Jenny and I were invited to a sneak preview of the menu recently. 'Il Carretto' is taking over the premises occupied by Delicias' Mexican `Las Restaurant at 121 Brighton Road and our visit took place a few days before the official changeover at the

'Il Carretto', the well-known

When 'Il Carretto' was in Streatham it was one of the most popular restaurants in London and many remember its lively atmosphere and popular 'Elvis' nights. It is yet to be decided if the Elvis nights will be resurrected too but the new owner, Andrea, has lots of exciting plans for the new restaurant.

end of August.

He said: "It is going to be just like 'Il Carretto' in Streatham - the same food, ambience, everything. Lots of people will remember what a fantastic place it was and were sorry to see it go. I am excited that we are re-opening it in Coulsdon."

The menu is varied and reasonably priced, with a good selection of pizza and pasta dishes as well as meat, fish and salads. Jenny and I had homemade Minestrone Soup for starters and the menu will feature many other favourites including deep fried squid, avocado pear and prawns and garlic mushrooms. Our main course was very traditional 'Pollo Funghi', a large breast of chicken served in a

mushroom and cream sauce. The chicken was beautiful, really tender in a wonderful creamy sauce with lots of mushrooms. It came served with crispy potato wedges and fresh vegetables. The meal was a

Carretto



Pollo Funghi

tantalising glimpse of the high quality of the food to be served at 'Il Carretto'. Why not be one of their first new customers? See their advert below for more details.

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What's On

Horticultural Society Autumn Show

The Caterham and District Horticultural Society is holding its Autumn Show on Saturday 10th September starting at 2.30pm. The show is being held at Hillcroft Primary School in Chaldon Road, Caterham-onthe-Hill. The prize-giving will take place at 4.30pm, followed by an auction of the exhibits.

American Tennis Tournament

Caterham and Whyteleafe Tennis Club are hosting an American Tournament on Sunday 11th September from 1pm.

Entry is £5 for adults and £2 for juniors to include light refreshments. The Club is situated in The Avenue in Whyteleafe. The entrance, coming from Manor Park in Burntwood Lane - go past the recycling area in the car park near the bottom of Burntwood Lane, and continue down the lane between Manor Park and the railway line. Further details from Bown, telephone

01883 625463.

RSPB Talk

On Wednesday 14th September, East Surrey RSPB is holding a talk at the White Hart Barn in Godstone, entitled 'The Fauna of Ancient Egypt' by John Wyatt. The talk will feature more highlights from recent research and a fascinating book in the making. The talk starts at 8pm until approximately 10pm.

The fee is £3 for adults and £1 for children.

www.eastsurreyrspb.co.uk Choral Workshop

East Surrey Choral Society invites you to come and sing choruses from Haydn's 'Creation' from 10am on Saturday 24th September at St John's Church, Canons Hill, Old Coulsdon.

For more information please phone or email Gill English, tel: 01293 786358 email: gillenglish@gmail.com

Charity Walk

The Rotary Club of Caterham are holding a Charity Walk in aid of MEAK (Medical and Educational Aid to Kenya).

The walk will take place on Sunday 2nd October from 'The Fox' pub, Coulsdon Road, Old Coulsdon starting at 9.30-10.30am, where you can walk a three mile or seven mile circular route. If you would like to take part in the walk and raise funds for this worthy charity please contact Mike Fels on 07944 549749 or e-

mail; meakwalk2011@aol.

Alzheimer's Walk

The Alzheimer's Society Memory Walk 2011 is taking place at Godstone Green on Sunday 18th September. Registration opens at 10.30am with the walk starting at 11.30am. The walk will take around two hours, returning to the green where an Elvis tribute act will be performing a show. A celebrity guest, a band and the Hogsback Chapter of the Harley Davidsons will also be in attendance on the day.

Craft and Beauty Fair

An Autumn Craft and Beauty Fair is being held at The Arc on Saturday, 10th September featuring handmade, traditional and contemporary crafts as well as beauty expertise. Entrance is £1 per adult and 50p for children. For more information call The Arc on 01883 330380.

Who wants to be a Volunteer?

by Marion Piggott

There's a growing trend for people to begin volunteering before they retire fully a sort of gentle slide from one period of their life to another. Although approximately 10% of volunteers are retired at the time they register with us, twice as many are over 55 and, like Peter, planning ahead.

"I believe the best time to plan my retirement," Peter told me last year, "is before my boss does!"

The humour masked his awkwardness - he later confessed to feelings of unease. New to volunteering Peter was unsure about what he wanted to do, or even if he really wanted to commit to anything.

`There's no pressure," I reassured him. "I'll simply tell you what is available and you can think about it. Take as long as you need." A complete change appeals to some, like the teacher who very definitely did not want to volunteer with children. Alternatively,



all flavours want a role that uses their valuable skills. For information about volunteerina opportunities please ring me, Marion Piggott, at the Volunteer Centre Caterham, 01883 344444, email:caterhamvc@owen29 .wanadoo.co.uk, or visit our website: www.surrevcommunity.info/tvsc/. Finally, taking a leaf out of Peter's book I have been planning my own retirement since early summer. Within days of handing over to my successor in October I am resuming my studies, finishing the Honours degree I started years ago. Yes, I will also be volunteering, how could I not? So cheerio from me. It has been a privilege to be part of Caterham's volunteering

community this past five

years.

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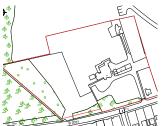
Kerry Bourne - 020 7911 2423 kerry.bourne@gva.co.uk



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- Guide price £450,000



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- Site offered with vacant possession
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- Potential exists for refurbishment / extension of existing buildings and or redevelopment of the site subject to planning
- Guide price £1 million



Maplewood

The Firs, 5-9 Chatfield Court, Caterham, Surrey, CR3 5GY

- Property offered with vacant possession
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- Guide price £450,000

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Whyteleafe - £775pcm

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Edenbridge - £785pcm

ounge. Stylish fitted kitchen and breakfast table. Moderr bathroom. Private garden with lawn & decking. Parking.



Whyteleafe - £795 pcm

double bedroom first floor flat in popular developmen located minutes walk from Whyteleafe South & Upper Warlingham Stations. Large lounge and nicely presenter fitted kitchen. Modern bathroom. Allocated parking for one car. Avail uff



Caterham Valley - £825 pcm

2 bedroom first floor flat within minutes walk of Caterhar BR, Town Centre and shops. Large lounge. Fully fitted kitchen. Avail u/f



Caterham On The Hill - £850 pcm

Completely renovated two double bedroom first floor naisonette. Quality brand new fitted kitchen. High spec bathroom. Private garden. Garage.



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Caterham Valley - £875 pcm

Spacious split level 2 double bedroom apartment in sought after road close to Caterham town centre and train station. Large lounge. Fully fitted kitchen. 1 bedroom with fitted wardrobes. Baltroom. Garage and parking. Avail



Godstone - £995 pcm

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Kenley - £2250pcm



Caterham Valley - £1150 pcm

Stunning and spacious top floor 3 bedroom apartment Large lounge. Fully fitted kitchen. Bathroom. Use of communal gardens. Allocated parking. Avail Part-furnished.



Whyteleafe - £1150 pcm

Spacious 2 bedroom chalet bungalow located by Whyteleafe South train station. Good sized reception soom. Kitchen. Bathroom. Garden. Driveway parking for 2/3 cars. Avail uff.



Warlingham - £1250 pcm

rand New 2 double bedroom apartment. Large loui with balcony. Fitted kitchen with integrated Smeg appliances. Master bedroom with ensuite and fitte wardrobes. Family bathroom. Allocated parking.



Caterham On The Hill - £1395 pcm

a sectroom townrouse in popular village development se over 3 floors. Good sized filted kitchen/breaklast from. Good sized lounge. Master bedroom with ensuite shower room and filted wardrobes. Family bathroom. Garden to rear with decking area and lawn. Double garage. Avail uff



Whyteleafe - £1400 pcm

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A three bedroom, semi detached house situated in Caterham Valley nith stunning landscaped garders of approx 90° backing onto open land to the rear. The property has been updated by the current owners and features three Double bedrooms, Two separate reception rooms, a fitted kitchen, first floor bedroom and ground floor WC. The Garders are particular feature of the property.



is arranged over three floors, To the ground floor are two reception rooms, an extended kitchen and a conservatory, three bedrooms and a bathroom whilst on the second floor is another double bedroom and second bathroom.



A two bedroom, first floor maisionette with private garden and garage. The property is situated in a popular residential loc Valley approx half a mile from the town and station. Updated by the current owners the property features Gas central heatin a refitted kitchen and bathroom and a Garage. A particular feature of the property is the private gardens to the rear.



A well presented two bedroom first floor flat situated close to Caterham town centre and station. The property has been refurbished by the current owner including a new kitchen and bathroom, double glazing and gas heating. There are communal gardens surrounding the block and a garage space.



A two bedroom apartment situated at the rear of this modern retirement development close to the to and station, the property features open plan kitchen and lounge diner and enjoys views from the bliette balcomer over the gardens. Within the block are various resident facilities and there is a communal garden to the rear



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Three bedroom extended detached bungalow featuring refitted kitchen/breakfast room, two open plan receptions, gch, double glazing. Off street parking. No onward chain



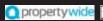
Large two double bedroom first floor purpose built flat, gch, double glazing, bathroom with separate cloakroom, large lounge and kitchen. No onward chain.















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Caterham on the Hill - £219,950

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Whyteleafe - £325,000

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Coulsdon - £325,000

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Coulsdon - £450,000

A 'Tudor' style family home with four bedrooms and two bathrooms, a Lounge, Dining Room and Conservatory. Located within a mile of Coulsdon town centre.

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CATERHAM £950 PCM

n ground floor purpose built maisonette naintained communal grounds, parking and garage en bloc. Caterham Office • 01883 622244



