

Issue 12 The best thing to come out of Surbiton since the A3

September 2013



# This nursery's cool

August's Maple Road farmers' market was one of the busiest. After it, organisers Jane Hughes, Sarah Taylor and Julian Meers took a £250 cheque to Stud Farm Nursery in Home Park. The nursery sold plants, bird boxes and bee houses at the last market. Visitors are welcome to an open day at Stud Farm from 10am to 3pm on Wednesday September 18, three days before the next farmers' event. The nursery trains adults with learning disabilities in horticulture and woodwork.

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# Is Waitrose a threat to town-centre traders?

A Waitrose makeover is dismaying traders who say the supermarket is pushing into areas well-served by independent businesses.

The store in Claremont Road gets a refit next month, with a bank of self-scan terminals (the ones that shout: 'Alien object in bagging area'). But it is an expansion into dry-cleaning (done off-site by Johnsons) and flower gift-wrapping which is perplexing Surbiton shopkeepers.

The store already gives away tea, coffee and newspapers. How long, traders ask, before it starts selling houses, cutting hair, pulling pints and burying the dead?

There are two dry cleaners within 100 yards, a florist that does gift-wrapping 10 paces from the front door and a host of coffee shops. Waitrose told The Good Life it was introducing 'services our customers have been asking us to provide', which produced snorts of disbelief.

"It's all wrong," said Robert Helliwell, who has run Roberts the dry cleaners across the road for 30 years. "They're going to wipe small businesses out as they open until 9.30pm. Morally it's wrong; this is totally alien to food."

Michael Janes, who runs the shoe repair business three doors from Waitrose, added: "I don't see people banging their fists on the customer service desk and shouting: 'Why can't I get my dry cleaning done?'"

Jamie Grant, at Gardenia, said: "Our site has been a flower shop for decades, and if Waitrose poach some of our customers, our business will be at risk. We don't have endless resources to fund competing with a national retailer, and I would be concerned at our chances against them. But I have faith in the people of Surbiton to continue their loyalty and support an established local business."

The week-long refit starts on October 27, with work done at night to limit disruption. A 'welcome desk' like a hotel concierge replaces customer services. It will sell gift vouchers, and take party food orders and self-scan payments. It will also let shoppers order online from John Lewis and Waitrose. But it goes beyond that.

Waitrose said: "It offers services customers have been asking us to provide – dry-cleaning and gift-wrapping for flowers – and creates additional choice for consumers.

"Our shops are typically based in central locations, so we have a long history of working well in local communities alongside local traders. In the case of Waitrose Surbiton we will celebrate our 14th year trading on Claremont Road in October.

"If local retailers have particular questions I'm sure the team at the branch would be very happy to discuss these with them."

Waitrose already gives free takeaway tea and coffee to My Waitrose loyalty cardholders.

• Continued on page 2



# A great chance for a real snoop

Surbiton buildings, some usually closed to the public, reveal their secrets in a series of heritage open days. From September 12-15, doors are flung open for guided tours of architectural gems, ancient and modern.

Hillcroft College in South Bank was built by match magnate Frederick Bryant, and retains extraordinary Victorian decorations.

Emmanuel, Tolworth, is open, as are St Andrew's, St Mark's, St Raphael's in Portsmouth Road, the cornerHOUSE, Douglas Road, and the restored London International Study Centre at 299 Ewell Road, best remembered as the town's old police station, and before that the original St Matthew's church school.

Some are doing guided tours, others allow visitors to explore on their own.

Kingston & Surbiton District Synagogue at 33 Uxbridge Road is open, while tours of the Seething Wells Waterworks leave from The Fox and Hounds, Portsmouth Road, on September 12, 13 and 14 at 2pm.

Some have restricted access and require prebooking. There is also a guided, wheelchairaccessible historical tour of Surbiton town centre, from 2.30pm on Sunday September 15.

Full details of every borough building taking part at www.kingstonhod.wordpress.com

• The Surbiton Club in St James Road, the lively club in one of the town's loveliest buildings, is having an open afternoon of its own on Saturday, September 28 (Surbiton Festival day), from 2-4pm. All are welcome to see what's behind the famous frontage.



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# Festival parade takes a new route

The Surbiton Festival parade reverses its usual route on September 28, with the bands and classic cars going up Victoria Road to the station.

The parade gathers in St Andrew's Square at noon, passing 200 street stalls on its way to Claremont Gardens.

Scouts, guides, giant guinea pigs and brass bands are joined by the whine of 20 Morris Minors celebrating the marque's centenary.

The cars park at the station, where the Surbiton Flyer has a barbecue. Buses which use Victoria Road divert along St James Road as the town's main drag is pedestrianised.

Other events include the farmers' market in Maple Road, 9am to 1pm on September 21, where opera singers launch the festival at 11.30am, and the RNLI rally at



Queen's Prom, near Ravens Ait, culminating in an illuminated evening sail past.

Actors recreate restaurant scenes from films, including the table-shaking from When Harry Met Sally... on Monday September 23 in Zizzi.

There is a concert at St Mark's on September 25, and a comedy chaser on Thursday September 26, when standups dash between the Flyer, Antelope and Gordon Bennett!

On Friday September 27 there is a masked ball at the Holiday Inn, Portsmouth Road – masks being the theme of this year's festival, as shown by festival chairman Bob Noble and wife Rosie, pictured, who gave out programmes at the market



www.claremont-school.co.uk

# **Is Waitrose a threat to trade?**

Continued from page 1

But in October two extra selfdispensing machines appear, with 'perch tables'.

David Symons, of the nearby Press Room cafe, once ran the flagship John Lewis in Oxford Street. His shop opened after the advent of free Waitrose coffees, so he can't claim any effect on trade... but he did insist his coffee was superior!

Waitrose flirted with espressos in the noughties. Now staff struggle to meet peak morning demand. "Parking's bad enough on Saturday; if it's a cafe too, it'll be gridlock," predicted customer Virginia Grose.

The last Waitrose makeover was three years ago, when leaky fridges were replaced, and wine and cakes switched places. Built in 1999, the store is 20,000sqft, with subterranean deliveries in St James Road where a 50ft turntable lets juggernauts drive in, unload, rotate and exit.

Traders wonder why Waitrose risks diluting its high-class food image by devoting space to services independents already cover.

The supermarket enjoys a good name for community work via its green-token collections, which let shoppers pick worthy causes.

Robert Helliwell said Waitrose's tactics were what high-street czarina Mary Portas fought against in her efforts to prevent town centres dying.

When did Waitrose open in Surbiton? 1919, 1959 or 1999? October's Good Life has a surprise!

# 'It's like a child's painting'

after six months of nose-to-tail traffic, clouds of dust and a soundtrack of pneumatic drills and JCBs.

But opinion is split about the 'greenway' - an alarming strip down the centre of the road, replacing the drunks' Friday night vaulting barrier.

You can now saunter across the Broadway where you like, with motorists supposedly modifying their king-of-the-road driving style to accommodate them.

No one can explain the colour scheme. "It's like a child's painting," said Yousif, the Ronaldo

lookalike barber at Kami's, briefly breaking off from a customer to wave at rapper Tinie Tempah, crawling past in a flash motor. "Hey, Tinie!" he shouted, and was rewarded with one of those hand gestures only those in the know understand.

The centre path is strips of lurid green, while the pavements alternate red, blue-grey and mustard.

Do the colours signify anything? The Good Life rang the official helpline to ask, but nobody rang back. "Why is it like that?" asked Yousif. We may never know.

Tolworth now boasts 50 shades of green; possibly a homage to EL James' steamy trilogy, due to be released in film form next year. Cafes have done well during the work, with the hi-vis army of lifters, diggers and shunters from North Midland Construction plc developing an addiction to all-day four-quid breakfasts.

Anyone travelling between Tolworth station and the Broadway has had to negotiate a tortuous route, with half of the passages closed during construction. Now they can take their lives in their hands by strutting across at ground level.

And what happens to the tunnels, recently cleaned by community payback criminals? Maybe they could

become skateparks.

The number of trees being planted in the area has risen, and the 20mph speed limit, imposed during the roadworks, will remain.

At its heart, Tolworth's green reinvention has been designed to given cyclists and strollers priority over cars, trucks and buses. Will it be worth the £3.1million it is costing?

If a richer variety of shops helps regenerate the Broadway, and Sunray estate residents find it easier to bridge the barrier that has so often seemed to cut them adrift from Tolworth, it may be judged a success.

But if accidents increase, questions are bound to be asked about whether it was all such a good idea.

**Tim Harrison** 



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LANGLEYS

### Gardening tips by Janice Cripps

# ting up your garden

If, like me, you have spent more time in the garden this summer and want to make the most of what's left of it, outdoor lighting extends your enjoyment.

For many, it means security lighting, but done well, outdoor lighting adds another dimension, altering perspective, enhancing textures and creating moods from party to something intimate and subdued.

Technological advances mean LED lighting rivals low-voltage halogen. LEDs are more expensive to install but offer greater energy efficiency and a life of up to 100,000 hours! Both are a far cry from solar lighting, which is nowhere near as versatile.

Experiment with torches to plan what to light and where to place lights. Don't try to light all the garden and remember we need to see the lighting, not its source. Less is more. Keep it to a minimum for drama.

You have the power to control what your garden looks like at night. You can emphasise features that may not be so prominent in daylight, hide ugly features, and create strong shadows, areas of mystery and bold silhouettes. You can choose to be bold and colourful or gentle and restrained.

A good lighting shop can advise on the effect you want. Uplighters can wash walls and vertical surfaces

with a warm subtle glow and are particularly effective at the end of a garden, shining on a fence or wall, making the space appear larger.

Downlighters can highlight interesting textures such as a stone wall, or shed more light on a dining table. Understep lights highlight steps or changes in level.

Placing two lights either side of a feature (cross-lighting) will highlight it with a softening effect.

Rope lights are a simple way of illuminating architectural features and can be really creative and fun. Use in straight lines to highlight the edge of a deck, wrap round bannisters

or recess under paved overhangs. Spotlights enhance key plants or ornamental features. In a tree canopy they create soft pools of light like moonlight (pictured) and cast

shadows in branches. Fibre optic spots of light can evoke tranquillity or flash intermittently on paved surfaces or decks, in an array of colours. Lighting water offers andless possibilities on still water to the magic of moving water. And who couldn't do with a



Janice Cripps is a professional garden designer based in Surbiton. For advice, planting plans, or taking projects from concept to completion, visit www.janicecripps.co.uk



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### School bid fails

Plans for a new primary school in Tolworth have been quashed by the government. Education Secretary Michael Gove rejected the bid by Gems Education. "I am sorry it was turned down," said Cllr David Ryder-Mills.

### History updated

Four short talks entertained Surbiton Historical Society at the library hall, with Pat Ward, author of the 1975 history From Talworth Hamlet to Tolworth Tower, revealing she is updating the original. Ken Knight, Pam Picton and Gwyneth Whittle also spoke. On October 1 at 7.30pm, Iris Hawkins talks on Guildford House.

## Suspicious sign

A bomb disposal team examined a suspicious piece of metal sticking out of the ground near the Glenbuck Road station exit... but it was part of an old signpost rather than a Luftwaffe leftover.

### **Student net gains**

Extra-needs Kingston College students have had coaching at Surbiton Tennis Club, Berrylands. Chris Starrett, head of disability, worked on motor and concentration skills in students aged 16 to 25. Ann Duly from the college called it "a fantastic opportunity."

# Bag a discount

Free cloth bags will help encourage use of high-street bookshops. The Regency at 45 Victoria Road is giving customers cake, drinks and 'Books are my Bag' bags on September 14, and is knocking 25% off all book prices for the day.

### **Hear what's next**

Surbiton fundraiser Nancy Vlasto's autobiography What's Next? is now an audiobook. The writer, who rides a mobility scooter dressed as Blossom the pantomime horse, still sells £20 signed hardbacks (020 8399 6944).

### Arthur spreads

A Surbiton man who puts the butter on your bread has a new role helping farmers. Arthur Reeves, 55, who promotes Davidstow cheddar and Utterly Butterly spread as corporate affairs director of Dairy Crest, is now a director of the Rural Payments Agency, which distributes EU cash to farmers.



### **History passing?**

Take a lingering look at FP Turner as you pass. The shopfront, unchanged since Victoria's reign, may soon be replaced by a nail bar. The wood and gold front is not listed, and will be ripped out if Kingston Council grants change of use. A Wimbledon business wants the display cabinets inside. The jeweller is being forced out by difficult trading conditions.

### **Grant cash offer**

Share thoughts on Surbiton's future at two public meetings at Grand Avenue primary and the Langley Road Baptist church. Grant aid is available. Past recipients include a residents' forum, street parties and a youth club. See p7.

# View Sue's oils

Surbiton painter Sue Monteath invites art lovers to the gala opening of her second solo show at the cornerHOUSE, Douglas Road, at 7pm on October 8. Full interview in October's Good Life.

### Food feet to eat

A stall at the farmers' market on September 21 will sell seasonal produce from KT6 and nearby. "It's food feet, not food miles," said Liz Darley. Surbiton Patchwork Farm will sell what turns up. "We know what it's like when gardens produce a glut," said Liz. "Don't let it go to waste; bring it along." Money raised will fund growing projects.

# It's fun to pick at the Y-M-C-A



After a summer break, Surbiton's organic fruit and veg service, From The Ground Up, resumes fortnightly pick-ups from the YMCA in Victoria Road. Customers order online, then collect.

Thanks to volunteer help (more needed), including students Mehaseen Ahmed, 16, and Cassia Francis, 17, from Hollyfield School (pictured), prices often beat the supermarkets. "We aim to bring people together with a common passion for affordable local organic food," said founder Steph Hofielen.

Now in its fourth year, From The Ground Up backs local growers and producers. Honey comes from Kingston, with herbs and salad crops from an urban farm in Hounslow.

The next three Surbiton pick-ups are September 21, October 5 and October 19. Collect between 11.30am and 12.30pm, or take advantage of the new later-hours service, now available. Order online at www.fgu.ttkingston.org

# **Getting Shipp shape**

Fitness expert Martin Shipp keeps
Surbiton on its toes with outdoor exercise
classes, postnatal buggy groups and
triathlon coaching in the town's recreation
grounds. "The best part is seeing the smile
when someone has achieved something
they didn't think possible," he said. Visit
www.shippshapefitness.co.uk

### **Low-impact fun**

Zumba gold is at the Victoria Road YMCA, Thursdays, 11.30am, and the Scout HQ, Electric Parade, 11am on Mondays. "It's the fun, low-impact version of zumba," says Cheryl Nunes. Full-on zumba? St Matthew's School, Langley Road, Wednesdays, 7.30pm. nunescheryl@hotmail.com

# A 288-hole challenge

Playing one round at St Andrew's is tough. But 16 rounds of golf in a single day? Jon Wells and Bill Palmer from Surbiton Golf Plaza, the virtual golfing centre at Nuffield fitness in Portsmouth Road, aim to perform the feat on Sunday, September 29.

It coincides with the final round of the Alfred Dunhill championships. Although playing indoors in front of a screen, it is still herculean. "I once did four rounds in a day at Hampton Court Golf Club, and that nearly killed me," admitted Jon.

Spectators are welcome to call in. It benefits local charity Enabling Evie (www.enablingevie.co.uk).



# **Word-of-mouth news**

You won't trip over A-boards in St Mark's Hill trumpeting discounts at Bosco, because that isn't how Surbiton's boutique hotel does things.

Instead, that tried and tested formula of word of mouth is spreading the news about two-for-one steak deals in the restaurant on Wednesdays.

The meat is 28-day-aged Hereford prime, and steaks come with triple-cooked chips (heavenly), a handful of rocket and a cute jug of bearnaise.

Adam Newberry, the go-ahead ops manager, has the pleasurable task of regularly picking a couple of interesting guest reds to augment the existing list... a job made even finer since Bosco switched to sourcing wine from Bibendum.

I sipped a peppery, off-menu Shiraz Viognier from Down Under, and – for comparison, you understand – a smooth Sicilian Nero d'Avola. Go for that!

My ribeye (£19) was bliss. The Czech chef brought

in during a recent shake-up certainly knows his onion rings. Does it pass the would-I-go-again test? Emphatically yes.

Word of mouth is a civilised way of doing business.

You can book a table at Bosco on 020 8339 5720. **TH** 



# Overheard in Zizzi

Two Surbiton sales executives and their manager are walking along Maple Road to lunch when they find an antique lamp. They rub it, and a genie appears and says: 'I will grant you each one wish.'

The first sales executive shouts: 'Me first! I want

to be in the Bahamas driving a speedboat without a care in the world.' There is a flash, and he's gone. 'Me next,' says the second one. 'I want to be in

'Me next,' says the second one. 'I want to be in Hawaii, on a beach with a personal masseuse and endless pina coladas.' In a flash he's gone.

'OK, you're next,' says the genie, turning to the manager. 'Right,' the manager says. 'I want those two back in the office straight after lunch.'

# Gordon Bennett!

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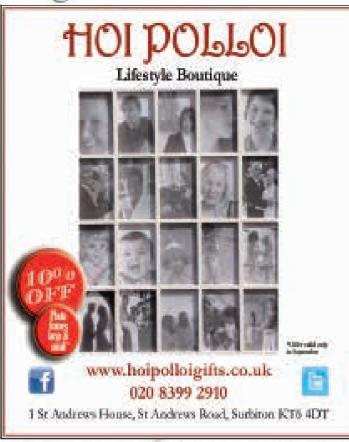


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# These 'girls' are now 80

The hall was packed with past pupils and teachers as Tolworth Girls' School celebrated its 80th birthday with a display of dancing and singing, and the swapping of memories over cups of coffee.

Current pupils gave visitors guided tours and the Tolworth Girls' jazz band played. Founder pupil Gladys Whitney (nee Dale) was, at 91, the oldest present, while Ella Beale, 11, of Ronelean Road, was the youngest. They are pictured below.

Gladys, then of Hamilton Avenue, arrived on the opening day, February 2 1932, when head Helen Grant ruled a teaching staff of nine unmarried women. The school was split; boys on the ground floor, girls upstairs. "The corridors are the same, but the buildings have altered," said Gladys. "Everything's so relaxed now! If I'd turned up to school in the outfits they wear today, I'd have been expelled!"

Gladys recalled that the school once had its own laundry. "When you arrived in the morning you had to change into plimsolls," she said, prompting a current teacher to roll her eyes

and admit it was nearimpossible to get the girls out of trainers.

Jacqueline Reid, a pupil in the 1940s, said Miss Grant was 'a bit of a dragon, but well respected'. In an interview for her 102nd birthday – two years before her death in 1988 – Miss Grant told the Surrey Comet her epitaph could read: Here lies Helen Grant. She didn't know much, but couldn't she teach it!

Today's head is Siobhan Lowe. "She's lovely," said a Year 11 girl, on condition of anonymity. "If I get told I'm going to see the head I say: 'Fine, I'll enjoy that; I could talk to her for hours.' The heads of year are really strict, but Mrs Lowe? She's just lovely."

The head, dressed in dramatic pink, welcomed everyone. "Looking at the old photos, it seems every head has to have glasses and curly hair," she said.

She gave a potted history of the school, from a 1936 inspection ('The girls have an excellent command of spoken English') to wartime (when air-raid shelters dotted the grounds). In the 1950s the badge was devised, commemorating a windmill which once stood nearby. Today there is a thriving and popular mixed sixth form with an excellent local reputation.

Yvonne Grove (nee Dell) was a pupil from 1948-53.

"The boys were downstairs, and the girls upstairs. We had different play times to keep us segregated! I don't ever recall seeing a boy close by, except through the window. I enjoyed school, but the rules were very strict on uniform. Miss Grant liked us all in light shirts, and didn't like to see us in cardigans, even if it was freezing."

A 1960s school survey revealed the most popular careers were, in order: typists, teachers, nurses, hairdressers and vets.



# If your clothes aren't becoming to you, they should be coming to us



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# Moules et frites

After a spring fish 'n' chip night, The French Tarte has two new events celebrating French classics moules frites and confit duck.

On September 25, Eric Guignard, head chef at the sister French Table, serves moules frites at the Tarte; a northern French speciality which makes a mess, and is the more delicious for it.

On November 20, he presents confit duck, a traditional method of serving the bird that involves cooking and sealing it in fat. Intensely flavoured, it is served with creamy mash or puy lentils.

No bookings are being taken. It's first come, first served. Meals are £10, or £14 with a glass of wine. Dessert is an extra £4, with diners choosing from the Tarte's homemade cakes.

The French Tarte is the area's authentic boulangerie/patisserie; the perfect spot to enjoy a cup of locally roasted coffee, or meet friends for a light lunch.

The Tarte's master classes return, with patisserie (Sept 12, Oct 2, Nov 6), bread (Sept 18, Oct 9, Oct 23 and Nov 13) and pastry (Oct 16, Nov 27). Each costs £65, starts at 6.30pm and is booked via zoe@thefrenchtable.co.uk

The French Tarte is at 83 Maple Road. Visit www.thefrenchtarte. co.uk or call 020 8399 1123.

# A windfall

The council has £30,000 to help community and voluntary groups fund projects in Tolworth.

Under Your Money, You Decide, individual organisations can bid for up to £2,000 apiece, with Tolworth allocated £10,000 of the total available pot.

Bids must be received by September 12, and projects must benefit the area. Bidders will present their projects to residents, and those with the most votes get the money following endorsement by the neighbourhood committee.

Successful bids in the last round included buying scout equipment, and a scheme to combat burglary.

Decisions are made on Tuesday, September 17 at 6pm at Tolworth Girls' School, Fullers Way North. Vote at www.kingston.gov.uk



Noaca in Vinoteque

# Raise a glass to new venture

The Xzyte 'party venue' at 12 Claremont Road is no more. In its place, an upmarket wine bar... Vinoteque.

Plush chairs have transformed an establishment which, in its old incarnation, attracted an al fresco, leftfield clientele who - pint in one hand, fag in the other - provided the bus queue with grim entertainment.

Larisa Noaca, who used to run L'Esperance in Ewell Road, is behind the venture. "The idea is to create somewhere for people to relax, socialise and drink a good wine with a plate of cheese or charcuterie," she said.

The interior has had a chic makeover ("I'm very romantic myself," trilled Larisa), designed to make ladies feel at home over a coffee, or a glass of Malbec (£4.80) or Merlot (£4.50).

Larisa, who is originally from Romania, once worked at Claridge's, and has tried to transfer some of that Mayfair magic to Claremont Road. Deal of the day - a platter of duck terrine with a glass of house wine for under £7.

In the noughties the building housed Corky's, a bar where beer prices rivalled the Coronation Wetherspoons round the corner. Before that it was the sedate Queen's coffee house.

You can still get a beer, but it's now a classier Peroni on draught.

# **F1 cars used Ewell Road**

Surbiton's drivers sometimes push the 30mph limit, but in the 1950s Formula One racing cars were regularly driven up Ewell Road. It's one of the fascinating facts that has emerged from a project to trace and record the community history of the Oakhill area.

Did you know that in the early 1900s, what is now Hillcroft College was a military hospital? Or that in the 1940s, dogs were X-rayed at the then Surbiton Hospital?

Launched this year with a £44,500
Heritage Lottery Fund grant, the project is managed jointly by Hillcroft, the local NHS, the council and Lime Tree Primary School.

A dedicated website (www.ochp.org.uk) is now live. The history detectives include local volunteers, students from Kingston University and the University of the Third Age and project archivist Laura Brown.

A wealth of detail can already be found, including interviews and photos, including this one of a Hillcroft College production of A Midsummer Night's Dream in about 1935.

The team is still keen to hear from anyone with a story to tell about the locality, or information and pictures to share. Images can be uploaded direct to Flickr or Facebook, emailed to ochp@hillcroft.ac.uk or by calling 020 8339 4088.

A visit to the website may stir memories.



A permanent display of area history will soon appear in the grounds of the former Surbiton Hospital, now home to the Surbiton Health Centre and Lime Tree primary.

Future editions of The Good Life will carry more discoveries. For the meantime, we know that part of the Gables, the mansion that subsequently became Hillcroft, the first college for working women in the country, was used as a Boer War military hospital from 1899-1901. Formula One racing cars used Ewell Road because the Cooper Cars garage specialised in servicing them. As for canine X-rays, that's for another time ..

Syrian aid

St Matthew's, Surbiton, was

the first place in Surrey to

collect supplies for Syria in

the latest mercy appeal. The

sent blankets, school books,

medical equipment to help

for the refugee camps. You

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fill a 10-truck convoy bound

can still pledge cash at www.

bandages, baby milk and

church in St Matthew's Road

**Phil Cooper** 

# Getting over my accident

We take our well-being for granted... until something goes wrong. I was lucky to avoid a fracture in a recent bicycle accident, and am recovering from severe facial bruising, two swollen black eyes and concussion.

The bruises are fading, but I have been getting physical signals that the shock is still stored in my body, including neck and shoulder tension, nausea and bouts of light-headedness.

I booked a session with Regina Smohai, Surbiton-based injury prevention, rehab and conditioning

Regina's practice is rooted in a solid and sophisticated understanding of anatomy. She is also very experienced. But it is the intuitive and sensitive way in which she was able to listen to and release my body's tensions that was most profound for me as a patient, and which makes the difference between a quick fix and treatment with long-term benefit.

Regina applies her training, seven years of professional experience, technical knowledge and instinct, to read each client's body like a map, getting to the origin of the problem by releasing each block, and getting to the source of the pain.

Not only did I come away from this initial treatment with a sensation of relief (physical and emotional), I also gained a deeper understanding of my body, its connectedness and needs.

I will be returning for another treatment with Regina, and I highly recommend her, not only to people with injuries or tensions, but to anyone who wants to reunite themselves with their body and benefit from the well-being that comes with that. For more about Regina, visit www.spinalmatters.com

# Head to the mask shop

Want to join in the spirit of this year's Surbiton Festival? Struggling to locate an appropriate mask?

Hoi Polloi, the gift shop in St Andrew's Road, has brought in a special consignment of quality masks to match the theme of the event, and is selling them at precisely the sum it costs to put them on the shelves.

"We hope they will go down a treat, especially at the masked ball on the night before the grand parade," said Hoi Polloi's Marie Hennessy.

Partner Gary State added: "The festival gets bigger

supporting Surbiton's community, having fun and doing great things for charity. This is a fabulous place to shop, eat and hang out."

Quiz at the Lion left heads being scratched



# There's no need for you to travel to the gym...

and their babies



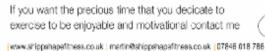


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Which Andrew Lloyd Webber musical featured Another Suitcase in Another Hall? How many on an official tug-of-war team? Whose middle names were Fingal O'Flahertie Wills?

If you said Evita, eight and Oscar Wilde, you'd have made a good start in the Tuesday night quiz at the Black Lion, Brighton Road.

Phil Noble (left) collected the team prize from landlord Mark Sheehy, but nobody won the £150, £300 or £500 prize questions. Would you have?

In which year was The Queen's Christmas message first televised? What is the significance to Transport for London of Ernest Bevin, John Burns and James Newman? And for £500, who became the first Oscar winner to follow a parent and grandparent in collecting Academy awards? Answers at the foot of p8.

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# Mo's fresh approach

When takeaways say 'fresh soup', it could mean anything. When Mohiden Dardouk, owner of Surbiton's Lebanese DeliCafe says it, he means it.

Lunchtime soups at the Victoria Road diner opposite the YMCA are made from scratch, in front of you; the freshest soup in the capital.

Mohiden shops daily for veg, and can usually offer tomato, broccoli, carrot, mushroom or spinach, depending on what's in season. Soups cost £2.50.

One regular customer hops on the 71 at his Chessington workplace, phones from the bus, nips in to pick up his lunchtime order, then crosses the road and takes the bus back to work!

"Every soup is mixed, blended and cooked to order; I work on the recipes until I master them. I love cooking, and during the evening I think of new recipes," said Mohiden, of Ditton Road. Soups are finished with a blob of yoghurt, or a squeeze of lemon juice for the vegan version.

"I'm against food waste," said Mohiden. "There are so many in the world without anything to eat. This system combines freshness with reduced waste."

# Try the Try athon

The second Trycyclingathon is staged at Claremont Gardens on Sunday September 15 from 1pm, with three rides for different abilities, including a five-mile fancy dress vintage event.

There will be food, entertainment, bike checks and a bar. Some bikes taking part (www.trycyclingathon. org) date from the gardens' birth.

Claremont Crescent Gardens, as they were first known, were opened in 1927 by local MP George Perry, as 'a valuable lung' in an area where air quality was compromised by steam trains puffing through the town. It was also 'a place for men to come and meditate'.

Surbiton District Council funded the purchase of what had once been land for exclusive use by local villa residents. It had become a jungle. The last time the earth had been turned was when veg were grown to boost food production in the 1914-18 war.

Over the winter of 1927 'a charming pleasaunce' was created; an amenity in perpetuity for Surbiton. The man to toast is Mr TA Kennedy, assistant surveyor of Surbiton Council, who devised the design.

Council workmen had transformed the gardens with winding gravelly paths, rockeries, pergolas, a miniature stream, pond and waterfall, a thatched summer house, seats and a sundial.

The opening on February 26 was performed in a lull in heavy showers. Tea was taken in the nearby masonic hall, where today's Trycyclingathon cyclists can store clothes.

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The sylvan setting of Claremont Gardens in 1927, the clocktower looming in the mist

# Back-to-school tips

At the start of the new school year parents vow to read to children every night, practise spellings, do tables on the way to school, get homework done each night and still send them to bed on time, says Celia at Surbiton NumberWorks'nWords.

"But hold on. When is your child going to have outside interests, play with friends or just relax?

"Now is the time to think. What do you and your child want to make work really well this year? Putting one or two new things in place may help, and might make a difference to your child's learning and the way you as a parent can help."

• Sit with your child in the early evening (4.30 or 5pm) for 20 minutes. Make sure it's before you get stressed about making dinner or putting the toddler to bed. Timetable it in. If it only happens three times a week, it's better than not at all.

If children are early risers, sit with them before breakfast when they are fresh. If it means getting up 30 minutes early, it may be worth the sacrifice.
Do times tables/spellings on the way to school

three times a week, not just on the day of the test.

• Get children to agree a homework timetable.

Make it a day when you can give help and nobody is rushed, and don't start too late in the day. Best not to leave it till the night before it's due! "Small changes make a difference. Try to change too much and you'll probably achieve nothing."



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# 20 years and still bouncing

The Bed Post, one of Surbiton's longest established family businesses, celebrated 20 years in August.

"We are proud to serve our local community and offer very competitive prices while also having specialist knowledge of our beds and mattresses," said Robin, senior salesman.

"It's important to get a good night's sleep to prepare for the day ahead, and for most people this means having the right mattress. Mattress reviews are abundant, such as in Which Magazine where you can match price and quality. But there is nothing like trying a mattress for yourself. You have your own needs and desires. Remember, a mattress does not have to be hard. In fact, the mattress that fits snugly around your body could be the most supportive and comfortable for you. But it's up to you what feels best and you really must 'try before you buy'.

"At The Bed Post we offer expert knowledge about the construction and benefits of each mattress and can guide you if you have particular concerns. There are pocket-sprung, memory foam, latex and open-coil, and prices range from £99 to our luxury ranges where money is no object. We have a huge range of beds ready for you to leap on and discover how restful they are. We deliver free of charge and offer a bed assembly and disposal service.

and disposal service.

"We are sensible when it comes to mattresses but we also have style! We have the latest trends in bed designs and linens, and a new range of bedroom accessories, such as lamps, candles and bedside tables. Don't buy your mattress until you've spoken to the experts."

# **Students free at St Andrew's flute night**

The newly appointed principal flautist with the BBC National Orchestra of Wales takes centre stage in the first of a new series of concerts at St Andrew's church, Maple Road.

Matthew Featherstone is joined by pianist Philip Shannon as a six-evening season begins in the atmospheric, and acoustically dazzling, building.

Matthew will perform works by Bach, Fauré, Ravel, Poulenc and Debussy at 7.30pm on Saturday September 21, with refreshments available from 6.30pm and a pre-performance talk by Thames Concerts artistic director Ben Costello is scheduled for 6.45pm.

Matthew gained his 'premier prix' for flute at the Orleans Conservatoire in 2004, and has appeared with the BBC Symphony Orchestra, the London Philharmonic, the Ulster Orchestra and the Britten Sinfonia.

He also teaches the instrument. Aside from classical work he has also done beatboxing with the band Shlomo and the Lip Factory.

Tickets £20 on the door, or discounted advance via www.ticketweb.co.uk There are season ticket discounts too. Under 16s and full-time students free.

# **Travelogue**

A photography show captures Asia and Africa in the 1980s, with evocative street scenes, portraits and landscapes.

Thomas Jentsch studied photography in New York before travelling for 18 months, later working for the UN in Africa.

"The pictures show an era that was on the cusp of disappearing due to the pressures of development and globalisation; the portraits, streets, fields and temples are precious memories

of a now almost bygone

world," he said. Thomas has converted old Kodachrome slides into digital C-type prints, preserving the intensity of the original colour. Prices start at £10.

The show runs at the cornerHOUSE, Douglas Road, Surbiton, until September 28.

Meet Thomas at a gala night on September 17 from 7pm.

# NumberWorks nWords

surbiton

# Surbiton's best kept secret



The Surbiton Club invites you to join this friendly and

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> For further information call 020 8399 2350 or email SURBITONCLUB@AOL.COM WWW.THESURBITONCLUB.CO.UK

# The block vote

Keith Robinson, a Surbiton artist best known for a series of semi-abstracts of Tolworth Tower, is in the running for a £30,000 prize. He is exhibiting at the Mall Galleries near Trafalgar Square, and will hear on September 24 if he has won the Threadneedle Prize - one of the most valuable awards for figurative and representational painting and sculpture. Office Block opposite Tate Britain (detail, right) was chosen from 3,500 submitted. Judges include Channel 4 news anchor Jon Snow and Jake Chapman, one of Britart duo the Chapman brothers.



# Club lens itself to photography



Farce? Thought-provoker? If an unperformed original play lurks in your bottom drawer, you have seven weeks to submit it to the 10th cornerHOUSE oneACTS festival. The deadline for writers is October 31. Rules and guidance at www.thecornerhouse.org

Keen on photography, but not certain what every button on your camera does? A loose-knit club in a pub might help.

David Jacobson, who lives just off Maple Road and is one of the farmers' market movers and shakers, is starting an informal camera club "to yatter about all things photographic".

A licentiate of the Royal Photographic Society, David already offers easy-to-follow photography tips at www.andmakeitsnappy. com and has produced Surbiton greeting cards of local views, including the famous crashed Mini (pictured).

The Surbiton Camera Circle aspires to be "a bit like The Algonquin Round Table, but without Dorothy Parker". The first meeting is on Monday September 9 at 7.30pm at Gordon Bennett! 75 Maple Road.

"I have no idea how much interest it will generate - it could be just me and a man in a 1970s safari jacket clutching a Box Brownie - but it's open to everyone, from David Bailey to happy snappers with iPhones," he told The Good Life.

It's early days, but wallspace has already been pledged for pictures to be exhibited, and other activities are being lined up.

# **Surbiton Neighbourhood**



If you live or work in Surbiton you can help shape your Neighbourhood

The Surbiton Neighbourhood Community Plan helps to improve the environment, services and quality of life for everyone who lives and works in

The most important ingredient in making the plan work is you. So please come along to one of our informal public workshops to tell us your concerns and share your aspirations about your Neighbourhood.

You will be warmly  ${\sf Welcomed}$  at any of the following public workshops

Wednesday 18th September

Grand Avenue Primary School, **Grand Avenue, Surbiton** 7.30 pm - 9.30 pm

Tuesday 24th September

New Life Baptist Church, Langley Road, Surbiton

www.kingston.gov.uk



# Of all the gin joints...

A new film club has launched, with Lincoln and Casablanca among the early showings. The cornerHOUSE film club is based at the arts centre in Douglas Road, and is free to join.

Last month members enjoyed a double bill, with a matinee of the Peter Sellers black-and-white classic The Smallest Show on Earth - a 1957 comedy about a couple who inherit a tumbledown cinema - and an evening showing of Casablanca. The club hopes to get a motorised screen to be lowered

from the roof, rather than the current big screen, which is a cumbersome and awkward beast to put up.

There are already 100 members, with each urged to suggest films for screening. To join, email info@thecornerhouse.org



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# The paper that bowls with a bias towards Surbiton



ounded in the Alexandra rec in May welcome new members

On a glorious August evening, with distant clouds scudding above Tolworth Tower, I watched the action on the close-cropped lawn.

SBC member Colin Tong had invited me to a league match against Southey, a team which turned up in co-ordinated white outfits with matching blue trimmings.

Thirty bowlers - mostly, but not exclusively, male - enjoyed the relaxed atmosphere. But there was a serious sporting undercurrent.

Off they went; lead, second, third, skip. The jack was launched, the bowls followed, arcing across the green in lazy loops. By the time tea was taken in the pavilion, Surbiton had finished second... but no one seemed upset.

It's a sport with its own terminology; wing shots, ports, touchers, mat lines and heads.

The club was set up by a group of friends who paid two guineas a year to rent a green from Surbiton District Council. The first president was the grandly named Sir Seymour Twitton. Major Greenwood was hon sec, and Mr CH le Gassick captain. The first opponents were the Met Police.

Membership rose to 62 in 1970, although there was a setback in 1995 when the pavilion burnt down. With help from opposing clubs, play resumed, and a new building was put up.

Upkeep and maintenance relies on club members volunteering, and visitors often praise the condition of the playing surface.

This summer, 56 games were arranged as well as a three-match tour to Devon

SBC is compact and friendly, and is always pleased to see new members, experienced or not, young or old, male or female. There are few finer places to be on a sunny afternoon.

The 2014 season begins next April. Anyone interested can call match secretary David Lark on 020 8224 2385 (david.lark@hotmail. co.uk) or club president Brian Eastwood on 020 8399 1831. **Tim Harrison** 





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# And so, on a lighter note...

Surbiton town centre's streetlights have been replaced... but not with the finished article.

Workmen on cherrypickers have spent the last few weeks putting up new lampposts in Brighton Road, Victoria Road, St James Road and St Mark's Hill, but temporary tops are being put on the end of the lighting stalks because contractors can't find enough of the right ones.

Thorn Lighting of Spennymoor, County Durham, has replaced the red curly-topped streetlight stalks (left) with less fancy, slightly shorter, angular black poles.

The poles should end in energyefficient Legend lanterns, but supply issues mean makeshift lamps are in place for now.

Teams of fitters will return at the end of September to finish the job, although the original price of £240,000 is being honoured.

Surbitonians seem mixed about the change, though it's still only halfway in the transformation. Some like the cleaner lines, others mourn the twiddly tops.

It's hard to fault your well-trained staff (except the one with that strange laugh)

But, Waitrose, you excel at food

If you dilute that cherished brand You're doing something underhand If I want flowers, I'll go next door, Dry cleaning? Use another store. To pass my ruthless foodie test Just stick to what you do the best

Diversifying sounds well and good

Won't see the wood for all those trees

Pubs don't cash cheques, banks don't sell beer

And yet, in every likelihood, You'll soon tire of this latest wheeze

For cups of tea, or Daily Mail, My Waitrose ain't the Holy Grail Allow me to be crystal clear...

# From here to maternity

A Surbiton mum is holding a pop-up market for toys and baby equipment at Surbiton Library hall in Ewell Road.

Janine Turland of Grove Road was inspired by the mum2mummarket website. The sale on Saturday, September 14 lets parents profit from outgrown baby and children's things. Though primarily aimed at mums, past sales have seen stalls run by grannies and dads as well.

Top sellers are bedding, walkers, ride-ons, jumperoos, pushchairs and wellies. Condition is all-important.

Sellers renting stalls keep all proceeds, with help given to novices on pricing and presentation.

Entry £2, with two-for-one vouchers available on the website. Children get in free. It runs from 2-4pm. Apply for a table by emailing janine@mum2mummarket.co.uk



Janine Turland with her daughter Eliza

# Market is a film star

Surbiton's farmers' market has been having the Hollywood treatment. Two young filmmakers have been capturing the sights and sounds, interviewing stallholders, shoppers and organisers.

Poppy Illsley, left, of Cadogan Road, Surbiton, and Jade Hoffman, both 24 and ex-Tiffin schoolgirls, are producing a film, using an intriguing camera stabiliser made out of a piece of log

and dowling not unlike Tiny Tim's crutch. "It's an organic process, filmmaking," said Poppy when asked about the novel steadying arm. The pair hope a showreel about the market will help them break into the industry. While Poppy films on a Canon EOS, Jade tapes voices on a Marantz recorder.



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Quiz answers from p5: 1957; they are the names of the Woolwich ferries; Anjelica Huston

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