



Cheryl Kuit from Surbiton farmers' market with Italian chef, restaurateur and gastronome Antonio Carluccio, at the awards ceremony

## Birthday bonus for market

Maple Road farmers' market got the perfect present for its third birthday – the award of Best Food Retailer 2012.

The monthly market pipped 18 rivals to the honour, even elbowing Surbiton's branch of Waitrose off the podium.

"We're all very pleased," said Alison Ewbank, one of the band of residents and traders who joined forces in the autumn of 2009 to set up the market.

Her market colleague David Jacobson added: "This award shows we can compete with food retailers of all types. We've added new produce such as fruit varieties and juices rarely seen on the high street, and award-winning baking and artisan breads produced just down the road. Small really is beautiful at Maple Road!"

To date, more than 35 charities and organisations have benefited from the market, with £29,000 already raised for good causes.

Last month, the Antelope pub in Maple Road added another £65 to that total by donating 10p on every pint of real ale sold during the weekend to the charity fund.

Others picking up awards included the Duke of York and The Lamb, The French Table and The French Tarte, and Laithwaites in Portsmouth Road, which was highly commended in the Best Wine Retailer section.

The market will celebrate its third birthday, and the award, at the next event, on Saturday October 20, 9am to 1pm.

The charity stall is being run by Oxygen, a youth work group based at St Peter's church, Norbiton ([www.oxygen-online.org](http://www.oxygen-online.org)).

November's market will be on Saturday, November 17.

The Best Food Retailer prize was part of the 2012 food & drink awards organised by Time & Leisure.

# Is Surbiton the answer to inner London fostering needs?

Why would inner London councils be looking to Surbiton, Berrylands and Tolworth to meet a shortfall in foster carers? The simple answer is 'spare bedrooms'.

Daniela da Costa, one of Hammersmith & Fulham Council's fostering officers, explained: "We have a number of sibling groups who come into care, and wherever possible we try to keep them together. We need people with spare bedrooms, and that's often a problem in inner London."

She said that a sibling group of two could be difficult to place, "but when it's three or four, it's quite a challenge to place them together, unless people have a couple of spare bedrooms".

Surbiton's rapid and regular train links make it possible for short-term foster children to remain at their current schools.

"The intention is not to disrupt education patterns if at all possible, as the children have already had disruption in their home lives and daily routines," Daniela told The Good Life. "They may have been in very vulnerable situations, so separating siblings is the last thing we want to do."

With longer-term placements, it becomes possible for children to move to schools closer to their foster home.

Children are generally placed short-term while long-term options are explored.

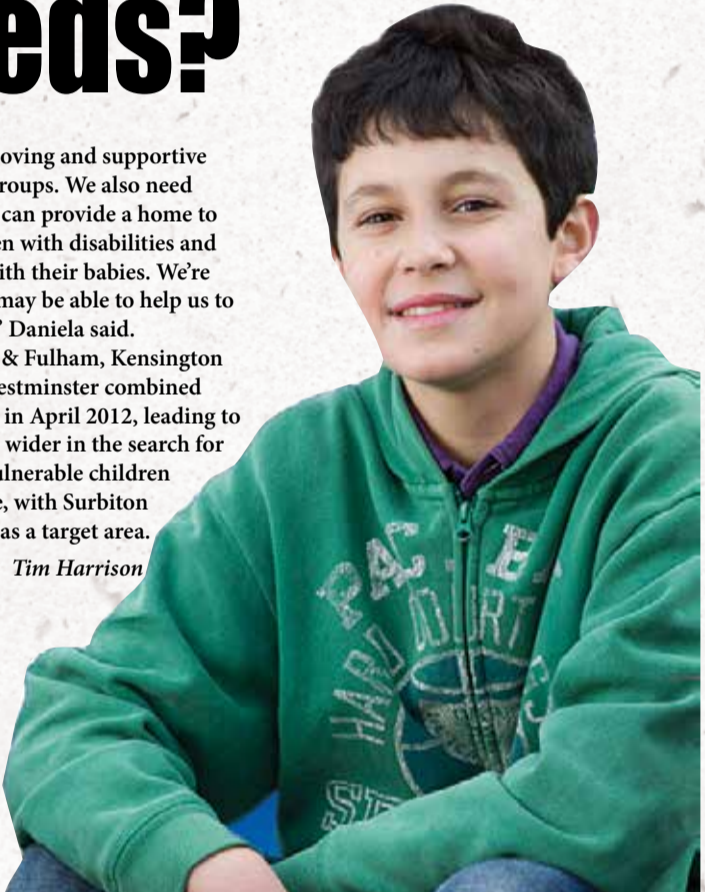
"Ideally we try to place children within the extended family or friendship network, if they cannot return home to their birth parents," added Daniela. "However, if this is not possible, and if adoption is not an option for the child, then we need a longer-term foster family to care for the child until they are 18 years old."

Fostered children under three can sleep in the foster carer's bedroom. Every child over three should ideally have their own bedroom. While sibling groups can share bedrooms, depending on age, gender, and bedroom size, looked-after children should not share a bedroom with the foster carer's own children.

"We're looking for foster carers who can provide a stable, loving and supportive home to sibling groups. We also need foster carers who can provide a home to teenagers, children with disabilities and young mothers with their babies. We're hoping Surbiton may be able to help us to achieve this goal," Daniela said.

Hammersmith & Fulham, Kensington & Chelsea and Westminster combined fostering services in April 2012, leading to the net being cast wider in the search for homes to place vulnerable children and young people, with Surbiton being earmarked as a target area.

Tim Harrison



See p6 for one foster mum's story

## Lloyd banks 14 golds by doing the pools

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Get out of the water, Michael Phelps. Shift lanes, Rebecca Adlington!

Surbiton swimmer Lloyd Edwards won not five, not 10, but an astonishing 14 golds in the pool at the Surrey Masters championships... plus a bronze in a team relay.

Unsurprisingly, Lloyd, 35, was also named Victor Ludorum in the 35-44 age group for his boggling points tally after the annual competition at the Surrey Sports Park, Guildford.

The feat was achieved in just six hours, when Lloyd, of Catherine Road, entered 16 events. Disappointingly, one relay resulted in no podium place at all!

The competition was a great celebration of veteran swimming, with the oldest competitor a spritely 98-year-old.

From 25m front crawl to 200m freestyle, Lloyd picked up gold after gold.

"It was unbelievable," said Lloyd, who swims for the Guildford City swimming club. "They are the best results I've ever had. I was exhausted at the end."

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# Win lunch at The French Table

To celebrate the third anniversary of Maple Road farmers' market, there will be a big tombola draw at this month's event on Saturday, October 20.

Tickets cost £1 a time, and the dozens of prizes include a lunch for two at the French Table restaurant, with organiser Sarah Taylor of Shoes at Last raising money to help establish a sensory garden at the autistic unit of St Philip's School, Chessington.

Drew, a 13-year-old pupil at the school, and his twin brother, rarely miss the Maple Road market, and particularly enjoy the Giggly Pig sausages, goats cheese, Secretts fruit & veg, smoked fish, honey, olive oil and the odd cake.

Other prizes include a teeth-whitening course at Maple Dental Practice, a manicure at The Beauty Room, brunch for two at Bosco, a cake from the French Tarte, a £40 gift voucher for Shoes at Last, dinner for two at Da Lucio, a three-course meal for two at the Riverview restaurant at the Holiday Inn, an evening out at Gordon Bennett!, chocolates from Sainsbury's, a basket of goodies from Eat Natural, candles from Jo Malone, goodies from Estée Lauder and cocktails for two at Bosco.

One of Sarah's previous fundraisers culminated in a £3,000 donation to help fight meningitis.

"Hopefully we can achieve something similar this time," she said.



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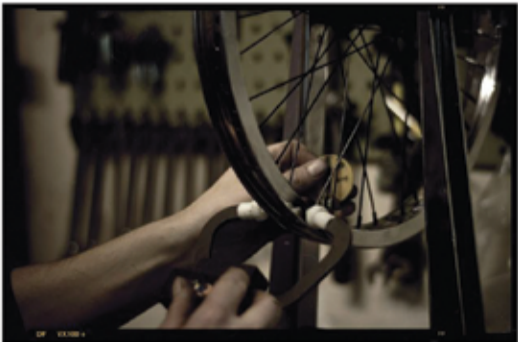
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Gardening tips by Janice Cripps

## Prepare to be dazzled

After the worst summer in a century, we can be forgiven for feeling cheated and dreading winter's onset. However, there's an upside. Cool summer temperatures and rain promise a gloriously colourful autumn with leaves staying on the trees for longer and colours more intense than usual.

As the nights draw in, the sun travels in a lower arc across the sky. It also rises and sets further to the south every day, narrowing the angle of sunlight, making it appear more golden. Colours which can look harsh and gaudy in summer – reds, yellows, oranges – suddenly look softer, sometimes magical, in the gentler autumn light.

This is an inspiring time to visit local gardens and parks to pick up ideas on which trees and shrubs to plant for a similar autumn show. next time around It's the ideal time to plant, as the soil is still warm and moist, so the plant has time to establish itself before the colder winter weather.

It's worth working out exactly where the sunshine will be coming from before planting for autumn colour. Try to backlight the leaves, optimising the range and intensity of shades on show and creating dramatic silhouettes.

Cherry trees and small maples are excellent specimen trees to give beautiful autumn tints in your garden. They are particularly good in front of a dark evergreen background, throwing the colours of their autumn leaves into sharp relief. Try Acer palmatum var. dissectum or Seiryu Prunus Kursar, and plant them in a sheltered spot so they hold on to their leaves as long as possible.

There is a huge variety of shrubs which rival the trees for colour. My favourites include Cotinus Flame which has large blooms like pink powder puffs in summer, spindle bushes like Euonymus alatus and witch hazels. Hamamelis Arnold Promise is a stunner.

## The Hills are tops

Everyone complained that 2012 was a lousy summer for growing... except the Hills of Seymour Gardens, Surbiton.

There, the Maple Road market sunflower seeds planted by Tom and Ollie Hill – aged eight and seven respectively – won the seed-growing competition, and won the Hill household a bumper box of veg and goodies from this month's market.

For the record, the tallest sunflower grew to 3m 5cm (about 10ft). The competition was judged by the market organisers.



The staghorn sumac (Rhus typhina), pictured, with its glorious leaves of vibrant orange, gold, scarlet or purple also puts on a splendid display. And the effect is even better when set against the large cones of red fruit borne by female plants.

The sumac is prone to producing suckers so is an ideal candidate for a large tub. It can be pruned back hard to keep it small and produce longer, more dramatic leaves.

If we are lucky and the weather remains mild and damp, you won't need to go far to take in the delights of autumn. The ancient oaks of Richmond Park, the 240-year-old Great Vine at Hampton Court, Claremont Landscape Garden... the list is endless.

Nearer home, stroll along Maple Road and crunch through the orange and yellow carpet of leaves that fall from the plane trees; it's enough to lift your spirits.

Enjoy October and its amazing natural firework display before a cold November wind strips the leaves bare and turns the fiery autumn landscape to monochrome once again.

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](http://www.janicecripps.co.uk)



## Veg moves to Y

From the Ground Up, the neighbour-hood fruit and veg collection service, has left The Lamb pub and is now based at the YMCA at the junction of Victoria Road and Brighton Road.

The next collection Saturdays in Surbiton are 11.30am to 12.30pm on October 27, November 10, November 24 and December 8.

You can order as much or as little as you like. Produce comes from local sources where possible, including red drumhead cabbage and kale from Hounslow, locally made rhubarb and ginger jam, golden globe beetroot, sunset orange cauliflower, yellow Tikal melon, and Turks Turban and Blue Ballet squash.

Register and order online at [www.ttkingston.org/fgu](http://www.ttkingston.org/fgu)

## Teddies' party

The mayor Cllr Mary Heathcote, who has a five-minute stroll to the Maple Road farmers' market from her Surbiton home, will be organising a teddy bear tombola at the December event.

Mary, who recently congratulated the market's organisers on their award success, currently shares the mayor's parlour at Kingston Guildhall with a growing collection of teddy bears, destined for her stall at the market on Saturday, December 15.

It will raise money for her chosen causes, Yorda Adventures, Kingston Carers' Network and Community Brain.

"I think the market's wonderful," she told The Good Life. "It's done so much for Surbiton."

## Window back

Seven months after a runaway car demolished the front of Cycleopedia in Ewell Road, the glass frontage has been replaced.

The shopfront, boarded up following a high-speed crash involving a VW Golf which failed to stop for police in March, was finally reconstructed last weekend. Cycleopedia, which has traded in Tolworth for 22 years, not only had the problem of coping with the shop being half-bulldozed by an out-of-control uninsured driver, but also lost the bikes that had been on display in the shop window... stolen before the wrecked premises could be secured.

## Black and white

Victoria Road jeweller FP Turner & Sons may boast Surbiton's most historic shop frontage, but it also now has the snazziest shop window. The window display has been restored and revamped with a sophisticated black and white look, timed to coincide with an October sale which sees all jewellery prices, except watches, trimmed by 25 per cent.

## Slippery slope

If you're lucky enough to get your copy of The Good Life before Sunday morning (October 14), you still have time to head to the foot of St Mark's Hill to watch the annual Surbiton Ski Sunday. Game competitors strap blocks of ice to their feet, then steer their way down a watery plastic 'run' with the theme tune to the BBC's Ski Sunday blaring out around them. The action starts at 11am.

## Icing on cake

Surbiton High schoolgirl Bronwyn Lee - daughter of cupcake queen Joanne 'Vanilla Jo' Lee, who had a stand at the Surbiton Festival - raised £100 for the CLIC Sargent charity for young people with cancer when she set up a stall at school during the recent national cupcake week.

# The biggest and best yet



Tom and Barbara would be proud, declared Surbiton MP Ed Davey with a grin, when the Good Life asked him for his verdict on the Surbiton Festival, celebrating its 20th year.

"I've been coming to the festival for the past 15 years and this is the biggest and best yet. This is a real community effort. There are events for the family and wonderful stalls. I especially liked my hog roast sandwich; really good!"

Stalls including ceramics, hats, jewellery, spin art, photography, paintings, hand-knit jumpers, toys, handbags, candles, make-up and gifts, attracted 20,000 people during the day.

And you didn't need to be a clairvoyant (though there was one of those too) to predict that there would be plenty for the town's foodies. Hog roasts, curries, cakes, ice cream and foot-long frankfurters were among the options. Local organisations represented included the Samaritans and Rotary Club of Surbiton, handing out information on activities.

Musical entertainment was concentrated on the station forecourt and in St Andrew's Road.

Not even a mighty gust of wind which blew away the gazebo covering the Queen's Gate Consort could put the chamber ensemble off their stride.

"They were playing Elgar's Chanson de Matin when it took off," said Jeremy Thorn, emceeing the St Andrew's Road stage where the string quartet and vocalist Ruth Henning-Lincoln were performing. "But they kept playing."

Surbiton's eclectic mix of community groups and clubs were represented in the parade which included guides, cubs, brownies, rainbows, Surbiton Sealion Scouts, Tolworth & District Woodcraft Folk, play-and-learn group Gymboree

and St Paul's Players.

Stonking marching tunes were belted out by the Surbiton Royal British Legion Youth Marching Band and Surbiton & District Caledonian Society's piper.

Giant guinea pigs led the marchers of the Seething Talcum Colliery, Bridie the 8ft tea lady with her 7ft tea trolley, clowns and Morris men and women lent colour to the parade, as did the drive past by historic vehicles which had petrolheads drooling, especially a deep red 3.5 litre 1949 Jag Mk IV, a white 2.7 litre 1956 Austin-Healey Le Mans roadster and a 2 litre 1953 Rover 75 P4.

In his first year as chairman of the Surbiton Festival committee, Bob Noble said: "I am absolutely delighted with the way this year's festival went; I learnt a heck of a lot. I'd like to thank those who turned out on such a lovely day, and promise fellow residents of Surbiton an even bigger and better event next year."

So put the dates in your 2013 diary - September Saturday 21 to Saturday 28.



## Overheard in the Duke of York on October 4

Two men - one old, one young - are pushing their trolleys around Waitrose, when they collide.

"Sorry," said the older man. "I'm looking for my wife, and I wasn't paying attention."

"That's alright," said the younger man. "I'm looking for my wife too."

"Well maybe we can help each other," said the older man. "What does your wife look like?"

"Well, she's 24, tall, blonde, blue eyes, long legs, and she's wearing tight white shorts and a halter top. What does your wife look like?"

"Doesn't matter," said the older man. "Let's look for yours."



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# Full Mark's for new hall

The landmark church that regularly reinvents itself has turned another chapter in its extraordinary 167-year history.

Surbiton's parish church, St Mark's, now has an impressive multi-purpose hall adjoining it, big enough to seat 150, on view at last month's Open House London event.

The western wall is glass, letting in lots of light, while the extension also contains a kitchenette and loos. Pictures of St Mark's down the years dot the walls.

The new has been skilfully blended with the old, and the entire church on St Mark's Hill has had a major facelift.

Out went the old pews, replaced by sturdy chairs, while a circular glass automatic door forms a new half-porch in the church, allowing people to look in even when the building is closed.

"It's not unusual to find people kneeling in the porch when the doors are closed," one church member told The Good Life. "Now it allows them to see the inside of the church too."

New lighting hangs from the ceiling, and the whole building has been wired up with speakers and audio equipment.

The new hall stands on what was the graveyard. A total of 202 bodies were exhumed before building began, and reinterred in Surbiton Cemetery. Oddly, excavations

actually revealed 400 graves... but many were mysteriously empty.

St Mark's (currently vicarless) was built in what was then known as Kingston-on-Railway in 1844. It was a squat, cramped, square-towered building in cruciform shape with virtually no natural light, and exterior walls of rough Sneaton stone. It held 824 people, but Surbiton's railway-fuelled population boom necessitated an enlargement to hold 1,015 in 1853.

The church also gained its distinctive 135ft steeple that year.

Little changed until the Second World War, apart from the congregation being able to read hymnbooks at evensong thanks to the installation of electricity in April 1913.

Then at 4.42am on October 2 1940, six high explosive and oil bombs started a catastrophic fire in the heart of the church. The air raid knocked out the water mains, and by the time hoses had been laid up St Mark's Hill, all that could be saved was the steeple. Services switched to Surbiton County Grammar School (now Hollyfield), and then a temporary church near the vicarage.

The empty shell, dubbed Surbiton Abbey by wags, was eventually rebuilt after a fund-raising drive, and on October 2 1960 – 20 years to day after the Luftwaffe's visit – holy communion was celebrated again at St Mark's.



The east window, featuring the crucifixion, remains a splendid example of mid-20th century stained glass.

The latest enlargement, which has also seen flats built in what was once the vicarage garden and car park, involved the demolition of Archdeacon Charles Burney's coachhouse.

Mr Burney, appointed in 1870, was vicar for 37 years, with Burney Avenue named in his honour.

A quirkily shaped building, grandly given the address of 1 Church Hill Road, it housed the archdeacon's horse and carriage, with the groom living above, in the hayloft.

Archdeacon Burney built (largely with his own independent wealth) the original St Mark's parish hall, in Balaclava Road – an important venue for meetings and entertainment.

The hall's foundation stone was laid on November 17, 1888, on one of the curves of Surbiton's old cycle track, spelling the end of penny-farthing racing in the town.

In 1933, the hall was sold to St Andrew's church, while St Mark's planned a new building. War intervened, and that hall project was put on hold.

In 1944, what was then St Andrew's church hall was also destroyed – by a flying bomb. That hall was rebuilt in the 1950s (it was finally replaced by housing in 2010), but it has taken until 2012 to be able to properly say that St Mark's has a new, permanent church hall again.

Tim Harrison



## Vacuum therapy targets spare tyre

Testimonials from customers paper the walls of Hypoxi, the body shape shop at the junction of Ewell Road and Ditton Road.

Leigh Anne, 46, reports that after six sessions she can 'see cellulite disappearing before my eyes', while Karen, 45, says: 'I lost 13.3 inches between May 2 and July 9.'

So what's the secret? Helen Crewdson, who set up the weight loss studio in May 2011, went from a 'bulky size 16' to a 'slim size 10' in three courses of Hypoxi treatment (each of a dozen sessions), and decided to go into business.

"It was a product that I knew worked," said Helen, who used to work in the NHS. "This place had just come on the market, so I opened up my studio so I could use the machines myself, and help others. When you have the treatment it feels like you're being hugged, then released, hugged, then released."

The treatment combines low-grade exercise with vacuum therapy to burn away spare tyres. Users of the Vacunaut machine wear a curious suit, like an eccentric space traveller, to increase blood supply to fat-prone areas.

Robbie Williams is a fan, and other showbiz stars used the equipment at specialised centres before it became more widely available.

A second machine in the studio, the Hypoxi trainer, also combines vacuum suction and gentle exercise. One of its fans is singer Cheryl Cole, who reports: "It's like a pod, and you sit in it and as you're pedalling it kind of pops the fat cells."

A third machine, a power plate, reverberates to break down fat.



Helen added: "We can achieve targeted inch loss which going to the gym doesn't. We sell courses of 12 half-hour sessions, where you aim to lose a dress or trouser size for each course."

Surbiton's reigning champion is Michelle, who had tried WeightWatchers, zumba, Pilates... everything, before visiting Helen. She managed to drop two dress sizes, losing a total of 15.6 inches, in nine sessions of a 12-session course.

It isn't just women. Several professional footballers have used the treatment when returning from injury, says Helen. Standard courses of 12 sessions cost £500, but there are off-peak deals and couples discounts too.

Harrods, by comparison, charges £600-£700 for the same treatment.

The first trial session is free. Call 020 8399 9281 or visit [www.hypoxi-therapy-centre.co.uk](http://www.hypoxi-therapy-centre.co.uk)



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# The ultimate pub crawl

Surbiton has something for everyone. Whether you're after a chilled glass of fine wine or a pitcher of snakebite and a sore head, you can have it. What a lot of Surbitonians don't realise is that our pubs actually fulfil every basic human need. Allow me to demonstrate.

You're thirsty. That's a simple one. Pick a pub. Any pub. They'll give you a drink.

You're hungry, you want good food, but you also fancy a bit of exposed brickwork. Go to Gordon Bennett! Lovely bit of brickwork.

You're going on a first date, you want some quiet intimacy if it goes well, but you also want the opportunity to escape to mingle with others if the date turns out to be weird. Go to the Victoria.



The booths in the back room are perfect for whispering sweet nothings, but if you have to abscond to another part of the pub you can guarantee that your date will never find you.

You're hung over, it's half 10 in the morning, and you desperately want to hide in a dark corner with a hair of a dog and your heebiegeebes from the night before without being judged. Go to the Coronation Hall. They'll understand.

You need a new business suit but you can't decide what to buy. Surbiton Flyer, around 5pm.

You fancy a big night out at a late bar but you can't be bothered to get on the 71 to Kingston. The Saucy Kettle's your bag, baby.

You've got a sudden hankering for dairy products and eccentric decor. Go to the Lamb, pictured. They're on the case.

You see your ex in the Victoria with a new partner, and you're desperate to spy on him but don't want to be too obvious. Go to the Duke of York. Sit in the window, spy away. Just make sure you've got your Good Life to hide behind in case they glance over.

You suddenly realise that there's too much bland lighting in the world, and what you really want is some mood lighting to invigorate your senses. Rubicon. No problem.

You're in a mental funk and decide you need to stimulate your brain with some world-class trivia. Black Lion, Tuesday quiz night. Watch and learn, my friends.

You get an attack of high-street claustrophobia and are desperate for the sounds of the waves lapping against the bank of the Thames and the dulcet tones of Portsmouth Road. Fox and Hounds. Job done.

You fancy a cheeky afternoon tippie, but your kids want to go to the park. The Grove's garden. Everyone's a winner.

You have two major interests: good beer and split-level flooring. Go to the Antelope. Kill two birds with one stone.

You realise you really enjoy alternatively-spelled words and would like a beer to ponder this. Xyite. Problem solved.

You've just bought a new dress and want to show off how good it looks when accompanied by a cocktail. Go to Bosco. Show off to your heart's content.

So there we have it. A comprehensive demonstration of why you need never leave Surbiton. Ever.

**Becky Mayhew**  
Read more of Becky at [beckysaysthings.wordpress.com](http://beckysaysthings.wordpress.com)



# The red carpet treatment

What do the red 'carpets' signify on the road junctions by Surbiton station? It's a regular conversation topic, because although they look official, nobody seems sure that they actually confer any right of way.

Colin Stewart, of the Surbiton-based Kingston School of Motoring, rides to the rescue.

"They are simply a traffic-calming measure; meant to make drivers slow down and think about what they are doing," he told the Good Life. "Although pedestrians don't have priority, some probably think they do... but drivers have to give way to them if they have already started to cross. So pedestrians please be careful, you don't have priority, and drivers please be careful too, you will be in trouble if you run somebody over!"



Colin's conclusion? "Maybe it would have been better if they had put in zebra crossings in the first place."

# Shock Ryder Cup result was case of déjà vu

The European golfers' last-gasp triumph at the Medinah Country Club in Illinois came as no surprise to Jon Wells of Surbiton Golf Plaza, who recorded precisely that result in a mock Ryder Cup tournament in Spain the week before.

The golf pro, who runs the virtual practice range behind Zizzi's off Victoria Road, led a group of six golfers into battle against six from the North London Golf Academy in Sudbury, with the competition staged on Ryder Cup rules at Lumine, near Barcelona.

"It was exactly the same format, ending with head-to-head singles," said Jon. "We were USA, they were

Europe... and we lost by one point, right at the end!"

● Jon will once again be advising participants on their swing at the third British Bread Golf Open by Charter Quay on Kingston's riverside on Sunday, November 18 at 1pm, when ducks and swans are the chief beneficiaries of sliced drives.

# My minor memories of Berrylands

My parents brought me to Berrylands from east London in the 60s.

As a child, Berrylands seemed monumentally dull and I spent much of my time wishing we'd return. Street after street of near-identical houses occupied by near-identical people.

Sunday mornings everyone seemed to spend washing the car, then taking the dog out, usually along the Hogsmill, so that on their return it was necessary to wash the dog and then take the car out.

The bus service through the estate in those days was a green 418 every 90 minutes. The prospect of waiting three hours for two to arrive together meant that cars were never at home.

The one light on the estate, now completely extinguished, was Surbiton Lagoon. Built, like most of the area, in the 30s, it consisted of two excellent open pools (one for children, one for adults), a deeply unpleasant cafe that usually ran out of things by mid-morning, and a car park that by the 1960s had become woefully inadequate.

A hot summer day (we did have them then) would quickly fill the car park and neighbouring roads, blocking them for lorries or buses, so that the police would have to be called and the familiar trumpeting sound of a blue and cream Morris Minor could be heard as they arrived.

In faraway Surbiton, people enjoyed proper bus services, a busy train station, cinemas, interesting shops and even places to eat and drink, but in Berrylands, in those days as a child, it seemed I spent much of my school holidays in the back garden, waving at passing planes and dreaming of a life somewhere else.

The people who lived there wanted, rightly, to maintain the area as it was, especially the older residents, of whom there seemed many to a small boy.

Criminal acts such as riding your bike on the pavement, making too much noise or enjoying yourself would lead to windows being flung open and the improbable threat of calling out another Morris Minor.

Rod Souza



Surbiton Lagoon, September 1976

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## Pickled Pantry prospers

Despite the ferocious local competition, a light, bright, friendly cafe is prospering on St Mark's Hill.

George Setchell and Joanna Venn, pictured, opened the 'home from home' Pickled Pantry on June 25 in what had been Chez Julien, opposite Bosco.

A complete remodelling saw the serving counter shunted from left side to right, the long wall bench removed and the whole place jollied up.

"We're actually from Dorset," said George, reassuringly tucking into a plate of his own haddock, chorizo, potato and poached egg salad (£5.95).

"We had friends up here, and we

stumbled on this."

By putting more emphasis on baking, table service and personal involvement (one or both being present at all times), the couple have attracted a band of new regulars since Julien shut in May.

As well as takeaway sandwiches (including catering for the recent Trycyclingathon) and deli food, the cafe is about to introduce a range of chutneys and jams, to give more meaning to the 'Pickled' in the title. It also sells trenchers, an old-style filled ciabatta.

"We're also trying to do more cakes for people with particular dietary needs, such as gluten-free brownies," said George.

## How do you conquer leaf mountains?



The new Bond film - Skyfall - has prompted Good Life devotee Luke Reader of Balaclava Road to appeal for ideas about how to cope with the mini mountains of leaves currently being shed by Surbiton's trees - especially the mighty London planes on his street, and in Victoria Avenue and other

local roads.

"For residents of Maple and Balaclava Roads, the wait for Skyfall is already over," he says. "Not the imminent Bond film, but the annual deluge of large long-life leaves from the trees planted along both roads. With autumn winds blowing them into large leaf dunes

against every available wall, they are the bane of local gardeners' lives. Hardier than some plastics, these leathery leaves can survive all year if left to their own devices!"

So how, he asks, do others 'de-leaf' their front gardens? Suggestions to [timharrison@therichmind.co.uk](mailto:timharrison@therichmind.co.uk)

## Let's go try a bike

With 300 people hopping on their bikes for the inaugural Trycyclingathon last month, the decision has already been taken to restage the cycle event in Surbiton next autumn.

Dozens of people dressed up in vintage gear - some riding appropriately rickety old steeds - to take part in one of three rides, depending on stamina and level of eccentricity.

Des Kay, better known as Prof Kayoss of the Save the World Club, said: "It was a fun day out; nice to see so many people back on bikes."



## What is fostering really like?

As inner city councils look to place foster children with households in Surbiton, *Tim Harrison* meets one woman who, for the past 12 years, has offered her spare bedroom to youngsters who need a home

As the youngest child of an extended family, Louise McKenzie's home was always buzzing with children. "It's the same now," she laughed. "Having other kids coming in and out is great for the children I care for."

A foster carer for 12 years, Louise answered an advert and went on a course where she met other carers. Now 44, she believes that training is essential to fully understand the realities of being a foster carer.

It partly involves educating your own family to expect unfamiliar children to suddenly appear.

"My nieces and nephews are always part of the home as I didn't have any children of my own," said Louise.

Most foster children stay with Louise for a minimum of three months. The longest has been a year.

Originally she planned to look after five to 10-year-olds, but someone suggested caring for teenagers. One of her placements changed everything, however.

After a week and a half, the 16-year-old girl revealed she was pregnant. Without intending to, Louise had become a parent and

child carer, supporting the girl through her pregnancy, and being present for the birth.

"That drew us very close. It was a very proud moment."

She and the teenager are still in contact, 12 years on. The 'girl', now a mother of two, is at university. The children refer to Louise as their grandmother.

For Louise, conversation is the key to getting through to young people who may have had troubled backgrounds. "I try to discuss everything," she said. "You talk, you nurture, and the feedback helps them."

She now helps train and support other foster carers. The key qualities, she believes, are being non-judgemental, open-minded and respectful.

"You need to be patient, and you can't judge young people's circumstances before they come to you."

If Louise does need support, she can always call on her supervising social worker. Foster carers are paid a weekly fee and allowance to enable them to care for

any child in their care. But the real reward, says Louise (whose name has been changed to protect confidentiality), is making a difference.

- To find out about fostering, call freephone 0800 169 3497, for information and advice, or visit one of the websites, [www.lbhf.gov.uk/fostering](http://www.lbhf.gov.uk/fostering) or [www.rbkc.gov.uk/fostering](http://www.rbkc.gov.uk/fostering) or [www.westminster.gov.uk/services](http://www.westminster.gov.uk/services) and follow the links.

- There is a fostering open day on October 18 at Hammersmith town hall, King Street, W6 9JU, 10am to noon, and 6-8pm.



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Toddle along to baby disco

July's Glastonbaby festival at the cornerHOUSE

If you think the fun-loving crowd gyrating to the music at Surbiton discos is looking younger these days, it's because... well, they are. Every Monday lunchtime, the glitterball revolves at the cornerHOUSE in Douglas Road for the baby disco, where under fives enjoy bopping to the music between 1-2.30pm. The cost? £4 per adult with up to two children. There's a baby disco pyjama party on Monday, October 22, then a half-term break before everything resumes on Monday, November 5 with more coloured lights and bubbles. Organiser Liz Anderson of Ravenscar Road explains: "The idea was to create a session where adults and children could enjoy pop music together; something a bit different from the usual nursery rhymes and coffee mornings." The baby disco is an entirely new idea, originating in Surbiton, and is not part of any franchise.

Men needed to play Chess

The Surbiton-based Hinchley Manor Operatic Society, which performed Sound of Music at Epsom Playhouse last month, will next perform the musical Chess... and is on the lookout for potential cast members. "We particularly need men," said Lisa Guerriero from the drama group. Rehearsals are just starting at the Surbiton Methodist Church hall, next to Surbiton fire station at 39 Ewell Road. The show, to be directed by Steven Green with musical direction by Jerome Van Den Berghe and choreography by Sarah Platt, will be performed in early March at the Adrian Mann theatre, Ewell. Full details at www.hmos.org.uk



Soprano Anita Watson



Sandy Easby in Book Day, one of the plays in this year's oneACTS festival. Picture: Jon Constant

Get your writing skates on

If you have been toying with the idea of writing a play for the cornerHOUSE oneACTS festival, get your skates on. The deadline for entries for April's festival of original playwriting at the arts centre is Wednesday, October 31. Plays must be 15-30 minutes long, have a maximum of six characters (the fewer, the better) and be suitable for family audiences. Wannabe directors should register their interest by the end of November. Visit www.thecornerhouse.org

Wedding ode for choral group

Parry's ode Blest Pair of Sirens, which featured at last year's royal wedding, Herbert Howells' Hymnus Paradisi and Elgar's popular Enigma Variations make up the programme for Kingston Choral Society's next concert on November 17, with Anita Watson singing soprano. The group is taking a brief breather from St Andrew's church, Surbiton, and will sing instead at 7.30pm at All Saints, Kingston. Andrew Griffiths conducts. Box office: 020 8977 4801.

It's a family affair

If you think today's ructions in Greece are epic, you should see what was happening 2,500 years ago. Jean Anouilh's family power-struggle Antigone is next up at the cornerHOUSE, Douglas Road. The Green Theatre Company performs the show from Thursday, October 25 to Saturday October 27 at 7.45pm. Surbiton director Brittany Rex takes charge of the youth theatre production, with 20 plays already under her belt. "Antigone will cause you to think about life, the choices we make and the effect they have on those who love us," she told The Good Life. "Anouilh is a poet, but not a poet of words. He is a poet of words acted, of scenes set, of players performing." Tickets (£8, £6 concs) are available on the door, or in advance by calling 07587 196378.



Eddie and the Redheads

Redheads have more fun

Surbiton guitarist Chris Page, drummer Tim Marrant and bassist Martin Plumb had the Royal Oak rocking last month. Eddie and the Redheads zipped through a set of rock gems, from Mott the Hoople's One of the Boys (a superb Stones-like track) to the Small Faces' 1966 chart-topper All Or Nothing and Van Morrison's Baby Please Don't Go. Chris did justice to Alice Cooper's raunchy Is It My Body, and Sam and Dave's Hold On I'm Comin', but also slipped in tracks familiar to anyone who saw Front Page in Surbiton pubs in the 80s, including Every Time I See Her. If you missed them, the boys are at the Victoria pub on Halloween. "Our music's rock, blues, rhythm and roll, but not necessarily in that order," said Chris, who calculates that two-thirds of a typical set is rock covers. "We'd be lost without the metronomic genius of Tim on the skins." Visit www.lemonrock.com/eddieandtheredheads

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# A new way to enjoy your tatties

A mysterious sign outside the Surbiton Cafe in Brighton Road last week urged people to enjoy potatoes in a baggage hold. That's the actual French translation of 'soute' which appeared on the board promoting the chicken grill and salad at £6.45, and which

an eagle-eyed reader forwarded to us. Although the plan was almost certainly to offer sautéed potatoes with the meal, the idea of spuds in a bunker (an alternative meaning) has a certain odd appeal. Incidentally, the best way to

prepare sautéed potatoes is to gently fry chopped up new tatties with rosemary, arguably the easiest, sturdiest, most fragrant and useful culinary addition to any garden or pot. Then squeeze a lemon over them and sprinkle with rock salt crystals.

# Head to the Caribbean

An autumn chill is in the air. It must be time to head to the Caribbean. Jerk chicken is synonymous with the islands, and is by far the most popular dish sold at the New Inn pub in Long Ditton, where Buddy's fusion menu is available lunchtimes from Tuesday to Sunday. "The area's really got the taste for Caribbean food," said Buddy. "The word's getting out!" The New Inn is holding a Halloween party on Wednesday, October 31, 6-8pm, with cups of spiced pumpkin and coconut

soup for everyone, costume prizes and a ghostly Caribbean menu including skeleton bones and coffin-shaped sandwiches. Buddy also does Caribbean Christmas office parties at the New Inn, for something a little different. Book on freephone 0800 071 0072. He also teaches Caribbean cookery in your own home. Details: info@sunshinecatering.co.uk Try making Buddy's jerk chicken recipe. For the real thing, go to the New Inn, Rushett Road.



## Buddy's Jerk Chicken

Serves four

### Ingredients

- 4 chicken legs with thigh
- 1 small slice of scotch bonnet pepper (more for a hotter dish). For a mild version do not use pepper
- 2 sprigs fresh thyme
- 2 tbsp ground allspice
- 2 cloves garlic
- 1 medium onion
- Half a celery stalk
- 1 tbsp sugar
- 1 tsp salt
- 2 tsp ground black pepper
- 1 tsp olive oil
- 1 tbsp soy sauce

### Method

Chop the onions, garlic and pepper and place all the ingredients (except the chicken) into a blender or food processor and blend to make the jerk sauce. Trim excess fat and wash chicken in a lime juice and salt mixture to tenderise the meat so the sauce is more easily absorbed into the meat. Rub the sauce into the meat, place in a container, cover with cling film and refrigerate for at least an hour, or ideally overnight. Bake in a pre-heated oven (200 degrees) for 40 minutes, turn the meat over, drizzle with a small bit of BBQ sauce and bake for a further 20 minutes. Serve with rice and peas or plain rice with curried goat for a truly Caribbean meal. Alternatively try a salad and jacket potato.

# Sainsbury's can be an uphill struggle

by Morris Thain



I find it difficult to cope  
With Sainsbury's being on a slope  
Fruit and veg is run-of-mill  
But other things are up the hill

I worry that one careless day  
My set of wheels might roll away  
On Saturday I nearly died  
While trolleying up that mountainside

Has Surbiton another shop  
With such a noticeable drop?  
For any time I'm running late  
I have to face that one-in-eight

I dream some day I'll reach the wine  
But it is high up the incline  
So steep you feel the need for crampons  
When you're buying packs of... thingamies




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