



SE10 GREENWICH

YOUR LOCAL MAGAZINE
MAY 2019

EVENTS CALENDAR

CHILDREN'S ACTIVITIES

BEAUTY – THE STORY OF BOTOX

GREENWICH & BEXLEY
COMMUNITY HOSPICE
CELEBRATING LOCAL HEROES
IN GREENWICH

SUPER MUM VS CAREER MUM:
CAN YOU BE BRILLIANT AT BOTH?



Welcome

Hello and welcome to May edition of SE10 Magazine, your local Magazine packed full of entertaining, informative and relevant content.

First, I would like to say a congratulation to Greenwich and Bexley Community Hospice, the hospice is celebrating their 25th year anniversary with an interesting story of the local heroes in Greenwich, this can be found on pages 26-27. Katy Moroney shared an article on Super mum vs Career Mum, dive to page 20 to know if you can be brilliant at both. There are many events available this month, check our event pages on 29 - 30 for the full events.

Also, it is my son's birthday this month and I would

like to say a Happy Birthday to him, wishing you the very best in good health; may your dream and wish lead you to an amazing future.

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I will be glad to receive any feedback on our publications and if you have any contributions please feel free to get in touch.

Have a great month!

Toyin Alao | SE10

BEAUTY & STYLE	BUSINESS & PROFESSIONAL	CHILDREN & EDUCATION	FOOD & DRINK	HEALTH & WELLBEING	HOME & GARDEN	CULTURE & LEISURE	COMMUNITY	SPORT & FITNESS
12	20	16	14	10	06	25	29	-

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May 2019 - Events Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 st	2 nd	3 rd	4 th	5 th
			Conservation Interactive Every week from 2 nd May – 30 th May			
			Why Hate Crime under reported?	David Starkey/ Churchill	Astronomy and Islam	Southmere Sundays
					GPS Hunts	Mikado
6 th	7 th	8 th	9 th	10 th	11 th	12 th
Conservation Interactive Every week from 2 nd May – 30 th May						
		Greenwich Cultural Forum	Dementia awareness		Morning Stars	Mini Marathon
		Guys and Dolls 9 th – 11 th				Ema & Dylan
		Once a Catholic at Bob Hope Theatre				
13 th	14 th	15 th	16 th	17 th	18 th	19 th
Conservation Interactive Every week from 2 nd May – 30 th May						
Folk & Blues Night	Better together Community Meeting		Royal Opera House Recital	Aidan O'Rourke with Kit	Lightening courses	
	Salomé		Ruddigore by Gilbert & Sullivan at Bob Hope			
20 th	21 st	22 nd	23 rd	24 th	25 th	26 th
Conservation Interactive Every week from 2 nd May – 30 th May						
				Katie Bray	Suzi Ruffell	
Salomé from 14 th – 26 th May						
27 th	28 th	29 th	30 th	31 st		
Conservation Interactive from 2 nd May – 30 th May						
		A Womb of One's Own				
		Geoff & Kathy				

More information on events times and dates on pages 29 - 30



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Barbara's Pumpkins

Jonathan Wild - Gardener and Good Time Guy

One of my favourite sitcoms from the 70s (after Dad's Army, of course) was The Good Life, not just because of my healthy interest in the very wholesome Barbara Good, but because it was such a brilliant concept. Transmogrifying a very middleclass suburban garden into a self-sufficient paradise seemed to be a fantastic idea – although, perversely, I always saw myself as Gerry, the posh bloke who always had a G&T in his hand and persisted in taking the pee out of Barbara's (lucky) husband, Tom.

Happy times, though maybe a pig and a goat too far from reality, but the Good Times are definitely still with us as gardeners realise that they can do something to combat all the plastic packaging, food miles and pesticides used to stock 'fresh' fruit and vegetables on our supermarket shelves. Or maybe it's just because people simply want to revel in the feel-good factor of growing their own healthy delicious food – regardless of the outcome of Brexit!

Despite my interest in Barbara's pumpkins, I've never really shaken off my interest in flowering plants in the gardens that I've designed and built, so edibles, apart from the odd apple tree, have never been part of my plans. My only concession has been a trusty Lemon tree which has kept my G&T's invigorated over the years, but I am pleased to report that I have finally seen the (green) light and I'm now exploring new ways in which fruit and vegetables can be incorporated into a decorative and beautiful garden. Although I'm not a full-blown vegetarian by any means, my own intake of



fresh vegetables has increased exponentially recently, sparking an enthusiasm to discover more ways to introduce a healthy balance of traditional garden elements such as flowers, patios and fish ponds alongside a good stock of edibles to graze on.

The basic requirement for growing your own is a sunny garden with a reasonably fertile soil (you can always tweak it if it isn't) and an insatiable appetite for discovering all the amazing things you can grow to eat. Most of the 'salady' type vegetables and herbs, such as thyme, mint, sage and chives, don't need much space and, indeed, can be very easily grown in containers. Placed in a sunny spot by the back door it makes it much more convenient to nip out with a pair of scissors to gather some fresh and tasty ingredients. My favourites for large containers are dwarf fruit trees such as apple, cherry and plum with a layer of alpine strawberries beneath, a delicious combination. You can also get extra dwarf varieties of raspberries and even good old rhubarb looks stunning in a large pot.

My favourite edibles are the exotics which are expensive

or elusive in the shops; these include statuesque globe artichokes and soft ferny asparagus, which are absolutely delicious on a plate but also look amazing in a border. Last year I planted a border with a dozen of David Austin's new hybrid roses, Boscobel, which have lovely peachy pink flowers and, as an experiment, I underplanted them with purple leaved sage and clumps of chives. Not only did they look great, but the hoverflies which were attracted to the lovely dusky lavender chive flowers fed on the aphids which normally attack the roses – a perfect ecological balance!

This is the other benefit of DIY produce – you know exactly the provenance of it all, so you can (if you wish) lead a purely organic, pesticide free lifestyle by combining the right combinations of fruit, flowers and veg. It just needs a bit of forethought and planning, but if you start this month by finding areas to sow or plant out some seedlings from the garden centre amongst your flowers, you could have a pretty and productive plot like mine was last year...

Good luck and happy eating!

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The Dormer Bungalow makes a Comeback

Craig Brown

A dormer bungalow is a conventional bungalow with some extra rooms built into the roof. Extra ceiling height and natural light are provided courtesy of a dormer window, hence the name. They used to be very popular, though actually many of them were the result of their owners adding a loft conversion to their existing property. Then they stopped building them, largely because they were an inefficient use of space.

Now, the dormer bungalow or a modern version of it is making a comeback, mainly among the nation's burgeoning community of self-builders. Many self-builders are approaching retirement and now, more than ever, people want to remain living in their own homes for as long as feasibly possible. Bungalows support this because everything is on one level so there are no stairs to negotiate, ideal for elderly people with mobility problems.

However, retired people also like to have their children and grandchildren over to stay and with land prices at their current levels, those extra bedrooms may well not fit within the limited

footprint of a bungalow. It makes sense to put these rooms that are only used occasionally up on the second floor, while the rooms that are used every day are all at ground level. Self-builds are also often subject to planning restrictions that limit the height of the roofline; another advantage of a dormer bungalow is that it has a much lower roofline than a conventional two storey building.

Designing a home specifically as a dormer bungalow has several benefits. Building extra clearance into the roof means that Velux windows can be installed rather than dormer versions. This is both cheaper and more aesthetically pleasing. A proper, full width staircase can be put in rather than a cramped afterthought packed into one of the downstairs rooms. The architect can also specify attractive features such as an all-glass gable end wall or a balcony.

Dormer bungalows will never get back to their 1960s heyday but it's nice to see they are once again part of the architectural mix.

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Love 'em or loathe 'em, lunges are by far one of the best lower body toning exercises on the planet, and anyone who has participated in my fitness classes or PT sessions over the years will know how much of a fan I am! These beast mode exercises create lower body beauty as the payoff for all your hard work; you see stronger, more shapely legs and a firmer bum develop.

The lunge is a compound exercise; this type of exercise works several muscles or muscle groups within the same movement. In the case of a lunge, the list of muscles used is quite extensive and that is why it is such a challenging manoeuvre, taking lots of energy to complete - 'butt' so worth it! The muscles used include the hamstrings and quadriceps on the back and front of the thighs, the gluteus maximus, medius and minimus in the buttocks and toward the side of the hips, also the calves, and the lower back and core stabilising muscles all play their part.

The correct technique must be mastered to gain the full benefit and to stave off the risk of injury, particularly to the knees, and anyone with existing

knee injuries or contraindications should seek professional or medical advice. Personally, I favour the walking lunge; not only do they produce incredible toning effects, but they also increase the heart rate and boost metabolism, helping to burn fat. You certainly know you've done them - jelly legs are an immediate side effect, grumbling another and then the DOMS (delayed onset of muscle soreness) may come along. Not being able to sit on the loo without holding onto a rail or struggling to walk upstairs for a few days are often par for the course, initially anyway, until your muscles get over the shock!

Don't let all this scare you off though, Lunges are a bit like marmite but once you realise the good they can do, you might learn to love them that little bit more.



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The Story of Botox

Botox is the brand name for the drug Botulinum toxin A. There are several brands of the toxin available, but Allergan's Botox is the longest established brand, having been manufactured since the 1990's.

The story of how Botox became what it is today started with an accidental discovery. In the early 1990s, Botox was routinely being used to treat spasm in the eye. An American eye surgeon, Dr Jean Carruthers, found her patients were coming back to her despite their treatment being completed as it was helping with frown lines in the brow and forehead. She spoke to her husband, a dermatologist and, after testing it on their willing receptionist, Botox cosmetic was born!

It is now the most common cosmetic treatment in the world, making up over 40% of the UK nonsurgical aesthetic market and, with over 7 million treatments a year carried out worldwide, it has a proven safety record.

It has a simple mechanism of operation, temporarily relaxing muscle movement which

Dr Marcus Mehta

helps soften exaggerated movements of facial expression. It is typically used for the frown line between the brows, horizontal forehead wrinkles and the crow's feet. Its use is not limited to aesthetics and it is also used to treat muscle spasm, bladder dysfunction, migraine and temporarily reducing sweating - an armpit treatment that's very popular with my patients in the summer!

It's important to remember that Botulinum toxin is a prescription only drug, so it should only be administered by an experienced and trained healthcare professional. Always ask your practitioner what brand of Botulinum toxin they are using, how long they have used it for and who is prescribing it for them (as you legally must have a face to face consultation with your prescriber).

As a drug that is not reversible (you have to wait 3 months for it to wear off) it's vital you seek an experienced and knowledgeable practitioner for treatment; otherwise you could be walking around with asymmetrical eyebrows for quite some time!

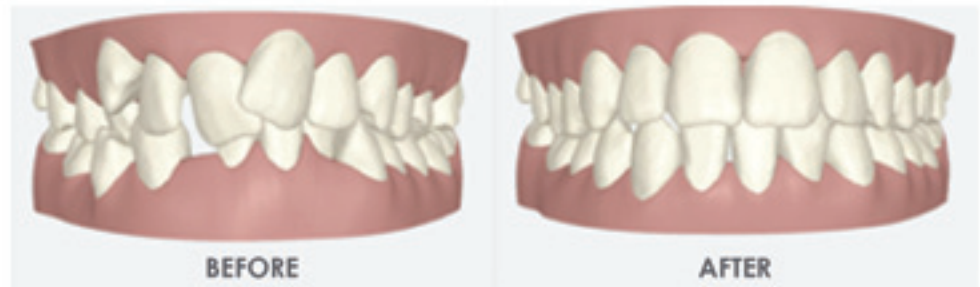


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Spinach and Stilton Bread Pudding

Mark Osborne

This savoury version of the classic dessert makes a delicious and filling main course.

Ingredients

225 ml Milk	1 small Onion, finely chopped
1 Bay Leaf	1 Egg
1 Clove of Garlic, chopped	1 Egg White
2 Cloves	100g Spinach
Pinch of Ground Nutmeg	100g Colston Basset Stilton
300g White Bread, crust removed	20g Butter
	Salt and Pepper

To begin, pre-heat the oven to 160°C. Then place the milk, onion, garlic, bay leaf, cloves and nutmeg into a large saucepan. Bring to the boil (without letting the milk boil over) and then reduce to a simmer. After 5 minutes, take off the hob and fold in the diced white bread. Whisk up the egg and add to the mixture followed by the egg white. Mix together thoroughly, then add the Stilton. Once the cheese has melted into the mixture, fold in the



spinach. Season well with Salt and Pepper.

Line a suitable baking dish with greaseproof paper and brush with a little melted butter. Pour in the mixture and smooth out with the back of a spoon.

Place in the pre heated oven for around 30 minutes and check with a knife. If the knife comes out clean, the pudding is cooked. If not, pop it back in the oven for another five minutes.

Serve with your choice of green vegetables and roasted nuts – delicious and nutritious!

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Email: enquiries@allthearts.co.uk

Web: www.allthearts.co.uk

Boys Brigade

The Boys Brigade offers a balanced programme of activities for children and young people. The youngest section - Anchors-is for children Aged 5-8years focuses on crafts, music, games and sport as well as visits and working towards gaining badges for achievement. Aged: Juniors section is for children. It encourages personal development by allowing children to focus on personal interests and challenge themselves in developing new interests as well as going on day trips and weekend camps.

Ages: 11-15 years old children participate in the Discover programme, learning new skills and challenging themselves while learning to become a valued member of the community. Seniors, Ages 15-18 years old take part in project-driven programmes learning life skills and work towards Duke of Edinburgh Awards. For more information, contact directly.

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Email: info@bb-westkent.net

Web: www.boys-brigade.org.uk

Greenwich Academy of Music and Drama

The Academy runs performing arts ensembles, holiday courses and education workshops. There are a range of ensembles for wind, brass, percussion, string players and singers during term times and holidays. The range of ensembles and groups are based on age and ability. Email: info@gamd.org.uk

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Web: www.sea-cadets.org

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Blackheath Conservatoire

The Conservatoire offer a very wide range of courses for children and young people in Art, Music, Drama and Culture.
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Tel: 020 8852 0234
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Super Mum vs Career Mum: can you be brilliant at both?

So many of us face the dilemma of how to balance a successful career whilst also being a caring and devoted parent.

Like most people, we leave education with minds filled with dreams and ambitions to succeed in our chosen industries, climbing career ladders and fulfilling our promise. Amy and Katy from The Administration Hub started careers in administrative roles with passion and drive ensuring that they took every opportunity to train and develop until ultimately they both found themselves in Senior positions. Naturally, their lives progressed and they both started families, a wonderfully, joyous, life-changing experience but also the toughest job that anyone will ever face and a role that no-one can fully prepare you for.

This can lead to some of the hardest decisions and challenges that any of us will ever face - up until this point you've worked hard on building a career but you now have bundles of joy that rely on you for everything - and it doesn't matter how many books or guides that you read, each person's experience is different so you need to learn and adapt as you go along.

Amy and Katy both faced these challenges before their paths eventually crossed, Amy becoming a Mum of 3 and Katy being a Mum of 1 - as they got to know each other they soon realised that the issues that they faced were the same.

Challenges such as whether to return to senior roles and put children into expensive nurseries, breakfast and afterschool clubs or give it all up and become stay at home Mums?

Neither of those two options seemed to provide a satisfactory work / life balance from either a financial or a career perspective. Initially, however, they both returned to their day jobs and battled with the guilt of children spending long days in childcare and whilst also striving to be seen as dependable and committed employees even when having to take time off if the kids were ill or it was a school holiday.

Both soon realised that to get the best of both worlds, flexibility was the answer - allowing a mix of Parent-life and Work-life as and when required - therefore, setting up their own business was the natural route to follow. Amy and Katy decided to become business partners in order to combine their



expertise and experience of both the private and the public sectors to offer other small companies remote business administrative support.

The Administration Hub covers a wide mix of tasks including Admin, Finance & Bookkeeping, HR, Recruitment, Secretarial & PA, Social media and Marketing. They have built a wonderful team with an emphasis of always having two people learning each role, this ensures adequate cover for clients that outsource via them, eliminating internal costs for sick and holiday leave. Clients also only pay for the hours that they need with no minimum hours being stipulated.

The aim is to provide clients with flexible support and a solution that is tailored to their requirements, reducing unnecessary costs and providing access to a whole host of specialties and services from just one central hub. In turn, the Administration hub gives their team the option to work from home, with a flexible approach based on delivering a project rather than restrictive working hours - this capitalises on the team's expertise and allows for other responsibilities. They are passionate about each client's success story, enjoy working hard and love helping businesses grow - to infinity and beyond



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News has recently emerged that the messaging services of Facebook, WhatsApp and Instagram are all going to be merged into one platform. On the face of it, this seems like a logical step. All three apps have private messaging services and all three are owned by Facebook. Between them, the apps have literally billions of users worldwide and, in theory, it would enhance the experience of users. For instance, a person who only had a Facebook account would be able to find and message a friend who only had an Instagram account and vice versa.

For shareholders in Facebook, there are several benefits to this move. One of Facebook's core aims is to maximise the amount of time that users spend on its platforms because that maximises the amount of adverts they are exposed to which, in turn, maximises Facebook's revenues. If people on one app can contact people on another app, that inevitably pushes them to spend more time on their preferred platform. Another benefit for Facebook is that it would allow them to share user data across all three apps in order to improve targeting of its advertising. It could also enable businesses that advertise on one platform to reach users of another platform. Once again, these things drive increased advertising revenues for Facebook.

At the moment, the three apps operate as standalone businesses that are in competition with each other. The only similarity is that they are all owned by Facebook. However, if the three messaging services are merged together, the underlying software architecture that the platforms are built on will be unified. This means that when new features such as stories are added, they will only need to develop one software architecture rather than separate ones for each platform. This will save on development costs and enhance the user experience; previously the roll out of new features has been inconsistent across platforms.

There is nothing straightforward about this merger. Mark Zuckerberg, the founder of Facebook, was forced to announce it after company insiders leaked details to the New York Times. Zuckerberg's plan to join the users of the three platforms into one massive group to form an online media juggernaut has met with stiff resistance internally – it is no coincidence that



the CEOs of both WhatsApp and Instagram have stepped down in the last year. The technical challenges are vast too – for instance, do they take the software architecture from one app and integrate it into the others or start from scratch with an entirely new system? In their press conference Facebook claimed that they would be offering end to end encryption for all messaging services, suggesting it would probably be the latter. The merger is expected to be complete sometime in 2020. Despite the shared architecture, the three apps will continue to compete with each other and will appeal to different user demographics.

For the last couple of years, Facebook has been fighting a rearguard action against regulators over a variety of high-profile data breaches and privacy scandals. It is fair to say that in the past Facebook has taken a cavalier attitude towards the security of its users' data. Inevitably, this new plan will add fuel to those concerns. Already, Ireland's Data Protection Commission which regulates social media platforms in the EU has requested an urgent briefing on how the proposed merger will comply with GDPR rules. If those concerns are not satisfied, the integrated platform will simply not be allowed to operate in the EU. Facebook's vague promises of end to end encryption and privacy protection are understandably not cutting much ice with the Commission.

Whatever happens, this development goes to show how social media platforms have gone from being the mavericks of the tech world to global corporate structures. Not all of Facebook's innovations have met with the approval of its users; only time will tell if this integration will enrich the experience of billions of users or prove a disappointment.

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AT THE HEART of GREENWICH SINCE 1979

The premium compact sports saloon segment, as the marketing bods like to refer to it, was pretty much invented by the BMW 3 Series. It contains, quite simply, some of the best cars in the world, cars that offer a beguiling mix of performance, comfort, practicality and desirability. You look at these cars and wonder why anyone would ever consider buying a compact SUV. Setting a budget of up to £13,000 – less than half the price of a new car in this bracket – here are my top 4 choices.



Mercedes C Class

The once worthy but dull C Class was transformed when the latest version was released in 2014. With svelte styling, strong performance across the range, space and comfort in abundance and bombproof build quality, this is now the class leader. If you want something more practical, there's an estate version and if you want something more stylish, there's a convertible. The range of engines includes the mighty 6.3litre AMG V8 but the 2.1 litre diesel is my first choice. It can sprint to 62mph 7.7 seconds but still manages a staggering 70mpg. The C Class is also very well equipped and is solidly aspirational without even a whiff of the boy racer about it. All this quality comes at a price and you will have to find £13k for a 2014 model with maybe 80,000 miles on the clock. Worth every penny!



BMW 3 Series

When the latest model of the 3 Series was launched in 2012, I was astonished at how good it was. As luxurious as an E Class with more equipment than a Lexus, better built than an Audi and with handling that was a match for most sports cars, this was a true allrounder. As with the Mercedes, there's a spacious estate version available, the blisteringly fast M3 and the remarkably competent 330d but I'd go for the midrange 320d. This car can knock on the door of 150mph but has such low emissions that road tax only costs £30 per year. It is understated but handsome and can seat 5 people in comfort. If the 3 Series has a weakness, it's that it is so commonplace, but this means you can pick up a 2014 car with 60k miles for £11,500.



Jaguar XE

Jaguar took a long time to launch the successor to the ill-fated X-Type; the XE arrived in 2015. The result is a great looking car that handles like a dream and boasts comfort and refinement in spades. Jaguar only had a fraction of the Mercedes development

budget though, and this shows in several respects. There is no estate version for instance and the back seats are rather cramped. Most importantly, the 2.0 litre Ingenium diesel doesn't cut the mustard. It is too noisy and lacks the torque of its main rivals, though the 68mpg fuel economy is impressive. On the plus side, it's rather more exclusive than the 3 Series and maintains that unique Jaguar ambience. A 2015 model with 80,000 miles on it can be yours for £12k.



Citroen DS5

This may seem a bit of a left field choice but Citroen has worked hard to differentiate its DS cars as a premium brand and the DS5 has a lot going for it. The quirky styling is more reminiscent of a shooting brake (it's actually a 5-door hatchback) but it is genuinely a good looking car. The interior is an exercise in Gallic individualism combined with an aircraft cockpit and is a very nice place to be. There is plenty of space, a sumptuous ride and high levels of refinement. On the downside, the 2.0 litre diesel is markedly slower than its competitors and a bit thirstier. Even so, the DS5 has rarity value and offers great value for money – I found a 2015 model that had covered just 18,000 miles for under £12k!

Britain is a nation of bodgers, middle aged men like myself who, rather than get some so called experts in to fix stuff that breaks, do it themselves, generally with sticky tape. Look around my home or office and you can see numerous examples of my often inspired boddges.

For instance, if you open my fridge, you will notice that one of the shelves is held up with a length of wooden pole. What happened here was that the plastic bracket that supported it suddenly fell apart. It was made out of a kind of plastic that becomes brittle at low temperatures and, let's face it, who would reasonably expect to encounter low temperatures inside a fridge? We were having a party that night so I needed to plonk lots of beer on that shelf and a replacement bracket would take days to arrive. In an act of genius, I cut a bit of wood to the right length and wedged it under the shelf; it is still performing its function perfectly two years later.

Recently, my daughter requested that I buy her a new bed because hers squeaked every time she moved and one of the support struts had snapped. This was a challenge no dedicated bodger could refuse – some judicious use of the oil can and several feet of gaffer tape to repair the broken strut and the bed was as good as new (although this bodge has been in place for just 2 weeks now so only time will tell if it's a long term solution). Sticking with the theme of things that squeak, our tumble dryer developed the most horrendous squeal a while ago. A generous dollop of grease applied to the bearing and I enjoyed nearly a year of virtually silent operation before the bearing finally wore out altogether and I had to replace it – although bodging purists would sneer at this kind of repair because I actually used the proper spare part rather than fabricating something out of an old tin can.

There have been some less successful boddges – my attempt to repair my iPhone with some Sellotape lasted all of 5 minutes and running repairs to my wife's shoe with some Copydex were a dismal flop. Despite these disappointments, I'm more than happy with my history of boddges. Bodging has so many benefits, not least the amount of money you can save. Consider this: a new shelf bracket costs £21.77 whereas a bit of wood costs a couple of quid. A new tumble dryer would be £200 compared to £4.99 for a tube of grease and, get this: a new



bed would have been £360 compared to absolutely nothing because I already had a roll of gaffer tape and some oil.

While I'm not normally one to come over all green, we should consider the environment too. Who knows how much CO2 would have been pumped into the atmosphere by manufacturing a tumble dryer and a metal bed frame; I've probably saved the lives of several polar bears. There are other advantages to bodging too; it saves time because you don't have to go onto Google and search out your local tumble dryer repair man or find plastic shelf brackets for the correct model of Hotpoint larder fridge and things get "repaired" more quickly as well. It also gives you an insight into how things work, always a riveting topic of conversation in the pub. More than anything else, it engenders a sense of pride, the knowledge that through your own ingenuity and sheer genius you have saved time, money and very probably the planet. When my wife accuses me of being a bodger, I take it not as an insult but as a badge of honour.

One last thing, there are some things that should never be bodged, and they include the brakes on your car, the electrical wiring in your house and the jet engines on airliners – just so we've got that clear.

Thanks to the overwhelming support from our local community and the relentless determination of two local residents, Pat Jeavons and Don Sturrock, Greenwich & Bexley Community Hospice is proud to be celebrating its twenty-fifth anniversary. This is a great opportunity to recognise the incredible supporters who have given so much over the years, we believe we're Powered by Local Heroes.

The word 'hospice' often conjures up the image of a bleak building filled with silence broken by the occasional hushed voice with a bit of sobbing for good measure. The reality is very different.

Firstly, the majority of people that the Hospice Team meet never set foot in the Hospice building! Our team of nurses travel all over, meeting people wherever they're needed: in peoples' own homes, amongst the homeless, within prisons, in care homes, at local hospitals, basically wherever anyone considers 'home'.

Secondly, when you do make a trip to the Hospice building you'll find a place filled with the celebration of life and quite likely the sound of laughter.

The Hospice team provides specialist care for people with terminal or life-threatening illnesses as well as support for their loved ones. Its services are available to anyone who lives in Greenwich or Bexley and welcomes people from all backgrounds and walks of life.

Greenwich & Bexley Community Hospice was launched through the vision and determination of two terminally ill people, Pat Jeavons and Don Sturrock. Touched by the experiences and emotions of friends who had spent their last days in 'cold, soulless, hospital wards' they determined to improve care standards for the terminally ill in

their community.

They had nothing but a belief. They had no money, no corporate backing, no friends in high places, no contacts and no building. They had a difficult journey encountering many setbacks along the way, but they wouldn't give up. They succeeded through an unshakable determination, sheer grit and the overwhelming support of the local community. Their unwavering belief sparked what was to become one of the most spectacular fundraising triumphs of its time anywhere in the UK by the time the Hospice opened its doors in 1994.

The government provides a proportion of funding for the country's hospices but still over £1 billion a year needs to be raised from fundraising – that's almost £3 million every day. There are at least 125,000 volunteers supporting hospices in the UK whose value is estimated to be more than £200 million.

If you travel around the boroughs of Greenwich or Bexley you will be familiar with the network of Hospice charity shops. There are seventeen in total and they provide a vital contribution to the Hospice's income. They've recently gone through a refurbishment programme so if you haven't stopped by for a while you'll be impressed by the changes.

Fundraising of course plays a

vital role in being able to provide on-going care. Events range from sky-diving, to firewalking, to bootcamps, to marathons and are both great experiences for those involved and essential for fundraising efforts. The Annual Mini Marathon held in Greenwich Park, for example, was a huge success in 2018 with 1,500 children running and jogging the course and the event raised a huge £83,333!

Hospice care is only possible through the generosity of local people, community groups, businesses and trusts. Through its on-going programme of fundraising initiatives existing relationships are being strengthened and new partnerships built meaning high quality care can continue for local people wherever and whenever it is needed.

Donating to Greenwich & Bexley Community Hospice means we can continue providing our compassionate care and support to people with terminal illnesses and their loved ones. No Matter how large or small, your donation means so much to local families who need us.

Thank You.

If you'd like to make a donation or volunteer please contact us at info@gbch.org.uk

Greenwich & Bexley Community Hospice,

Powered by Local Heroes.



Pat and Don with nurses soon after the opening in 1994

Left to Right

Vivien Whitehead, Alyson Maddams, Linda Horton, Maria Ford, Don, Pat, Linda Williams, Margaret Read, Janet Middleton, Carla Rattigan, Marjorie Daly

Iceland: Natural Wonder

Richard Jones

In 1943 the Nobel prize-winning author Halldor Laxness wrote, "Icelanders are grateful to meet foreigners who have heard of their country. And even more grateful to hear someone say it deserves better." There has been a great deal of water under the bridge since then, most recently the financial crash between 2008 and 2011 which knocked the country's burgeoning confidence for six. The pride the Icelanders have in their land and the warm welcome they extend to the visitors who are increasingly flocking to this vast island has not changed, however.

To get around and chase the Northern Lights, you really need to hire a car. Picking up a car at Keflavik airport also saves an expensive transfer from the airport to Reykjavik about 30 miles away. Do make some time to explore the capital. It's easily walkable, so take in the old Harbour, the impressive Hallgrímskirkja church standing on a hilltop overlooking the city centre, the glass-dome of the Perlan restaurant and the Imagine Peace Tower (a beacon of light that points skywards at night, conceived by Yoko Ono in memory of John Lennon). In addition, seek out the Hofdi House, the venue for the historic summit between Ronald Reagan and Mikhail Gorbachev in 1986.

Any trip to Iceland would be incomplete without visiting the Blue Lagoon. This extensive man-made lagoon uses water heated by the cooling system of a nearby power station. Entry is not cheap (and neither are the refreshments on sale), but it reputedly has restorative properties and I felt pretty relaxed after spending a morning there. Afterwards, I'd recommend exploring the far south west of the island, including the Old Lighthouse at the tip of the peninsula at Gardur followed by a spot of lunch at the Rostin Restaurant, and then down to the Bridge between the North American and Eurasian Continental plates at Sandvík.

On a short trip, there are limitations on what you can see, so a car proves invaluable. Follow the Golden Circle by heading firstly for the Thingvellir National Park. This is the most historic site in Iceland, formerly home to the first Parliament, and where the Icelandic President still keeps a summer home. It is a geological wonder, showcasing the ever-changing nature of the earth's crust. Then drive on through the other-worldly landscapes of central/south western Iceland to Geysir. This geothermal area offers the unique experience of standing just a



few metres away from a geyser that erupts every 6-8 minutes. Do wrap up warm and if you don't like the eggy smell of sulphur, hold your nose.

Finally, head up to the wondrous waterfalls at Gullfoss. I'd describe them as Niagara without the fanfare but with all the natural beauty. Do read the story from 1907 of the Englishman looking to harness this natural energy for electricity but the farmer refusing, and his daughter going further by seeking to ban the commercialisation of this natural phenomenon. (Unfortunately, work will shortly begin to generate electricity at the site, over a hundred years later – all good things come to an end).

On your way back to Reykjavik, visit the Secret Lagoon, a proper geothermal pool (costing a third of the price of its better-known competitor) at Hvammsvegur before, I'd suggest, enjoying a tasty and reasonable value supper at Kaffi Krus in Selfoss.

You need to be aware that a trip to Iceland is not cheap: fish and chips plus a drink (alcoholic for three adults, soft for two youngsters) in central Reykjavik was over £100. There are ways and means to avoid some of these costs: go self-catering, visit a supermarket and stock up with provisions for breakfast and midday snacks for the car, especially if you have hungry kids.

Cost aside, Iceland is as legendary as its original Viking settlers. I'm already saving up for a longer trip to explore the entire island (and to hopefully finally witness the Northern Lights which sadly evaded me this time).

Conservation Interactive

Date: 2nd – 30th May 2019 (Every week)

at National Maritime Museum

Time: 11:59 – 15:30

Cost: Free

Why is Hate Crime in Greenwich under reported?

Date: 2nd May 2019

at Woolwich, SE18 6PF

Time: 18:00 – 19:00

Cost: Free

David Starkey/ Churchill, Writing His Way to Power

Date: 3rd May 2019

at Blackheath Hall, SE3 9RQ

Time: 19:30 – 21:00

Cost: £16

Astronomy and Islam: Astronavigation

Date: 4th May 2019

at Royal Observatory Greenwich

Time: 10:00 – 10:45

Cost: £12 Adult / £6 Child

GPS Hunts, Retro 80s Treasure Hunt

Date: 4th May,

at Greenwich

Time: 09:00 – 17:00

Cost: £30 for up to 6 people

Silver-Screen Sci-Fi – Outland (1981)

Date: 4th May 2019

at Royal Observatory Greenwich

Time: 18:30 – 20:30

Cost: £12 Adult/£6 Child

Mikado in a day – a concert performance from scratch of the Mikado

Date: 5th May 2019

at St Alfege Church, SE10 9BJ

Time: 18:30 – 21:00

Cost: £12 for singers; £10 for audience

Southmere Sundays

Date: 5th May 2019

at Thamesmead

Time: 12:00 – 16:00

Cost: Free

Greenwich Cultural Forum

Date: 8th May 2019

at Artfix London SE18 6HZ

Time: 09:30 – 10:30

Cost: Free

Once a Catholic at Bob Hope Theatre

Date: 8th - 11th May 2019

(Everyday)

at Eltham, SE9 5TG

Time: 19:45

Cost: £12

Windrush Compensation Scheme

Date: 9th May 2019

at Woolwich

Time: 13:00 – 15:00

Dementia Awareness Day

Date: 9th May 2019

at National Maritime Museum, SE10 9NF

Time: 11:00 – 15:00

Cost: Free

Guys and Dolls

Date: 9th – 11th May 2019 (Every day)

at New Eltham Methodist Church Community Centre, SE9 3UL

Time: 19:30 – 22:00

Cost: £12

Morning Stars

Date: 11th May 2019

at Royal Observatory Greenwich

Time: 10:00 – 10:45

Cost: £6 Child, carers go free

Thamesmead Community Spring Market

Date: 11th May 2019

at Thamesmead

Time: 11:00 – 15:00

Cost: Free

Mini Marathon

Date: 12th May 2019

at Greenwich Park, SE10 8QY

Time: 10:00 – 12:00

Cost: £7.50 per child

Ema Nikolovska & Dylan Perez

Date: 12th May 2019

at Blackheath, SE3 9RQ

Time: 11:00 – 12:00

Cost: £10 / £8 concs

Folk and Blues Night (May) at Bob Hope Theatre

Date: 13th May 2019

at Eltham

Time: 19:30 – 22:30

Cost: Members free, guests £2

Salomé

Date: 14th – 26th May 2019
(Everyday)
at The Greenwich Theatre
Time: 19:30 – 21:00
Cost: £10 - £25

**Better Together
Community Meeting**

Date: 14th May 2019
at Greenwich West Community
Centre, SE10 8JA
Time: 10:00 – 12:00
Cost: Free

**Royal Opera House
Recital / Jette Parker
Young Artists**

Date: 16th May 2019
at Blackheath Halls, SE3 9RQ
Time: 19:30 -21:00
Cost: £10/ £8 concs

**Ruddigore by Gilbert
and Sullivan at****Bob Hope Theatre**

Date: 16th – 18th May 2019
(Everyday)
at Eltham
Time: 19:30 – 22:15
Cost: Adult £14 / Concession
£12

**Aidan O'Rourke with
Kit Downes & James
Robertson**

Date: 17th May 2019
at Blackheath Halls, SE3 9RQ
Time 20:00 – 22:00
Cost £16

The Enormous Turnip

Date: 18th May 2019
at Blackheath Halls, SE3 9RQ
Time: 15:00 – 15:40
Cost: £8.50

**Plumstead Community
Market**

Date: 18th May 2019

at Plumstead
Time: 11:00 – 15:00
Cost: Free

**Lightning Courses:
Astrophotography**

Date: 18th May 2019
at Royal Observatory Greenwich,
SE10 8XJ
Time: 10:30 – 14:30
Cost: £32

A Womb of One's Own

Date: 29th May 2019
at Greenwich Theatre
Time: 19:30 – 20:30
Cost: £13

Geoff and Kathy Murrell

Date: 29th May 2019
at Blackheath, SE3 9RQ
Time: 20:00 – 21:00
Cost: £10 including a glass of
wine

USEFUL CONTACTS

GRABADOC (Out of Hours Service)	0208 319 3030	Citizen Advice bureau	0208 853 9499
NHS Direct	08454647	Alcoholics anonymous	0845 769 7555
NHS England	0300 311 2233	The Greenwich Centre Library	02037950600
Greenwich Council	0208 854 8888	West Greenwich Library	02088584289
Greenwich Mind	0208 853 1735	Woolwich Library	02089215750
Greenwich Time to Talk	0203 260 1100	Quitline (Smoking)	08004704831
Greenwich & Bexley Community Hospice	0208 312 2244	Tourist Information Greenwich	08706082000
Childline	08001111	Victim Support Enquiries	0845 450 3936
The Samaritan	08457909090	Jobcentre Plus	03456043719
		Plumstead Community Law Centre	02088548848

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