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Play Safely celebrates special anniversary



These people had a very special reason to be in Queen's Park last weekend - to find out why see page 3.
 Photo by Katie Barker

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See page 16 for our fab summer competition

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Funding opportunity for small groups

Small groups and organisations throughout Surrey are set to benefit financially thanks to a successful bid by the Surrey Community Foundation for extra funding.

The bid was to deliver the Grassroots Programme to support small grassroots community organisations across Surrey, an initiative funded by the Office of the Third Sector (OTS). The success means that £1m will be available in Surrey (over three years) for grants and a further £1m available by way of match-funding i.e. over the next three years, for every £2 donated into permanent invested funds within the Community Foundation, £1 will be donated from the OTS.

Professor Patrick Dowling,

Chair, Surrey Community Foundation said: "We are absolutely delighted to have secured the Grassroots Programme for Surrey. I would urge all small groups and organisations working in Surrey, with a turnover of £20k or less, to contact us for further details on how to apply for a grant. At the same time, I would also like to urge individuals, families and businesses who want to give something back locally to consider using this scheme, as there has never been a better or more cost effective way to give, using this 2:1 challenge".

To find out more call Moira Foster on 01483 555640 or visit: www.surreycommunityfoundation.org.uk

The September edition of The Caterham Independent will be published on Tuesday, 2nd September. The deadline for news stories and advertisements is Friday, 22nd August 2008.

Caterham Festival 2009

At a recent meeting of the Caterham Festival Committee, local resident Andy Parr was voted as Chairman to oversee the exciting event that will showcase cultural activities and organisations in Caterham next summer. Commenting on his new role, Andy said: "I think it will be a great challenge and I look forward to working with some great people out there. I think the Festival will be a marvellous opportunity for Caterham to come together for an exciting event that hasn't happened before." Other officers voted in were Barbara Brunson as Co-ordinator and Jill Caudle as Treasurer.

If you belong to a local organisation and would like to put on an event during the Festival, please contact Andy Parr on 01883 340561. More information will soon be available on the Festival website: www.caterhamfestival.org

Rose & Young - the plot thickens

Since our last update in June, it has come to our attention that Caterham Properties Ltd. is still registered as the sole owner of 67-69 Croydon Road, known locally as the 'Rose & Young' site, but Mr O'Riordan's name is not on the Annual Return filed at Companies House. We were previously informed that Caterham Properties had sold part of the land to another company who had since sold part of its acquisition, meaning the property was owned by three companies. We are waiting for an explanation but have not received one yet. Nevertheless we have been told that new owners have quite recently been involved with the development and have encountered 'frustrations', and although they are in positive communication with the Council, it will be several months before an application is submitted. We will keep you updated of further developments.

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Three cheers for Play Safely!

Despite the damp weather the Caterham residents came out in force on Saturday 2nd August to celebrate the 20th birthday of Queen's Park playground. 25 years ago, a group of parents organised themselves into the Play Safely charity and after five years of fundraising, opened the exciting new playground in 1988. The Fun Day celebrated not only the 20th anniversary of the playground opening but also 25 years of

the Play Safely charity. The activities included a reenactment of the children's Fun Run held in 1988, face painting, fairground rides, a working model steam train and a Pimms and Lager tent for the parents. Play Safely Chairman, Rosie Jones, commented: "In spite of the weather we had an absolutely cracking day with families travelling from Croydon, Godstone and even Milton Keynes to participate."



Above: 16-month old Charlie Pettipher finds light at the end of the tunnel!



Above: The miniature steam locomotive was a great hit, especially with the dads!



Left: Tots set off enthusiastically on the Fun Run.



Members of the Play Safely charity, whose fundraising maintains the popular playground.



The event was sponsored by Hi-Bounce Bouncy Castles and special thanks goes to Andy Parr for his help throughout the day.



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all about you

Scouting News

by District Commissioner,
Andy Parr

Last month, two Scout Groups celebrated their 100th anniversaries. One hundred years ago, Groups were started in Caterham Hill and in Whyteleafe. I think that is quite amazing, considering the size of the population 100 years ago.

At both celebrations, many past members and leaders came along for a reunion and hundreds of photographs were brought along and displayed. The High Sheriff of Surrey, Sally Varah, unveiled a plaque that will be put on the pavement at Hillcroft corner.

So far this week, I have clocked up over 900 miles

visiting Scouts at camps in Belgium, Bristol, Marlow and Lincoln. Summer is a great time for Scouting, and I can tell you more about these camps next month.

I finally stand down as District Commissioner on 1st September after eleven and a half years. John Andrews a friend for over 30 years, and dedicated Scouter, will be taking over. I have thoroughly enjoyed my time helping the young people in the District develop into responsible adults. I will still be involved in Scouting and am looking forward to new challenges.

If you would like any information on Scouting in Caterham, please call Andy Parr on 01883 340561.

New President for Caterham Rotary

Caterham Rotary Club has welcomed their new President for 2008/2009, local man Bill Ridley. Bill succeeds the outgoing incumbent Roger Easter.

Some Caterham residents will know Bill Ridley as the Parish Clerk to Caterham Valley Parish Council.

Year 2007/2008 saw the club having a very successful year, raising £20,000 for local charities as well as entertaining local special needs children and elderly residents at two individual events. Mr Ridley stressed that the club would follow a similar approach in the year 2008/2009.



Outgoing President Roger Easter with new President, Bill Ridley.

Burtenshaw's Beat

by Tandridge Neighbourhood Inspector
Elaine Burtenshaw



With the arrival of the warmer weather and the long summer school holiday, many people are out and about gathering in open areas which can lead to an increase in anti-social behaviour.

Youngsters will naturally want to enjoy themselves during their time off school but I would encourage them to do so lawfully with respect for the neighbourhood. Everyone has a right to be out on the streets provided they are behaving responsibly. My team will be taking a zero-tolerance approach during the school holidays and I hope parents and carers know where their children are and what they are doing at all times.

Would-be thieves in Caterham were given a reminder of the town's powerful Shopwatch system recently when three people were arrested for shoplifting.

Officers from the town centre Safer Neighbourhood Team received reports that retail theft had increased at premises in Church Walk and the surrounding stores. Therefore my team immediately responded to the traders concerns by increasing patrols in the area and also utilising plain clothes police officers to catch those responsible. These measures, combined with the successful Shopwatch

system, resulted in officers from my team making three arrests over a five day period and retail theft decreasing by a whopping 70 percent.

Over the years Shopwatch has proved a valuable tool on so many occasions and these recent arrests reinforces how effective the radio scheme is in Caterham. Shopwatch is registered with more than 20 shops in Caterham and allows stores to exchange information, alert others to suspicious behaviour and report crimes.

This network of communication between shops and Surrey Police assists us in the fight against crime. Shoplifting is a major concern for all retailers and the Shopwatch system will allow shops to respond quickly and help police catch the criminals. Surrey Police is determined to make the public feel safer through such initiatives and high visibility policing, in order to ensure the community is safe and feels safe.

Next month I will give an update on the Caterham-on-the-Hill panel meeting held in July and hopefully many of you will attend the Chaldon Panel meeting on 28 August.

Sing Haydn's Nelson Mass with East Surrey Choral Society.

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In the Spotlight

Each month we put a local personality or resident in the spotlight. This month we feature Caterham resident, ecologist and local historian Gwyneth Fookes.



Birthplace: Kings Norton

Marital Status: Divorced

Children: Five

Cars: Skoda Fabia

Pets: Bodie, a Beagle-Labrador cross

Childhood hero:

G. Bramwell Evens, a children's author and naturalist from the 1930's-40's

Likes: A sunset at View Point on the North Downs Way

Dislikes: Shopping

Pastimes: Botanising; Exploring the Surrey countryside with Bodie; Visiting museums; Delving into local history

Favourite Food & Drink:

Hummus, salads and a cup of tea

Favourite TV show:

Any documentary

Favourite books:

At the moment 'Woodlands' by Oliver Rackham

Most embarrassing moment:

So many – being utterly lost in Tokyo

on my first day there with no money to hand and no knowledge of Japanese

Who would you most like to throw a custard pie at? The local planning inspector

Favourite song of all time:

'If I were a rich man' from 'Fiddler on the Roof'.

Favourite holiday destination:

The British countryside

Biggest influence on your life:

Girl guiding

Proudest moment:

So many – the birth of our first daughter

Where would you most like to live?

Caterham

Who would you most like to meet?

Prince Charles and his wife

If you won the Lottery jackpot, how would you spend it?

I would buy a piece of the North Downs and turn it into a nature reserve.

Quick Quiz

by Alec Herbert

How well can you remember the events of July 2008?

1. Where was the London venue for Nelson Mandela's 90th birthday celebration concert on 4th July?

2. Who won Wimbledon's Ladies' and Men's single's titles?

3. What is the title of the new Batman movie that premiered at Leicester Square on 21st July?

4. Who received an MBE for services to pop music on 4th July?

5. Who gave birth to twins whom she named Vivienne Marcheline and Knox Leo on 13th July?

Answers:

1. Hyde Park
2. Venus Williams and Rafael Nadal
3. The Dark Knight
4. Kylie Minogue
5. Angelina Jolie

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Netherne resident, Tony Kofi, wins BBC Best Jazz Instrumentalist Award!



Tony Kofi

On Tuesday, 22nd July, Netherne Resident Tony Kofi won the prestigious BBC Jazz Award for Best Instrumentalist. This success comes after saxophonist Tony's marathon six hour concert at the London Jazz Festival, when he played the complete works of Thelonius Monk, and follows the recent release of his third album, The Silent Truth, to critical acclaim (Proper Music). Throughout the 1990s Tony Kofi's saxophones were heard in several bands including both Jazz Jamaica and The Jazz Warriors. His emotional intensity and knowledge of the jazz tradition marked him out as a name to watch even then, and the work of his own bands have seen him deliver on that promise. In 2005, the Tony Kofi Trio won the Parliamentary

Jazz Award, and the BBC Jazz Award for best Album and Best Ensemble. Yesterday's award for Best Instrumentalist recognized Tony's outstanding musical interpretation and composing ability. Tony Kofi moved to Netherne in 2006. He combines his tour schedule with teaching music at a south London school and spending time with his young family. For background information, please visit Tony's website at www.tonykofi.com. To contact Tony Kofi: call 07890 724222.

New President for COGS Lions

On 1st July David Annenberg took over the presidency of Caterham, Oxted & Godstone Lions Club.

David, who recently retired from work, began his working life as a compositor then worked for over 35 years as a Production Manager in Fleet Street then South Key. After that he had his own business in the catering industry, supplying coffee, machines and ancillaries to the trade.

In his inaugural speech David said that in his year he hoped to continue to assist those in need in the Caterham, Oxted and Godstone area, and hoped to match the £10,000 raised last year through various fundraising activities.

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Dictionaries for Life

Last month, members of Caterham Rotary were busy visiting primary schools in the area to present the Year 6 Leavers with dictionaries. The beautiful Usborne dictionaries were donated by Rotary as part of an RIBI (Rotary International in Great Britain & Ireland) initiative for young people.

The photo top right shows Hillcroft Primary School headteacher, Linda Huggett, Caterham Rotary President, Bill Ridley and Rotarian, Roderick Stead, with Year 6 Leavers, Elbin Paul and Danielle Osborne. Also at the Hillcroft Leavers' service were Majors Chris and Karen Sandford of the Salvation Army. They presented the children with books entitled 'Your Move', designed to help children through the transition to secondary education. Chris and Karen were recently promoted to the rank of Major having served 15 years as officers in the Salvation Army.



Headteacher Linda Huggett with Majors Chris and Karen Sandford and Year 6 Leavers Sam Mackintosh and Elli Bristow

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First birthday celebrations for 'Miracle Baby', Emma



Baby Emma with her family at home in Tupwood Lane

On Saturday 5th July, the Smith family of Tupwood Lane, Caterham, celebrated a very special birthday. A year earlier, Emma Wendy, was born in Queen Charlotte's Hospital, Hammersmith, after a pregnancy of only 24 weeks, weighing in at 690 grammes (about one and a half pounds). Emma not only survived, but is now a healthy, happy baby. After her initial care in Queen Charlotte's Hospital, Emma was transferred to East Surrey Hospital, where she stayed for seven weeks. Mum, Anne-Marie, said: "It felt like our second home as we were

there every day. The staff were so kind, welcoming us into their routines. They obviously love their job."

The birthday celebration was attended by over 200 family and friends. Dad Roger said: "We knew people would want to give Emma birthday presents, but she already has everything she needs at her age. We suggested that the best birthday present for Emma would be a donation to the hospital to help other babies like her and so far we have received £750 for the East Surrey Hospital Premature Baby Fund."

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Nuala has complete peace of mind with the standard of childcare at Kestrels Children's Centre

Nuala and Robert have two children both go to Kestrels Children's Centre for childcare provision while Nuala and Robert are at work. Thomas is two, and Katherine nine months. "Kestrels is such a lovely, bright place and everyone is so welcoming," says Nuala. "They also have the facility to take children from 8am to 6pm, which is exactly what we need." Nuala stresses that she wouldn't have chosen Kestrels for the extended hours alone. "As a working mum I need to feel that my children are getting the best possible care, and it's that which I value about Kestrels."

Excellence in pre-school care is what Matt and Gemma looked for and have found at Kestrels Nursery

Gemma and Matt have lived in Caterham for eighteen months, having moved to the area from Brighton. Their son, Louis attends Marden Lodge Primary School, while Bonnie, who is four, attends Kestrels Nursery. "It didn't take long to see that the staff all really care about the children and are genuinely enthusiastic about what they are doing," says Gemma. "It's not just the children they are interested in but the family as a whole, and I know that if I ever have any concerns I can talk to anyone. If anything ever happened, Kestrels is the first place I would go in the knowledge that I'd get the help and advice I needed."





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With so many café's and restaurants available, why not meet up with a friend for lunch? There is a regular bus service between Caterham-on-the-Hill and the Valley or if driving, you can park for free for up to three hours in the Morrisons car park.

Although the Valley may not be able to boast outstanding historical architecture this is made up for by its unique geographical location, snuggled between blankets of trees on both hillsides and dominated by the spire of St. John's Church. The history of the valley is closely associated with the coming of the railways in 1856, which transformed Caterham Valley from a rural hamlet into a thriving village for prosperous businessmen. With the businessmen came the pubs and shops, and so the Valley began to develop into the vibrant high street we have today.

So what are you waiting for? Next time you think of heading into Croydon for those essentials why not visit Caterham Valley instead, you'll be pleasantly surprised!



Reproduced from 'Caterham in old picture postcards' by Roger Packham



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In the garden

by Alec Herbert

Spiraea and Hebe are two shrubs which merit inclusion in most gardens, whether the garden is large or small, cottage style or urban. Both shrubs are tolerant of most growing conditions other than soil, which regularly becomes waterlogged. They both prefer a sunny or partial shade



Spiraea

aspect and both can be used as a focal point or as background foliage to colourful smaller annuals. A minimal amount of pruning is required although any deadwood should be removed and their shape should be maintained. Spiraea has several varieties and is a deciduous hardy shrub grown for both the foliage colour and masses of neat, tightly-knit, small flowers which are in abundance from late spring through to mid autumn. 'Bridal wreath' has curved or arched branches covered in white flower heads. There is a strain known as Jacob's coat which may be relatively new as I have had no success in being able to purchase this locally. This Spiraea produces deep red, white and delicate pink flowers all on the same plant, hence the name. If you can find one it is a plant well worth purchasing and can be propagated by three to four inch semi-ripe cuttings in late

summer. There are over 70 species of Hebe and many are grown as much for their foliage as for the splashes of colour the flowers provide. Most have wax-like shiny leaves which can be in many different shades of green, purple-tinted and light or metal grey. Small, spike-like flowers are usually white, deep red or purple/mauve. Flowering lasts from early summer to late autumn. Hebes vary considerably, not only in foliage colour but in size, so ensure the shrub is suitable for the spot you have in mind. The two shrubs will compliment each other or provide a useful companion for vivid flowering smaller plants. Finally tip of the month: When summer fruiting strawberries have all been harvested, cut the plants back to within three to four inches of the crown. This will reduce slug damage and encourage a healthy new growth next season. Happy gardening.

Readers' letters

Thank you

I would like to thank the general public who turned up to fill de Stafford School Hall on Saturday 12th July and helped us raise £2,500 for Kimilili Schools and the T.E.M.A.K. HIV/AIDS Charity in Kenya. The packed audience gave ovations to both choirs - The Croydon Seventh Day Adventist Choir and the Welsh Male Voice Choir 'Y Gylrais'. Hymns, Arias, Folk Songs, Gospel Songs were among the many musical items which were sung. Both choirs excelled

themselves and the audience was spellbound. It was a truly great concert and I would like to thank both choirs for their support of our friends in Kimilili in Western Kenya. We hope to be able to buy a few cows for the primary schools and a generator for the use of both Secondary Schools. We have sent £8,000 to the HIV/AIDS Charity this year and we have raised a similar amount for the schools in Kimilili.

Geraint Jenkins, M.B.E.
de Stafford School

The Hill in Bloom



Winners of the Commercial class, Audley Primary School

Another Hill in Bloom competition came to a conclusion with a prize-giving ceremony at Audley Primary School, Whyteleafe Road, on 21st July. The competition is run by Caterham-on-the-Hill Parish Council to encourage residents to make the Hill more attractive. The winners in the Commercial class were: 1st, Audley School; 2nd, The Caterham Ex Serviceman's Club; 3rd, Hillcroft Primary School. The winners in the Residential garden class were: 1st, Mrs

Teresa Hanley, Oak Road; 2nd, Mrs Angela Flint, Oak Road; 3rd, Mrs Rita Paul, Eldon Road. The winners of the Containers class were: 1st, Mrs Angela Flint; 2nd, Mrs Teresa Hanley; 3rd, Mrs Rita Paul. The Judge's Prize went to Mrs Marian Billups, Town End. Hilary Turner, Chairman of the Parish Amenities Committee, said: "We were once again impressed with the high standard of entries. I would like to thank everyone who entered and also the competition judge, Len Stebbings."

What's On

Bingo

Come and join in the fun with Bingo at the British Legion and Ex-Serviceman's Club at Townend, Caterham-on-the-Hill every Tuesday evening 7.45pm - 9.30pm. Small joining fee on first visit. Licensed bar.

Battle of Britain flypast

On 17th August at approximately 2.00pm there will be a flypast by a Battle of Britain Spitfire and Hurricane over the Kenley Memorial on Kenley Common. Weather and mechanics permitting.

Chaldon Fete

The annual Chaldon Fete takes place on August Bank Holiday Monday with fun rides for children, sideshows, live entertainment and much more. Look out for the posters for more details.

Prostate Cancer Awareness evening

The Rotary Clubs of South Croydon, Caterham and Caterham Harestone are inviting all men aged around 45-79 for free PSA

blood tests and a talk by a consultant urologist to raise prostate cancer awareness. The event takes place on Tuesday 19th August at St. John's Church Hall, Upper Selsdon Road, South Croydon CR2 8DD (opposite and 80 yards from the entrance to the Selsdon Park Hotel), 7pm to 9pm.

St. Lawrence's Church tours

Guided tours of the 900 year old St. Lawrence's Church will take place on the 17th and 25th August 14th September. Adults £3. Children free.

Family Fun at Happy Valley

Meet the sheep and take part in a minibeast safari! An activity trail for the whole family is being held on 21st August, meeting at 10am at the car park on top of Farthing Downs, Ditches Lane. If you have a bug box and field guide take them, if not, they will be provided. For more information call 01737 733933.

If you have an event for the September What's On section, please telephone 01883 346641

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SUNDAY LUNCH BUFFET



A tapas treat at Casa Lola!

Review by Katie Barker

The mood upon walking into Caterham's local tapas restaurant, Casa Lola, is one of sophistication. The well stocked bar and authentically tiled walls give the feeling of a traditional Spanish restaurant, with a fun side. Now there is even more reason to visit with a fantastic set menu for just £10.95. This changes daily, and the day we visited it was Prawn Cocktail to start, Meatballs for main and Crème Caramel to finish. I along with two friends paid a visit one lunchtime and had the choice of the new lunchtime set menu or the traditional tapas menu. We decided to sample the traditional menu as there were enough of us to share, but the lunchtime deal is perfect for a quick lunch and the choice is fantastic. At just £6.95 diners can choose from 12 tapas dishes and the price includes either a glass of wine, a beer, a soft drink or a coffee.

We choose the Patata Brava, (potatoes in tomato, garlic and chilli sauce), Champinones Picantes, (garlic mushrooms), Espinacas con Nata, (spinach with garlic, chilli, cheese and cream), Albondigas (meatballs) and Pollo al Ajillo (Chicken in garlic and white wine sauce). The food was served in traditional pottery dishes and tasted wonderful. The meatballs were cooked perfectly and the Patata Brava, a tapas must, was spiced with just enough kick to keep the mouth watering. The chicken and mushrooms both came in a delicious creamy garlic sauce, and the chicken fell off the bone. Our overall favourite was the spinach, which was creamy, beautifully seasoned and gone in minutes! If you are a fan of traditional Spanish cuisine I would definitely recommend Casa Lola as the perfect spot for a fun evening out and enjoying good food with friends!



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Lord Howe becomes new COAT patron

Caterham Overseas Aid Trust ('COAT') are very pleased to announce that Rt. Hon. The Lord Howe of Aberavon has become Honorary Patron of this thriving local Charity.

Lord Howe was, as Geoffrey Howe, Member of Parliament for East Surrey for many years. In a letter to COAT's supporters, Lord Howe said:

"I was flattered by Margaret Deards' invitation to become your Patron and impressed by the scale and diversity of COAT's achievements. Caterham was always one of the most successful towns in my constituency in raising money for important good causes. Your work more than maintains that tradition and I shall be delighted if I am able to help your cause."

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Competition Winner

Thank you to everyone who entered the July competition to win a £100 voucher to dine at The White Hart Inn in Godstone.

The prize was drawn at the White Hart and the lucky winner was Mrs Sharon Bugden from Caterham Valley. Delighted at her win, Sharon said she will use the vouchers to celebrate her fourth wedding anniversary with her husband and family.

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Last month Peter Ainsworth MP visited North Downs Hospital in Tupwood Lane to open its brand new state of the art operating theatre which will benefit both private and NHS patients. "I am very proud to be opening this impressive new facility," said Mr Ainsworth. "North Downs Hospital is a terrific asset to the Caterham community and I am pleased that their services will be available to a larger number of local people. Pictured above from left to right: Chief Operating Officer Linda Stock, Newhall Hospital general manager Mark Gorton, North Downs Hospital General Manager Karen Badger and Peter Ainsworth.

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Old Cats RFC

by Chairman,
Steve Dalglish

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Players throughout the club are readying themselves for new challenges.

The Ladies squad are this season accepting promotion to National Challenge Southeast West 2. Team Captain Fiona Tamplin said: "Old Cats Ladies are excited about the new season ahead. They will be playing in a new league which

means facing many new and unfamiliar teams but they are certainly up for the challenge. They continue to grow from strength to strength both on and off the pitch and are always ready to welcome new players to their team."

The club has three senior mens' teams, senior ladies, youth ladies, boys' youth teams and mini teams from the age of five.

The club has qualified coaching available for all ages and abilities. We invite you to come and try the sport either as a newcomer or a returning player.

You can contact the club through the website: www.oldcats.co.uk



The Old Cats ladies squad

Sit up properly!

by Steve Robertson,
Energy for Life

This month I am going to start with an exercise warning. I have been asked by many people for advice on how to do their abdominal curls (sit ups) properly, because they are hurting their backs.

Unlike the other movements in weight lifting the exercise for the abdominal muscles, especially those for the rectus abdominis, must be done with a rounded back. With rounded back exercises on the floor, such as crunches, the mechanical constraints of the vertebrae in the spine are not the same as for example a squat.

During the squat, or other exercises with weights, the spinal column should be arched at the lumbar level and not rounded. A rounded back during these exercises could compress the nerve elements and provoke sciatica because of disc herniation. On the contrary, while performing specific

abdominal exercises, we must round the back! If we forget then during the intense contraction of the rectus and oblique abdominals the powerful hip flexors tend to accentuate the lumbar arch, sending the unstable vertebrae forward. This causes excessive pressure at the back of the lumbar spine, which can lead to lower back pain or, more seriously, to articular deterioration by compression and shearing.

That's the science, so lets put it into practice! To perform a good controlled sit up follow these steps:

1. Lie on your back, knees flexed or bent and feet flat on the ground.
2. Place your hands on your temples or across your chest, according to the level of your advancement.
3. Raise the torso by rounding the back.
4. Exhale on the lift and inhale on the return movement to the floor.
5. Continue this movement until you feel the tightening of your abdominals or as some people say, "Feel the burn".

This exercise will work the hip flexors as well as the obliques, however its action is mainly for the rectus abdominis.

I hope this has shed some light on why so many people end up with injuries when performing an abdominal crunch, but you have no excuses now! If you're still not sure come and visit the team at Energy for Life based in Woldingham and Chelsham.



The morning after the night before ...! Some of Steve's circuit training students arrived still wearing their fancy dress attire following a party at Steve's the previous evening!

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A winning weekend for Caterham Pumas

by Rhain Thomas

Caterham Pumas held their annual youth football tournament on the 5th and 6th of July and once again it was a very popular event with more than 90 local teams competing at ten age groups. Even the rain that fell on the Sunday did not dampen the enthusiasm of all concerned. Caterham Pumas had a successful weekend winning in the Under 8's age group

and coming second in the Under 9's and Under 12's groups. Pictures of the weekend are available on www.dephoto.co.uk for any parent who may want memories of the occasion. A fun mini league has been started at Pumas home ground, Joliffe Playing Fields, Fox Lane, Caterham, taking place every Saturday from 1pm to 3pm

at a cost of £3 a session. It is open to all children from ages 6 to 14. The participants will be divided into age groups and will get to play a few fun games of football against each other on a round robin basis. For further details please call Rhain Thomas on 01883 349101, mobile 07986 293910 or Kevin Savage on 01883 341942, mobile 07931 188939.



The delighted Under 9's after achieving second in their age group.

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Four bedroom immaculately presented detached modern property with garage and parking in quiet cul de sac, close to town centre and station.

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For sale - a piece of railway heritage



'Crossways' located in The Avenue, Whyteleafe

A unique property with an interesting history has recently come onto the market in Whyteleafe. Believed to be the former gate-lodge to the original Caterham Manor, Crossways, situated on The Avenue, is a beautiful triple fronted period property which dates from circa 1860. This three-bedroom

house is priced at £450,000, on a much sought after private road within easy access of both Caterham-on-the-Hill and Valley. It is also within walking distance of Whyteleafe South station on the mainline to London. The close proximity of Crossways to the station is part of the quirky history

of this part of Whyteleafe. During the 1850's Manor Cottage, a modest home situated in Manor Park, was redeveloped and extended to become Caterham Manor. The route of the proposed Caterham railway line was to run through Caterham Manor property. Fortunately, the owner of the Manor, George Parbury JP, was a railway enthusiast and he was keen to see a station close to his property.

The railway company agreed to build the new 'Waringham' station (now Whyteleafe South station) in exchange for 150 acres of land. The only other request George had was for a new carriage road leading to Caterham Manor, as the railway would cut off the existing road. The Avenue was built for this purpose and with it, Crossways. A map of the area from the 1860's shows the new carriage road and marks Crossways as the only house on The Avenue.

This unique history accounts for the sizable, cot-

tage style gardens the house boasts. Its period features include bay windows, charming fireplaces and pitched beamed ceilings. The previous function of the house is evident in the detached garage with ample parking. However new residents would not have to worry about the period windows as the house now

has double-glazing.

To view the full details visit the Park & Bailey website, www.parkandbailey.co.uk

For viewings contact Park & Bailey directly on 01883 342205 quoting reference: UPC0125.



Do you know an unsung hero?

Do you know someone who goes the extra mile to make your neighbourhood a great place to live? Someone who volunteers for a good cause in the community to improve life in your local area? If you do and you think they deserve to be recognised then show your appreciation by nominating them in the Surrey Police Local Heroes Awards 2008. The awards, sponsored by the University of Surrey, have been launched this year to say thank you to those people who make an out-

standing contribution to their community and actively help to keep Surrey a safe and pleasant place to live. It might be the person who runs a local football team, a neighbour who helps you with your weekly shopping, or the people that organise your annual village fete. There are also awards for courageous acts such as speaking up about crime and supporting police activity. For more details and information on how to nominate someone for an award visit the Surrey Police website at www.surrey.police.uk. The closing date for nominations is August 23rd 2008.

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