

COMMUNITY MAGAZINE SE20

THE INDEPENDENT DIRECTORY SERVING THE RESIDENTS OF ANERLEY & PENGE



Order online before
23rd Dec and we'll
deliver locally in
time for Christmas!

CARNIVAL COFFEE ROASTERS

COFFEE ROASTED IN PENGE

We are Carnival Coffee, your local, eco-friendly, speciality coffee roaster, living and roasting in Penge. Buy your coffee and Christmas gifts online now!

www.carnivalcoffee.co.uk

IDEAL FOR
CHRISTMAS PRESENTS

Carters TOOLS

Sales - Spares - Repairs - Accessories - Hire
Trade & General public
Many makes including



BOSCH

DEWALT

Makita

★ Christmas catalogue available with special prices

8-5pm Mon-Fri, 9-1pm Sat

74-76 Elmers End Road, London SE20 7UX

Check out our online shop. www.carterstools.co.uk

020 8659 7222 sales@carterstools.co.uk

SOUTHEY

LDN BREWING ENG

LOCALLY BREWED CHRISTMAS GIFTS



FROM THE PENGE BREWERY

AVAILABLE THROUGHOUT DECEMBER FROM

21 SOUTHEY STREET, PENGE, SE20 7JD

WWW.SOUTHEYBEERSHOP.COM

Welcome to the Nov/Dec magazine

Sadly we are in a second lockdown, so i am hoping that your little community magazine will keep you up-to-date with some local items and bring you some more info about local businesses.



To let you know ...

We sent out a survey via social media a few weeks back, wow, I was overwhelmed with the response! You will find more details about this on p18. Really great to note 88% of people said they would continue to shop locally in the next 12 months. We have a plethora of small local businesses inside our mag, many offering Christmas present ideas, lots offer online ordering as well as telephone ordering and they deliver too, supporting local from the safety of your home. Please support local where possible, i know i will be.

A huge big thank you to all the businesses within these pages. Thank you to residents for reading and supporting me and other local businesses. Wishing you a healthy, happy Christmas however that is for us all.

If you would like to advertise in the next issue, please get in touch.

BELINDA & ELLIE

Email: se20mag@aol.com

Tel: 020 8676 8970

COPY DEADLINE FOR THE JANUARY ISSUE IS 16TH NOVEMBER 20

Inside



We hope you enjoy this issue. Please mention SE20 Community Magazine when responding to adverts



WWW.SE20MAG.CO.UK



@SE20magazine



@SE20COMMUNITY MAGAZINE

Mulled cider

Serves 4

Ingredients

4 cardamom pods, lightly crushed

1 clementine, sliced into wedges, spiked with 8 cloves

1 lemon, sliced into wedges, spiked with 8 cloves

100ml/4fl oz whisky

100ml/4fl oz orange liqueur

3 tbsp clear honey

1 litre/1 pint 15¼fl oz cider

4 cinnamon stick
freshly grated nutmeg, to garnish

Method

Heat all of the ingredients in a large saucepan over a low heat until warmed through.

Pour between 4 latte glasses or other heatproof glasses.

Finish with a little freshly grated nutmeg.



HIMALAYAN KITCHEN



NEPALSE & INDIAN CUISINE

Family run takeaway aim to provide quality fresh food and friendly services

17 Penge Lane,
London
SE20 7DU

02086767899

OPEN 6 DAYS A WEEK
TUESDAY TO SUNDAY
- 5.00PM TO 10PM



Established since 1900

BaxterLambert

SURVEYORS, ESTATE AGENTS, VALUERS & PROPERTY MANAGERS

- ◆ ESTATE AGENTS
- ◆ PROPERTY MANAGERS
- ◆ RESIDENTIAL LETTINGS
- ◆ FREE MARKET APPRAISALS
- ◆ NO SALE NO FEE
- ◆ COMPETITIVE COMMISSION RATES



Agency: 020 8659 1234

Surveys & Management: 020 8659 1638

Email: penge@baxterlambert.co.uk

Web: www.baxterlambert.co.uk

120 High Street, Penge, SE20 7EZ

Murray Brothers

TRADITIONAL FAMILY RUN BRITISH BUTCHERS

146 HIGH STREET PENGE

0208 776 5535

Now taking Christmas orders

Fresh free range geese

Traditional free range ducks

Extra mature scotch beef

Traditional English lamb and pork roasts

COOKHAM ESTD 1957 BERKSHIRE

COPAS

VERY VERY SPECIAL TURKEYS




*"A real celebration of Christmas,
the best turkey we have eaten"*

Great Taste Awards 2016

FREE RANGE • HAND PLUCKED • GAME HUNG
LIVING NATURALLY THE TRADITIONAL WAY EXCEPTIONAL FLAVOUR

WWW.COPASTURKEYS.CO.UK

Only available at Murray Bros Butchers
Please book early to avoid disappointment

 /murrybrospenge

REFLECTIONS ON THE YEAR

CLARE HINDE:
CLARE MARIE INTERIOR DESIGN



When putting pen to paper for this article, my thoughts kept reflecting on the year. As we approach the end of 2020, I'm sure many of us will reflect on what a year it has been. We have all witnessed how our homes have had to work extra hard for us during this time, having multiple functions from home offices, home schooling and a place to recoup and relax in. Amongst many things it has shown us how important our family, friends and the environment we live in are to us.

Interestingly, when the Dulux Colour of the Year 2021 (Brave Ground, a warm, natural neutral), was announced earlier this year it highlighted the global trend of how we're all reassessing what really matters in our lives.

"...It takes courage to embrace change and our homes can help provide a solid and supportive foundation, as well as giving us the scope to be creative..."

There has been a surge of people looking to redecorate their homes, re-think layouts and ultimately bring joy back into their lives. Achieving the best look and layout for your lifestyle and home can be a daunting task, but it really doesn't need to be.

A good place to start is working out what styles, colours, shapes etc you don't like. This is often easier than understanding what you do like and will help narrow the choices down and define your tastes. Armed with this knowledge you can then consider what feeling and function you want your room to have. Perhaps a relaxing, or cosy room, modern or formal. All of this will help determine your style and result in pieces that are unique to you and bring you lasting joy. I would then advise you to look at space planning. Firstly, work through how your room needs to function. Consider its purpose and what will it be used for daily. In order, for a room to function well, balance, proportion and scale are key. For example, how your furniture works in conjunction with each other along with layers of colours, texture and lighting. Once you have worked through these points you will have a clear idea of what you're looking for amongst the many design choices on offer. This will then result in a scheme that is personal to you, your lifestyle and ultimately have longevity.

So, as the year draws to a close let's reflect on Dulux Brave Ground and embrace bringing joy into our homes.

claremariedesign.com claremariedesign@gmail.com 07917 118827

CLARE MARIE



Interior Designer

I'm passionate about design and how it can have such an impact on our emotions.

With any budget, working together, we can unlock your homes potential and make coming home an event.

Prices start at £100

claremariedesign.com claremariedesign@gmail.com 07917 118827

K
KEY PROPERTY
CONSULTANTS

NHS THANK YOU!

0203 793 2033

123 A High Street, Penge, SE20 7DS

www.keypropertyconsultants.co.uk



Supplying bespoke soft furnishings including curtains poles, curtains, blinds, loose covers, upholstery, advice beforehand and consultancy. Fabrics and wallpapers are supplied from many manufacturers.



Delco Accounting Solutions Ltd

SMALL BUSINESS TAX ADVISER

BOOKKEEPING & VAT RETURN

PAYROLL AND CIS RETURN

COMPANY STATUTORY ACCOUNTS

SOLE TRADER & PARTNERSHIP

Email: info@das5.co.uk

Call 07572 359370

0208 609 6533

Neuter your Cat for £5



Do you live in our Bromley area (BR1 - 4 or SE20, SE23 & SE26) and would like some help to get your cat neutered? We are offering you the chance to have your cat neutered for just £5.

For more information please contact
Bromley Cats Protection on :

020 8650 5556

www.cats.org.uk/bromley/contact-us

Reg Charity
203844 (England and Wales)
SC037711 (Scotland)
NEU_2343





THE ARBONNE
HOLIDAY 2020
 COLLECTION
 IS HERE!

LIMITED TIME ONLY, WHILE SUPPLIES LAST.

OUR ENTIRE FESTIVE RANGE JUST LAUNCHED!

Contact me to chat more

WWW.SIMONEMAHONEY.ARBONNE.COM

SIMONE

(M) 07946 325 326

WHY NOT LET ME HELP YOU TAKE THE HASSLE OUT OF CHRISTMAS SHOPPING THIS YEAR?

Are you wondering how to cope with Christmas shopping this year?

Even if you can get out, do you really want to?

Do you want to avoid the crowds so you don't feel overwhelmed and stressed!

Maybe you are an Employer looking for gifts for your employees or are you simply looking for a secret Santa gift?

Let me help you shop for presents that can be delivered straight to your door or straight to the recipient's door with special offers and discounts available.

Everyone is catered for, so whether you wanted a pamper set, candle, make up, skincare, hand creams (which we all need right now!) let me make things easy for you.

- 40-YEAR-OLD HEALTH AND WELLNESS BRAND
- VEGAN
- CRUELTY-FREE
- GLUTEN-FREE

- EMPHASIS ON SUSTAINABILITY
- NON-TOXIC PRODUCTS
- 45 DAY MONEY - BACK GUARANTEE
- FESTIVE RANGE WITH BEAUTIFULLY EMBROIDERED REUSABLE GIFT BAGS





MP Ellie Reeves

Our schools have done an incredible job to respond to the pandemic. Initially when the country went into lockdown, they remained open for the children of key workers and vulnerable children, they then went above and beyond to ensure it was safe for all pupils to return to. They now remain open and effective during a second national lockdown. The evidence on the damage caused to young people from missing school, especially for significant periods of time, is clear. It is huge, long-lasting and especially severe for those from the poorest families. This is a core social justice issue as prolonged school closures widen inequality; it is therefore incredibly important we do everything possible to keep schools open. However, schools are facing a myriad of problems. Firstly, I have had countless reports from parents and teachers who have had difficulty accessing Coronavirus tests. These delays are forcing many pupils and teachers away from the classroom, and risk further crucial periods of education being lost. Secondly, Schools are facing huge additional cleaning costs and costs associated with additional staff and supply teachers to cover and support bubbles. School budgets have already been cut to the bone over the last decade and without additional funding support now many will be pushed into financial uncertainty.

Finally, schools need greater clarity on operating guidance and next year's exams. After the summer exams fiasco, it's staggering it has taken so long to get answers on whether 2021 exams will go ahead but significant questions remain about how they will be conducted and the Government has yet to engage meaningfully with schools and unions to get this right.

It is clear that if our schools are to successfully remain open then they need a functioning test track and trace system in place, additional funding to meet new costs caused by Covid and clarity on guidance.

Over the last two months I have raised all of these issues in Parliament in debates and questions on these topics. I have also held meetings in which I invited all of the Headteachers in the constituency to hear their concerns and discuss the challenges they are facing. Following this I wrote to both the Health & Education Secretaries outlining this complex situation and calling for answers. For the work staff who have already put in and for the sake of our children's education we owe our schools clarity on these issues and the knowledge that they will be supported to the best of our country's ability. I will keep pushing on the Government until they deliver this. We have to ensure the education of our pupils is not damaged anymore than it already has been, and I can assure you that I will continue doing everything I can to get the very best outcome for our pupils.

ellie.reeves.mp@parliament.uk and

020 7219 2668





ALBERT PARR & SONS LTD

*'In difficult circumstances,
it's comforting to have people
you can rely on'*

Independent Family Owned Funeral Directors

Address:

117 Croydon Road
Beckenham
Kent
BR3 3RA

90-92 High Street
Penge
London
SE20 7HB

Telephone:

0208 650 2141

Telephone:

02087788414

We are small family owned and operated funeral directors serving Bromley, Kent and South East London. Our doors are open to all beliefs and we are able to provide a wide array of services. You are welcome to call our friendly staff with any questions or come into one of our branches for a chat and we will help in any way we can.

*For more information please go to our website.
www.albertparr.co.uk*



Golden Charter
Funeral Plans 



FIREWORKS & CHRISTMAS

A change of season from golden trees and piles of crunchy leaves, to snowfall, crisp walks through the park and Christmas songs galore marks the start of winter. There is something that this season brings to celebrate Christmas and New Year that most pets really hate...fireworks!

Unfortunately, the majority of pets haven't been exposed to loud firework sounds, meaning they can get anxious and scared. If your dog, cat (or anything in between) is one to need reassurance, make sure to create a safe space in your home ready in time for the inevitable blasts - choose their favourite bed, blankets and toys and place them somewhere sheltered away from a window. You could build this fortress of safety a couple of weeks beforehand whilst giving lots of treats when they rest there. Try playing firework sounds very quietly at first, increasing the volume day by day. Doggy headphones linked up to a phone with music and videos might distract them, and weighted coats your pooch can wear act like a big hug! If you are very concerned about your pet's welfare, there is medication that can be prescribed by your vet for anxiety - please contact your local vets for information about this.

Winter nights call for cosy evenings, snuggling in with your furry friends by the fire, treating yourself to delicious Christmas goodies. But it's all fun and games until your darling doggy eats 12 mince pies, 2 Christmas puddings and a chocolate reindeer. Or your playful kitten swallows a big ball of tinsel...keep an eye out for these pesky little things, as raisins and chocolate are very toxic to dogs, and blocked objects can wreak havoc in your pets' tummies.

Stay safe, happy and Merry Christmas from The Neighbourhood Vet!

Alice Floyd BVSc MRCVS

Veterinary Surgeon

020 8299 2388

the neighbourhood vet



Invest in your children's future; buy any of our tutoring packages and save 10% with CODE: FAMILY



GIVE YOUR CHILD THE GIFT OF CONFIDENCE THIS YEAR

**Call us for a free consultation
0208 059 6574
www.tutordocor.co.uk/Bromley**

One to one tutoring for your children or grandchildren will give them a step up in life and skills that last throughout a lifetime.



Welcome to

Bromley Adult Education College

Your local place to learn

Kentwood Centre, Penge SE20 7PR

We are opposite the Moon and Stars pub,
in Kingsdale Road.

With a wide range of courses, a welcoming
cafe and free parking, you are sure to find
inspiration for 2020!

So why not join one of our part time
courses - bookkeeping, clothesmaking,
computing, drawing, ESOL, etching,
floristry, French, Italian, painting,
Spanish, stained glass and more.

www.baec.ac.uk 020 8659 7976



SUPPORTED BY
MAYOR OF LONDON



@BromleyAdultEd

Pink Spaghetti

Virtual Assistant Services

- Your 25th Hour
- Outsource
- Administration
- Research
- Social Media Writing
- Artwork creation

tel.0333 355 4927
 severina.todorova@pink-spaghetti.co.uk
 www.pink-spaghetti.co.uk



CHRISTMAS TOY APPEAL

The Salvation Army, Penge will be running their Christmas Toy Appeal this year from the 2nd November - 12th December. Due to the effects of COVID19 we are expecting many requests for support this year. Please can you support the local community this year by providing a toy/gift for children aged 0-16.

Please contact either 02086597321 or penge.corps@salvationarmy.org.uk



Christmas Wordsearch



F S E C M G B F A L Z P Y H T
 E J T T H A R E P M U J E O L
 N C O H U R K E C B S S K L X
 A B T B G A I E I L O U R L Q
 S J L Q L I V S O S X Y U Y F
 M E R A T S L R T E A T T D D
 S H E T V Y A L O M X N L X K
 C O X P N C E R R H A D T D L
 R W Y M M J I N G L E S P A G
 A C A Y R Y O K G F T C T J P
 C A T G U F D P K N Z U S E O
 K S J G M Y W L I J Z G K T Q
 E X J R J G Z D E K Y H R F I
 R N V V F B T M W H S E D Z H

BAUBLES
 CAROLS
 CHRISTMAS
 CRACKER
 HOLLY
 JINGLE
 JUMPER
 LIGHTS
 SANTA
 STAR
 TURKEY





Penge Community Pre-School

Leader: Chloe Edgington
Deputy Leader: Sue Charlesworth
SENCO: Dawn McConochie

Anerley Methodist Church
Oakfield Road
Anerley
SE20 8QA

Tel: 020 8289 6771

**Ofsted Inspected
Established in 1975**

**Learning through play
for children from 2 to 5 years old**

**£11.00 per Morning or Afternoon
9.15am to 12.15pm & 1pm to 4pm
Day Care Available 9.15 to 4pm**

Government funding for 3 & 4 year olds
15 hours and 30 hours
(criteria for 30 hours)
2-year old funding for families earning less than £16,190 per
financial year

Vacancies

Tel. 020 8289 6771

e-mail - pengecommunitypreschool@hotmail.co.uk

GAYA YOGA

YOGA - YOGA PSYCHOLOGY - MEDITATION

Yoga and meditation in the heart of SE20

Gaya Yoga offers yoga and meditation
classes for small groups in a bespoke
mini Shala in SE20.



Online Yoga

Live Yoga & meditation
classes for 4 students
max in compliance with
current guidelines on social
spaciousness (2mt)

1-1 Tuition (now ½ price)
Classes for any level, age
and physical ability.

Booking essential.

Lisa (Gaya Yoga) is an RYT 800 and a meditation
instructor specialised in Advanced Yoga Psychology
and is registered with Yoga Alliance UK and US,
DBS checked and First Aid trained.

Email: Lb@gayayoga.net
www.gayayoga.net

 www.facebook.com/gayayoga.net/

 www.instagram.com/lisa_boccia/


Anerley Methodist Church
Oakfield Road, SE20 8QA
(Behind Wickes Superstore)

Sunday Services & Junior Church at 11am
Evening Services 2nd & 4th Sunday
Monthly at 6.30pm

A friendly welcome awaits you

Weekly Activities Include

Penge Community Pre-School
Dance Schools
Theatre & Drama Classes
Wednesday Social Club
Step Up Aerobics
Bible Studies
Yoga
Keep Fit
Halls for Hire

Tel: 020 8289 6771

Visit us at www.anerleymethodist.org

Directors Richard & Dan Crowley



If you would like a **free**
market appraisal or simply
a chat about the local market
then please call us on:

020 8659 1005

propertyworlduk.net

Over **99%**
of clients
recommend us.

(Source allagents.co.uk)



Survey



The power of small businesses in Penge is big

We're big believers in supporting small businesses – not just during a pandemic, but all year round. After all, local businesses are the backbone of our economy.

Which is why we decided to conduct a short survey about local residents' thoughts when it comes to buying products and services in SE20. We wanted to know whether the first lockdown in March had caused residents to shop locally more. And whether they would continue to do so.

We were blown away with the response. More than 100 people got involved, shared their views and name dropped their favourite shops!

We already know that you're a friendly bunch, but 54% of Penge people said they feel more involved with the community than they did 12 months ago. Which is great news. And a massive 88% of respondents said they would continue to shop locally within the next 12 months. With 96% saying they shop locally for food, 61% for trades (think: builders, plumbers and electricians) and 40% spending their hard-earned cash in the town on presents and gifts. Clothes, health and wellbeing and hospitality services also made the list.

People gave a mixed bag of positive reasons for why they liked shopping locally. 81% said they liked helping and supporting the local community.

And 54% felt that shopping local is easy. Whilst 46% said you get to talk to business owners and people in the area.

We also asked what one thing could make shopping locally better. The most useful reply for local businesses (and a really easy win) was a plea for up to date opening times to be listed on Google. Particularly useful in the current climate. People also wanted more parking, and additional places to 'hang out'. (We need to spread the word about free parking at Blenheim Car Park)

Our last question encouraged people to name drop their favourite local business. There was lots of positive support for a range of services and stores. But it looks like the Murray Bros Butchers came up trumps, with the Penge Food Centre and Blue Belle Café a close and respectable second and third!

As you may know, I established SE20 Community Magazine just over 15 years ago in a bid to connect local businesses and Penge residents. I've been passionate about our area since time began. So, it was great to see such a positive community response. Here's to our local Penguin community!

Belinda

AFFORDABLE

JM HANDYMAN

Local, friendly and reliable
General Maintenance Handyman



- | | |
|-----------------------|-----------------|
| Painting & Decorating | Gardening |
| Self Assembly | Carpet Cleaning |
| Small moving jobs | Window Cleaning |

CALL JULIAN

07561486884



NO JOB TOO SMALL,
SO PLEASE GIVE ME AN EMAIL OR A CALL

julesmod@hotmail.com



Here in Penge we are fortunate to be part of a caring and vibrant community. 2020 has been uniquely challenging but we will overcome adversity and draw from the bottomless well of compassion and love we possess to share amongst each other.



182 Maple Road, Penge, London SE20 8BJ

BAX HAIR DESIGN

197 Maple Road, Penge, London, SE20 8HU. Open Tues & Sat 8am-4pm, Wed-Fri 8am-5pm

Wishing you a safe and healthy Christmas

CERTIFIED ADVISORS OF SALON FORMULA HAIR GROWTH PLUS

60% of women will experience a hair growth disruption at some stage in their lives, it is more common than people think!

Make your hair growth the least of your worries



FOR MORE INFO OR TO BOOK AN APPOINTMENT CALL:

0208 778 5296

Tokyo Dreams



Here we are once again to continue sharing some of the fantastic Street Art from around SE20 with you courtesy of this wonderful publication, and on this occasion we are super excited to share a recent addition to Penge by one of our favourite artists, namely Dan Kitchener. Dan Kitchener took to Evelina Road to rework a wall he first painted in 2016 - one of the first few walls painted for our SprayExhibition20 project about Penge and Anerley in fact - and left a fusion of his core subjects and styles. The work titled Tokyo Dreams features a striking Geisha subject combined with a ancient Samurai mask at its centre, flanked by some of his trademark Liquid Lights scenery featuring cars and people walking in the rain with their umbrellas up, and lastly overlaid with a number of graffiti throw-up works adding an interesting twist on his distinctive vibrant scenes and portraits. We would like to say a big thank you to the Penge DIY for allowing us to find artists to work their property.

And of course a BIG thank you to Dan Kitchener for taking the time to support our community project and leave a little dash of Japan on the walls of SE20. As always if anyone wishes to participate and support the project further by donating their public spaces big or small we are sure we can find someone to paint it, please email us at callinglondoninfo@gmail.com or head over to our snazzy new sister site www.pengestreetart.com where you can fill out a form registering your interest in providing a space for some fresh art. We hope you all have a positive end to this bizarre year and we look forward to sharing some more new art in the new year. Massive thank you to all the artists who painted this year, all the people who donated spots and helped out and of course THANK YOU to the wonderful team at SE20 mag for continuing to support SE20's art.



designerdrapes

CURTAINBLINDANDSHUTTERSPECIALISTS



CURTAINS MADE IN OUR ONSITE WORKROOM

enquiries@designerdrapes.co

www.designerdrapes.co

020 8778 2114

163 HIGH STREET, PENGE, LONDON, SE20

designerdrapes

CURTAINBLINDANDSHUTTERSPECIALISTS

www.designerdrapes.co

020 8778 2114



VisitBromley

Visit, Play, Eat, Drink and Stay

- ☑ Things to Do
- ☑ Places to Go
- ☑ Where to Eat & Drink
- ☑ Upcoming Local Events
- ☑ Local Articles of Interest
- ☑ Local Deals & Offers

[f VisitBromley](#)
[@visit_bromley](#)
[in company/visit-bromley](#)
[@VisitBromley](#)

e: info@visitbromley.co.uk w: www.visitbromley.co.uk



JUST SO FLOWERS
DIY Christmas wreaths and kits
available now at
www.justsoflowers.co.uk



How are you feeling? With challenge and change in so many aspects of life at the moment that may be a frustrating question. It's easy to feel all we can do is just grit our teeth and survive.

When so much is outside our control how can we shift 'just survive' nearer to 'thrive'? What remains under your control is YOU. You have the power to manage your feelings and emotions and to shape your mindset and outlook.

A tool I find really helpful for this is
The Emotional Ladder.

Imagine your emotions like the steps of a ladder. The highest steps are positive energetic feelings of joy and empowerment and the lowest steps are negative emotions of anger, misery and disempowerment. Take a moment to notice where you are on your ladder right now...

However you feel it's ok. The point of the exercise is self-awareness. Once you've acknowledged how

you feel you can choose to take action. If you're on a low step I'm not suggesting you can wave a magic wand and fly up to the top, but it's possible to make incremental shifts.

Allow yourself time and space to honour your feelings. It's ok to cry and it's ok to be angry. Sometimes if I feel very low I choose to focus on something that angers me because anger is more active than misery. Anger gives me energy which I then use for physical exercise. A vigorous walk or run can shift you up a couple of rungs on your ladder.

Here are some more suggestions to take you up a step or two:

- Change your environment- that can be as simple as sitting in a different chair or going to another room
- Listen to music you love- make time to just listen and enjoy. Dancing really works 😊.
- Express what you feel -write, journal, draw, paint, model -whatever is most enjoyable
- Read or listen to an audio book for long enough to get immersed. Revisiting old favourites can be a great mood shifter.

Checking in with your emotional ladder on a daily basis and consciously acknowledging and managing your feelings will help you not only through the current crisis but will give you a lifelong support strategy. You will recognise repeating patterns in negative emotions and their source giving you the choice and the power to make changes to improve your professional and personal future.



you feel you can choose to take action. If you're on a low step I'm not suggesting you can wave a magic wand and fly up to the top, but it's possible to make incremental shifts.

Allow yourself time and space to honour your feelings. It's ok to cry and it's ok to be angry. Sometimes if I feel very low I choose to focus on something that angers me because anger is more active than misery. Anger gives me energy which I then use for physical exercise. A vigorous walk or run can shift you up a couple of rungs on your ladder.

Here are some more suggestions to take you up a step or two:

- Change your environment- that can be as simple as sitting in a different chair or going to another room
- Listen to music you love- make time to just listen and enjoy. Dancing really works ☺
- Express what you feel- write, journal, draw, paint, model- whatever is most enjoyable
- Read or listen to an audio book for long enough to get immersed. Revisiting old favourites can be a great mood shifter.

Checking in with your emotional ladder on a daily basis and consciously acknowledging and managing your feelings will help you not only through the current crisis but will give you a lifelong support strategy. You will recognise repeating patterns in negative emotions and their source giving you the choice and the power to make changes to improve your professional and personal future.

How are you feeling? With challenge and change in so many aspects of life at the moment that may be a frustrating question. It's easy to feel all we can do is just grit our teeth and survive.

When so much is outside our control how can we shift 'just survive' nearer to 'thrive'?

What remains under your control is YOU. You have the power to manage your feelings and emotions and to shape your mindset and outlook.

A tool I find really helpful for this is

The Emotional Ladder.

Imagine your emotions like the steps of a ladder. The highest steps are positive energetic feelings of joy and empowerment and the lowest steps are negative emotions of anger, misery and disempowerment. Take a moment to notice where you are on your ladder right now...

However you feel it's ok. The point of the exercise is self-awareness. Once you've acknowledged how



"Coaching with Jenni gave me courage, helped me see things in perspective and allowed me to bring my business dream into reality."

JT, Nutritionist

A Master Practitioner of NLP and qualified Life and Business Coach, Jenni Hallam tailors her coaching programmes to fit the specific needs of her clients.

Sometimes it's about creating confidence to achieve a dream or goal, sometimes it's embracing challenges like redundancy, business issues or relationship breakdown and sometimes it's just feeling 'stuck in a rut.'

Whatever the starting point Jenni says:

"I will help you to clarify your vision of the future, make a plan of action, build inner resilience and overcome the mental blocks that could hold you back from success, achievement and happiness. Right now times are tough. I want you to thrive through lockdown and beyond and I can show you practical tools to help you do that."

For a free 20 minute Discovery Call

to identify your goals and make your action plan contact Jenni on
07702 348 362 or jenni@jennihallam.co.uk

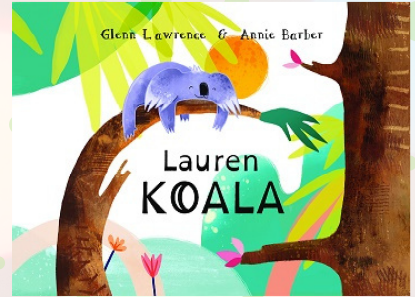


Christmas Present ideas - with our local authors



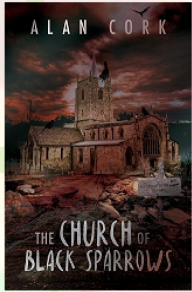
LAUREN KOALA

Lauren Koala is a children's book written by Penge resident Glenn Lawrence and illustrated by Annie Barber. 'When Lauren hears some sad news about a rhino, she set's off on a journey of compassion and friendship. At its heart, Lauren Koala is about love, empathy and kindness and its message seems to resonate even more in these uncertain times.' Available at www.amberandolive.com



CHURCH OF BLACK SPARROWS

Cambridge Road resident Alan Cork has just published a full length novel entitled "The Church of Black Sparrows". A gruesome read it mixes very scary horror with great humour and is a fast moving page turner. An innocent placid anti-hero, antiques restorer Ronan Bell, finds himself taking on the forces of darkness in the form of the massive all powerful QPL Corporation as he tries to save his estranged wife and an homeless girl from its clutches. It is a battle that takes him down the paths of madness and murder and ultimately to the Church of Black Sparrows. It is published by Cranthorpe Millner and is available from Waterstones, W H Smith, Amazon and all good bookshops, prices: paperback £8.99; eBook £2.99. More information on the book and where to buy it on Alan's website: alancork.com



Keeping it local

EUDORA HONEYSETT

Eudora Honeysett is done with this, 'noisy, moronic world'. Having seen first-hand what a prolonged illness can do, the eighty-five-year-old has no intention of leaving things to chance. With one call to a clinic in Switzerland, a plan is set in motion. But then ten-year-old Rose Trewidney arrives in a riot of colour on her doorstep. Now, as the irrepressible Rose takes Eudora on adventures she'd never imagined, she reflects on the devastating events of her past and soon finds herself wondering - is she ready for death when she's only just experienced what it's like to truly live?

www.harpercollins.co.uk



THROUGH THE (LOOKING) GLASS

Through the (Looking) Glass is a photobook created by a local community. At the beginning of Lockdown, photographer Carole Evans joined a WhatsApp group on her street, set up to support the vulnerable residents. Struck by the sense of community which this inspired, and meeting neighbours for the first time in 7 years, Carole decided to photograph them at a safe distance, through their front windows. The photographs are a document of isolation; a time when we were confined to our homes, and yet made contact to those closest to us; a time when communities came together and there was a return to old fashioned values. The book is designed by her neighbour James Alexander of Jade Design.



**I.P.S ELECTRICAL
INSTALLATIONS LIMITED**

OUR SERVICES

- Full house Rewires
- Fuse Board changes
- Fault Finding
- Lighting
- Electrical Maintenance
- Garden Lighting
- Switches and Sockets
- Ring Floodlights & Door Bells
- Smart Lighting Systems
- Testing & Inspection

Contact us:
 Paul@ipselectricalinstallations.co.uk
 07948911780
 ipselectricalinstallations.co.uk

**man
about the
house
and
garden
handyman**

The man about the house and garden would like to wish all his SE20 customers a very Merry Christmas and a Happy New Year

**020 8657 9107
07811 271 939**
 or email clive@mathag.com

EDEN DECORATING

**Commercial / Domestic
Interior & Exterior
Painters & Decorators**

- Paper Hanging
- Coving

High Quality of Workmanship
FULLY INSURED
 Associated with

Call now for a **FREE QUOTE**

0208 460 6174
Mob: 07958 436343
www.edendecorating.co.uk / info@edendecorating.co.uk

D C LOCAL LOCKSMITHS

*Genuine 24-hour emergency service
No call out charge
Reasonable rates*

- Lockouts
- Locks changed
- Security upgrades
- All lock types
- Car/Vehicle entry

Put these numbers in your mobile phone, you may find yourself unexpectedly locked out

Dave Currie
0208 249 0888 or 07956 986 279



172 High Street SE20 7Q S (opp. Harris Kent House)
Christmas Services

Sunday 13th December at 10.30am: Crib service.



Sunday 20th December at 6.30pm: Hear the Christmas story in readings and song.

Thursday 24th December Christmas Eve:

Church open from 8pm for prayer, music, reflection.

At midnight, Christmas communion service

Friday 25th December Christmas Day:

10am: Christmas Family service.



PERFECT CHRISTMAS GIFTS THAT KEEP ON GIVING



DINOS ARE FOR LIFE NOT JUST FOR CHRISTMAS.

EVERY T-SHIRT RAISES VITAL
FUNDS FOR FRIENDS OF CRYSTAL
PALACE DINOSAURS

[HTTPS://CPDINOSAURS.ORG/](https://cpdinosaurus.org/)

SHOP NOW

[HTTPS://BOHOANDBOWIE.COM](https://bohoandbowie.com)

ALEXANDRA NURSERIES

PLANTS & GARDEN CAFE VINTAGE

MON - SAT 9.30 - 5.30 SUN 10 - 5

ESTATE HOUSE, PARISH LANE, PENGE, SE20 7LJ

0208 778 4145

alexandranurseries.co.uk



@alexnurseries



/alexandranurseries



alexandranurseries

HUMAN health

THE CLINIC

A Human
to Human
health service,
accessible
and affordable
for all.



drmayoni.co.uk
020 8699 9496

43 Honor
Oak Park,
SE23 1DZ

33 Anerley Rd,
Crystal Palace,
SE19 2AS



Useful Numbers

PENGE COMMUNITY POLICE

0300 123 1212

BECKENHAM BEACON

01689 863 000

BROMLEY WOMEN'S AID

020 8313 9303

CHILDLINE

0800 1111

BROMLEY COUNCIL

020 8464 3333

RSPCA CRUELTY LINE

0300 1234 999

CITIZEN ADVICE BUREAU

020 8315 1940

NHS NON-EMERGENCY

111

Friends of Betts Park 2020

Like-minded people with an interest and determination have got together to re-form Friends of Betts Park. We want a say in what happens in this much-loved space and we are particularly passionate about having a clean, safe park for everyone. Replanting of flower beds, renewal of surfaces beneath the children's play equipment have been done. The foliage around the canal has been cut back and the embankment above this historic waterway has been cut and cleared.



New litter bins with tops have been ordered and are ready to be installed. A group Litter Pick has already taken place and another pick has been planned for November.

The council has been informed of local residents using the park as a dumping ground. Safer Neighbourhood Team patrols are happening and meetings with the Friends are taking place to look at safety conditions in the Park. Meetings are taking place with Council Representatives about these new changes and future improvements. The Park is being used well. Keeping the Park clean and safe is an ongoing concern for everyone who wants to use this valuable green resource.

If you would like to get involved email us at bettsparkse20@gmail.com

Ultrasound Teeth Cleaning for Dogs

State-of-the art teeth cleaning for dogs without sedation, vibration, movement or noise

- 🐾 Removes Tartar & Kills Bacteria
- 🐾 No Sedation
- 🐾 No Harmful Side Effects
- 🐾 Save on Vet Bills
- 🐾 Starts at £40 per session



LOVE MY HOUND 🐾

www.lovemyhound.com | 0208 353 3000 | 55 Beckenham Road



“Pukka pooch walking service”



Caring for all animals furry, feathery and scaly while you're not around. As recommended by pets in Anerley, Penge and surrounding areas.

07534 387220



/asktheanimal

AN AFFORDABLE LAW FIRM YOU CAN TRUST

Completely independent and with over 25 years experience we offer...

Ewings
& Co Solicitors

Tel: (020) 8778 1126

Email: enquiry@ewings.co.uk

148 High Street, London SE20 7EU



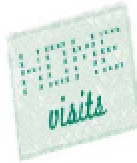
CONVEYANCING

We offer an independent tailored service and we won't try to sell you a mortgage.



WILLS & PROBATE

We can maximise the inheritance your loved ones will receive.



ADVICE FOR ELDERLY

We offer everything from advice on residential care fees to preparing an Lasting power of attorney.



FAMILY

Need help dealing with marital breakdown, civil partnerships or child related arrangements?



CRIMINAL LAW

We can help you in dealing with the police or criminal courts.

AMAZING HOMECARE

Providing you with...

- Respite
- Complex Needs
- Dementia Support
- End of Life
- Personal Care
- Housekeeping

**24 hour care
Companionship and
Social Support**

To find out more contact us
on **020 8676 5676/5677**
Info@amazinghomecare.co.uk





MERRY CHRISTMAS



Mortgage Confidence- your local mortgage broker with 20 years experience. We are still fully operational and here to support you.

Are you coming to the end of your current mortgage deal and want to switch to a better rate? We are whole of market advisers and have access to great mortgage deals.

Are you worried about whether your loved ones will be financially supported if you die or become ill? We offer whole of

market advice on life insurance, critical illness insurance and income protection.

We can do phone or video meetings with you and offer a no obligation 30 minute consultation FREE OF CHARGE.

We're here for you with up to date knowledge, access to the best mortgage deals and friendly support.

Contact Jo Jingree on 07742 228302 or email jo@mortgageconfidence.co.uk

MORTGAGE CONFIDENCE

Mears Family Funerals

Independent Funeral Directors

LOCAL FUNERAL

Basic Funeral £1,950.00

- Simulated wood veneered coffin; bronze bar handles and engraved name plate; padded and lined interior; matching dressing gown
- Removal of deceased from place of death
- Manager, hearse and staff
- Including all arrangements

Disbursements £1,041.00

- Doctor's Fees – £164.00
- Minister's Fee – £200.00
- Hither Green Crematorium – £650.00

Total Funeral Cost **£2,964.00**

HORSE DRAWN CARRIAGE



To show our traditional family values we also offer a Horse Drawn Carriage. This will increase the cost of the funeral by only

£950.00

We're here to help you

on

0800 861 1652

OUR LOCAL BRANCHES

Beckenham Branch
BR3 1AG

Biggin Hill Branch
TN16 3BD

Bromley Branch
BR1 3BD

Catford Branch
SE6 3AB

Eltham Branch
SE9 1BT

Lewisham Branch
SE13 7UZ

West Wickham Branch
BR4 0NJ



beckenham@funerals.london

www.funerals.london