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No. 33

February 2009

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Caterham grinds to a halt as the heaviest snowfall for 18 years causes treacherous conditions. Residents feel let down by the council who failed to salt roads or refill salt boxes - see page 5.



The bottom of Church Hill, Caterham Valley, on Monday 2nd February. Abandoned vehicles and packed ice make driving up and down Church Hill impossible. The road was closed by Mandy Self and other residents who had spent hours the previous evening assisting stuck motorists. "The road closure was down to us, not the council or the police," explained Mandy. "I only wish we had more signs to close the top too. It would have avoided so many abandoned broken down cars from being smashed by further slipping cars." **Photograph by Mandy Self**

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## New youth centre for Caterham

On Friday 23rd January Surrey County Council exchanged contracts for the lease of premises in Godstone Road in the centre of Caterham Valley, which will provide a brand new youth facility. Surrey County Councillor for Caterham Valley, Sally Marks, said: "This is something that I have worked hard for over the last couple of years and I know that the community will be pleased to see that this project is about to take shape. The second highest priority of the residents during the 'ABC Healthcheck' survey was to see more facilities for young people in the town and we are delivering." The new youth centre will include a 'Youth Café' to provide an exciting, vibrant and safe place for young people to meet.



Sally Marks inside the former premises of Caterham Litho in Godstone Road, soon to be a vibrant new youth facility.

There will also be support services for young people based on the premises and youngsters themselves are being involved in the design of the project. Sally added: "I have ensured that Surrey County Council will deliver on its promise to provide youth services in the town and I look forward to this fantastic project being realised in a few months' time. I will keep you updated on the progress of this project."

## Marie Curie Chief Executive to meet with local campaigner

This month the Chief Executive of Marie Curie, Thomas Hughes-Hallett is to meet members of the campaign team that is fighting the closure of the Caterham hospice, led by Richard Holloway. Last month Richard organised a demonstration outside the hospice in Caterham Valley which was attended by around 200 people from Caterham and beyond, protesting at the hospice's closure at the end of March. On 28th January a deal was announced in principle that Surrey Primary Care Trust and St. Catherine's Hospice in Crawley will ensure the continuation of local end of life services. Detailed planning is underway to ensure the services will be developed in time for March 31st.



Campaigner, Richard Holloway (centre) leading last month's protest meeting.

Campaign organiser, Richard Holloway, commented: "We remain very cautious about the situation, particularly as the Marie Curie HQ is continuing to release misleading information about the number of patients which were treated at the hospice last year and about the 'benefits' of the proposed new nursing service, which continues to be condemned by just about every health care professional in the region."

The Caterham and District  
**INDEPENDENT**

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Editor: Julia Church

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E-mail:  
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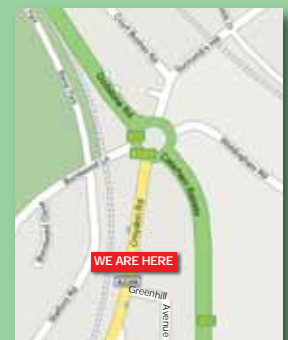
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## In memory of Bill Browne

On Thursday, 15th January the funeral took place of local businessman, Bill Browne, who passed away on 2nd January aged 70. Hundreds of people attended the Memorial Service in St. John's Church, Caterham Valley, situated just yards away from the jewellers shop where Bill worked for most of his life. Bill was born in Caterham in 1939 and became an apprentice watchmaker to his father John Joseph ('JJ') Browne at the age of 15. In 1964 Bill married Anne, who worked in a local Estate Agents office, and they had three sons, Andrew, James and Ivan. During the memorial service warm tributes were made to Bill who was described as an exceptional man who showed genuine interest in the people he encountered in business, many of whom became friends. Many have fond



Bill Browne, a man greatly admired and sadly missed.

memories of his lovely nature, kindness and generosity; a man always ready with a smile and a cheerful word for everyone. Over the years Bill supported a number of local organisations, including the 3rd Caterham Scouts, St. John's CofE Primary School, the Sea Cadets and East Surrey Museum. A keen gardener, Bill was also a member of the Bletchingley Horticultural Society. His son, Andrew, said: "The family will greatly miss him, and so will the vast majority of the people of Caterham."



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## EDF take action to end power cut misery

On Monday, 12th January, work commenced to install new electricity cables in Croydon Road to end the numerous power cuts suffered by the traders and residents. During a public meeting held on 8th January organised by Ian Schofield, owner of The Amber Rooms hairdressing salon, a representative of

EDF said: "The problem has been caused by two faults on an underground cable which has been particularly difficult to repair. However, we are investing approximately £25,000 in a project to install 100 metres of new electricity cable. We are determined to restore a normal, reliable supply of electricity to this area as quickly as possible and expect the work to take up to a month to complete."

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## In the Spotlight

This month we feature Caterham resident Martin Vaux. Martin is a chartered accountant who is a member of Caterham Harestone Rotary Club, has been Chairman of the Caterham Carnival Committee for the last two years and acts as treasurer for Caterham Pumas YFC.



**Pets:** A cat called Marmite.

**Pastimes:** Golf, chess, bridge, crosswords and puzzles and organising local events.

**Likes:** People, public speaking, Ken Dodd, Bill Tidy and Liverpool FC.

**Dislikes:** Arrogance and ignorance.

**Favourite books:** Short stories by Damon Runyon.

**Who would you most like to throw a custard pie at?:** Tony Blair, a man who perfected the political art of not telling a lie and not telling the truth either.

**Childhood hero:** Paul McCartney (he lived at the

bottom of the road.)

**Favourite song of all time:** Baker Street by Gerry Rafferty.

**Favourite holiday destination:** Menorca.

**Biggest influence on your life:** My father.

**Proudest moment:** Aged 5, I entered an open chess tournament establishing a world record which I held for over 20 years.

**Where would you most like to live?** Caterham.

**Who would you most like to meet?** Simon Schama.

**If you won the Lottery jackpot, how would you spend it?:** I would give 50% to the two hospitals that saved my life last year when I had a liver transplant but the rest would go on things like a bigger house and flashier car.

## Plans go ahead for extension to historic Chaldon Church

More than 80 people attended a presentation at St. Peter and St. Paul School in Chaldon last month to hear about plans to develop the village's ancient church of St. Peter and St. Paul. Planning permission has been granted for a new extension that will replace the existing vestry. The building will accommodate a new vestry, a kitchen, meeting room and a toilet. It is hoped that work will commence towards the end of the year and great care is being taken to ensure the materials and design will match that of the main church.

"We need to raise around £326,000 to pay for the building works and there were plenty of good ideas for fundraising raised at the meeting," said local resident, Janet Walker. "There were also a number of good suggestions for



Two of the younger Chaldon residents involved in the project, James and Sarah Richardson.

use of the new facilities once the work is completed."

The plans are currently available to view in the church which is open all day, every day. Hundreds of people from all over the world visit St. Peter and St. Paul Church every year to see the historic mural depicting Jacob's Ladder. If you would like to help with fundraising or make a donation to the building fund, please call Mrs Pat Johnson on 01737 642450.



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## The Caterham Festival 2009

[www.caterhamfestival.org](http://www.caterhamfestival.org)

Plans are forging ahead for Caterham's first ever arts-based Festival. The Festival will run from 22nd May - 28th June and will feature a street party, children's festival, choral events, local rock bands, Open Caterham, and a drive-in movie. New activities will link with established favourites such as the Caterham Carnival, and Party in the Park.

The street party will be open to all residents of Caterham and will take place in the High Street from 2pm-9pm on Sunday 24th May. There will be two performing areas and local bands are being sought to appear on the stages. The afternoon will start with a Boat Race down the high Street! The race is being organised by Caterham Round Table and will involve contestants running between the pubs wearing a hardboard 'boat'. Andy Parr, Chairman of the Festival said:

"Tandridge Council have been very helpful in arranging the necessary licences. Many of the shops are planning to open up for the afternoon, so the whole event should go very smoothly".

If you want to take part, or can assist in the organisation of the street party, please email [info@caterhamfestival.org](mailto:info@caterhamfestival.org)

There is still time for film makers to submit their movies for inclusion into the film festival part of the programme. The two categories are 'Caterham over the years' and 'New Film-makers - Original Short Films'. Films must be provided on digital or VHS format and sent to: Becci Kenning c/o The Arc, 39 Weston Drive, Caterham, Surrey CR3 5XY or emailed to [info@caterhamfestival.org](mailto:info@caterhamfestival.org). Please include your name, address, phone number and e-mail if possible. The closing date is 27th February 2009.

## Snow chaos - Council fails to treat key routes

Although the snow was forecast, no-one expected 12 inches of snow to fall in such a short space of time on the afternoon/evening of Sunday 1st February. Within hours, cars were stranded and shops had sold out of milk and bread as residents prepared for siege conditions. Walking was soon the only way to get from Caterham Valley to Caterham-on-the-Hill and vice versa, thanks to the Council's failure to grit the roads.

John Orrick from Caterham-on-the-Hill, pointed out: "Despite Church Hill, the High Street, Whyteleaf Road, Chaldon Road, Westway and Colsdon Road all meeting Surrey County Council's own criteria for priority treatment (bus routes, schools, hospital, steep gradient, ambulance station), the only one treated after two days was Church Hill and that at the specific request of the Dene Hospital who had to admit new patients! They also failed to refill grit boxes after the last snow we had so residents were not able to complete the task of clearing footpaths and in some cases roads. Surrey must fill these boxes as a high priority immediately they have concluded the task of opening all routes, and certainly before the next cold snap."

## Burtenshaw's Beat

by Tandridge Neighbourhood Inspector, Elaine Burtenshaw



This month sees the launch of Tandridge's first No Cold Calling Zone in Woldingham. I am very excited about this scheme as it will help residents to deal with uninvited callers safely. It's a joint initiative between Surrey Police and Surrey Trading Standards and will cover an area of around 850 homes. The scheme is being supported by Woldingham Parish Council, Neighbourhood Watch and the Woldingham Association.

The No Cold Calling Zone will really help to reinforce the work Surrey Police is already doing in advising residents on what to do when a stranger calls and making them aware of the methods used by distraction burglars.

We want people to feel safe in their homes and able to turn people away without having to worry. Remember, genuine callers will not mind waiting while you check their details.

On a separate subject, during the recent cold snap a number of roads in

Tandridge had to be closed for safety reasons. Unfortunately, some people ignored the road closure signs and attempted to use these roads, potentially putting their lives at risk.

Deciding to close a road is taken in order to protect those who use the public highways. Whilst a diversion might add extra minutes to your journey, please do not ignore road closures in future because they are there to ensure Surrey's roads are safe.

Finally, can I remind motorists not to leave valuables on display in their vehicles. We are continuing to see thefts from motor vehicles when expensive items, such as laptops, SatNavs and tools, are clearly visible. Do not even leave items in your boot as a thief will search there too. Crime prevention advice is available on our website, [www.surrey.police.uk/](http://www.surrey.police.uk/) but the main message is: 'Do not give thieves an easy opportunity'.

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# Education

## The Arc hosts exhibition of art by talented local schoolchildren



The Arc in The Village, Caterham-on-the-Hill recently hosted an exhibition of art by the pupils of Hillcroft Primary School. Posing proudly with their work, from left to right, are Hillcroft pupils Caitlin Richards (6), Sam Barrett (9), Alfie Thum (10), and Courtney Colbourne (5).

## 'Kernowland' comes to St. John's



Author Jack Trelawny with two St. John's pupils

The pupils and staff of St. John's (CofE) Primary School, Caterham enjoyed an excellent presentation by the author Jack Trelawny on Thursday 22nd January. He entertained them with extracts from his series of books set in Kernowland (Cornwall), the first being 'The Crystal Pool'.



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## School celebrates opening of new £0.5m extension



Last month St. Francis RC Primary School in Whyteleafe Road, Caterham-on-the-Hill celebrated the official opening of their extended hall and new building. Pictured above are Headteacher, Mrs Margaret Clerkin (left) and Arundel & Brighton Diocesan Director of Catholic Schools Service, Mrs Mary Reynolds cutting the ribbon. The extension was blessed by Bishop Kieran Conry, Bishop of Arundel & Brighton Diocese.

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### CONGRATULATIONS

to the winner of our January 'Kids Competition', six year-old Luke Brown. Luke selected the correct answer to the question, 'When does this year's Bunny Fun Run take place?'  
Answer: Sunday, 5th April 2009

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## Local student treks across the Sinai desert for 'Jigsaw4U'

Coping with the loss of a parent can be a traumatic and lonely experience for a youngster, and the UK based charity 'Jigsaw4U' has worked for ten years to help children, young people and their families during times of grief.

At the age of 12 back in 2003, de Stafford pupil Ian Kugler tragically lost his father after he suffered a heart attack. Jigsaw4U provided support for Ian and his mother, and last year Ian embarked on an expedition to cross the Sinai desert to raise money for the charity that helped him.

"I was part of a group of young people from Surrey aged between 12 and 23 years of age who had all been helped by Jigsaw4U," said Ian. "I only heard about the expedition in March 2008 which gave me just three months to raise the £2,800 sponsorship



Ian on one of the camels called 'Sarbell'

money I needed to take part in the expedition. de Stafford were brilliant, organising a Mufti Day, cake sale and sports events to help me raise the money. Miss Cassie even managed to get hold of a signed Crystal Palace shirt which we auctioned off."

Ian spent the first two days of the three week trip getting acclimatised to the heat, then the group visited a youth centre in As-sala where the Bedouin people live, before setting off on the trip across the desert.

"It was scary at first!" recalled Ian. "Our feet sunk deep into the sand and we

had to take snake and scorpion anti-venom tablets. One of my friends was about to put his sock on and there was a scorpion in it! At one point I became dehydrated and nearly collapsed. Apart from that I had a fantastic experience and made some great friends."

Now at Reigate College, Ian is planning to travel with the Caterham Overseas Aid Trust (COAT) to Kenya this year to help the children at a school in Kimillili.

For more information about 'Jigsaw4U' call 01342 313895, or visit [www.jigsaw4u.org.uk](http://www.jigsaw4u.org.uk)

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## Scouts toughen up for the annual Frost Camp!

by District Commissioner,  
John Andrews

50 scouts from Caterham joined 300 from across Surrey on the annual Frost Camp last month at Bentley Copse. They arrived after dark, and then had a challenging new experience tent pitching in total darkness.

Saturday was dry and not too cold. After a hearty breakfast, the youngsters took part in shooting, go karting, archery, crossing an assault course, a zip wire and backwoods cooking! There were also indoor entertainments to keep them amused.

Saturday evening saw a change in the weather, and as 300 people started a camp fire the heavens opened, and the wind started. Undeterred, they continued with the fire and later that evening saw the scouts charging around the woods in a wide game, which was won by a team from Hamsey Green scouts.

Other scouts went and camped at our site in Chaldon. Again, it was rather wet overnight, but they all enjoyed themselves.



There were more activities on Sunday which was, luckily, dry and warm again.

Locally, the young people have been doing normal scouting activities in preparation for the summer camps such as night hikes, learning to cook and learning about food hygiene.

The dark evenings are great for star gazing, and talks have been given by the Croydon Astronomical Society at meetings, whilst some groups have been fortunate to visit the observatory at Greenwich. One group went to London and enjoyed a fascinating visit to the science museum.

I have had great fun since I started as District Commissioner, going round to visit the groups, and seeing all these activities. I am really proud of all the leaders who put so much effort into making a difference to the lives of the young people.

If you would like to assist in these scouting activities please call me on 01883 783961.

## Readers' letters

### Thank you

We would like to thank the very many people who kindly sent wonderful tributes, cards, flowers and donations, following the recent sudden death of Bill. They have been, and will continue to be, a great source of comfort to us all. **Anne, Andrew, Ivan and Jim Browne.**

### Children's Society Collection

The Caterham Deanery Children's Society committee, held a collection outside Tesco's, Caterham-on-the-Hill on Saturday 13th December.

A total of £157 was collected and all the money was sent to the Children's Society to enable them to support children in need. Thank you to all the volunteer collectors and people who kindly made a donation who braved the very cold weather to make the collection possible.

**Alan Turton, Promoter**

### In praise of our teens

About two years ago, a small group of lads were coming home late when they noticed that a kitchen was on fire in my block of flats. They ran through our block banging on doors and most of us joined in although the occupants of the flat in flames could not be roused. The boys had immediately called the fire brigade and as a result the lives of two young men,

who had left a chip pan on the stove, were saved.

On another occasion, my son and his friend had gone to meet friends at Queens Park when they discovered a young man in a wheelchair stuck firmly in the muddy ground, as it was raining hard. More friends came over and they covered him with their jackets. Not being able to communicate with him, they called the ambulance and the young man was removed to a safe place.

So when you read in the newspapers that the British youth are out of control, please pause to think. This is the very stuff that sells newspapers and whipping everyone up into a panic is what they are particularly good at.

**Continued on page 11.**

## What's On

### Surrey Harmony

On Saturday 28th February the Caterham Overseas Aid Trust are hosting a concert by the award winning Women's Barber-shop Chorus. The concert will take place at Caterham School in Harestone Valley Road, Caterham and starts at 8pm. Tickets cost £10 to include a glass of wine or a soft drink. Tickets are available from 01883 380104 or 01883 342272.

### Munch with Music

Jazz guitarist Shane Hill and jazz violinist Kit Massey will present a programme of American Song Book Standards at the next Munch with Music event on Wednesday, 4th

March at St. John's Church, Clareville Road, Caterham Valley. The doors open at 12.15pm. Please bring your own sandwiches. Free.

### Free guided walk

The 'Action for Life' charity holds a guided Walk for Health around Queen's Park, Caterham-on-the-Hill every Friday, starting at the Douglas Brunton Centre in Chaldon Road at 11.00 am. For more information call Carol Pollock on 0845 230 4466 or visit [www.actionforlife.org.uk](http://www.actionforlife.org.uk)

### Quiz Night for ages 15 plus

Caterham Baptist Church in Beechwood Road, Caterham Valley, is hosting a Quiz Night on Saturday 7th March at 7.30 pm. Tickets are £2 for charity and light refreshments are

included. Register as individuals or teams.

For more information call 01883 342711 or e-mail [admin@caterhambc.org.uk](mailto:admin@caterhambc.org.uk)

### Table top sale

On Saturday 28th February there will be a table top sale at St Peter and St Paul school, Rook Lane, Chaldon from 10am to 12 noon, sellers from 9am. To reserve a table at £5 each call Janet on 01883 330785 or Shelagh on 01883 34832. All proceeds to the Chaldon Church Building Development Fund.

### Barn Dance

The Caterham, Oxted & Godstone Lions are holding a Barn Dance on Saturday, 7th March at St. Catherine's School, Bletchingley. For more information call 01883 742680.

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## 'Going private' on the NHS

At the age of 78, Caterham resident Sidney Eddolls had plenty of experience of the NHS, so when at the end of 2007 he was told he needed two knee replacements, he started exploring his options.

"The NHS wasn't that bad," explained Sidney. "It was just a case that the staff are so overworked you can't possibly get the standard of treatment you would want in an ideal world. When I found out I needed two knee replacements a friend told me about Patient Choice and I realised that I would be able to have my treatment done in a private hospital." With the help of his GP, Sidney was referred to the North Downs Hospital in Caterham, run by the Ramsay Health Care group. He went in for the first operation in January 2008, followed by the second four months later. "I spent three nights in



Keen golfer and walker, Sidney Eddolls

hospital on each occasion and I cannot fault it. It was really lovely and I am just glad I had the opportunity to go there," said Sidney.

General Manager, Karen Badger from North Downs Hospital said: "Sidney was our first NHS Choice patient and I am delighted that he had such a positive experience with us that he chose to come back again so soon!"

To find out more call the North Downs Hospital enquiry line on 01883 337441.

## Pensions - the final frontier

by Jerry Connor,  
Kenley Financial Ltd.

Well let's start with some good news for the New Year. The government issued a report in 2008 that showed life expectancy rates were higher in the South than anywhere else in the UK. The lowest was actually Scotland, my wife is Scottish but she says she came down here to marry me rather than just to live longer, but you never know!

My baby daughter Ruby is predicted to live to 83. The startling thought around this fact is that if she aspires to retiring at 55 she will be in retirement for possibly a longer time than work. This means of course that she needs her income to last longer and hope it will not run out.

The government has already moved the goal-



posts to make it difficult for Ruby and people retiring after 2020 to have a higher level of income in retirement. State pensions are being equalised to 65 and then moving to 68, this means of course that if people want to retire earlier they need to do something themselves. Please check out The Pensions Service website to see how this affects you. There is a growing gap between what people expect they will be getting as an income in retirement and what they may actually receive. Surveys suggest around 20% of the working population save nothing towards retirement whilst 60% take no advice even when approaching retirement.

The current basic state pension for a single person is currently £90.70 per week.

I would suggest on its own, this may not lead to a very comfortable lifestyle in retirement but it's a fact that's what a lot of people have to live on. This leaves a growing number of people who are Facing Retirement with Earnings Doubts (FREDS). Now I don't actually know many people called Fred but there are probably many who now need reinsurance in these volatile times about what they may expect to live on in retirement.

As Spock would have said, we all want to 'live long and prosper' so please ensure you take some from of guidance from your adviser, bank or accountant to maximise your pension prospects.

For help and advice on pensions or other financial matters you can call Jerry on 020 8660 1533 or e-mail:

jerry@kenleyfm.co.uk



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# Eating Out

## The Village Inn - traditional food, contemporary style

Review by Julia Church

In sub-zero temperatures, the last thing on my mind is sticking to a diet, despite my New Year's Resolutions. During freezing weather, what could be more welcoming than a nice hot bowl of soup with warm crusty bread, or a steaming plate of sausages, mash and onion gravy? After all, you have to 'stoke the boiler' to keep warm! The Village Inn in Caterham-on-the-Hill has an excellent selection of traditional English dishes; meals that were no doubt originally concocted with the cold winter climate in mind, such as Liver and Bacon, Sausages and Mash and Beef & Ale Pie, alongside year-round favourites that include Seabass Fillets, home-made Chille Con Carne and of course Sirloin

and Rump Steaks. There is also a selection of delicious salads which I will be sure to try when I no longer need central heating! When my daughter and I visited The Village Inn last month I started with the Soup of the Day - Carrot Soup (£2.95) which was hot, thick and creamy with a hint of spice, and came with a warm, crusty baguette; very pleasant indeed. Jenny selected the Spiced Kofte Kebabs (£4.35), delicious lamb kebabs served with Tazziki. For our main course we both selected a dish from the grill. Jenny chose her favourite, the 8oz Rump Steak served with grilled flat mushroom, tomato, chips and peas (£10.95), while I decided to try the



8oz Pork Loin Chop served with mushroom paprika cream sauce and new potatoes (£8.75) with Mixed Roasted Vegetables (£2.50) to go with it. Very happy with our choices, we both thoroughly enjoyed our meals and decided to forgo dessert, despite the temptation of favourites such as Warm Chocolate Brownie, Treacle Roly Poly and Apple and Sultana Pie and custard!

The Village Inn offers excellent value especially when

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you consider that all the meals are prepared from fresh ingredients that are delivered daily.

For a delicious, low cost lunch, the Bar Menu offers burgers from £6.50, a selection of baguettes served

with chunky chips at £3.99 and jacket potatoes with a variety of fillings, also for just £3.99.

Why not take advantage of the voucher in The Village Inn ad above and try out The Village Inn today!

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Fashion Exchange is very selective about the items that are sold, leading to an exciting and individual clothing range. Spending insane amounts of money on designer clothing is most definitely out and in its place is second hand quality clothing. We all love a good bargain and here is one place you will be guaranteed to find one.

We all spend money on clothes that we wear once or never at all! The Fashion Exchange is somewhere you can go to sell these unwanted but cherished items and at the same time find something new to wear.

So if you have a special dress tucked away that you are hoping to wear again but deep down know you will never get back into, or a timeless classic in excellent condition, then visit the Fashion Exchange today!

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**Readers' letters**

(continued from page 8)

By reporting on every youth related misdemeanour and using exaggeration, they keep the panic going. The escapades of a few cheeky youngsters locally, with nothing to do and nowhere to go does not actually indicate a lack of morality in our community.

While on the subject, isn't it time the Council started to provide some appropriate facilities for our Caterham youngsters? How about some teen shelters to show them that they are

appreciated and that our parks are for them to use too?

**Christine S., Caterham Valley**

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## Old Cats RFC

by Old Cats Chairman,  
Steve Dalgleish

The ladies section of the club is a strong and growing group of women that are now backed up by a youth section made up of girls from the ages of 13 – 18 year olds who train every Wednesday evening before the ladies senior training at their home ground in Park Avenue. The senior ladies are now in their seventh season and enjoy the competitions, tours and friendship that the game offers.

Pictured below are the Old Caterhamians ladies team in action during a recent

league against Totntonians. The well contested game saw Old Cats leading 5 points to 3 at half time but then took full control in the second half to turn out winners on the day, 24–6. The first competitive youth games for the girls will be this May when they take part in a local seven a side tournament at Dorking RFC. Some of the girls are new to the game but train enthusiastically alongside those with more experience.

If you would be interested in joining either our ladies team or the girls youth team please contact: oldcatsyouth@hotmail.co.uk or see the club website at www.oldcats.co.uk



**Bunny Fun Run**

Sunday 5th April 2009

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## Art courses at the Arc

Do you fancy making your own Dichroic glass jewellery? Local Artist Jan Duyt is running two classes at The Arc in The Village, Caterham-on-the-Hill, on Saturday 14th February and Saturday 4th April. Come along, learn a new skill and take home some beautiful jewellery for yourself or to give as gifts. No experience is needed and all glass, tools and jewellery findings will be provided. The workshops run from 10.30am to 3.30pm with a break for lunch and cost £78 including firing costs. Whatever jewellery you make you can keep.

Further weekend workshops with tutor Jane Pitman Rowe are scheduled with Recycle and Make your own Fabric Gifts on Saturday 14th March, and Hand Stitch and Textile Art on Saturday, 25th April. Staff at The Arc are also pleased to announce that



they are launching new five week art classes after February half term. Booking is open to join the following courses and early registration is encouraged. All our tutors are practising artists and are experienced tutors. The following courses begin the week of the 23rd February and run for five weeks:

**Painting Skill School**  
Tuesdays at 10:15am. Five weeks for £55;

**Life drawing**  
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**Find Your Style**  
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All workshops and courses need to be booked in advance at The Arc on 01883 320000 and all details can be found at [www.tanbridgeleisure.co.uk](http://www.tanbridgeleisure.co.uk) or in our brochure.

## Rotary seeks local sporting talent

Last month, Caterham Rotary launched the 'Rotary Club of Caterham Sporting Excellence Award 2009' with the presentation of a cheque to last year's winner, Caterham athlete Hannah Brooks. Last April Hannah received a £250 cheque from Caterham Rotary which has now been supplemented by another £250 by Rotary's District office.

Secondary schools in the area will soon be receiving



Simon Edmonds, Rotary District Sports Officer, with athlete Hannah Brooks.

letters inviting nominations for the 2009 Award.

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## Creaker, Phil, runs his sixth London Marathon



Phil Saville taking part in the 2008 Great South Run

On Sunday, 26th April, Chaldon resident, Phil Saville, will be running his sixth London Marathon in 11 years to raise money for the homeless charity, Crisis.

"I realised that if I didn't raise money for charity when I run the Marathon it would be a wasted opportunity," said Phil, a member of the running club, the Chaldon Creakers.

"A good friend spends every Christmas working at a centre for homeless people in East London and because of the great work he and the other volunteers do I reckon this is a really worthwhile cause."

You can sponsor Phil by visiting [www.justgiving.com/psaville](http://www.justgiving.com/psaville). It's quick, easy and totally secure. It is also the most efficient way to sponsor Phil. Crisis gets your money faster and if you are a UK tax payer, Justgiving makes sure 25% in Gift Aid plus a 3% supplement, are added to your donation.





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## The importance of setting goals by Steve Robertson, Energy for Life

It's that time of year when we are trying to keep our New Year promises and I wonder how many of you are still on the right track? A lot of people fail at exercise regimes or programmes, not for lack of focus or motivation but because they have no firm direction. It's not enough to want to exercise or to get a bit fitter, or to diet and lose some weight, although these approaches may be effective in the short term and will have positive health benefits.

Before you embark on a health routine or fitness program, it's imperative that you set yourself clear and realistic goals. **How to set goals**  
Be tough on yourself, it all comes down to your health in the end! Only you can take the decision to improve, neglect or disregard it totally. It may help to think back to any previous exercise regimes or diet programmes that were unsuccessful and consider why they failed. Perhaps they were impractical and

you couldn't fit them into your life; what was the stumbling block? Examine your performance when considering how well you have managed to stick with fitness programs in the past. Use the word 'performance' because the aim is to evaluate your previous attempts in just the same way that you might evaluate a work project. Ask yourself why should your own health plan be any different in terms of importance, effort and commitment to something related to work? You might manage to get out of bed to go to work every day without problems, yet fit-

ting in a workout or resisting chocolate is a huge effort that seems impossible to make! Ask yourself is your work really more important than your health? Sometimes it's hard to see how you can incorporate fitness into your life, but it's important to strive towards a balance, because being fit and healthy has benefits for every aspect of your life. Treat your commitment to your own health and fitness like an important work project, and devote to that project the time it deserves. To find out how the team at Energy for Life can help you to set goals and devise a fitness program to suit

your lifestyle, call 01883 650100 or visit [www.energyforlife.uk.com](http://www.energyforlife.uk.com)

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