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Welcome to the September magazine

September already and at the time of writing 'back to school' is very near and for many return to work. Wishing you all good luck and stay safe.



What's been happening over the summer?

There is a new page on the magazine website. This is to advertise local activities, both to post them and to find out about them, so do pop across and have a look. The web address is www.se20mag.co.uk/events-page.

The 'On your Doorstep' page is smaller than usual, but i'm sure there are zoom, park and socially distanced events on the cards, so please get in touch if you would like these to be included in the October issue.

Thank you to all the business inside for advertising and thank you to you all for reading SE20 Community Magazine. If you would like to advertise in the next issue, please get in touch.

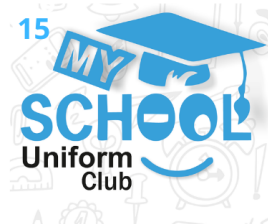
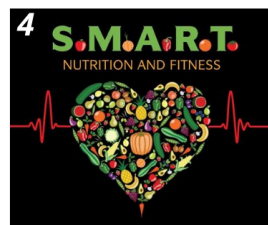
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Inside



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CHICKPEA CURRY

RECIPE BY SMART NUTRITION



INGREDIENTS

- 1 tbsp. oil
- 1 medium onion chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

DIRECTIONS

Heat the oil in a frying pan, add the grated ginger, onion, garlic and chilli pepper. Fry, often stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and ix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.

S.M.A.R.T Energy Boosting Foods

Do you struggle to get going in the morning or hitting a wall of fatigue in the afternoon?

What and when you eat can quite an effect on your energy levels...

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Not only are they a good source of fibre, can help you manage weight and may reduce the risk of certain health conditions, they release glucose into the blood gradually, providing the body with a steady supply of energy.

A diet rich in foods such as wholegrains, oats, pulses, nuts and seeds will help you stay healthy and full of energy.

Simple carbohydrates come in two forms, natural and refined. Some fruits and vegetables are high in natural sugars, and can provide a healthy boost of energy when needed.

Refined carbohydrates

Often found in processed foods such as cakes, biscuits and sweets and include white flours and table sugar. These are best enjoyed as an occasional treat as they are quickly digested, releasing sugar rapidly into the blood stream, causing insulin spikes that lead to energy highs and crashing lows.

Swap white pasta and rice for brown or whole-wheat varieties, try using wholemeal flour as an alternative to white flour and make the most of cheap, filling legumes. you need to kick-start your fat loss journey while improving your health at the same time.

Ps download my immune support recipe pack for free on www.smartnutritionandfitness.uk/recipes

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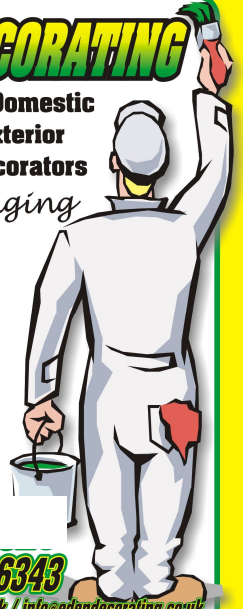


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Local Artist Zoe Webster exhibits regularly, but did you know she displays her art in Penge?

Zoe Webster grew up in Beckenham and studied fine art and sculpture at Chelsea School of Art. Surrounded by a family of professional artists and musicians, her exposure to art at an early age, combined with her interest in design and drawing skills, led Zoe to her creative calling as a professional artist.

It was in 1990 that Zoe met the late noted artist Euan Uglow. She became his model (naming his painting after her, 'Zoe') and friend, he became her much-loved mentor. With Euan she attended private views and benefited from his extensive knowledge. Through association with such a respected artist and her ongoing studies, Zoe has matured as an artist in her own right.

Extensive ongoing travels in Europe, Australia and America influence Zoe's choice of subject and approach to her work. She now has developed her own style, heavily influenced by the Impressionists, which is apparent in her work today.

'Having now achieved my dream of being able to sustain myself as a professional artist, I look back with fond memories of the path I took to realise my ambition.

My childhood spent with artists and musicians, influences were wide and varied. Continuous studies and quest for my own identity has developed over many years. under the watchful eye of my friend Euan Uglow, He would often set up a still-life for me to paint and it was on his advice that I applied and was accepted into Chelsea School of Art. My paintings became not only about composition but about mood and the effect of light, tone and colour. Thus leading me into the wonderful world of Impressionism.

Euan was a master of his Art and instilled in me a discipline and creative passion that I feel and work with today, for which I will be forever thankful'

Zoe exhibits regularly in London and abroad. She has private collectors including Briany Kapoor, has consistent commissions and teaches art.... keeping her busy and out of trouble!
From Cadogan Hall, Mossmans, Dulwich Gallery to her beloved studio nestled in the heart of Penge, South London...You will find Zoe avidly painting away behind her easel.... contentedly loving every moment.

Zoe is having an Artist Open House along with fellow artists who work in the studios. So feel free to come on by, meet the artist for a friendly hello and an insight into her very special life!



'Eze' Oil on canvas 24"x30"

Open House

Zoe is having an Artist Open House along with fellow artists who work in the studios.

Feel free to come on by, meet the artist for a friendly hello and an insight into her very special life!

Website: zoewebster.com
Instagram: [zoewebsterartist](https://www.instagram.com/zoewebsterartist)

Artist Open House:
Sat/Sun 5th-6th Sept.
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SE20 EVENTS

– NEW PAGE ON THE
SE20 WEBSITE



We know many people's summer plans have been cancelled or impacted by COVID.

Your local councillors have partnered with SE20 magazine to launch a web page where people can find details of local activities & events or those organised by local residents or organisations..

Councillor, Simon Jeal, said: "We've launched this to try to give something for local people to do and to help local groups and business promote events they can run safely in accordance with government guidance within the community."

So, without further ado, please do have a look at SE2020 Summer!

If you're organising an event or activity- feel free to upload the details and we can help people find out about it!

Or maybe you're looking for something you do, for yourself, with family, for the day or perhaps workshops or classes? Well you can browse all the events or filter them by date, activity type, or age group..

We will be promoting the page and events, across SE20 social media channels too. And it's completely free.



<https://www.se20mag.co.uk/events-page/>

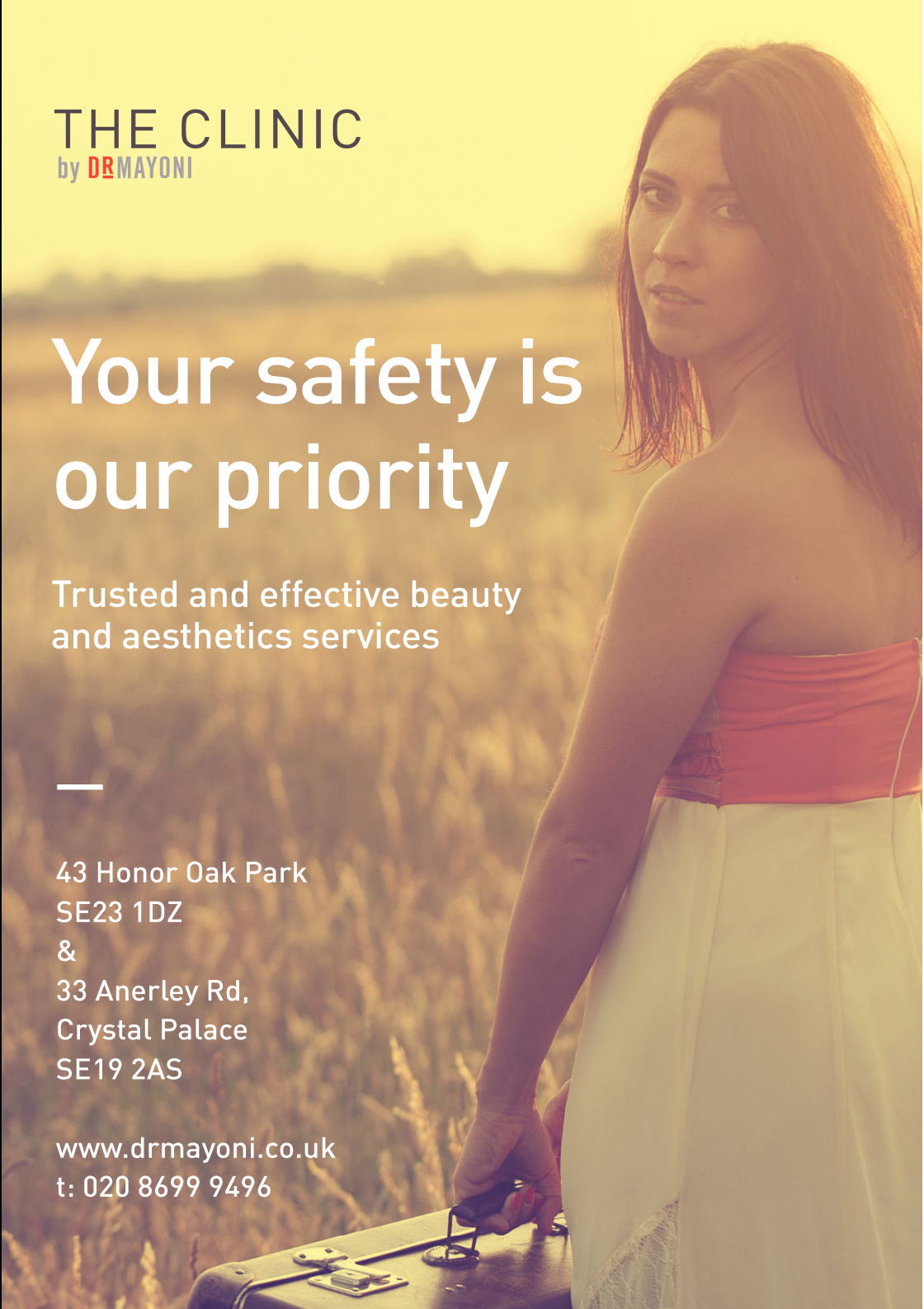
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BEAT THE HEAT

It is not just us humans who struggle in these heat waves, our pets are very susceptible too. Whilst many animals will behave sensibly and minimise overheating some can be prone to heat stress. Heat stress is a potentially fatal and frighteningly common event in many dogs. Here are some top tips to minimise the risk:

- *Bracycephalic breeds, with short noses (pugs, French bulldogs etc) are particularly susceptible due to their restricted breathing, so take extra care. Also overweight and thick coated dogs will heat up that much quicker.*
- *Avoid the hottest part of the day, take them for walks in the morning and evening when cooler. Always utilise shade where available and avoid any strenuous exercise.*
- *Ensure they have continuous access to water, both at home and on the go. Carry a water bottle for them, and offer drinks frequently. Ice cubes and frozen dog treats can be a nice way to keep them happy in the heat.*
- *Never leave a dog in a hot car.*

- *The warning signs of heat stress begin with excessive panting, and discomfort. If these are noticeable then take action straight away to help cool them down. Splashing them with cool water, and ensuring they have access to water will help. If you are concerned – call your local vets for advice.*
- *If they are still excessively hot, seem lethargic or collapse then take them to your vets, ensuring they are kept cool en route.*

Whilst less commonly seen, other pets can also suffer from heat stress, always ensure cats, rabbits and other small furrries have access to adequate shade and water, and minimise any exertion or stress during the heat of the day. Fortunately preventing heat stress is relatively straight forward, and just requires some forward planning. Make sure you and your pets beat the heat this Summer.



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Constantly quitting your past times, struggling with work deadlines, writers block, or just a general lack of motivation could be down to many things, but clutter is likely to be a huge contributor.

TOO MANY TABS opened up in your mind simply means less focus is placed on the task at hand. This will almost definitely cause you to make careless mistakes, which will frustrate and drain on your already low energy resources. In the end you'll retire exhausted, emotionally and physically. STOP! Shut down those tabs and declutter your mind, simply by decluttering your living spaces. I used the word simple because the principle is.

The part most of us struggle with is ACTUALLY doing it! That's where you may need to dip into some additional assistance. Most of us have learned the art of a quick tidy, but this is incomparable to a declutter. This is where the purpose of a space is established, along with placement and clear organisation of possessions. Declutter does not mean eradication of everything; in fact a good service will assist in uncovering more character within a home not less. I personally LOVE to declutter which is why I assist people in just that. My business Intuitively Improvised focuses on identifying your needs, then creating intuitive living spaces to compliment and support that lifestyle. Thankfully our society is more aware than ever (especially since the rise of Marie Kondo) of just how helpful and important this service is; the immediate health benefits and the joy one can restore in their home. We tend to use a 'tidy' to hide or disguise things we aren't

sure what to do with, so those things just linger; moved from one place to another in-case they may one day be of use. There's no hiding with a declutter. The unnecessary 'things' are brought to light. And as we rearrange (or in some cases remove) the clutter physically, you'll be surprised at how mentally those 'tabs' are minimised or closed altogether. I never under estimate how emotional a declutter can be, or how much our clutter represents which is why I can't help but approach and honour my work as a self-care service. Above everything else you'll feel good after. Your home can be a haven for Relaxation and Ritual, organically increasing productivity and lowering anxiety.

A clear mind really is everyone's super power. There's just no room to blossom with your world piled up, it's only once we give ourselves the SPACE to flourish will it truly begin.

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The Crystal Palace Dinosaurs will feature digitally at the Open House Festival 2020, as part of a short film recorded in August. Information about the event on 19-20 September can be found at <https://open-city.org.uk/open-house>. Alternatively follow the Friends of Crystal Palace Dinosaurs on Facebook, Twitter, and Instagram to find out more.

We had to move online for **Paws in the Park 2020**- now we need your supawt - please go to the events pages on our Facebook page & like the entries that are already there and even enter yourself. You can also enter on Twitter or Instagram.



There are 14 doggeries to choose from inc. one for our feline friends: We are also creating a movie, where you don't need a pooch at all - juts a ball and a friend. All entry fees are for our park bench fundraising campaign

Last entry / voting is at 6pm on 04/09/20

The Horniman Museum is open - you must book your free ticket in advance. Visiting the Horniman will be different - find out how on their website www.horniman.ac.uk The Gardens are open.

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Futuristic Space Funk

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 be able to share the first of several brand new artworks from a recent wave of activity after five months of lockdown stopping play for our community mural project about Penge and Anerley.

The work in question is technically just over the border into Crystal Palace, however the little cluster of artworks we have now organised on Anerley Hill are very much part of our **SprayExhibition20** project and lay testament to how the impact of the artworks around Penge and Anerley are spreading around the area. The work in question is one of the largest walls we have had the pleasure of painting in the area or elsewhere for that matter and we are absolutely delighted with the result from lifelong local talent Mr Cenz, who has transformed this prominent spot acting as the gateway to Anerley. Adding one of his beautiful trademark "Futuristic Space Funk" portraits of Black female subjects that is not only extremely striking but also adds a sense of character to this stretch of Anerley Hill. It's always a pleasure to work with this artist, this wall is now the fourth work we have put up together in the area over the last few years, certainly an artist at the top of his game and one who never disappoints.

We would like to say a big thank you to the space owner for allowing us to find an artist to work their property and of course a BIG thank you to Mr Cenz for taking the time to support our community project. We would also like to thank local councillors Angela and Patrick for all the help behind the scenes on this spot, as well as Bromley Council for providing the scissor lift in order



for us to take on this spot.

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.





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Naughtiest pooch (photo)
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Best Junior Handler (video)
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www.friendsofcatorandalexandra.com



Most "likes" in each category wins. Our Judges will select Best In Show
Winners Awards Ceremony 6th Sept 2020 2m distanced in Cator Park

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

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



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