

# COMMUNITY MAGAZINE SE20

THE INDEPENDENT DIRECTORY SERVING THE RESIDENTS OF ANERLEY & PENCE

October 2020

## Features Inside

### 5 ways to upsize your home

Mortgage Confidence

### Wellness at work

HR dept

### Local Street Art in SE20

Support local businesses

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## Welcome to the October magazine

Like many of you i was hoping that we were getting back to something that resembled normal, but as i write the government are looking at bringing in various restrictions as the cases of Covid rise again and we are looking at a second spike.



### To let you know

Times are strange for all of us local businesses and in these uncertain times we probably won't issue a November magazine, but instead publish a joint November/December issue a little earlier than the December magazine is usually delivered. Therefore in this issue we have included an interesting article from Martin Spence on Remembrance and our Penge War Memorial which we would normally include in the November Magazine.

Once again thank you to all the businesses 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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**COPY DEADLINE FOR THE NOV/DEC ISSUE IS 9TH NOVEMBER 20**

## Inside



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



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# Pumpkin traybake

with cream cheese icing

Ingredients Serves: 24

## For the pumpkin cake layer

4 eggs  
325g caster sugar  
250ml vegetable oil  
1 (400g) tin pumpkin puree  
250g plain flour  
2 teaspoons baking powder  
1 teaspoon bicarbonate of soda  
2 teaspoons ground cinnamon  
1 teaspoon salt

## For the icing

85g cream cheese, softened  
125g butter, softened  
1 teaspoon vanilla extract  
250g sifted icing sugar

Preheat oven to 180 C / Gas 4.

In a medium bowl, mix the eggs, sugar, oil and pumpkin puree with an electric mixer until light and fluffy. Sift together the flour, baking powder, bicarbonate of soda, cinnamon and salt. Add to the pumpkin mixture and stir until thoroughly combined.

Spread the cake mixture evenly into an ungreased swiss roll tin. Bake for 25 to 30 minutes in preheated oven. Cool before icing.

To make the icing, cream together the cream cheese and butter. Stir in vanilla. Add icing sugar a little at a time, beating until mixture is smooth. Spread evenly on top of the cooled tray bake. Cut into slices.



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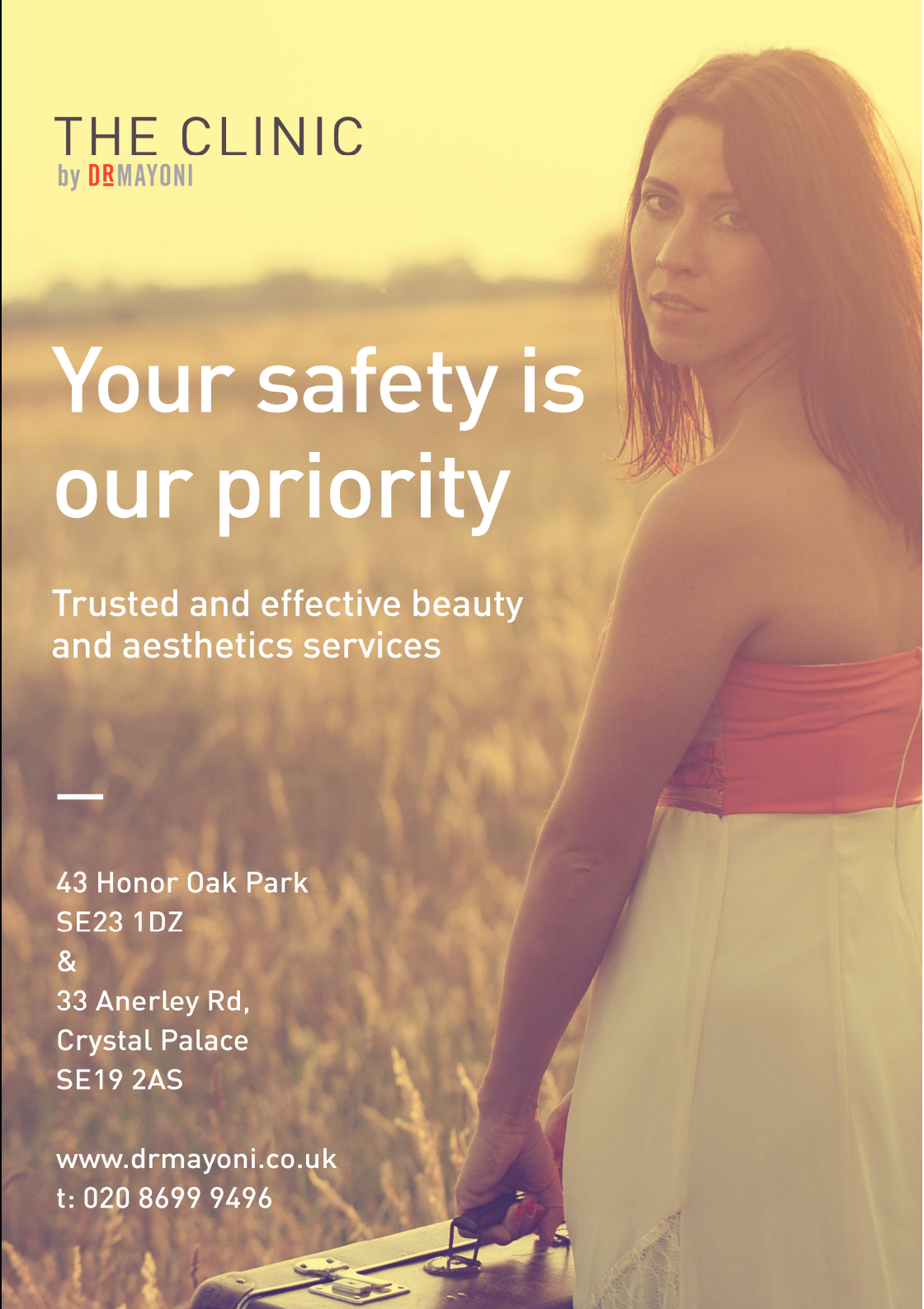
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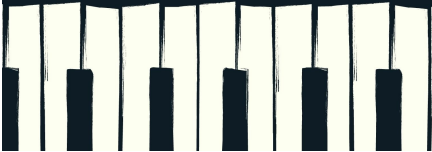
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# 5 ways to upsize your home without having to move house

Since the government announced the stamp duty holiday, there's been an influx of activity on the housing market as first time buyers, second home owners and investors look to make the most of the tax relief.

According to stats, new buyer registrations between 8th July and 8th August were up 38% compared to the same period last year.

This certainly mirrors what we've seen at Mortgage Confidence, where there has been a spike in the number of first time buyers looking to secure a mortgage for a property.

For those lucky enough to already own their home, moving isn't the only way to get more space - or even always the most cost-effective option.

Stamp duty might be slashed until March 2021, but there's still moving costs and legal fees to pay out.

Which is why we spoke to Anerley builder, Richard, of Richard Grehan Property Maintenance, who gave us some tips on how to make more of your home without having to move.

## 1. Loft extension

Richard said: "A loft extension is a great way to make your home bigger.

"Plus, in most homes they are pretty easy to do because a lot of loft conversions don't require planning permission if they fall under permitted development rights. Of course, this all changes if your plans exceed certain limits and conditions, like changing the roof shape.

"Some lofts can cater for two generous-sized rooms, whilst smaller homes have the space for one extra room, an ensuite and a whole row of wardrobes."

## 2. Knocking through

"Another way people can create more space, or make their current space work better for them, is by knocking a wall down.

"A lot of my recent jobs have involved knocking down walls that separate the kitchen from the dining room.

"That's because nowadays families want a bigger kitchen/dining area so they can cook, work and socialise in the same space. And they can do all of this as a family, without feeling like they are on top of each other. Again, this can be fairly simple to do."

## 3. Single storey extension

"Rather than just knocking down a wall to create one big space, some people prefer to put on a rear single storey extension," Richard said.

"In some cases, you don't need to apply for planning permission for this. So, it's a nice way to add more rooms, like a downstairs toilet, bathroom or utility room. You can really remodel your space to suit the way you live."

## 4. Building under the stairs

"For those that need some extra storage space, we've done some jobs before which involve building under the stairs. It's often an unused space. You could also clear out the space under the stairs for a small table or desk so it could be used as a downstairs office space."

## 5. Making use of your landing

"In bigger houses, there's often a lot of wasted space on the landing. But this can also be ideal for sneaking an office into your home."



Thinking of making some renovations to your current property? Then why not consider remortgaging to release some equity in your home? Get in touch with Jo Jingree, our specialist mortgage adviser, who is highly experienced with 20 years of mortgage knowledge. She also offers a no obligation 30-minute free phone call to discuss your requirements.

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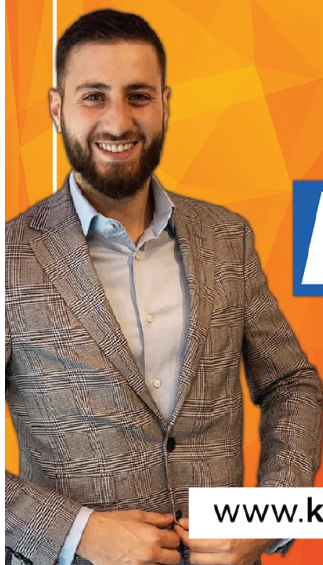
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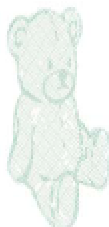
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## BEAT THE HEAT

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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# Wellbeing at work

## Prevention is key to managing workplace absence

Coronavirus-induced stress and working remotely from home or in different ways is taking its toll on the nation's mental health. A recent survey by the Mental Health Foundation and LinkedIn found that more than half of HR leaders felt mental health issues like loneliness and stress had increased since Coronavirus hit our shores.

If it leads to your employees needing time off work, that will be detrimental to their well-being, costly to your business and increase pressure on those employees still working.

There are ways you can reduce the risk of this harming your business. Adopting and promoting a wellness policy that showcases good mental health practice will not only improve the health and resilience of your workforce but will also demonstrate your commitment to their well-being - a win-win!

So, here are some tips to help you get your wellness policy off the ground. Monitor when your remote workers are logging in and out. The boundaries between office and home are now blurred and many employees feel under pressure to be constantly available. Extra hours do not equate to better productivity and excessive hours increase the risk of burnout.

Encourage managers and colleagues to open up. You could try introducing virtual coffee breaks and keep reiterating the message that it's good to talk. Realising that others are in similar positions will help everyone. Investing in an employee assistance programme is a surprisingly cost effective way for all sizes of business to support staff with a 24/7 confidential helpline with access to a range of counselling services.

Advocate exercise. Its physical and mental health benefits cannot be overstated. Bear in mind though that not everybody likes sport; so it's worth reminding your employees that anything active like gardening or a brisk walk can boost mental alertness, energy and positivity.

And keep ringing the bell for good hygiene. It's clear this message is now more important than ever to help slow the spread of the virus.

Be reassured - investing in your employees' mental and physical health now will pay dividends in the long term

## Financial well-being

As you'll know, and may be experiencing yourself, the coronavirus pandemic is leaving many people very worried about their finances.

If you've had to reduce hours or furlough staff, be sensitive to the impact this will have. And, if you are in a position to, try to reassure your employees that this is temporary. Also remember, if you can, to reassure the survivors of any redundancy programme - those employees who have remained with you but have seen their colleagues be selected to leave. Some may be feeling guilty that they still have their job, others will wonder 'Am I next?'. Although it's important you don't commit to anything you can't deliver.

Financial anxiety is exacerbated by lack of knowledge, so it's worth signposting what resources are available at the moment. Some banks are offering delayed mortgage repayments, for example, which may ease current pressures.

Explain employee benefits such as statutory sick pay and highlight available support or counselling for debt either via your employee assistance programme or an external organisation like Citizens Advice.

Where possible, keep employees up to date with honest information about how the business is doing and any plans you are considering to keep it in the best possible shape for the future and to protect their jobs.

Your employees will be grateful for any help you can offer at this difficult time.



**Helen Colechin**  
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# From Hiroshima to Anerley



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 the a pair of works from the first international artists to have taken the time to visit SE20 to leave their creative mark for our community mural project about Penge and Anerley.

The works in question are by Suiko and Fate who were visiting London from Hiroshima, Japan and found themselves painting in the blossoming sub-gallery about SE20 that is becoming St Hugh's Estate in a corner of the town that now can boast 15 painted artworks on garage doors and now walls.

It is always a pleasure for us to be able to host visiting artists, as well as always exciting to be able to see something fresh, new and influenced by a different cultural heritage and experience. So what the towns latest artistic visitor left us are in the case of Suiko some deconstructed abstract Asian Graffiti in the Kanji script spelling out Suiko.

In the case of Fate we have a fusion of the traditional and the modern with his strong bold colour palette of Japanese colours - red, black and white - presented in a minimalist geometric style heavily influenced by the immediate architecture. In both instances certainly offering something entirely different to any of the 300 or so artworks to have been placed up around Penge and Anerley in the last four and a half years.

We would like to say a big thank you to the St Hugh's Community Centre and Clarion for allowing us to find artists to work their property. A Big thank you to One Collective Art for putting the artists our way and of course a BIG thank you to Suiko and Fate 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](mailto:callinglondoninfo@gmail.com) or head over to our snazzy new sister site [www.pengestreetart.com](http://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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111

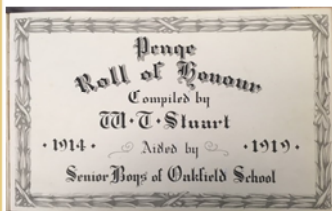
# Remembrance



## Martin Spence talks about Penge War Memorial

The symbols of remembrance which emerged from the First World War – war memorials, poppies, Armistice Day, the two-minute silence – are very familiar to us. But they didn't just happen. They were created by grieving survivors, looking for appropriate ways to remember the thousands upon thousands of young men lost.

When war started in August 1914, Penge was a commuter suburb, an Urban District with its own elected council, caught up in the national patriotic enthusiasm for war. Many local men volunteered to fight, and the Head Teacher of Oakfield Road School launched a Roll of Honour to record their names. But as the Western Front became a theatre of horror, and the casualties mounted, the Roll of Honour



steadily became a chronicle of Penge's war dead.

The first local war memorials were initiated by the churches; Baptists and Congregationalists installed memorial organs, while Anglicans and Methodists put up memorial plaques or windows. All of these were dedicated specifically to members of the churches' own congregations.

Plans for a civic memorial, for all Penge's war dead, emerged in the local Council after the War, inspired perhaps by the unveiling of the

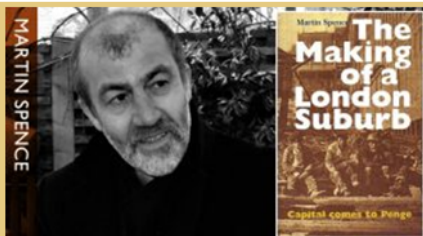
Cenotaph in Whitehall in 1919. But the local council had no legal powers to erect a war memorial, and no legal right to spend rate-payers' money on it. So it proposed an economical design - a rough granite Celtic cross, with the names of the dead inscribed on bronze tablets – and launched a fund-raising drive. The target was £600.

However, times were hard, unemployment high, and money short. By early 1921, only £300 had been raised. Rather than abandon the whole idea, Penge Council decided to erect the cross without the tablets. In April the War Memorial was unveiled at the entrance to the recreation ground, opposite St. John's Church, as a simple naked granite cross. An enormous crowd gathered for the ceremony, proving that despite the funding problems, people did want a local memorial, a shared place of grief and remembrance.

Three years later the Council obtained special Government permission to use rate-payers' money to pay for the tablets inscribed with the names of Penge's war dead. The memorial was complete.



If you would like to find out more on Penge's history. Martin has written the book 'The making of a London Suburb' available from <https://booksellercrow.co.uk/>







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