




# Ham & Petersham magazine

January/February 2011



The lower half of the cover features a photograph of a winter landscape. In the foreground, a wooden bench sits on a snow-covered lawn. To the right, a wooden fence is partially visible. In the middle ground, a silver car is parked on a snow-covered driveway. The background shows a large, light-colored building with many windows, partially obscured by snow-covered trees and bushes. The overall scene is a quiet, snowy residential area.

## New hope for little Luka

The 4th of December 2010 saw a very special community event in Petersham, *writes Silke Mueller*. More than 300 people made their way to the German School, following appeals that had been spread by newspapers, flyers, e-mailed distribution lists and during church services to come and get registered as a potential bone marrow donor for 4-year-old Luka Stroh or another person in desperate need for a transplant.

Luka lives in East Sheen with his German parents and three elder siblings, all of which attend the German School. In 2009 Luka bravely battled soft tissue sarcoma, a very rare type of cancer. Unfortunately, the lifesaving treatment he had to receive then caused an extremely unusual side effect: Luka developed acute myeloid leukaemia. His only chance to survive is a bone marrow transplant.

Luka's family and friends are still moved and grateful to everybody attending this joint effort held by the German bone marrow donor register DKMS and the British Anthony Nolan Charity. With the majority of participants not being connected to Luka at all, this was a real neighbourhood event, driven by the will to help people in need and surely building a bridge between the German and the local community. In the meantime a donor has been found for Luka, who will receive his transplant by the end of February, shortly after his 5th birthday. Hopefully this will be the start of a new life for this little boy.

## Ham Hydro gets global attention

The Ham Hydro project is continuing to gain supporters and attract attention. In January, a London film-maker working for Al-Jazeera TV came down to Ham to conduct interviews with members of Ham Hydro for a documentary showing positive community responses to climate change.

Ham Hydro has also commissioned a specialist company to carry out environmental impact assessments and this process will be starting soon. For further details about the hydropower project, email Chas Warlow at [chas@hamhydro.org](mailto:chas@hamhydro.org)

## The two 'old' houses of Petersham

Should you walk along the main road and look for the names, they are no longer there, *writes local historian Len Chave*. When I first moved into the area, I was excited to see a Tudor house with the nameplate The Old House outside. Was this really a sole survivor of its period, when with the Court at Richmond and Hampton Court there must have

been a population in this little village with its river access to both Palaces? I soon found out to the contrary, as the house, after demolition, was moved brick by brick from Cuxton in Kent, and re-erected in Petersham. The name is now Whorne's Place, after a former fifteenth-century Lord of Mayor of London, the original owner. Surprisingly, Evelyn Pritchard would not accept the name that I first knew, but I take comfort that John Cloake, that great historian of Richmond, was happy to use The Old House in his article in Richmond History 19.

The other 'Old House' was on the main A 307, just past the junction with Sandy Lane, called The Old Doctor's House. When I found out that the Sudbrook Ward (Ham & Petersham) had no doctor until after World War II, it became a puzzle to me, until I checked on electoral registers and found out that a physician and surgeon, named John Molineaux FRCSE once lived there. The house itself is not very old; one of those built in the late 1930s when the area around Sandy Lane including Lauderdale Drive and Arlington Road was developed. The nameplate is no longer attached, so it becomes part of the (almost) lost history of Petersham.

## Useful telephone numbers

### Doctors' surgeries

**Lock Road Surgery**  
8940 8922

**Tudor Drive Surgery**  
8549 0061

**Ham Clinic**  
8973 3500

**Richmond Practice**  
8940 5009

### Dental surgeries

**Perfect Smile,**  
Ashburnham Road  
8948 4085

**Perfect Smile,**  
Back Lane  
8948 1675

**Tudor Lodge Dental Practice**  
8940 4747

**Ham Dental Practice**  
8546 0326

### Schools

**Strathmore School**  
8948 0047

**Meadlands Primary School**  
8940 9207

**St Richard's with St Andrew's**  
School  
8940 7911

### The Russell School

8940 1446

**Grey Court School**  
8948 1173

**The German School**  
8940 2510

### Community services

**Ham Children's Centre**  
8734 3400

**Ham and Petersham SOS**  
8948 1090

**Ham Library**  
8940 8703

**Ham and Petersham Youth Centre**  
8288 0916

### Churches

**St Andrew's Church**  
8948 7374

**St Peter's Church**  
8940 8435

**St Richard's Church**  
8948 3758

**St Thomas Aquinas Church**  
8948 8292

**Ham Christian Centre**  
8948 0721

### Milk delivery

8399 8251

## Giving and Thanking

January can seem an unremittingly grim month with the end of winter so far away. In Christian Churches we are keeping the season of Epiphany, when we remember the visit of the Wise Men to the Baby Jesus some time after his birth. The gifts of the Wise Men, gold, frankincense and myrrh, symbolise important roles in the life of Jesus. Saying "thank you" for gifts is important and I am glad to take this opportunity to say a big "thank you" to those who gave a staggering amount of money at our Carol Services on Christmas Eve to The Vineyard Project in Richmond and overseas projects in Zimbabwe and Bangladesh.

One of the interesting features of life in Ham and Petersham is the amazing amount of voluntary work that is carried out by members of the community, using their own abilities for the benefit of others. It is important to say "thank you" for these gifts at least once a year. Perhaps we can brighten up a dark winter season by saying "thank you" to those that we see locally carrying on some unpleasant task without any thought of reward. For my part, I am always impressed by the hardy band of volunteers who keep the pond clear on Ham Common, not an easy task when the water is cold and dirty!

Friday March 4th is the Women's World Day of Prayer and there will be a special service at 12 noon at St. Andrew's Church, Ham when the work of women in Chile will be featured. All are welcome at this service, another chance to give thanks for the gifts of others.

### The Revd Canon Tim Marwood

Parish Priest, St. Peter's, Petersham

Area Dean of Richmond and Barnes

## Editorial team

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Front cover: **Photo by David Yates. It shows Ham Pond in the snow**

*Printed at Newman Thomson.*

## Ten The Green Optometrist

0208 940 0010



### EYE TESTS SPECTACLES CONTACT LENSES

Patients at Ten The Green can be sure that they will always have their eyes examined by the same optometrist. Gabriella Walker brings to the choice of spectacle frames and lenses the same care and attention lavished on her Georgian rooms. This gives reason to return again and again to the tranquil, unhurried elegance of the optician with the clearest view of Richmond Green.

Gabriella Walker BSc, MCOptom  
10 The Green, Richmond,  
Surrey. TW9 1PX

# News In Brief...

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## Ham resident publishes Peruvian cookery book

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Ham resident Flor Arcaya de Deliot has authored a cookery book of Peruvian dishes. Published by Anness Publishing, "The Food and Cooking of Peru" includes 65 recipes of traditional Peruvian cookery, plus an introductory section that describes the ethics and principles that guide the gastronomic preparations, some of them dating from before the Inca times in Peru.

The book includes a virtual visit to the country and has about 200 photos, many of them showing Peruvian places, products and people.

The recipes have been prepared using 95% British produce, as Peruvian dishes can be cooked with many different ingredients. They have been selected also by their popularity and extended use, by the practice of the Peruvian people. Some recipes are very old, some are relatively new but are rooted largely in their popularity and quality.

Flor Arcaya de Deliot has previously published two other Peruvian recipes books for beginners in her first attempts to popularise the food of her country of origin. "The Food and Cooking of Peru" can be purchased at [www.peruviancookery.com](http://www.peruviancookery.com) or by ringing 020 8332 6897.

## Great Passion arias by J.S. Bach

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A concert at St Peter's Church, Petersham will raise funds to support people with learning disabilities who are cared for by HFT in Kingston. Local professional musicians and soloists will perform some of the greatest music ever composed, evoking the true emotions of Passion Sunday.

"The intimate, atmospheric and period interior of this wonderful church, with its unique architecture and rare box pews, creates the perfect setting in which to feel the true power of this wonderful music," the organiser said. The event takes place from 6pm to 7pm on Sunday, April 10.

Tickets cost £15 from **Catherine. Leckenby@hft.org.uk** or **07879 412175** (Replies and confirmations will be sent on Wednesdays and Thursdays). Alternatively, contact Richard and Judy Barber on [jbarber.kingston@yahoo.co.uk](mailto:jbarber.kingston@yahoo.co.uk) or 020 8549 2353.

## Ham House: report from the beekeeper

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The bees at Ham House are just about to come out of their Winter shut down, as the weather warms up, and hopefully this year will be better than last so that the bees can collect plenty of pollen and nectar from the surrounding plants and trees, *writes beekeeper Mark Rowe.*

Did you know they travel up to three miles to do their rounds?

Bees are currently threatened by the Varroa Mite. There are currently two trains of thought on how to tackle this threat. The bees can be treated with toxins to control the mite or beekeepers can allow the hive to "live or die" depending on the colonies strength and natural resilience to control the mite.

Since last year, I have been taking the approach of building the colonies up and letting them control the mite. I will find out how successful I am as the year continues.

Probably in February, I will do a "shook swarm", that is, replace the old comb with new, when the conditions are right. This will help to stop the build up of varroa numbers.

## New therapists at the Beauty Lounge

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Three new therapists are working out of the Beauty Lounge at 179 Ashburnham Road throughout 2011. Roxanne Barker, a life coach, Rudi Dorenbeck-Werth, a hypnotherapist and Emma Furr, a reflexologist. For further details, contact Roxanne on 0208 940 2115 or 07939 312649 or visit her website: [www.roxannebarker.com](http://www.roxannebarker.com). Rudi can be contacted on 07904 289209 or visit his website: <http://www.relaxyoucan.eu>. Emma can be contacted on 0208 404 9431 or 0774 0612971. Or visit Emma's website: [www.emmafurr.org.uk](http://www.emmafurr.org.uk).

## Could Ham be a solar village?

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The Ham United Group (HUG) is currently investigating how solar power can be maximised in Ham using the roof space offered by homes and the Feed-in Tariff.

Anyone interested in getting involved in the Ham Solar Village Project can contact Chas Warlow at [Chas.warlow@gmail.com](mailto:Chas.warlow@gmail.com).

## Persia in Petersham

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Saraban – A Chef's journey through Persia: A talk & tasting of Lebanese & Syrian Cuisine with Greg Malouf will take place on Saturday 12th February at Petersham Nurseries. The presenter is described by Petersham Nurseries as a master of modern Middle Eastern cooking as well as an award winning chef and food-travel writer. Together with co-author Lucy Malouf, Greg will be hosting the talk and tasting - taking participants on a journey through modern day Persia, and introducing the delights of Persian cuisine. Call 020 8605 3627 for more details.

## Term “vegetarian” was first coined in Ham

Readers of this publication will already be aware that the term “New Age” was coined in Ham by the pioneering commune that resided on Ham Common in the 19th Century. An email to this publication from the Twickenham and Surrey Vegetarian and Vegan society claims that the term “vegetarian” also derives from the same community.

The society’s John Davis said he was assisted in his research by people with access to the libraries of Berkeley and Harvard. The conclusions, he writes, are as follows: “The word ‘vegetarian’ came from Alcott House, Ham Common, near London, which opened in 1838. The first known surviving printed use

of it was in 1842. We have now found all printed uses of the word up to 1847 - and until September 1847 all of them came from people closely connected with Alcott House. There were many people in other places following many variations of the ‘vegetable diet’ but none of them were using the V word before 1847. Everyone connected with Alcott House was following a 100% plant food diet, i.e. they were what we now call vegan. They were also strongly into all the animal ethics issues as well.

Until 1847 the word vegetarian simply meant someone living totally on plant food, nothing else. After

that it all got into an awful mess, but many continued to use it that way. The most striking from the late 19th century: Anna Kingsford MD, writing in the Preface to her ‘Dreams and Dreams Stories’ of 1886, stated, “For the past fifteen years I have been an abstainer from flesh-meats. Not a vegetarian, because during the whole of that period I have used such animal produce as butter, cheese, eggs, and milk.”

To join the local vegan and vegetarian society for dinners, picnics and general socialising, contact Lesley Dove at [Lesley@vegan4life.org.uk](mailto:Lesley@vegan4life.org.uk)

## Every picture tells a story - what's yours?



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# Dispelling myths about eye care

Ham Parade-based opticians Jaimini and Nishant Fofaria debunk some eye related myths and reveal some of their favourite optical illusions.

There are a number of old wives' tales about the eye and vision, some of which are outrageously impossible with others having enough believability that they deserve to be dealt with.

## Myth #1

**Reading in dim or poor light is harmful to your eyes and may cause you to need glasses**

Truth: No permanent damage will occur by reading in poor light BUT they will get tired and may feel strained because of the extra effort needed. It is true that reading in a well-lit room will prevent eye fatigue. As we approach the age of 40 our reading ability naturally changes and it is important to seek the advice of an Optometrist to determine a suitable solution whether it be corrective glasses or contact lenses.

## Myth #2

**Holding reading material up close will damage a child's eyes**

Truth: The place where reading material is held has no effect on eye health or the need for glasses. Children have a focusing ability that is far superior to that of adults. This means that many children find it comfortable to read close-up as it is easy for them to do so. However, in some cases it can be due to an undetected prescription and a routine eye examination with an Optometrist will confirm this.

## Myth #3

**Wearing glasses all the time will make you dependent on them and your eyes worse without them**

Truth: Wearing glasses will NEVER make your eyes worse. Some refractive errors (prescription for glasses) increase with time and if you are a glasses wearer this can appear to be responsible, but is not the case. In addition, once you have enjoyed clear vision with glasses it often seems your eyes are worse without.

## Myth #4

**If you cross your eyes on purpose they can get stuck there**

Truth: This stems from the 'make a face and if the wind changes you will stay like that'. It is impossible to make your eyes cross permanently (but we won't say no to telling your children this when they do it to aggravate you!).

## Myth #5

**Children will outgrow crossed or misaligned eyes**

Truth: Absolutely not! Children cannot outgrow crossed eyes (a condition called strabismus/squint) or misaligned eyes (poor vision in one eye). If detected early treatment with patching/glasses and/or surgery can be extremely successful. A child's vision is developing from when they are born to the age of 8 so treatment for these conditions needs to take place during this time.

## Myth #6

**Contact lenses cannot be worn if you have dry eyes**

Truth: False! There are a number of new contact lenses made of materials specifically for those with dry eyes or those who work in drier environments (air conditioning, computer based work), meaning many people who were deemed unsuitable in the past are now wearing lenses comfortably. A comprehensive contact lens fitting and discussion with an Optometrist would include a dry eye assessment and the appropriate lenses could then be fitted to suit your needs along with any required treatment for dryness.

## Myth #7

**Cataracts can be treated with eye drops or medication**

Truth: The only treatment for cataracts

is surgery, which nowadays, is a simple, 20 minute outpatient procedure. The progression of cataracts is known to be linked with exposure to UV light so it is important to protect the eyes by wearing sunglasses with good quality protective lenses.

## Myth #8

**Sitting too close to the TV will damage your eyes**

Truth: Children often sit close to the television as it is easy for them to focus up close without straining their eyes. This then often develops into a habit. Although there is no evidence that sitting close to the TV will cause permanent damage to your eyes it can be a symptom of myopia (short-sighted). A routine eye examination with an Optometrist would confirm this.

## Myth #9

**Children are unsuitable for contact lens wear**

Truth: With the correct guidance and regular clinical care children of any age can safely wear contact lenses. These can have a positive impact on their ability to take part in sports for example, and be a great confidence booster in a number of ways.

## Myth #10

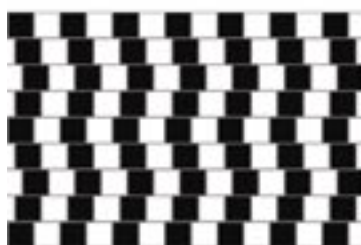
**I do not need an eye examination if I can see properly**

Truth: This is absolutely untrue and the most important from this list of myths. It is true that an eye examination will detect vision errors and the prescription for glasses/contact lenses can be determined. However, the most important aspect are the health checks. These include the pressure of the eye (to detect glaucoma) and examining the retinas (back of the eyes). Many eye diseases, for example, Glaucoma, do not have symptoms in the early stages. This means

that without an eye examination they would go undetected and can lead to blindness. In addition it is possible to detect high blood pressure, diabetes and tumours by looking at the back of the eyes.

An Optometrist will issue an individual recall based on their findings. This is usually 1-2 years in adults and 6months-1 year in children. It is a short time to give up for something as important as your vision.

**Optical Illusions** are visually perceived objects and images that differ from reality. An optical illusion occurs because the different cells and receptors of the eye perceive images and colours at different rates which can result in a false image being relayed to the brain.



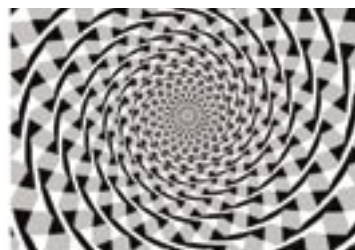
**Q.) Are the horizontal lines straight or bent?**

Ans) By lining up a ruler against them you will see they are straight but the way the 'bricks' have been laid causes this clever illusion



**Q.) Which orange circle is bigger?**

Ans) They are the same size but the differing surrounding circles cause the orange circle on the right to appear bigger



**The False Spiral**

Follow the rings round and you will see the arcs are a series of concentric circles and not the spiral that it appears to be

**Jaimini Fofaria BSc(Hons)MCOptom**

Nishant Fofaria BSc(Hons)MCOptom

Eyecare Opticians 02085490331

307 Richmond Road, Ham Parade, KT2 5QU




Eyecare Opticians was established to provide independent, state of the art and comprehensive eye care to the community of Ham and Petersham.

As a husband and wife team of Optometrists they are dedicated to ensuring continuity of care and outstanding levels of service whilst providing value for money. Nish and Jaimini also provide NHS home visits for those who have difficulty getting to the parade


**Practice details: [www.eyecareopticians.com](http://www.eyecareopticians.com)**  
**Tel: 020 85490331**  
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## Lamb Tajine with dried apricot and pine nuts

Serves 8, by Petersham chef Martina Lessing

### Ingredients:

- 1,5 kg shoulder of lamb
- 1 onion
- 2 garlic cloves
- 2 tins chopped tomatoes
- 2 tbsp Ras el Hanout (Moroccan spice mix)
- 125ml red wine
- 2 tbsp olive oil
- 1 tbsp butter
- 100g roasted pine nuts
- Fresh parsley or coriander

### Method:

Cut the meat into bite size portions. Heat the butter and oil in a pan and fry the meat in batches. Set aside.

Add the chopped onion and garlic and fry in the oil. Deglaze using the red wine. Return the meat to the pan and sprinkle with Raz el Hanout. Add the tomatoes and bring to the boil. Cover and stew for about one hour. Add the apricots and stew for another 20 minutes

### Final touches:

Season to taste. Scatter the pine nuts over the meat and serve with chopped parsley or coriander.

### Chef's note:

Very tasty served with couscous.

# Diary dates...

## February

Thursday, February 3

**Talk by ZEDFactory**  
**Zero bills with an energy roof...**

**Removing the last excuse**

Ham Children's Centre

Ashburnham Road

7.30pm, Free Entry

Saturday, February 5th

**Celebrity recital on new St Martin Organ**

St Peter's Church, Petersham, 6pm

Tickets: Adults £10, Under 19/students £5

Email: music@jjkassociates.com

Tickets also at The Gift Box, Ham Parade  
Proceeds to St Peter's Organ Fund

Tuesday, February 8th

**Storytime**

Ham Library, 4.15pm

For 0-3 year-olds

Tuesday, February 8th

**Green Drinks**

**Social event for the eco-minded**

Hand and Flower Pub

Ham Parade, 6pm – 9pm

Thursday, February 10

**Tea Fit for a Duchess**

**Tea tasting workshop**

Ham House, 2pm

Tickets £8

Call 020 8940 1950

Email: hamhouse@nationaltrust.org.uk

Tuesday, February 15th

**Talk: How to Grow a Family Tree**

Ham Library

Free of charge, 1pm – 2pm

Refreshments from 12.45pm

Wednesday, February 16th

**Poetry group meeting**

**Topic: relationships**

Ham Library, 1pm – 2pm

Free of charge

Refreshments from 12.45pm

## Mind shop opens in Ham Parade



The Mind charity opened a new shop in Ham parade in October 2010.

It became the 110th shop in its nation wide chain.

The shop has attracted lots of interest and good comments from the local community.

Situated next door to Barclays Bank, the shop sells Ladies Clothing, shoes and Accessories, Menswear, Childrens Clothing and Toys, Books, CD's DVD's and Bric-a-Brac.

We would welcome your donations of good quality items, you can help support the Charity even more by Gift Aiding your

donation. Ask about Gift Aid when you come to the shop.

Mind is a charity that helps people with mental health issues, Mind makes money to ease mental distress, inform and support the local community and associations.

Did you know that 1 in 4 people at some time in their lives will suffer from some kind of mental health problem.

Please support our shop, by donating your good quality items or unwanted Christmas presents.

You may feel you could help by becoming a volunteer. Please contact the Manager of the shop on 0203 490 9829.

We look forward to continued success in Ham with the support from the local community. Pop in and see us soon.

**Chris Nash**  
**Regional Manager**

# Ham and Petersham Low Carbon Zone

With solar panels now on our schools and over one hundred homes having had free energy saving equipment, Ham and Petersham is fast becoming a Low Carbon Zone. So what else has been happening and what is coming up over the next few months?

**The Ham and Petersham Low Carbon Zone is working to help us, our schools and our businesses save money on their energy bills.**

## Free for your home

We are offering you a free Home Energy visit, up to £150 worth of free energy efficiency equipment and grants towards insulating your home and improving your heating system. All of this is free and only available for those living in Ham or Petersham.

Over one hundred people have so far had a visit and their choice of equipment. Many have also taken advantage of the grants to book in their loft insulation, wall insulation or heating improvements meaning they stand to save hundreds of pounds on energy costs over the next few years.

## How much could you save?

This very much depends on your property. Some homes will be able to have boiler upgrades, some could have wall insulation and others may need a top up of their loft insulation. A Home Energy visit is the simplest way to find out which of these could help you most. Remember, regardless of your property type our free energy efficiency equipment will be able to help every home to make a start.

Complete and return an application form to secure your visit. We will be sending you an application pack in the post very soon so please watch out for it. If you have the internet you can also apply online at the Low Carbon Zone page on

[www.richmond.gov.uk/gogreen](http://www.richmond.gov.uk/gogreen)

Christopher Hunt, Low Carbon Zone Coordinator  
Civic Centre, 44 York Street, Twickenham, TW1 3BZ  
E: [christopher.hunt@richmond.gov.uk](mailto:christopher.hunt@richmond.gov.uk), T: 020 8891 7387



*Warm Schools Week*



*Free electricity from solar*

## Schools, businesses and our community

It is not just the homes that are taking action; local businesses, schools and community buildings are taking steps too.

Schools held Warm School's Week in November and have installed energy saving equipment and solar panels.

Some businesses have had an energy assessment and community buildings like the library and the Youth Centre have been quick to follow.

There are many more projects happening in Ham and Petersham to help make the area a Low Carbon Zone. Why not check the events page on the low carbon zone pages to see what is planned for the next few months and how to get involved.



*Green Streets*



## Help from the people in your street

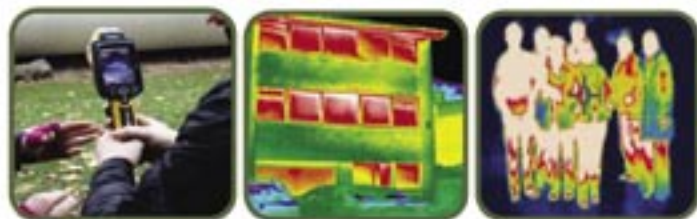
Ham and Petersham have a network of local volunteers that are helping people to save money on their energy bills.

Street Champions have been working together to draught proof houses and teach other people at the same time. These Draught Busting events have made a real difference and will soon be on offer in your street.

Thermal imaging cameras have also been used by street champions to help their neighbours to identify where heat is escaping from their properties and how to prevent it.

Contact Chas Warlow, Street Champion Coordinator, for more information.

[chas.warlow@richenvironmentnet.org.uk](mailto:chas.warlow@richenvironmentnet.org.uk)  
[www.projectdirt.com/group/hamstreetchampions](http://www.projectdirt.com/group/hamstreetchampions)



*A thermal imaging group in action*

## Ham and Petersham Green Drinks

On the second Tuesday of every month people from all over Ham and Petersham meet up at Green Drinks in the Hand and Flower pub from 18:30 onwards. Informal, light hearted and always interesting; the evening welcomes everybody with an interest in environmental issues.

Why not join us? Look out for the Green Drinks sign on the table and come and be introduced to likeminded people from your community.

## We currently have one of the biggest groups of people in the country comparing their energy using iMeasure

iMeasure is an independent online energy monitoring tool created by Oxford University. It allows you to see your energy use and compare how energy efficient you are with other people in Ham and Petersham.

The programme is easy to use; just sign up, find the 'Ham and Petersham Low Carbon Zone' carbon club and enter your meter readings. You'll then be able to see your energy consumption decrease and also see where you are in the local league table. You can sign up as an individual, a family or even anonymously; whichever you choose we know that you will find this incredibly useful.

[www.imeasure.org.uk](http://www.imeasure.org.uk)

## Ham and Petersham is being recognised nationally for its 'Green Streets'

One year ago a group of 15 households, together with the six local schools were chosen to represent the area in a national competition to reduce energy use. Vying for prize money of £100,000 for our community, they have been very busy and have recently been letting people from all over the country know about their achievements.

Two homeowners, Strathmore Special School, Meadlands Primary School and the Russell primary school have all installed solar photovoltaic panels on their roofs to produce renewable electricity and reduce their energy bills. Recently visited by local MP Zac Goldsmith and Centrica Group Director Catherine May, each of the schools will save around £1,200 each year.

Our group of fifteen households have been installing new boilers, improving their heating systems, topping up loft insulation, installing cavity wall insulation and are now leading the way in reducing their energy bills. Each month they have been meeting to find new ways to reduce energy in time for the final judging at the end of March.

To find out more about the competition, to see what the group have been up to and to help them win the grand prize visit [www.greenstreets.co.uk/solariHAM](http://www.greenstreets.co.uk/solariHAM)

### Some tips from the Ham and Petersham Green Streets group:

- Use an electricity display plug to find out how much energy your household equipment uses. You can borrow one of these from the Low Carbon Zone Coordinator. The results are surprising!
- Use a thermal imaging camera from the Street Champions to survey your house. Incredibly useful!
- Eliminate all draughts. This made a massive difference to comfort and encouraged me to turn the heating down.
- Use reflective radiator panels to stop heat escaping through the wall where it is hottest. You can get a couple free when you sign up for the Low Carbon Zone.
- Before turning up the thermostat remind yourself to put on a jumper and warm slippers first.
- Bath losing heat quickly? Pin some insulating material behind the side-panel of the bath (my old rubber yoga mat was the perfect length!).
- Keep the doors of unheated upstairs rooms closed.
- Use lids on your pans when cooking. Leaving foods to soak first also means they boil quicker.
- My neighbours live in very much the same style house as me. Finding out what they had tried really helped.



MAYOR OF LONDON



Richmond Environment Network



# The Restoration of Ham Pond

Like many village ponds, Ham Pond is believed to have started life as a place for gravel digging, which would soon have flooded and been put to good use by the locals as a source of water for their animals.

As recently as the 1930s cows were still grazing on the common and drinking at the pond. When they departed, the pond became a rather bare relic for the next sixty years, appreciated by many but used as a convenient waste dump by others.

It looked much as it had done since 1858, when its island was removed by order of the local Vestry, who needed material to fill in a less salubrious pond nearby.

By the 1990s people had come to understand how fragile natural environments and their ecosystems could be, and had accepted that each generation was responsible for their safekeeping and passing them on intact to its successor.

In this spirit, Richmond Council appointed an Ecology Officer, Emma Wilson, who noticed Ham Pond and its strategic position in a green corridor linking Richmond Park to the River Thames, and realised that with a little enhancement it could make a stronger contribution to the local wildlife.



The hundred foot crane gets to work

She organised some waterside planting at the eastern end of the pond, and in 2000 swans nested there for the first time in living memory. A public meeting was held in September that year to discuss the way ahead; it decided that more could and should be done to encourage wildlife and enhance the pond's appearance without damaging its 'village pond' character, and

it established a working group to carry these ideas forward.

As a direct result, thanks to funding from the Heritage Lottery Fund, generous public contributions, and the co-operation and support of the local residents' associations and the Council, the Ham Pond Group was able to commission major works carried out in 2002 to recreate the long-lost island, stabilise the banks, extend the waterside planting and improve the seating.

Overall this initiative was successful and widely appreciated. Birds were attracted in greater numbers and in greater variety by the island and the new planting.

However, in time it became clear that our reliance on plant roots to bind the island soil in the long term was not working out, partly because of birds scrabbling up the banks and then eating the said plants, but mostly because of winter flooding and wave erosion.

The island was steadily and ominously shrinking, until it almost disappeared in March 2010 when the water level was high.



Caring for the pond environment

## By David Yates, a founder member of the Ham Pond Group



Lowering the reject stone and soil



tonnes of reject stone with four tonnes of clay soil were lifted to the island in one exciting day using a hired hundred-foot crane. Some donated irises and relocated reeds were planted, and the Group plans to sow 'wet meadow' seeds over the whole island in early spring 2011. Less dramatic works included restoring the vistas of the pond from two seats where the views had become obscured by reeds, refurbishing

By then the Ham Pond Group had applied to the Richmond Civic Trust for a grant to help to rebuild the island on its original foundations with more suitable materials, and when this application was successful the Group launched a public appeal for funds to cover the balance of the cost. Again the local residents responded very generously, and major restoration works were carried out by Kingston Garden Services on behalf of the Group in October 2010.

Initial thoughts of ferrying materials to the island by boat were soon dismissed as inadequate, and in the event the forty

the water supply arrangements, repairing an eroded stretch of the bank near the south west corner, and extending the existing fence across a gap on the southern bank to improve safety.

So what's next? To reduce the risk of future damage to the island and the banks caused by winter flooding, we would be very glad to have some way of disposing of excess water. In principle, there seems to be a possibility of installing an overflow pipe to the land drain in the nearby road (incorporating a non-return valve to ensure that water can't flow the wrong way!).

However, this would of course need the permission of the relevant authorities which may not be forthcoming. Preliminary enquiries are ongoing. Apart from that it will be back to business as usual: the Group and its volunteers will continue to care for the pond and its plants and wildlife to preserve its present character, carrying out monthly tidy-ups (with a more strenuous one each October), and dealing with the quite frequent miscellaneous events such as low water levels, sick or injured birds and damaged fences.

**If you have any queries or suggestions about the pond, please contact Terry Willis (020 8948 3105 or [terrywillis@hotmail.co.uk](mailto:terrywillis@hotmail.co.uk)).**

When it was formed in 2000 the Ham Pond Group was chaired by Councillor Sue Jones and included representatives of Richmond Council, the Ham and Petersham Association and the Ham Amenities Group with other interested local residents. We soon found that the bodies awarding grants required applicant groups to have bank accounts and often a forum such as an AGM, and these were very helpfully provided by the Ham and Petersham Association, whose then Chairman, Vanessa Fison, has led the Group for the past nine years. We are also grateful for the continued support of the Ham Amenities Group, and for the constructive approach of Richmond Council, who 'own' the Common and the pond on behalf of the community, and whose co-operation and agreement is therefore vital to all the Group's activities.



**HAM UNITED GROUP-YOUR LOCAL COMMUNITY GROUP-  
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## *Ham United Group Winter update*

Welcome to the 1<sup>st</sup> update for 2011. 2010 saw the year ending with 4 very successful **HUG** events. One event is already a firm favourite with the children at Ham Library and 2 of the other gatherings are set to also become regular features in the **HUG** calendar.



Mid November saw **HUG** join forces with pupils from St Richard's with St Andrew's primary school to plant tree whips donated by the Woodland Trust's "MORE TREES More Good" project. Our pack of 'Jams, jellies and chutney' 105 trees were donated by TK Max. The majority were planted in the school grounds where they are going to form part of a wildlife garden that is being created. As you can see from the picture on the left, fashion played an important role in the planting.

The **Barn Dance** at the end of November was a resounding success – all credit to Bettina and Peter Rixon for putting it all together in only a few weeks. It saw some 130 community members come together. I am quoting from Briony as she caught the atmosphere of the Barn Dance!

"At 4.30pm it's time to locate my best jeans and sweatshirt. Once changed, I head over to the Youth Club, open the door and the music hits me! Everyone is up on the dance floor, really enjoying themselves - young and old. Straw bales transform the hall, giving it a traditional atmosphere.



December saw two **HUG** events – our 3<sup>rd</sup> year of hosting the Advent gingerbread decorating was well attended by the younger members of HUG and the broader community. Great fun was had, but I wonder how many stars made it as far as decorating the Christmas tree?

Our last 2010 even saw Nick Gale from **Ham & Petersham Association** and I organise '**Carols on Ham Green**'. Despite competing with the live episode of a well known soap, there was a great turnout. The carols were a fundraising event on behalf of The Shooting Star raised approximately £100. Shooting Star songsters started the signing with Grey Court's 'Hamming It Up' community choir closing the evening. We were also treated to an impromptu flute playing performance from Solange Warlow. Lastly, a huge vote of thanks goes to Chris for providing the Christmas tree lights, but most importantly your Mulled Wine was great. Can't wait for this year's event – hope you are up for it Nick!

The **Grey Court Community Allotment** was 'put to bed' for the winter. That said wild strawberries and rhubarb were planted. The 'Weeding Wednesday' activity during term time was a resounding success with the children from Newman House. Mary plans to ease us all gently back to the soil and we hope to see you on the 1<sup>st</sup> Saturday in February – details will be on our website's Events page. Otherwise email her at [allotment@hamunitedgroup.org.uk](mailto:allotment@hamunitedgroup.org.uk)

I am looking forward to meeting you all again in 2011 and welcoming new members. Remember to keep an eye on our web Events Calendar as we have more fun events lined up.

*Jean Loveland*

## Ham and Petersham SOS - befriending scheme



Do you fancy doing something worthwhile and rewarding in the New Year? If so you could be part of a new befriending scheme at Ham and Petersham SOS,

writes SOS organiser Sam Payne. Our new service is focused on providing companionship and help to older people in our local community. Befriending might involve visiting someone on a regular basis for a cuppa and a chat, or walking with someone to local shops or maybe driving someone for an afternoon out. The possibilities are endless and from these experiences warm, trusting and supportive relationships are developed. If you could spare a couple of hours a fortnight and would enjoy meeting someone new to talk to and share experiences with then please call me at Ham and Petersham SOS on **0208 948 1090**.

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## Ham resident leads fundraising at local Hospice



Ham resident, Nigel Seymour, leads on income generation as the Director of Fundraising and Communication at Princess Alice Hospice. He has been in the

role for four years. New and innovative ideas from Nigel and his team has seen fundraising grow by more than 40% in the last three years. The charity will continue to strive during the coming year as it celebrates its 25th anniversary, with large scale community events, a celebrity golf day and other campaigns.

The next project is the introduction of the Hospice's very first 'Make a Will Fortnight' that sees solicitors within the charity's area of care provide a free standard will or a change to an existing will, free of charge in exchange for a donation to the Hospice. The campaign is running from Saturday 5 to Saturday 19 March, anyone interested can book an appointment with a participating solicitor.

This is a great way for local residents to support their local Hospice. The

building is located in Esher; however, the community based team of Princess Alice Nurses – one of the largest teams in the UK – visit over 800 patients in their homes at any one time. Ham, Richmond, Twickenham and the surrounding areas are all covered by Princess Alice Hospice.

All services are provided free of charge to the community. Over £7 million is needed each year to provide these vital and much needed services, with limited NHS funding. Over 75% of funding must be raised through voluntary donations and fundraising.

**For more information and participating solicitors visit [www.pah.org.uk](http://www.pah.org.uk), contact [karenwhitehorn@pah.org.uk](mailto:karenwhitehorn@pah.org.uk) or call 01372 461854.**

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## Transition Town Kingston Food Group



# From the Ground Up is sprouting

Schools, groups and churches in Ham and Petersham are being called upon to partner with a new organisation to deliver organic food locally. Founded in March 2010, From the Ground Up (FGU) tells H&P magazine readers how it plans to make fresh organic food more affordable and available in the community

Dissatisfied with the high expense and inaccessibility of organic food in the area, the group responded by setting up a not-for-profit community association, working with a very clear set of principles:

- o All fresh food is sourced from certified organic suppliers (Soil Association certified in the UK)
- o Food is sold at or near wholesale prices
- o Seasonal and 'local when possible' with preference to UK suppliers (other countries we source from are Spain, France and Italy)
- o Support local producers of organic or natural food products

The scheme is supported by volunteers from all walks of life with a common passion for safe, quality food produced by ethical farming practices.

What started as a vision is now flourishing with over 270 names on its mailing list, an active group of volunteers, two collection venues, and product offerings that include organic bread from one of London's few organic bakeries, jams, cheese and dry goods from SUMA – a wholesale distributor of ethical products. Its rapid growth and a robust 20% order rate each fortnightly cycle – an enviable rate by most standards - firmly confirm that FGU is filling an untapped need in the area.

Dean Jenkins, one of the founders of FGU attributes this success to "repeat orders from customers who are happy with the quality, prices, service and organisation of From the Ground Up". This and keeping costs low by being a collection scheme and a volunteer operation seem to be a winning ticket for FGU.

Currently FGU offers two collection venues for customers to collect their orders. The Canbury Arms Pub in North Kingston ([www.thecanburyarms.com](http://www.thecanburyarms.com)) hosts FGU's Friday morning sorting, packing and collection activities due to its proximity to North Kingston customers and inviting atmosphere. When FGU approached Mike Pearson, owner of the Canbury Arms, about the possibility of using his Pub as a collection point he was on-board immediately. Mike and his staff have been very supportive in making the Canbury Arms a viable venue for From the Ground Up.

The second collection point is at the Kingston Environment Centre on Saturday morning, (<http://kingstoneco.org.uk>). Jean Vidler, manager of the Environment Centre, has been one of FGU's strongest supporters since its inception. The use of the Environment Centre as FGU's home base has contributed to creating a community spirit between the customers and volunteers.

Stephanie Hofielen, manager of FGU, feels that with the infrastructure in place the next step for FGU is extending its reach into other communities through a network of From the Ground Up hubs. "We met several people from the Ham / Petersham area who were interested in From the Ground Up when we were at the Home Grown event at Ham House last September. Now that we have the processes figured out and the food supplier in place, it would be terrific if we can work with key person(s) from this area: be it a school; social group; church; or any group of persons who is interested in partnering with FGU to offer affordable organic food to the Ham / Petersham communities."

From the Ground Up also depends on people's generosity of time and goodwill to ensure it continues. In turn, it provides a great 'roll up your sleeves' hands on experience working for a community food initiative. It welcomes anyone who is interested in preparing orders and working with customers and / or sharing their skills in marketing, writing, website design and general business knowledge. From the Ground Up would also like to work with schools to create a school box scheme co-managed and operated by students.

**For more information contact FGU at**  
[fromthegroundupcoop@ttkingston.org](mailto:fromthegroundupcoop@ttkingston.org)

**or visit our website at**  
<http://www.ttkingston.org/groups-and-projects/ground-up/>

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# ZedFactory to give talk in Ham



Leading eco-architects ZedFactory will be giving a talk in Ham on Thursday, February 3rd from 7.30pm at Ham Children's Centre in Ashburnham Road.

The talk is entitled "Zero bills with an energy roof...Removing the last excuse" and is being hosted by the Ham United Group (HUG).

ZedFactory is internationally known for designing innovative, low carbon houses, house boats and even villages which have inspired a new generation of architects to think more holistically about new developments.

Zed Factory's flagship project is only down the road at Beddington. Called "BedZED", the Beddington Zero Energy Development is the UK's largest mixed use sustainable community and was designed to create a thriving community in which ordinary people could enjoy a high quality of life, while living within their fair share of the Earth's resources. In the case of BedZED, they also live within easy reach of the centre of London.

BedZED, designed by ZEDfactory, and developed by the Peabody Trust, was completed and occupied in 2002. The community comprises 50% housing for sale, 25% key worker shared ownership and 25% social housing for rent.

The presentation on February 3rd will interest anyone involved in the Ham and Petersham Low Carbon Zone (LCZ) or residents thinking about signing up to the LCZ as well those who have a general interest in low carbon issues.

