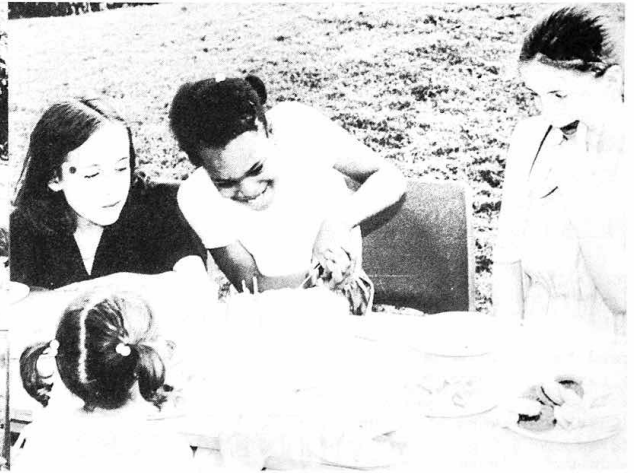
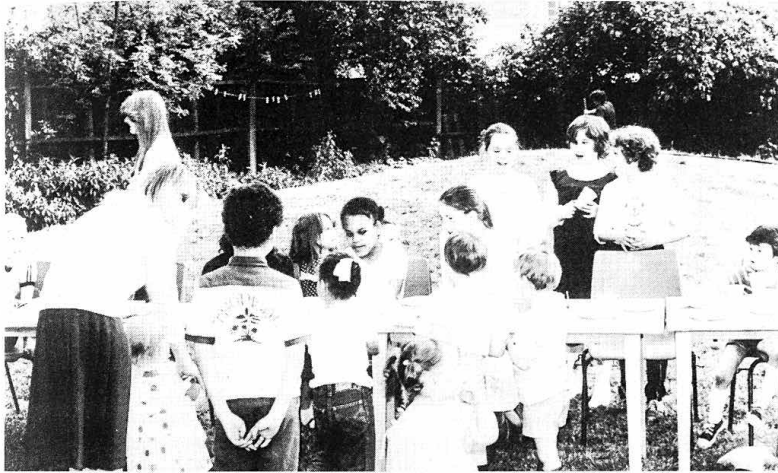


# SEI

JULY/AUG. '83. 15p MONTHLY. NUMBER 17.



## PARTY TIME

On Sunday 5th June, which luckily was a very nice afternoon, the Kennington and Waterloo Gingerbread group held a childrens party in the

grounds of the Community Education Building in King Edwards Walk. In all there were about 15 to 20 children, plenty of food and drink,

and various pieces of play equipment belonging to the college

Also celebrated was a belated birthday party for Keeley, one of the Gingerbread members. With the weather being so good, also the food being so tasty as can be seen by the photos, a great time was had by all.

## ON THE RIGHT TRACK

These Rockingham youngsters will soon enjoy a pukka BMX cycle track on derelict land at the Falmouth Road, New Kent Road junction.

Rockingham Tenants Association drew up the scheme under Southwark Council's 'Facelift' project for brightening up the borough. The Council is providing £20,000 for the bicycle track and fencing.

More than 100 bids for 'Facelift' money are now being considered. Local people replied to the invitation to use Council funding for neighbourhood improvements with schemes ranging from community gardens on derelict sites to murals and a new market place.



*inside!*

MINT STREET ADVENTURE PLAYGROUND  
IN MINT CONDITION

Page 3

CRACKING UP IN SOUTHWARK  
PART III

Page 5

GETTING AWAY FROM IT ALL

Page 4

FOCUS ON COPPERFIELD STREET  
COMMUNITY GARDEN

Page 6

BOB'S RECIPES & GINA'S  
NATURAL CURES

Page 7

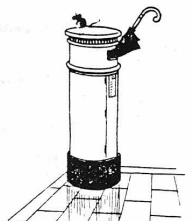
ACTION PLAN

Page 8



*the local newspaper!*

# Letters



SEND US  
A LETTER!!!  
SE1 NEWSPAPER  
12 MEYMOTT ST.  
SE1.

## FIRST TIMER

Sir,  
I read the S.E.1 newspaper for the first time and it seems that too much space was spent on Charles Dickens etc. The estates are being turned into car parks and dog latrines. In our estate, Kipling, car parking spaces paid for is about 10, apart from garages - the rest is made up of free parking open to anybody, also room free for (Council) employees vehicles; free play grounds for anybody's dogs up to 12 o'clock at night; starting at 6 o'clock in the morning when the doors open and the dogs are set free. The cars starting up leaving pools of oil and grease to be transferred on shoes into tenants homes. And then until 12 o'clock it's in and out for anybody's car - and no caretakers to turn them out. There is also pigeons mess to contend with. I counted 64 pigeons being fed by tenants.

Caterpillars, dogs, oil, too many cars, pigeons; these are health hazards so the Council must not ignore these as they become worse nuisances if not under control.

Let's have something said and done about this. Ten payers of car parking - the rest free. That's not fair.

Old Age Pensioner

SE1 adds: We always welcome letters from readers, especially if you let us know what you think of the paper. But we would like to have a name and address in case we have to check any points with you - we won't publish them if you don't want us to.

We'd also mention that we are completely independent, and not part of any Council! So let's have your reaction to the above, Southwark Council!

## WE GOING TO PAY YOUR RENT?

There must be many people like me who find these words produce not laughs but tears. I, like everyone else in entitlement, am still waiting in desperation for my rent and rate rebate, now six weeks overdue.

I am sick and tired of the lame excuses handed out by seemingly robot staff at Rye Lane, Peckham.

"We are inundated - we cannot cope - we are sorry - we mustn't say when we think you will get it - the DHSS is to blame" and ad nauseum.

Allowing for the always guaranteed chaos of any change in the rules, surely someone 'in charge' has the ability to sort out the appalling muddle they have got themselves into.

The system of coloured forms would not tax a 12 year old, and for all those like myself who have trudged to Rye Lane to have documents photocopied, the procedure is simple, even by local council standards.

I ask, is there someone with iron in their voice and power in their hands, that can get us our rent money, surely the most important payment one has to make.

"Local resident"

## NEW.. TENENTS ASSOCIATION

On a warm midsummer evening last month, 40 people gathered in the Spa Road housing office to launch the Tanners, Tyers and Whites Grounds Tenants Association.

The meeting was called on the initiative of Mrs Reardon, a resident of Whites Grounds. "We'd been talking about a tenants association for three years!" she explained. "And I thought I'd better start it off myself. We decided to bring in the other two estates because ours is too small to have a T.A. of its own."

The Association will be pressing the council to improve repairs and cleansing on the estate. They also want to use a flat or an old building nearby to run activities for local young people. They hope to be involved in any scheme for the use of the Leathermarket Gardens site.

The new Tenants Association can be contacted via the chairperson: Mrs Reardon, at 103 Whites Grounds, Phone 403 6727.

## SMALL ADS.

**JUMBLE SALE**  
Kennington and Waterloo  
Gingerbread are holding a Jumble Sale on Saturday 23rd July, 2pm at Lambeth Mission, Lambeth Road, SE1. Admission 5p.

**SILKSREEN EQUIPMENT**  
2 screens (9x9inch, and 17x23)  
2 squeezers, 2 rollers, various inks, odd chemicals, spare silks and bits and pieces. Only £10 o.n.o. Phone John on 720 1466 daytime.

## MORLEY

### Morley College

61 Westminster Bridge Road  
London SE1 7HT  
Telephone 01-928 8501

Principal  
Barry Hill

Morley College grew out of the educational activities for local people organised by Emma Costa in the dressing rooms of the Old Vic Theatre in the 1960s. As the College's work increased, it moved to its present site in Westminster Bridge Road in 1984. Since then, the College has been completely rebuilt and much enlarged, with a unique range of buildings purpose-built for adult education. It now offers a wide range of specially equipped rooms for art, music, drama, dance and language learning as well as a library, a refectory with canteen service and a bar, which add to the friendly and pleasant atmosphere of the College.

The College's new community building is being completed this year. It will be used for a variety of locally based and less formal educational activities, and also houses the creches and playgroup. Until 1980, Morley College was a 'Literary Institute' offering to students from all over London classes in all the arts and the more 'academic' subjects, such as Humanities, Science, Social Sciences, Literature and Languages. In 1981, the College took on in addition responsibility for more general adult education work in drama, so that included in the programme now are such subjects as Basic Education, Keep Fit and Martial Arts, Dressmaking, Cookery and Car Maintenance. The area served stretches from Vauxhall to London Bridge and inland as far as The Oval and The Elephant. Classes are held in the College's main building, in seven local branches and in many 'off-site' buildings.



Make a FRESH START this SEPTEMBER.....JOIN one of our classes. Look out for our new prospectus, we are posting one to every household in our 'patch'.



Creches and Playgroup

The Creches and Playgroup are held in a purpose built accommodation in the community building in King Edward Walk.

## EMPLOYMENT SURVEY

The North Southwark Community Development Group has been conducting a survey of work skills and employment in the area. Residents of Tooley St, Tabard Gardens Estate and Peabody Southwark Street were asked what work experience they had and what work they could or were doing. Results showed a high proportion of manual skills and a correspondingly low proportion of office skills.

This will come as no surprise to anyone who knows the area. North Southwark has been a manufacturing and trading area for many decades, centred on the now redundant docks. Recent decline however has been rapid. Between 1966 and 1980 land used for warehousing and industrial activities in North Southwark decreased from 2,674,700 square metres to only 1,515,900. In other words, it was virtually halved, and the decline continues, though at a slower rate. Office space over the same period increased by 270,800 square metres.

The effect on employment has been devastating. Unemployment in Southwark has increased at an overall faster rate than anywhere else in London. In April 1983 the Manpower Service Commission calculated that unemployment rates for Borough and Bermondsey respectively were 18.8% and 23.4%. For Greater London in the same month the figure stood at 11.9%, and 16.3% for the whole of Britain.

Many men who lost jobs directly or indirectly as a result of dock closures expect never to work again. Women who once worked in the large factories such as Hartleys, in many cases now find only part-time cleaning for these people and many others in North Southwark, office development has little or nothing to offer.

This situation has been described by government departments as a 'skills mismatch'. The NSDCG see it more as a 'jobs mismatch'. The problem is not so much that the people of North Southwark have the wrong skills, but that office employment is the wrong work for the majority of residents.

A full report on the survey will be available by the end of June from N.S.C.D.G. above Borough Community Centre, 56 Southwark Bridge Rd, SE1.

## Open College

The Open College opens the doors to education for adults in South London.

The Open College offers a choice of:

- \* time and place for learning
- \* subjects at all levels
- \* routes into higher education

Find out more from:  
The Open College of South London,  
Manor House, 58 Clapham Common North Side,  
London SW4 9RZ. Telephone: 01-228 2015/6

Employed or not, qualified or not, The Open College has a course for you.

Open College courses are offered at:  
Brixton College  
South London College  
Southwark College  
Vauxhall College  
Lambeth Adult Education Institute  
Morley College  
Southwark Institute  
Polytechnic of the South Bank

## FULLY STAFFED AND READY FOR THE SUMMER HOLIDAYS+

Mint Street Adventure Playground, at the corner of Southwark Bridge Road and Lant St, has had a pretty hectic year. For most of the time, we have been understaffed with just Anthea and Gary working. We are glad to say that our vacancy has been successfully filled with the arrival of Michel. This has enabled us to begin properly to improve the structures in our outdoor area. Up to now this had not been progressing as fast as we would have liked. Still this doesn't mean that we have not been attracting lots of local school-aged kids. Especially now that the warm weather is the number of kids coming in is increasing. At the moment we are open Tuesday to Friday, 4pm to 8pm and on Saturday 10am to 6pm.

We like to meet local parents who are quite welcome to bring their kids along and see what the playground is like. They can also have a chat with the playleaders and if they are lucky, they might even get a cup of tea.

Don't forget that during the 6 weeks of the school summer holidays we run an intensive play programme. The playground is open 10 hours a day, 6 days a week with lots of organised activities including camping and day trips. If you would like more information about our summer play scheme, come along and ask the playleaders.

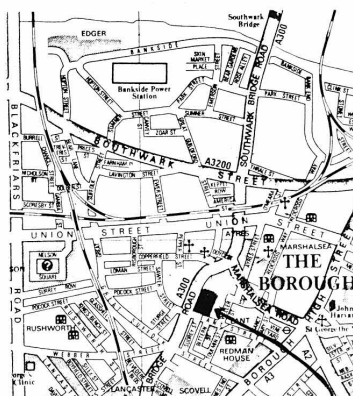
Gary.

## ALSO

MORE AT MINT ST.

'Facelift' is also funding £1,500 for works at Mint Street Adventure Playground, SE1. The project includes cleaning and preparing the ground for turfing, laying turf and installing four seats. Children and playleaders will clear the site and maintain it when the works are finished.

'SEI' NEWSPAPER GROUP WISH ALL OUR READERS A HAPPY SUMMER HOLIDAY. WE SHALL BE ON SALE AGAIN IN SEPTEMBER.



Mint Street Adventure Playground

## ADVICE ON TRAINING

Information and advice on day and evening classes and training opportunities is being given at the Borough Community Centre, 56 Southwark Bridge Rd. on Tuesdays between 11am and 12.30pm, and Wednesdays 6.30pm to 8pm. If you want to know more, contact Linda on 928 6476 or Eithne on 928 8501 extension 154.

SEI  
BOROUGH  
BLACKFRIARS  
WATERLOO  
Your local newspaper!

## CATERPILLAR LAMENT

There are lumps, bumps, spots and rash abounding on our skin. Your heart would bleed if you could see the state that we are in. We call the council office and we get the same old tune: "I'm sorry, we're so busy, but we'll be there one day soon."

Meanwhile the hairy creatures just multiply each day and we just keep on scratching - oh! why won't they go away? If only we had someone, with a little bit of clout. I'm sure that they could find a way to flush the council out.

Then all the caterpillars can so quickly be despatched To a caterpillar graveyard, and forever be detached!

Local Resident

A PORTER ADVERTISING YOUR TENANTS ASSOCIATION MEETING!  
MINUTES OF YOUR PENSIONERS GROUP MEETING!  
A PETITION AGAINST HEAVY LOANES IN YOUR STREET!

## PRINT IT

at the

North Southwark Community Development Group

resource centre

A SERVICE FOR LOCAL COMMUNITY GROUPS

- WE ARE: Updaters above the Borough Community Centre at 56 Southwark Bridge Road (the Old Library).
- WE WILL: Show you how to produce leaflets, posters, letterheads, petitions, newsletters, etc.
- WE CAN: Print writing and simple drawings in red and black on white or coloured paper. Also photocopy on A1 & A4 and do contact lines.
- WE HAVE: A duplicator, stencil-cutter, photocopier, typewriter, instant, post-up materials and stationery.
- WE CHARGE: Cost price only: 1p per sheet on the duplicator, 2p per sheet on the photocopier.

ALL YOU HAVE TO DO  
is call in or phone 928-0711  
and speak to Martin or Roger  
to arrange a time.



'TRIUMPH OF LABOUR' - a history of trade unions - an exhibition at the Livesey Museum until July 23rd. Admission free Mon to Sat 10am to 5pm. 682 Old Kent Road, SE15. Further details on 639 5604 (Janet Vitmayer or Nell Maynard)

## BE WISE, ADVERTISE IN "SEI"

Small ads free to SE1 residents! No businesses please but all your private sales and wants, babysitting, jumble sales etc. Send you small ad, into SE1 at 12 Meymott Street





## AWAY FROM IT ALL

Conservation work, painting, packing clothes for Poland may not be everybody's idea of getting away from it all, but through my work at the Borough Community Centre, I have been able to arrange for teenagers from SE1 to take part in the varied programme of activities that the London Teenage Project organises.

Apart from the few hours of voluntary work which we all muck in and do, the main aim of the weekend is to give everybody on the weekend the chance to socialise and experience co-operative living, whilst undertaking some useful and rewarding work for the benefit of others. The Project encourages young people to take an interest in their own communities and also provides a channel for them to air their concerns and ideas.

As well as weekends, we also run a summer programme consisting of 10-day camps as far afield as Newcastle, incorporating young people from the strife torn areas of Derry in Northern Ireland. Details of the summer programme can be obtained from our office.

The weekends and summer camps have a fun side to them too. We take along lots of indoor and outdoor games, music centre, arts and craft equipment. Cooking our own meals leads to a lot of fun at times. Also we welcome adults (over 21) to come on our camps to act as adult volunteer escorts,

to assist the smooth running of our camps.

The work we do is essentially for community based projects which otherwise would not be done because of lack of funding and cutbacks.

The London Teenage Project developed on the success of the Northern Ireland Teenage Project which is responding to the crisis of modern inner-city life there. Our Programme introduces teenagers from a variety of ethnic backgrounds, often unemployed from the inner city areas of London, Leeds and Newcastle.



The London Teenage Project was set up by International Voluntary Service in 1979. The Project was created specifically for the inner-city teenagers between 15 and 19 years old.

We are funded by a number of sponsors and various grants. Based at Coldharbour Lane, Camberwell, we have linked up with teenagers as far away as Dagenham and as near to base as Brixton.

We still have vacancies for our summer programme. You can contact us at the following number: 274 2329.

Rita Byrne-Project Worker

## LOOK UP AND LEARN

### LOCAL STUDIES IN SOUTHWARK

The Southwark Local Studies Library was established in the premises at the John Harvard Library in 1978. The collections cover the whole of the present London Borough of Southwark, from the riverside to Dulwich, including that part of SE1 in Southwark.

Information on most media, such as tape recordings, video maps, photographs, engravings, microfilms, local newspapers, pamphlets, leaflets and of course books. The Library attempts to be as up-to-date as possible, taking annual reports, newsletters and magazines of local groups (there is a complete file of SE1 and Walworth in Print for example), indexing the South London Press and collecting ephemeral material such as election leaflets.

You can see the large scale Ordnance Survey maps, giving the plan of individual buildings, either the latest revisions of microfilm or earlier printed editions over the past 100 years. Other maps show the considerable changes in the area since the 16th century. Among the 25,000 or so illustrations in the Library are a great many of North Southwark, and increasing in number all the time. One photograph acquired recently features the 'Egg Breaking Plant' on Bankside in the 19th century. More information about this would be welcomed.

Through the Kelly's London directories, which the Library has back to the early 19th century, the tradesmen and occupiers of shops, factories, wharves and offices can be discovered, and the dates they were there. People can be traced through the electoral registers which are held from 1894; and for the 19th century, microfilm copies of the original census returns gives the names, addresses, occupations and places of birth of all the residents.

Some of the archives are housed in a separate building, but all of the items described here are readily accessible.

Local people are welcome to visit the Library to find out more about the area in which they live. The staff will help you find what you want. They are also interested to hear of any photographs, especially those taken before 1900, pamphlets, leaflets and records you may know about. Any items not in the collection can be copied and returned if wanted.

## CRACKING UP IN SOUTHWARK.

BY THE NORTH SOUTHWARK PENSIONERS ACTION GROUP (NORS-PAG)

### PART III

1. Persons who in anyway fully obstruct the free passage of any highway or footway."

#### BAD NEWS

The Act is not being enforced by any authority including the police. In fact the police don't recognise it as a serious problem.

It seems that 'keeping traffic flowing' is more important than the dangers caused by pavement parking to the elderly, disabled, blind, and also people with prams and wheelchairs.

The problem must be recognised by all as the serious problem that it is. Let's make it quite clear that we don't expect it to be given priority over violent crimes, but we do expect it to be treated

seriously and for the police to enforce the law.

We at Norspag will continue our campaign for pedestrians

rights. After all 'cars for the road', pedestrians for the pavements.

What has happened to Southwark Council's campaign, as announced in Southwark Sparrow in March?

And we wonder how far the Greater London Council have got in their recently announced campaign on pavement parking.

If you are concerned about this problem, come and speak to us at the Community Centre, 56 Southwark Bridge Road, or contact your local councillor or report a car or lorry illegally parked to the police. Demand something be done!

Help us to help you walk in safety.

North Southwark Pensioners Action Group

Highways Act 1959s 121 Wilful obstruction in any way of the free passage along a highway. In the case of *Seekings v. Clarke* (1961) a shopkeeper was convicted under this section for placing articles for sale on the pavement in front of his shop. A constable may arrest without warrant any person whom he sees committing this offence.

## STORY OF WATERLOO

Many people in SE1 will now have seen this tape-slide show about the development of the Waterloo area from a marshland in Roman times to the dense area of housing and waterside industry it was in 1939. If you haven't, there is now a chance to see a shortened version (45 minutes) at the National Film Theatre (under Waterloo Bridge, Upper Ground). It will be showing every Wednesday lunchtime (1pm) in July, entrance 50p (tickets at the door).

The history of the area since 1900 is traced largely through recorded memories of local people who have lived in the area all their lives. It's a fascinating story - the

birth of the circus in the 18th century, the birth of the music hall in the 19th, the birth of many a horrific planning scheme in the 20th century - and it all happened in Waterloo!

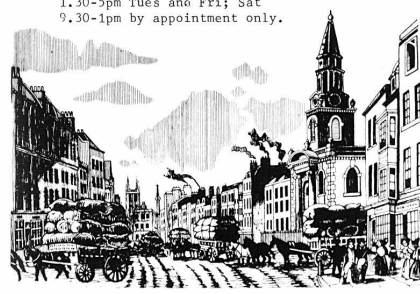
Come and see it on the big screen and in the comfort of the NFT!

The 'story' from 1939 to the present is now being made. If you are interested in talking about life in Waterloo during the last war or after, or have any personal photographs of the area that could be borrowed for the show, please contact Mike Bruce at 46 Roupell Street, SE1 phone 928 6076. Contact him also if your local group would like to have a private showing of the complete programme - free to local groups.



The Local Studies Library is open 9.30-12.30, 1.30-8pm Mon and Thur; 9.30-12.30, 1.30-5pm Tues and Fri; Sat 9.30-1pm by appointment only.

Bernard Nurse, Local Studies Librarian.



# Focus On COPPERFIELD ST. COMMUNITY GARDEN

GARDENING with Keib Thomas.

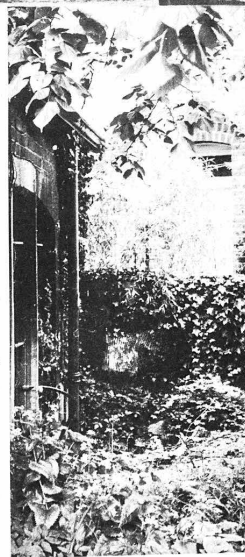


## COMMUNITY GARDENS

Having mentioned the Copperfield St. Community Garden in the article on Haywards of Union St in the last 'SE1', several people asked if I would give the garden the decent write up it deserves. So on Thursday 24th June, I visited the garden late in the afternoon. During the 3 hours I spent there, it was visited by twenty five people of all ages. Some came in for a short stay, others were when I arrived and when I left.

As I went around making a list of the 33 plants in flower out of the hundred plus plants and trees growing in the garden, I got to talking with many of the other people. I told them who I was and that I was hoping to write an article for SE1. I asked them all what they thought of the garden, and what it meant to them in their day to day lives. Here is what they said:

"We love it, we really do..." "You should have come here yesterday and seen the local mums playing with their little kids, it was really wonderful to see!" "You see this garden is a suntrap for us..." "It's wonderful to come in here and see the kids playing in the grass, and its very rare that anyone abuses it. Occasionally if they play ball they knock a flower over or someone leaves a beer can top lying on the lawn" "....." "But to be fair, most of the time, people appreciate it as a marvellous treat for all of us living round here."



"Course a lot of credit goes to Ted (Ted Bowman, chair of NSCDG) he's always popping in and out and keeping an eye on it and that makes all the difference" "....." "We've got hold of some money to do up the paths and to preserve and varnish the wooden benches. We agree with Ted that the better things look the better people will take care of them. Any vandals can see its so nice because we care about this garden".

Two old ladies told me "We love coming here just to sit near the flowers and watch the people come and go all day. We see lots of young mothers and their kiddies, and we have a good laugh with the postmen from down the road. There's bags of life to see in this garden as well as peace and quiet. There would be hell to pay if anyone tried to take this place away from us. People walk here from all the flats around, it's great!"

"I'm watching 'Gardeners World' on the telly since I started coming to this garden. A couple of weeks ago they said that the wisteria can grow to 300 years old .... well we've got one here, up on that fence over there. Just fancy that little plant that Ted put in could be there for centuries!"

A young woman came over and told me "I come here to read or to do some knitting, it cheers me up as I'm out of work and my time drags if I'm stuck in the house all day. Its given me the chance to get out and to meet some people from the other flats around here, we can pass an afternoon together here and it doesn't cost a penny."

Another local man told me that since he retired from work he visited the garden on most days and enjoyed following the garden as it changed throughout the year. "It's full of flowers from bulbs in the Spring, then we have the foliage and flowers of the summer herbaceous plants. In the Autumn there's berries and all the leaves that change colour before they fall, and even in mid-winter there are some flowers and lots of birds to

feed and listen to. On top of that I've learned some odd things that I never knew before. One day I said to Ted 'Hey, why don't you pull out that old patch of stinging nettles?' 'Not on your life!' he said. 'Its the nettles that attract the butterflies into the garden, their caterpillars can only feed on nettle leaves.'"

Finally he pointed to a thriving 5 foot high Tree Mallow (which is just about to cover itself with flowers). "See that? Ted brought that back as a cutting from a holiday in the West Country. Just look at it now! This garden is not only a place to go, its become my inspiration. In my window boxes outside my flat I'm growing plants from seed packets. When you create something from nature it's so exciting, I could buy a bunch of flowers but you don't get the same kick out of it as growing your own."

I couldn't agree more. Do visit this community garden off Southwark Bridge Road, its both a pleasure and an inspiration. It's also a chance to see what local people can do if given the chance. As a keen gardener, I'm also very impressed with the large variety of cottage garden flowers and shrubs that have been put together so well. In flower at the moment are the following: Roses, Delphiniums, Tree Mallow, Hollyhocks, Marigolds, Mock Orange, Lupines, Welsh Poppies, Oriental Poppies, Petunias, Columbine, Michelmas Daisies, Fuschia, Foxgloves and many more to come.

Keib Thomas.

# CURE IT NATURE'S WAY.

More and more people are turning to 'alternative' medicines and therapies, and 'natural' and herbal preparations are really booming. In this series I'm going to examine some cheap, easily obtainable natural cures and remedies and invite your correspondence on this fascinating subject. Have you got a favourite cough cure? Does your great auntie Mabel have a remedy for piles? If so, share it with me and all the other SE1 readers. Write to me, Gina Flett c/o SE1 and I will try to include as many as possible in this monthly column.

This time I have done some research on GARLIC. Apart from its culinary uses and its fame in warding off vampires, garlic has many uses and properties:

**WORMS** Enlarged or painful worms should be dealt with by a chiropodist, but small ones can be helped by taping on a thin slice of garlic overnight, or alternatively crush a clove of garlic and apply the juice to a small pad of gauze and tape overnight. This remedy can also be used for warts and verrucas.

**WARTS AND GRAZES** Garlic dressings are used at the front during the First World War to prevent wounds becoming gangrenous. A brand of green Garlic Ointment can be bought from Herbalists or Health Shops for use as an antiseptic.

**COUGHS** To ease a painful hacking cough, boil a crushed clove of garlic in a small amount of water for 10 minutes, add an equal amount of milk and simmer for 15 minutes. Sip when the cough is troublesome.

**WHOOPING COUGH** Garlic is a powerful bacteria killer, as dozens of folk remedies for respiratory disease around the world testify. An easy way to administer it to a child is to place up several cloves of garlic, put them in a small jar,

cover them with two or three tablespoons of honey and let them stand for three or four hours. At the end of this time the honey will have turned into a thin runny liquid which doesn't taste nearly as strong as you might expect. Give the child a teaspoonful every four hours. Garlic Oil squeezed out of a capsule can be rubbed into the chest and back.

**WORMS** The most common parasite found in human beings is the tiny threadworm, which settles into the intestines and multiplies by crawling out to lay its eggs around the anus (usually at night) causing itching and discomfort. Worms have well known aversions to certain foods, particularly garlic, onions, raw carrot and pumpkin seeds. Eat plenty of these. To deliver them on target (the worms that is!) eat these remedies first thing in the morning. One method of taking garlic is to make an infusion by putting 3 or 4 cloves into a mug, pour a cupful of boiling water over them, cover and leave overnight.

A famous peasant cure for worms is to stick a clove of garlic up the anus every night for a fortnight. Alternatively, and more comfortable I should imagine, would be a thin smear of garlic ointment around the anus, applied every night for a fortnight. (Two weeks is the length of the worm breeding cycle.)

**PREVENTION OF MOSQUITO BITES** Have you ever wondered why mosquitoes invariably attack the tourists and leave the natives alone? A likely explanation is that they are repelled by the smell of garlic - however faint - from the skins of those who eat a lot of it. Try it - it might just work! But remember in trying this and all the other remedies that your social life may suffer a wee bit!

Gina Flett



Come and join in the fun at Tanswell Mums & Toddlers Group. TEL: GINA 633 9441.



# EAT WELL WITH BOB'S RECIPES

## BOB'S BURNT OFFERINGS

For my second dish, I have chosen one which is a firm favourite in our family. The recipe states to use raw minced lamb, but I have found that it is just as good if not better if you substitute minced beef.

## MOUSSAKA Ingredients

14oz aubergines  
salt and pepper  
1 small onion (or 2 or 3 if you like)  
1 1/2oz butter or marg  
1 1/2lb raw minced lamb or beef  
1 large tomato or small tin drained  
2 teaspoons finely chopped parsley  
Ground nutmeg  
1 tbs red wine (optional)  
Olive oil  
1oz plain flour  
1/2pt milk  
1oz grated parmesan cheese  
1 large egg

## Method

Wash aubergines and slice fairly thinly. Sprinkle with salt and leave for 30 mins. Meanwhile skin and finely chop the onions. Melt 1/2oz butter, add onion: fry for 3 mins. Stir in meat and cook for further 5 mins. Drop tomato into some boiling water. Leave for 1 min, then skin and chop. Or drain juice from can of tomatoes and chop.

Add tomato, parsley, a good pinch of nutmeg, salt and pepper to the meat. Stir in the wine if used. Cover and simmer for 20 mins. Rinse the aubergines well with cold water. Pat dry in kitchen paper. Heat 3 tbs olive oil (which gives a better flavour than ordinary cooking oil). Fry the aubergines until they are golden brown. Drain on kitchen paper.

Melt remaining butter. Stir in the flour and cook for 2 min. Add the milk a little at a time, stirring well after each addition. (I have always found it best to use a hand whisk to do the stirring as this stops any lumps forming.) Bring to the boil and cook for 3 min, stirring all the time.

Layer the aubergines and meat in a greased 9" loaf tin, beginning and ending with a layer of aubergines. Sprinkle each layer of meat with a little parmesan cheese. Beat the egg and stir into the cooled sauce. Add half of the remaining cheese seasoning and a pinch of nutmeg. Pour over the aubergines. Cover the top with remaining cheese using a little more if needed. Cook for 45min or until golden brown, at 350F, 180C or gas mark 4.

This goes well with a fresh green salad, as the meal itself is rather filling.

## MAKING MANAGEMENT MEETINGS WORK

The course consisted of six 2 hour sessions covering goal setting; decision making; the roles of chair, treasurer and secretary; responsibility and accountability; finance and funding; and liaison with other groups. This is what some of the Tanswell members said they got out of the course:

"Finding out what exactly are the responsibilities of each officer. Finding out what the secretary should actually do, what the chairman should actually do."

"Discussing things with a definite aim in mind rather than just talking round and round - making ourselves come to an answer at the end."

For some, it deepened their sense of commitment to the group. The question is whether other groups would like help in strengthening their work in committees. If so, how should this be organised? What would be the most useful: training sessions for one committee, or a course for members of different committees?

If you or your organisation would be interested in any sessions related to running a voluntary organisation, please contact Ethne Nightingale, Morley College, 61 Westminster Bridge Road, London, SE1. Phone 928 8501 ext 154.



# join us

SE1 is a community newspaper run entirely by volunteers. It is here to provide you with what you want from a local newspaper. So get in touch if you have anything to report, a news item from a group you are involved with, or have something you want to sell locally.

The SE1 group also warmly invites you to come and take an active part in your local paper. You can help in a wide variety of ways, spending as little or as much time as you want. No special skills are required most of the time, and what there is can be learnt easily. If you would like to know more, get in touch, or see our March issue.

## YET ANOTHER LAUNCHING PARTY OF THE NEW MORLEY COLLEGE COMMUNITY BUILDING!

This time for the architect, John Winter.

Thanks are also due to Mansells, the builders, and especially to their hard working foreman.

SE1 will be taking a break over the summer, so the next issue to appear will be in September. All contributions must reach us by August 24th at 12 Meymott Street, SE1. The issue will appear on September 3rd. Meetings are on August 10th and 24th.

To contact us, leave a message at Waterloo Action Centre (261 1404), ring John on 928 4748 evenings, or for North Southwark articles, contact Martin Whiteside at NSCDG (928 0711)

# ACTION PLAN

## THE PLANNING OF WATERLOO

George Nicholson, local GLC councillor and chair of the GLC Planning Committee, points out the sign on the Courages site off Southwark Bridge Road, with Geoff Williams, chair of Southwark's Planning Committee looking on.

See the May issue of SE1 for the background to this photo.

As most readers of SE1 will be aware, Waterloo is a community under pressure from commercial and financial interests who see our area as an extension of the City and a source of considerable profit. (only for themselves, needless to say!) The Waterloo Community Development Group has been in existence for over eleven years to fight against these interests and together with other local groups to ensure a future for the people of Waterloo.

On July 19th at 7pm, the Group will hold its Annual General Meeting at the Community Education Building at Morley College. The meeting will discuss the work of the group over the last year and there will also be an opportunity to see 'The Story of Waterloo' - an excellent film describing the history of our area.

Planning and planning issues cannot be ignored in Waterloo. WCDG has been involved in many local campaigns both specific, such as over the future of the Holy Trinity Institute, and general, such as arguing the case for the urgent and desperate need for family housing in Waterloo that local people can afford. With the help of the GLC, we have been able to employ a worker to investigate the uses of land in Waterloo and ensure that the views of people in the area are represented.

There will be plenty of opportunity on July 19th to discuss the future work of the Group, and current planning issues both during the meeting and over some light refreshment afterwards.

Membership is open to all local people who share our aims. For further information, please contact WCDG at Colombo Street Centre (633 9291) or come along to the meeting on the 19th!



## YOUR M.P.

There were no changes in the general election in the SE1 area. But here are details of the existing surgeries held by the two local MPs. They are open to any local resident to go along with any problem they think the MP can help with.

**LAMBETH VAUXHALL:**  
Labour's Stuart Hoiland is at the Citizens Advice Bureau on Mondays between 7 and 8pm 232 Kennington Road, SE11.

**SOUTHWARK AND BERMONDSEY:**  
Liberal Simon Hughes or an assistant is at John Harvard Library every Saturday between 10.30am and 12.30pm (Borough High Street). Other surgeries are held on Thursdays in the non-SE1 part of his area.

You can write to your MP at the House of Commons, SW1.

## NORTH SOUTHWARK PLAN

A PLAN FOR COMMUNITY GROWTH

The new draft of the North Southwark Plan puts forward proposals for the growth of the Borough, Blackfriars Road and Elephant Communities over the next ten years.

If you live or work in these areas come along to the public meetings and tell the Council your views.

**Public Meeting: 7.30 p.m. Tuesday 19th July 1983, Jubilee Centre, Rockingham Estate, SE1.**

**Public Meeting: 7.30 p.m. Friday 22nd July 1983, Borough Community Centre, 56 Southwark Bridge Road, SE1.**

## BOROUGH

Any queries telephone Harry Barlow 703-6311 ext. 2321 Planning Division, Southwark Council, 30-32 Peckham Road, SE5 8QP.

