#### SHORTLANDS PARISH NEWS

St. Mary's, Shortlands endeavours to bring the love of God into the everyday lives of the people of Shortlands.

# the SPAN

www.stmarysshortlands.org.uk

July 2008. Year 28 Number 7



# Six new ways to get married in church

Couples planning to marry after I October 2008 will have the freedom to marry in a church where they have a family or other connection. Under a relaxation of the rules, they will not have to be living in the parish, which will enable many more couples to marry in their favoured church. The Church of England Marriage Measure was approved by the General Synod last July, and completed its parliamentary process in April. Simon Hughes MP, who supported the Measure, told the House of Commons that, in an age that bemoaned the loss of community and the difficulty of maintaining roots, "more people will be likely to be married in churches because they will be able to marry in those that they think are important or valuable. That will be a good thing for the Church, for couples, and their families, who will feel more involved in the process."

Existing law is based on right of residency, allowing a couple to marry in the parish where one or both of

them live, whether they are baptised or not and whether they are churchgoers or not. Marrying elsewhere has required a special licence or six months' of regular attendance, followed by entry on the church electoral roll. These options remain. But couples now need to fulfil just one of six criteria. They can marry in a parish church if one of them was baptised or confirmed there, if one of them has ever lived in the parish for six months or more; or if one of them has at any time regularly attended public worship there for six months or more. A family connection opens up further possibilities, adding the right to marry in a parish if one of the parents has lived for six months or more in the child's lifetime, or has regularly attended worship there in the child's lifetime. Couples can also marry in a parish where their parents or grandparents were married.

One of the first couples in Shortlands to act on the changes are Neil Lambert and Christina Stokes. They live in Edinburgh but wish to be married at St. Mary's Shortlands, the parish in which Christina's parents live. Charles Stokes, Christina's father commented: "Our daughter moved with us from Chislehurst to Shortlands when she was 13 and even though she is now 27 and has lived in Oxford, Cardiff and Edinburgh since she went to University and started to make her own way in the world, Shortlands is where she sees the family home and Shortlands is where she wants to be married. This notwithstanding there will be a posse from Scotland and Newcastle-upon-Tyne, where her fiance's home is, descending on the day. Having not lived in the parish for so long, this would have been much harder had it not been for the Church of England's new regulations."

The Measure has been almost ten years in the making. The Dean of Wakefield, the Very Revd. George Nairn-Briggs, who chaired the steering committee, said it would meet a real pastoral need. He described the list of connections as "simple and user-friendly" when the Measure returned to the Synod in July, and promised that it would be supplemented by "equally user-friendly guidance from the House of Bishops".

From 5 June, clergy can now access those guidelines at the Church of England website. Implementing the existing law has caused some anguish in the past, most recently in Shere in Surrey, where the Rector, the Revd. Charles Lawrence, came under criticism from parishioners for observing the residency rules.

The Bishop of St. Edmundsbury & Ipswich, the Rt. Revd. Nigel Stock, was on the steering committee for the Measure. He said: "Research does show that more people would like to marry in church than actually do. I hope this new law will make it much easier for clergy to say 'yes' to couples when they first enquire."

# Sun shines on Parish Picnic



The Annual Parish Picnic attracted a record attendance on one of the few warm and sunny days of early

Face painting, a bouncy castle, a scrumptious barbecue, a drinks tent, as well as the opportunity to win a ride on the Archdeacon of Bromley and Bexley's Harley Davidson added to the wonderful ambience in the stunning Church grounds.

Pictured are Alexandra and Ruby after enjoying having their faces painted, and Annette German winner of the Harley Davidson ride with Archdeacon Paul.

Many families joined in for the first time - the community knows the Picnic is a great day out together.



### St. Mary's, Shortlands Advent Dinner and Dance

Friday, 28 November, 7.30pm for 7.45pm in the Garden Suite of the Bromley Court Hotel

**Black Tie or Lounge Suit** 

Tickets £30, inclusive of three course dinner with coffee and all age Dance/Disco, available from 1 September from the Parish Office (8460 5682) or from Churchwardens.

#### Samaritans - St. Mary's Mission for July

Bromley and Orpington Samaritans have been offering 24 hour confidential emotional support to local people for over 40 years. Callers make contact by phone, email, text, letter or by visiting the branch in Station Road, Orpington. The 90 volunteers are unpaid and offer duties on a rota system. Each month the volunteers talk with around 1500 people from 9 - 90+. They receive no grants, and have to fund-raise to keep the branch running. Samaritans is supported by St. Mary's as the Mission of the Month.



#### **Holy Matrimony**

We congratulate:

24 May Laura Fardon and Richard Smith31 May Claire Reynolds and Andrew Screech

#### At Rest

We extend our sympathy to those who loved:

15 May John Greenwood, aged 57 30 May Doug MacDonald, aged 64

#### Interment of Ashes

24 May Peter Petty



#### John Greenwood

John Greenwood was born in 1950. He was educated at Aske's Boys' School in New Cross. He qualified as an accountant in 1974 and subsequently became Chief Executive Officer in a number of well known businesses, being highly respected by his business colleagues.

He married Elaine in 1972 and they had three children, Laura, Susan and Adam and two grandchildren Max and Isaac.

A large congregation attended his funeral service at Beckenham Crematorium which was conducted by Canon Paul Miller. Family and business colleagues paid tribute to a much loved man.

### **SPAN THANKS**

We record our thanks for donations during the month of May of £10.06

The Harvest Lunch will take place in the Church Hall after the 10.30am Family & Parade Service on Sunday, 5 October.

Information about tickets will follow next month.

Shortlands Golf Club Long established (1894)

#### Family Golf Club

currently seeking men, ladies and juniors to expand the membership base.

Monthly medals, Honour Board Competitions, excellent Social Events Calendar.

"A garden oasis in suburbia" Contact Ken Murray: 8460 2471/8828 or Peter May: 8460 8828



#### **Doug MacDonald**

Doug died at his home in Copers Cope Road, Beckenham on Sunday, 18 May aged 64. He was born and brought up locally although he went to school in Sussex, and became an accountant.

He married Gillian in 1967 and they had two daughters, Kathryn and Julia, who lives in Mays Hill Road. Kathryn became a very good ladies' hockey player which resulted in Doug becoming very involved with the sport as an umpire. He became Treasurer of the Kent Umpires' Association.

The family and friends came to Beckenham Crematorium on Friday 30 May to give thanks for Doug's life at a service conducted by Peter Stotesbury.

#### **Peter Petty**

Peter was born in Southsea. He grew up in Hampstead and went to University College School. In 1937 he joined the London Scottish Territorial Army Regiment. He was to become a Captain.

He married Jose in 1946 at St. Mary's Ashford and they were married for almost 62 years. They had three sons, Stewart, Graham and Andrew. Amongst his many interests was golf. He joined Shortlands Golf Club in 1974, he was Treasurer of Probus and kept up his interest in the London Scottish Regiment.

A funeral service, conducted by Canon Paul Miller, took place at St. Mary's Shortlands followed by cremation at Beckenham Crematorium. A large congregation gathered to give thanks for his life.

#### **OSTEOPATH**

Fully qualified and registered

## Andreas Jochim D.O. Msc

50 Scotts Lane, Shortlands Tel: 020 8650 0509

### LOCAL PLUMBER

24 HOUR EMERGENCY SERVICE

fully insured - free estimates & advice bathroom/shower installations, central heating pumps/radiators etc.

Big enough to cope, small enough to care. Phone Michael on 0800 183 0063

#### PAUL ARTHURS - Roofing Specialist

New roofs, flatroofs, chimney stacks, repairs, all leadwork, velux windows, UPVC guttering/fascias.

All work insured - fast response Phone: 8249 5903

# **Dolphin to retire**

The leader of the Shortlands Rainbow group is to retire in July, after 8 years in charge. June Dalton, a former English Secondary School teacher is standing down

Known to the girls as 'Dolphin', she is happy to know that the group will be in good hands as she leaves. "When I took over in 2000 the group was about to fold. Now there are two groups and we have a waiting list." Dolphin reported: Rainbows is for girls aged 5-6, and they currently meet in St. Mary's Hall on Monday nights. "I have loved working with the girls and am delighted the groups are now so strong." Dolphin added.

The new Leaders will be Michelle Edmonds, Lucy Gregory and Melanie Connelli

# Three Choirs Festival a huge success 'Impressive!' says Dean

Over 200 people packed into St. Mary's, Shortlands for the annual Three Choirs Festival, held on 18 May - Trinity Sunday.

The choirs of St. Mary's, Shortlands, St Mark's, Bromley and St. Peter and St. Paul, Bromley sang Evensong. They were directed by Frank Roddy (St. Mary's), Andrew Wilson (St. Mark's) and Tom Corns (St. Peter and St. Paul). The organ accompaniment was shared by Frank Roddy (St. Mary's), Peter Spencer (St. Peter and St. Paul) and Pam Vaughan (St. Mark's). The Preacher was Dean John Simpson, who from 1986 - 2000 was Dean of Canterbury Cathedral.

Commenting on his visit, Dean Simpson said: "The Service was very impressive and the choirs were superb. Few choirs in East Kent would match the standard shown last night. When I went to Canterbury there were 7 local church choirs of a standard high enough to sing in the Cathedral. Today there are, I fear, none. Bromley and Shortlands are very fortunate."

### Special Services for July

Sunday, 6 July at 10.30am - Family and Parade Service

Sunday, 20 July at 6.30pm - Choral Evensong Responses - Sanders, Canticles - Sumsion in A, Anthem - Beati Quorum Via (Stanford)

Monday, 21 July at 10.00am
Highfield Iunior School End of Term Service

Tuesday, 22 July at 11.00am St. Mary's Pre-School End of Term Service

Thursday, 24 July at 11.00am

Mothers and Toddlers' End of Term Service

#### London Marathon update

Edward Charnley would like to thank everyone who supported his run in the London Marathon. He completed the circuit in 3 hours 43 minutes.

He has yet to check in all the sponsorship money but to date has raised £500 for St. John Ambulance and a similar amount for the Mothers' Union Literacy Development Programme.

#### **SPAN SUMMER ISSUE**

There will be a combined August/September issue. Advertisers please note that this counts as one issue only.

The combined issue will be available at the start of August, (copy date 5 July), and the October issue will be available at the beginning of October (copy date 5 September) as usual.

#### St Mary's Shortlands Holiday Club 2008



#### Champions' Challenge

will run from Monday 18 August to Friday 22 August 10.00am - 3.00pm

for all primary school children.

Closing date for bookings 13 July 2008 Contact Rev'd Alison Newman on 8658 7784



# **Holy Land Visit**

A group of 33 pilgrims recently returned from the Holy Land where they visited many sites associated with the life of Jesus. Jerusalem, Bethlehem, Jericho, Nazareth and the Sea of Galilee were included in the itinerary as well as many other places of biblical interest.

The trip also included a visit to the SOS Children's Village, Bethlehem where a music therapy project has been launched by the diocese and is under the direction of St. Mary's Assistant Organist, Claire Tillotson

Pictured on their first day in the Garden of Gethsemane are the pilgrim party along with their guide, Oliver Miller (far right kneeling) who is no relation to Canon Paul Miller! (far right standing)!

# **Christian Aid Collection 2008**

In Ghana they say: "One stick can May Plate collection. easily be broken, but many, bound together, are strong".

By joining together as a Community, you in Shortlands raised a total of £3,878! The Pennies from Heaven laid in Church by our young people and their leaders amounted to £240. Well done all of you - and Pat Chase who opened the Church on Pack nights. A further £275 came from St. Mary's as a percentage of the good work!"

Thank you so much to all those of you who donated or got involved in this year's mammoth effort, which, yet again, has proved so worthwhile! Your money goes directly to local organisations on the ground, where it's needed most around the world.

Last year, for each £1 given, 84p special thanks to Carol and Kevin was used for direct charitable Sloane for counting them all, and to expenditure. The remaining 16p was used to raise the next £1.

Shortlands says: "Keep up the

# he thread of God's love

In 563 an Irish monk was forced to France and across Europe. leave his homeland because of a conflict that had led to a misuse of power and even bloodshed. On Pentecost Sunday he arrived on the island of Iona off the north-west coast of Scotland with twelve companions. There he began a new way of life founded on Christ's mercy and forgiveness of the past, and so created one of the great centres of faith and mission in the Christian Church. His name was Columba, and we keep his feast day on 9 June.

His monastery on Iona started as a small cluster of wooden buildings with a church and a guesthouse. Around were fields of crops and cattle and bees. But under Columba's guidance, it grew, and from Iona monks were sent into Scotland as one arm of a missionary advance that reached down through England to

That outreach was an amazing achievement. But just as amazing was the consolidation of monastic life on Iona that resulted two centuries later in the Book of Kells. This text of the four Gospels was begun by scribes and artists in the library of Iona. It grew into one of the masterpieces of Celtic art that was taken to Kells in Ireland to escape the Viking invaders who ravaged the island.

Along with the text of the Gospels, there are illustrations of Jesus, Mary and the four evangelists, together with decorations at once intricate and fantastic: patterns that interweave and interlace across the page with an odd face here and a weird creature there.

The design is in brilliant detail, and you can follow the lines as they weave in and out. This delight in

# Three vicars and an artist!



Three Vicars and an Artist teamed up at the Annual Harris Hospiscare Golf Day at Chelsfield Lakes Golf Club and won!! The competition took place on a warm and sunny day and raised over £2,000 for the Charity. Pictured from left to right are Barry Rowland (Vicar of St. Paul's Beckenham), Andrew Miller (resident technician at a London Art Gallery), Paul Miller (Vicar of Shortlands) and Gary Colville (Vicar of Rochester). In second place were the team from Beckenham Rotary Club.

patterns is evident in lots of Celtic art. It is good to imagine Columba on Iona meditating on the thread of God's grace woven into his life as he looked back to his years in Ireland and his pilgrimage to Iona. It might have seemed at one glance a complicated interweaving of events and experiences, and then perhaps as he looked again, he would see God's love threading its way through that history and redeeming both it and

It is the same for us. As we look at our lives, they may seem complex and involved with patterns of events and circumstances taking us here and

there. As we ponder those patterns, then we can begin to see a thread woven into the patterns that guide and lead us on. And as we stand back, all the patterns and threads seem to make sense as we spot that guiding thread.

The vicar went to the bank and asked for a statement of his account, adding: "We want to know how far afield we can go for our holiday." Handing him his statement the cashier enquired very gently: "Have you got a field at the back of your garden, sir?"

#### The Parish Church of St. Mary, Shortlands

Link Parish St. Francis of Assisi, Douai, France

#### WORSHIP

#### **Every Sunday**

08.00 Holy Communion

Family Communion, except the first 10.30 Sunday in the month in term time During term time there are separate groups in the Church Hall for children aged 4-14.

All Age Eucharist or Parade Service (1st Sunday in the month, term time) 10.30

18.30 Evening Service

#### **Every Monday**

17.00 Evening Prayers

#### Every Wednesday

10.00 Holy Communion

Further information about all services can be obtained from the Parish Office.

#### PARISH DIRECTORY

| SIAIL                |                    |             |
|----------------------|--------------------|-------------|
| Vicar                | Canon P. Miller    | 8460 4989   |
| Associate Vicar      | Rev. A. Newman     | 8658 7784   |
| Readers              | Mrs. A. Gimson     | 8460 6494   |
|                      | Mr. P. Stotesbury  | 86503259    |
|                      | Mrs. J. Peters     | 8650 5986   |
| Reader & Evangelist  | Mr. M. Newman      | 86587784    |
| Pastoral Assistants  | Mrs. S. Harrison   | 8464 0284   |
|                      | Mrs. J. Jackson    | 8325   972  |
|                      | Mrs. L. Miller     | 8460 4989   |
|                      | Mrs M. Westropp    | 86505178    |
| Parish Administrator | Mr. R. Vickers     | 8460 5682   |
| Assistants           | Mrs. J. Fiddeman   | 8460 5682   |
|                      | Mrs. J. Peters     | 8460 5682   |
| Churchwardens        | Miss A. Parks      | 8464     57 |
|                      | Mr. J. Swatton     | 8460 4765   |
| Deputies             | Mrs. P. Chase      | 84646188    |
|                      | Mr. S. Clark       | 8464 0696   |
|                      | Mr. D. Cooper      | 8460 0682   |
|                      | Mr. C. Stokes      | 8460 0661   |
|                      | Mr. B. Waring 07   | 957   86027 |
| PCC Secretary        | Miss. J. Rambridge | 8650 0947   |
| Treasurer            | Mr. T. Dawson      | 8460 5884   |
| Assistant Treasurer  | Mr. D. Weekes      | 8650 2950   |
| Organist &           | Mr. F. Roddy 01    | 689 877025  |
| Director of Music    |                    |             |
| Assistant Organist   | Mrs. C. Tillotson  | 8460 7368   |
| Electoral Roll       | Mr. N. Stoffel     | 8460 0063   |
| Stewardship          | Mr. J. Westropp    | 86505178    |
|                      |                    |             |

PARISH OFFICE Tel/Fax 8460 5682 e-mail: office@stmaryshortlands.plus.com Open 9.00 am - 12.30 weekdays. Information regarding Baptisms and Weddings can be obtained during these hours.

#### ST. MARY'S ORGANISATIONS

| JI. MINKS J OKONI       | 113711 1 0 113     |            |  |  |
|-------------------------|--------------------|------------|--|--|
| Mothers & Toddlers      | Mrs. M. Parr       | 8460 3871  |  |  |
| Mothers' Union          | Mrs. P. White      | 8460 9357  |  |  |
| Friends of St. Mary's   | Miss. J. Rambridge | 8650 0947  |  |  |
| Scouts GSL              | Mr. C. Wood        | 8658   825 |  |  |
| Scouts (Fri.)           | Mr. T. Watson      | 8650 0184  |  |  |
| Cubs (Mon.)             | Mrs. L. Swatton    | 8650 0397  |  |  |
| Cubs (Tues.)            | Mr. D. Hope        | 8466 5545  |  |  |
| Beavers &               |                    |            |  |  |
| admissions              | Mr. J. Westropp    | 8650 5178  |  |  |
| Guides (Tues.)          | Miss G. Dawson     | 8249   799 |  |  |
| Guides (Fri.)           | Mrs. G. Dawson     | 8460 5884  |  |  |
| Brownies (Mon.)         | Ms. N. Blake       | 8460 7951  |  |  |
| Brownies (Wed.)         | Mrs. A. Bailey     | 8313 3745  |  |  |
| Brownies (Thurs.)       | Mrs. J. Adam       | 8289 5252  |  |  |
| Admissions              | Ms. N. Blake       | 8460 7951  |  |  |
| Rainbows                | Mrs. L Gregory     | 8325 5848  |  |  |
| Pre-School              | Mrs. P. Chase      | 8290 6704  |  |  |
|                         | or 0.79            | 60 988552  |  |  |
| The TWO 'W's'           | Mrs. A. Heayberd   | 8460 953 7 |  |  |
| OTHER NUMBERS           |                    |            |  |  |
| Church Flowers          | Mrs. M. Parr       | 8460 3871  |  |  |
| Mission Chairman        | Mrs. S. Shelton    | 8402 3299  |  |  |
| Douai Link              | Mr. R. Hogg        | 8464 3129  |  |  |
| Fair Trade              | Mrs. C. Willatt    | 8313 0246  |  |  |
| LOCAL COUNCILLORS (LPP) |                    |            |  |  |

#### LOCAL COUNCILLORS (L.B.B.) Cllr. E. Noad

| Cllr. G. Taylor                | 8289 7893    |
|--------------------------------|--------------|
| LOCAL NUMBERS                  |              |
| Highfield Infants' School      | 8464 7804    |
| Highfield Junior School        | 8460 2597    |
| Residents' Association         | 8460 4060    |
| Shortlands Safer Neighbourhood | 07920 233848 |

8462 3295

#### SPAN

| Website      | www.stmarysshorti    | ands.org.uk |
|--------------|----------------------|-------------|
| Editorial    | Parish Office        | 8460 5682   |
| Distribution | Mr. A. Jones         | 8460 5437   |
|              | Mrs. J. Kelsey       | 8466   093  |
|              | contributors are not |             |

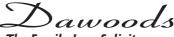
those supported by the publishers, and no responsibility can be accepted fo accuracy. Neither can the publishers accept responsibility for work carried out by advertisers.

ADVERTISING: £ | 5 per column inch per issue. For details please call 8460 5682 during office hours. Copy by the 5th of each month to SPAN. Chu House, 39 Kingswood Road, Shortlands, BR2 OPU

#### **AEROBICS - BUMS, TUMS & THIGHS** LADIES - COME AND JOIN JACKIE

Every Monday 8-9p.m.

at St. Mary's Church Hall, St. Mary's Avenue, Shortlands. For more information Tel: 8650 2083 mob. 07967 214279 A class all ages can enjoy, beginners welcome.



#### The Family Law Solicitors

For advice on all aspects of family and relationship breakdown, please contact Mrs K Dawood

#### www.dawoods-solicitors.co.uk

e-mail: confidential@dawoods-solicitors.co.uk Tel: 8249 6047



50 Burnhill Road Beckenham BR3 3LA



### QUALIFIED PLUMBER

P. J. EDWARDS

01689 898895 or 07831 54 59 51 all domestic work undertaken

#### HOMEOPATH

Fully qualified and registered **CLAIRE CHAUBERT LCCH RSHom** 

www.clairechauberthomeopathy.co.uk

Safe, effective treatment for a wide range of ailments at all stages of life. Clients treated at a welcoming home practice in Shortlands. For a no-obligation chat phone 8466 1115, or appointments can be booked on 0784 951 1771

#### CV Preparation, Interview Technique, Careers Advice

Are you about to enter the world of work? Have you been made redundant?

Are you unsure which direction to go in?

Enhance your job success / career and fulfil your potential Janine Rankin - Qualified HR Consultant Tel: 020 8402 2406 e-mail: janine.rankin@jmaconsultants.co.uk

#### J. E. Neal

#### **Builder and Decorator**

Property Maintenance - interior & exterior; painting & decorating; plumbing & tiling; odd jobs; no job too small.

Established in Bromley for 23 years.

For a competitive quote, call 8777 2860 or Mobile 07719 620696

### Professional Hair Stylist

All family members catered for, within the comfort of your own home. Call Vicky on 07958 210577 25 years' experience

#### PLEASURE GARDEN LANDSCAPES N. HOLT

LANDSCAPE - MAINTENANCE PATIO CLEANING

No job too big or small BROMLEY - Tel. 020 8402 0093 MOBILE - 07956 172 979

#### J. & R. KILLICK Ltd.

### **FUNERAL DIRECTORS**



FAMILY RUN BUSINESS Personal Service

24 Hours a day \* Classic or Modern

Pre-paid Funeral Plans Available Information Brochure Available Funeral Fleet For Advice and Assistance Please Contact Mr. Peter Killick

20 8777 4502

www.jrkillick.co.uk 112 High Street, West Wickham BR4 OND

#### CHRISTOPHER MEZZETTI

Accounting Systems, Bookkeeping, Payroll and **Taxation Services** 

Tel: 020 8460 6363 Fax: 020 7117 1653 email: christophermezzetti@btinternet.com



# THE SHORTLANDS DENTAL PRACTICE

98 MARTINS ROAD SHORTLANDS BR2 0EF

PRIVATE \* QUALITY CARE \* NHS DENPLAN AVAILABLE

Tel/Fax 020 8464 7520

#### PICTURE FRAMING

Oils, Photographs, Watercolours, Tapestries, Prints, Embroideries

Jo Powell, 3 Highfield Drive, Shortlands 020 8464 3149

### Sunnyfields Day Nursery

19 Bromley Grove, Shortlands

7.30am - 6.30pm daily

children 3 months to 5 years

Tel: 8313 9191



erved tradesman - City & Guilds/College Instructor 34 years experience - portfolio & references

Phone 020 8290 6662 or Mobile 07873 397158

### Chiropodist Reflexologist Sally Thorogood

MSSh MBChA MRXS MCRS

100 Kenwood Drive Beckenham BR3 6RA

020 8650 2738

#### INDEPENDENT FINANCIAL ADVICE

Savings & investments, Pre- and Post-Retirement Planning including Pensions & Annuities, Protection, Long Term Care and Tax Planning

Contact David Maguire on Tel: 020 8460 6088 Mob: 07970 810572 Fax: 020 8460 6106 Email: djmaquireifa@btinternet.com

DON'T D.I.Y.

... Decorating ... Tiling ... Decking ... Carpentry ... and more.

Contact Luke, telephone: 07946 545049 or e-mail at lukeb12345@yahoo.co.uk

#### ROOFING

ALL TYPES OF WORK UNDERTAKEN GENERAL BUILDING \* LOFT EXTENSIONS GUTTERING \* SKYLIGHT WINDOWS \* FENCING SEAMLESS FLAT ROOFING \* FLAT PACK ASSEMBLY

**HARRY ALLEN** 

020 8402 0156