

**THE**

# BERMONDSEY BISCUIT AND ROTHERHITHE DOCKER

Autumn 2020

Issue 7



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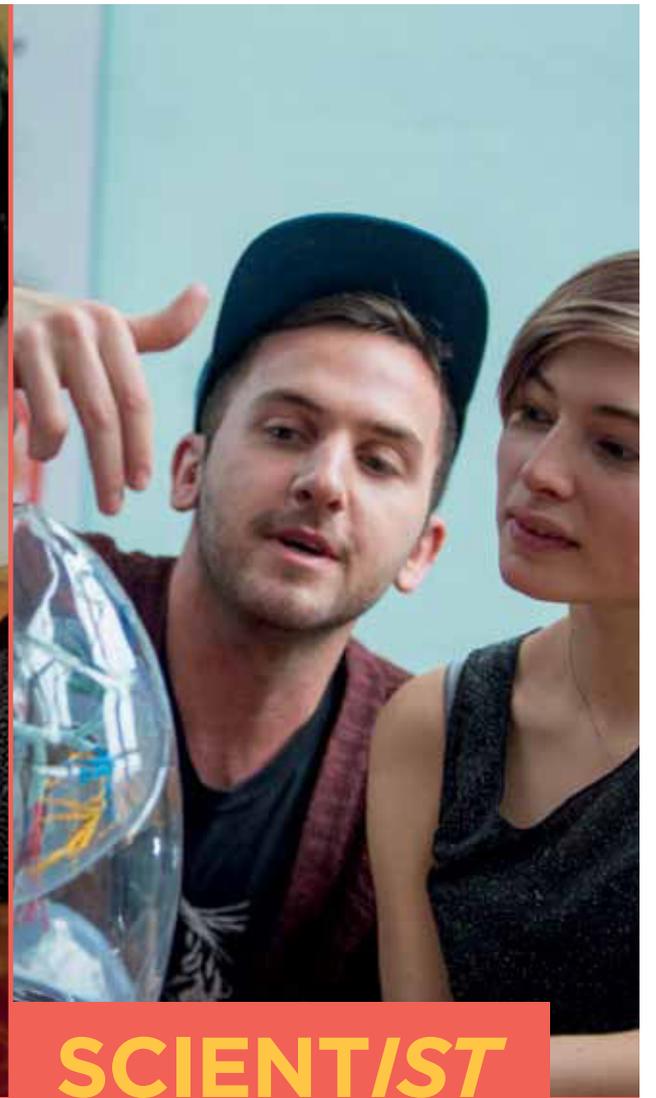
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## Editor's Letter

Laura Burgoine

Dear readers, We haven't been ghosting you, we promise! We'd offer a note from the Prime Minister to explain our absence but you've heard enough of the c-word for one year.

It's with great pleasure I bring you the return of the Biscuit! If 2020 has shown us anything, it's how adaptable y'all are! Restaurants became grocery stores and delivery services, churches live-streamed their masses, events got postponed or streamed, fitness instructors switched to Zoom, and

so many community groups and services sprang into action to take care of our elderly and vulnerable neighbours. So it's no surprise that as we find ourselves in October, there is still plenty to tell you about. Local authors have been writing, designers have been making, and foodies have been baking. Now more than ever, we're connecting to our own neighbourhoods – we've got all sorts of local gems for you right here.

These are your stories; thank you for sharing them.



24 - 25



22



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### About us

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Our winter issue hits the streets in February.  
 Contact us to get involved

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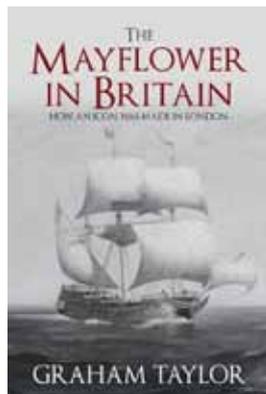


## A thank you to our sponsors

We'd like to acknowledge all our sponsors and supporters for helping us bring the Bermondsey Biscuit and Rotherhithe Docker to life.



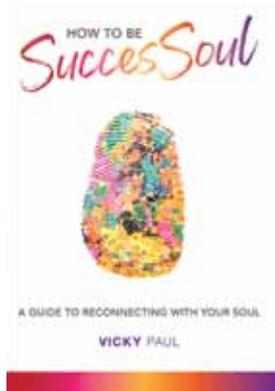
**Hot off the press**



**THAT SHIP HAS SAILED**

Bermondsey author Graham Taylor has just released a new book about the Mayflower's pioneering journey to the New World, in time for the 400th anniversary next month. *The Mayflower in Britain: how an icon was made in London*, investigates the society and politics of 17th century London, and the religious and financial background to the journey. The ship originally set off with some passengers from London at the end of July 1620, captained by Christopher Jones of Rotherhithe and other local crew members.

Buy your copy at: [www.amberley-books.com](http://www.amberley-books.com)



**WORDS FOR THE SOUL**

Bermondsey author, artist and intuitive Vicky Paul's new guide to reconnecting with your soul: *How to be SuccesSoul*® is out on October 19. The book explores how most people spend their lives chasing society's version of success, only to find that having it all, or trying to have 'it all' doesn't guarantee they love their life or the skin they're in. Whether you're lost in the maze of life, stuck in a rut, trapped by external pressures or simply overwhelmed by the infinite possibilities of 'what now?', *How to be SuccesSoul*® is a straight talking, insightful, funny, heartfelt and activating guide to help you reconnect with your soul self.

Pre-order your copy of *How to be SuccesSoul*® at <https://amzn.to/2CcuQ5u>



**Around town**

**MARKETPLACE**

Vinegar Yard's weekly Flea Market is still running every Saturday from 11am-4pm and Sunday from 12pm-5pm. The resident independent shop traders are there alongside the market every week offering a wide range of products, while the team is working hard to keep the site safe and secure, with plenty of seating available and ample room between tables.

72-82 St Thomas Street, SE1 3QX.  
[www.vinegaryard.london](http://www.vinegaryard.london)

**THE COVID-SAFE COMMUTE**

The Thames Clippers' new Uber Boat is a socially distanced, safe way to get to work. It has a new Park and Glide option, with parking at the O2 for people sailing into Canary Wharf or any of the other piers in the city. There's coffee and croissants at the on-board bar, spacious cabins and free flowing air.

Tickets start from £18 with cheaper multi-booking options.  
[Thamesclippers.com/commuters](http://Thamesclippers.com/commuters)

**TALK OF THE TOWN**

The Bridge is one of the few London theatres back open for socially-distanced performances. Hot off the success of Ralph Fiennes' one-man show (inevitably sold out until October 31st) comes Alan Bennett's *Talking Heads* monologues, which the theatre created with the BBC while they were closed in April and May. Now, eight of the monologues come to the stage in a series of double bills, all of them with the same leading actors whose performances were universally acclaimed on television.

Until October 31. Tickets: £15-£55.  
3 Potters Fields Park, SE1 2SG.  
[bridgetheatre.co.uk](http://bridgetheatre.co.uk)

**STAYING IN IS THE NEW GOING OUT**

Rotherhithe's Sands Films has set up an online cinema club where they stream curated film selections on Tuesday evenings at 8pm.

[www.sandsfilms.co.uk](http://www.sandsfilms.co.uk)

**VISIT TOWER BRIDGE FOR £1**

If you live in Southwark, you're eligible for a £1 community ticket to visit Tower Bridge. Take in the view from the iconic glass floor walkway, discover the original Victorian Engine rooms, hear the stories behind the architecture, the engineering, and the people who built your local landmark.

Pre-book online and just bring photo ID and recent proof of address with you on the day.  
[www.towerbridge.org.uk](http://www.towerbridge.org.uk)

**URBAN JUNGLE**

Following its reopening, the London Bridge Hotel is hosting an open exhibition: Urban Nature, the third of its kind, featuring artists and makers from the local area with painting, drawing, sculpture, installations and photography.

8-18 London Bridge Street, SE1 9SG.  
Running until December 31.





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Prospective students are invited to come along to our Open Days or join our virtual tours to explore the fantastic opportunities and inspiring state-of-the-art facilities in our dedicated Sixth Form Centre. As Ofsted noted: 'The range of subjects taught is imaginative, well constructed and contributes well to students' achievement and their outstanding spiritual, cultural and moral development.'

### Kingsdale Sixth Form Open Days 2020

Wednesday 30th September 4.00 -7.30pm  
Wednesday 11th November 1.30 - 6.30pm

Wednesday 21<sup>st</sup> October 1.30 - 6.30pm  
Wednesday 25th November 1.30 - 6.30pm

Visits by Appointment Only. Virtual tours will be taking place and broadcast live during each event!

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or email [sixthform@kingsdale.southwark.sch.uk](mailto:sixthform@kingsdale.southwark.sch.uk) for a Prospectus

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Kingsdale offers private tours of the school during normal working hours throughout the academic year. Tours are arranged for prospective parents at a time that best suits them!

## **\*OPEN DAYS AND EVENINGS 2020**

**Wednesday 30th September 2020**  
9.30-11.30am, 1.30-3.30pm & 5.30-8pm

**Wednesday 7th October 2020**  
9.30-11.30am, 1.30-3.30pm & 5.30-8pm

**Saturday 10th October 2020**  
10am-12 noon, 1-3pm & 4-6pm

**Wednesday 14th October 2020**  
9.30-11.30am, 1.30-3.30pm & 5.30-8pm

**Saturday 17th October 2020**  
10am-12 noon, 1-3pm & 4-6pm

**\*By prior appointment only. Virtual tours will also take place during events above.**



**For further information, visit [www.kingsdalefoundationschool.org.uk](http://www.kingsdalefoundationschool.org.uk)**



## A piece of Norway in Rotherhithe

Laura Burgoine

### CHAPLAINS DAG MAGNUS AND ELLEN MARIE TALK OF THEIR CONSTANTLY MOVING MISSION

**T**he Norwegian church in Rotherhithe has been a home away from home for Norwegians abroad since it was built in 1927. London-wide the church is renowned for its iconic Christmas market on Albion Street (last year they had 10,000 visitors) but the connection between Norway and the Docklands goes much further back.

After the Great Fire of London in 1666, Norway sent a thousand vessels carrying timber to rebuild the city. Today there's around 15,000-20,000 Norwegians living in London. The church was set up near the docks to provide social, economic and spiritual support to seafarers far from home.

"We've always been westward looking," senior chaplain and rector Dag Magnus Hopstock Havgar tells the *Biscuit*. "London has always been an enormously important hub for Norwegians. Also Aberdeen with their petroleum, oil, gas, fishery and finance industries was important; a lot of Norwegian expats and companies work there or London."

During the heyday of the London docklands, the Norwegian Seamen's Mission's main outreach

was with sailors. "The sailors stayed on the boats or hostels... or brothels and that was also a main part of the operation. Keep them out of the brothels and keep them out of the shanghaiing and losing money on bad stuff," Dag Magnus says, with a laugh. "The whole religion is very down to earth and that's also why we have such a high standing. We're not purely a missionary trying to preach the gospel directly but through words and deeds to show the Christian way and offer a practical approach."

What is currently Dag Magnus' office used to be

a library where sailors (very young, often aged 14 or 15) could come to write letters home and read the Norwegian papers. "For the seafarers historically, the seamen's church has been the backbone of their existence abroad because it's always been a safe home away from home."

The roots are in its pilgrimage nature. "Seafarers were moving around all the time and we followed them. We specialise and focus on people who aren't permanent – like students and expats," Dag Magnus says.

Today, the Rotherhithe landmark is the only Norwegian church in England (there's one church in Aberdeen, which is more specialised for petroleum and fishery industries). Naturally, many Norwegians travel over an hour to attend mass on Sunday.

"The church has been and still is an important part of the lives of a lot of Norwegians living abroad. They can come to celebrate Christmas, funerals, weddings," chaplain Ellen Marie Skillingstad says.

The church, which has a staff of 20 and over 100 volunteers, also has a Saturday school teaching Norwegian. "It's an impossible language. So few

people bother learning," Dan Magnus says.

Ellen Marie, a self-described "bit of an adventurer" has lived in Norway, London, New York and New Orleans. The work is naturally nomadic, with 32 churches all over the world as well as priests who travel to specialised areas, student chaplains, and 7 priests serving all the oil installations in the Atlantic Ocean. "You apply for positions with the church when they come up," Ellen Marie says. "Who knows where I will end up."

Both Ellen Marie and Dag Magnus began their careers as parish priests at the church of Norway, which involved studying theology for 7-8 years (learning in Hebrew, Greek and Latin) before being ordained, and then you can go abroad. Being a chaplain is more specialised; they can visit hospitals and prisons. Dag Magnus lives above the church with his wife Cathrine (also a priest), while Ellen Marie lives in Bermondsey.

"Where there are Norwegians, that's where the seamen's church is supposed to be. So if Norwegians move, then we'll move also," Ellen Marie says.

This semester, the church has seen the highest



numbers yet of people applying to study religion and faith, Ellen Marie says.

“Recruitment has been increasing. More people want to work for the church. It’s fantastic. I find the next generation more curious. People want to have meaningful work because they know they can stay longer in a position if it gives them more than money. It has that purpose.”

Are Norwegians typically spiritual?

“From the outside, Scandinavians are probably regarded as quite a secular society, but at the same time they have a familiar relation to the more official side of religion,” Dag Magnus says. “Norwegians are so private with their religious beliefs. It’s very personal. Norwegians are a very individual kind of people. You put quite high demands on yourself to have your own integrity. I can’t say categorically that we aren’t community people but we are very individual. Because we’re geographically spread out.”

“An imperative part of the Christian religion is being critical, being curious, asking questions. Historically, it’s the Christian tradition that established the enlightenment tradition because it made the individual person study and ask questions. The State shouldn’t always dictate what you think.”

“We are a volunteer organisation also, which is an important part of who we are,” Ellen Marie says. Volunteers run the Christmas bazaar every year, and during this pandemic outreach has been vital: making phonecalls, streaming the masses on Facebook, and keeping in touch with elderly parishioners, Ellen Marie says. “One of the most important things we can do is connect people and reconnect also. We can reach out.”

**The Norwegian Church is at  
1 St Olav Square, Albion Street SE16 7JB.  
Phone: 020 7740 3900.  
[www.sjomannskirken.no/london](http://www.sjomannskirken.no/london)**



MIDNIGHT



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For the colder months, we're now offering delicious Hot Toddies made with mulled cider and spiced rum, plus each group (of up to six people) can hire a mini firepit and a marshmallow smores toasting kit to have at their seats!

Guests to our enchanted candlelit garden can enjoy delicious campfire cooking and the option of a guided descent into Brunel's underground chamber directly below.

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[midnightsapothecary.designmynight.com](http://midnightsapothecary.designmynight.com)



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# A MESSAGE FROM THE CANADA WATER MASTERPLAN TEAM

**We hope that you're all keeping safe and well.**

Covid-19 continues to have a very material impact on everyone's lives and whilst responding to the pandemic remains the priority, we wanted to take this opportunity to update you on progress on the Canada Water Masterplan, that will create a new town centre for Southwark and the local area.

Following Southwark Council granting planning permission for the Masterplan in May 2020, we have now begun preparatory works to enable construction of the first phase of development, and recently submitted a Reserved Matters Planning Application for a below ground electricity substation for Canada Water and the wider area.

We're also excited to be bringing forward plans for a temporary innovation hub, that will provide a home for TEDI-London, a new higher education provider co-founded by Arizona State University, King's College London and UNSW Sydney. Our long-term ambition is that it will anchor a permanent higher education cluster within the Canada Water Masterplan.

Planning Applications for the electricity substation and temporary innovation hub were submitted following a period of community engagement on the plans, and more details on this, as well as on-site works and ongoing engagement can be found on our website.

British Land is a long-term investor, and we're committed to working with the community to ensure that the Masterplan delivers a range of long-term benefits for those who live, work and visit the area, both now and in the future. To this end we've included an update on some of the initiatives that we're involved in locally to make a positive contribution to the local area below.



## An update on community activities and programmes

### Book your place now at THRIVE – a low-cost, co-working space for SE16 residents

THRIVE, SE16's low-cost, multi-functional maker and co-working space for local entrepreneurs and self-employed residents, has re-opened its doors after undergoing a re-design to implement Covid security features. The newly revamped space will provide new individual, truly affordable offices, meeting rooms and makerspaces for local entrepreneurs to help start-ups grow in what's been the most challenging year ever for small businesses.

Thrive is open to all SE16 residents three days a week, Monday to Wednesday from 10am to 6pm, and is run by Tree Shepherd. It is located in Surrey Quays Leisure Park. To register for updates, or find out more about THRIVE's membership packages and free business advice and training offered, email [thrive@treeshepherd.org.uk](mailto:thrive@treeshepherd.org.uk), or call **07803 097532**.



### Fisher FC and Ballers FC get seasons underway

We are thrilled to be supporting local football clubs Fisher FC and Ballers Youth FC by sponsoring their upcoming seasons for 2020-21 and beyond. You may already be aware of Fisher FC, the local supporter-run football club. We have extended our partnership as Fisher FC's main shirt sponsor for another two seasons, and we are delighted to be continuing our relationship with the club and supporting them, especially during a difficult time for the club when they are not receiving any match day income. You can view their upcoming fixtures on their website at [www.fisherfc.org](http://www.fisherfc.org).

Our sponsorship with Ballers Youth FC continues for another three seasons and will support the U14 team with playing kit, including shorts, socks, training tops and jackets for the forthcoming season as well as matchday pitch facilities and officials' fees.



### Young carers in Southwark take part in online arts project

Recent research from Carers Trust has found that 69% of young carers are feeling less connected to others since the pandemic, while 31% report a weekly increase of 30 hours or more in the time spent caring. Young carers in Southwark have had the chance to take a break from their caring responsibilities this summer with an online multi-arts project art:space. The art:space project was developed by creative arts charity Create, which British Land was delighted to support.

Previously having taken place at Surrey Quays Shopping Centre, this summer the project took place online due to Covid-19. More than 20 young carers from Southwark took part, all of whom are members of Imago, a local charity that provides support services to young carers in Southwark, based in Surrey Quays Shopping Centre.

Create is the UK's leading charity empowering lives and enhancing wellbeing through the creative arts. Its focus is on engaging the most marginalised participants in inspiring, sustainable arts programmes in areas where provision is poor and engagement in the arts is therefore low.

To find out more information about Create and its work, visit [www.britishland.com/sustainability/our-views/articles/2020/young-carers](http://www.britishland.com/sustainability/our-views/articles/2020/young-carers)

If you have any questions regarding the project or would like to get in touch then please don't hesitate to contact the Canada Water Masterplan team:  
Email us on: [team@canadawatermasterplan.com](mailto:team@canadawatermasterplan.com) Freephone: **0800 470 4593**





## The Swimsuit Edition

Laura Burgoine

### THE OXO TOWER DUO CHANGING THE SHAPE OF SWIMWEAR

While many fashion brands are dipping a toe in the water when it comes to sustainability and catering for plus-sizes, We Are We Wear dived right in.

Designer and London College of Fashion alumni, Natalie Paul and her business partner Chelsea Williams set out to create swimwear for women of all sizes, with a range covering XS to 3XL.

"I'm a dress size 20 and Chelsea's an 8. We wanted to design something that could fit both of us; that was our main initial concept," Natalie says. "Whenever we post pictures on Instagram of someone who looks more 'everyday' we get a better reaction."

"The thong's been the best-selling swimsuit shape," she continues. "Girls today are definitely more confident and it's great to see everyone embracing their bodies."

Today, the average dress size in the UK is size 16, whereas it used to be size 8-10; traditional shop mannequins were made to these specifications. "In the '60s a size 10 was what we'd today call size 6-8. We're more about representing shapes not sizes," Natalie says.

"We keep the design as simple as possible and make it adaptable. All our triangle bikinis are fully adjustable."

Sustainability is also a strong factor. All the brand's packaging is biodegradable and they have an Eco Edit line made from fabric sourced from Carvico in Italy, which is repurposed from ocean waste like fishing nets, industrial plastics and fabric scraps.

"We make our eco collection in Turkey; we could have it made in

China but we wanted to be closer to home so it spends less time traveling," Natalie says. "The younger generation are willing to pay more for something that's made ethically, and they understand that you can still look confident and sexy in swimwear that's sustainable."

Bathing suits are also becoming more versatile. "50 percent of swimwear doesn't get wet," Natalie says. "People wear swimsuits at festivals, pool parties, even for working out; we want to highlight you don't just have to wear it in water."

The Oxo Tower hub is a social space as much as a shop. It's set up as a mix of a photography studio and a bedroom with a bed so girls can hang out and take pictures for their Instagram. "You have to be creative to draw people in. This is a place to shop but also create content, like a home away from home. It's a new way of shopping."

We Are We Wear initially stocked at Top Shop and Urban Outfitters and launched on Asos this year. It remains very much a home-grown brand. Natalie grew up on the Old Kent Road and then in Borough, and now lives a ten-minute walk away from her Oxo Tower studio.

"I designed lingerie for 15 years; I worked at Top Shop for a year but most of that time was spent working for Asos. They didn't have a lingerie department so I was building that from the ground up, and that's where I met Chelsea."

**We Are We Wear is at 2.07, second floor courtyard side, Oxo Tower Wharf, Bargehouse Street, SE1 9PH. [wearewewear.com](http://wearewewear.com)**



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# Open Event

## Thursday 22<sup>nd</sup> October: 4:30pm to 7.00pm

These will be virtual events.  
Please see our website for more details.

### Ofsted "Outstanding" in call categories



Get in contact



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## Print Room with a view

Laura Burgoine

**E**ames Fine Art Gallery has been running on Bermondsey Street for seven years, with private Collector's Studios around the corner on Tanner Street where the Picassos are kept! Now there's a new Print Room further along Bermondsey Street, which opened in February right before lockdown and is now back open again. The studios and galleries are a labour of love for married couple Rebecca and Vincent Eames, who both come from the art history world.

Rebecca talks the *Biscuit* through curatorship and the collections.

### You don't have to be an artist to work in the art world:

"I loved studying art but I had no real talent for it. I remember my art teacher told me I should consider being a curator and selling art instead of making it, and that's where it all began for me."

### It's a close-knit community:

"There's a real community of printers in South East London, which was our main reason for opening on Bermondsey Street. We wanted to be close to the buzz and where the art was being made."

"We hold lots of events for collectors because we love hearing from artists about their printmaking processes and the stories behind their work."

"Norman Ackroyd (acclaimed artist and Bermondsey local) has carried out wonderful demonstrations at the gallery of the sugar-lift process he uses on his original etchings."

Some of the other local artists Eames works with include Gail Brodholt, Karen Keogh, Nigel Swift, Anita Klein and Sophie Layton.

### The best artists do printmaking:

"We sell linocut prints, screenprints, lithographs, and wood-cut prints, and other works on paper. Printing isn't a lesser form of art; it's hard and often more time consuming than painting. It's really a labour of love. Artists will often spend two years working on one exhibition."

"From Rembrandt to Antony Gormley, lots of the best artists do printmaking: they love it for the variety of mark making and the different artworks they can produce with it."

"We like to exhibit a large variety of work: really our shows are based on whatever we fall in love with!"

"Every artist has their own way of working.

Sophie Layton (daughter of Bermondsey Street glassblower Peter Layton) went to Japan to learn the mokuhanga woodblock technique."

### How to invest in art:

"A signed Picasso original print can cost between £9,000 and £90,000, but we also have some very collectable, unsigned editions by many well-known artists for much less."

"Our studio on Tanner Street is where we store all our artworks; from contemporary printmakers to works by historic Masters including Picasso and Matisse. You can buy an original, small Picasso lithograph for £500 or a Matisse for as little as £350. These are first rate, very collectable artworks; each comes with a certificate of authentication, and we will talk you through the history of each work."

### The business side:

"Eames Fine Art take on about two new artists each year. The artist's life can be lonely, so we have lots of events and special projects where they can meet other artists and collectors to discuss their work and even collaborate on projects (like the 'A Common Place' exhibition, which is coming up later this year). There's a real symbiotic community amongst artists and art lovers at Eames, which is what makes what we do so interesting and enjoyable."

### Coming Up:

Eames Fine Art's latest exhibition 'A Common Place' is at the Print Room from 11 November - 6 December. The show is a collaboration between 29 of the studio's artists and 29 writers from the group 26. Each artist and writer had to chat to one another to come up with a 'common place' that they share, and then the artist created an artwork and the writer wrote a poem or prose piece to accompany it, which will be exhibited together in the Print Room and in a book available to buy this winter.

**Eames Fine Art Gallery is at 58 Bermondsey Street, SE1 3UD. Phone: 0207 407 1025.**

**Eames Fine Art Print Room is at 159 Bermondsey Street, SE1 3UW. Phone: 0207 043 5751.**

[www.eamesfineart.com](http://www.eamesfineart.com)



▲ Owners Vincent and Rebecca Eames



► Reflections in the Dock by Anita Klein



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## The ink spot

Laura Burgoine

**N**ichlas Hald and Matthew Stopps opened Origin Tattoo on Snowfields last October. One of the last businesses allowed to re-open in July, the team is back in action (with everyone wearing facemasks!)

There's seven beds, 12 tattoo artists, and an interior décor boasting mid-century furniture, pendant lamps and designer pot plants. "It can be a daunting experience going into a tattoo parlour. It's often full of doom and gloom and heavy metal music. We wanted the space to be comfortable and accessible," manager James Lamb says.

Co-owner Nichlas has always been creative; he grew up drawing and studied fine art before launching a business making sculptures of Christmas elves –after years of this, he'd had enough of the elves and decided to learn to tattoo.

As an apprentice, tattoo artists practise on silicone "skin", themselves, and their friends before graduating to paying customers.

"I lived in the Philippines for a while and I used to go to the market and get a dead pig and tattoo it all over before roasting it up for dinner," Nichlas says.

After ten years in the trade, he's done thousands of tattoos, including inking famous boxers Joe Calzaghe and Barry McGuigan, and Formula 1 driver David Ricciardo.

"People travel from quite far to us. Instagram is really good for people finding our artists," Nichlas says.

Tattoos cost anywhere from £100 minimum to £800 for a tattoo that takes a full day.

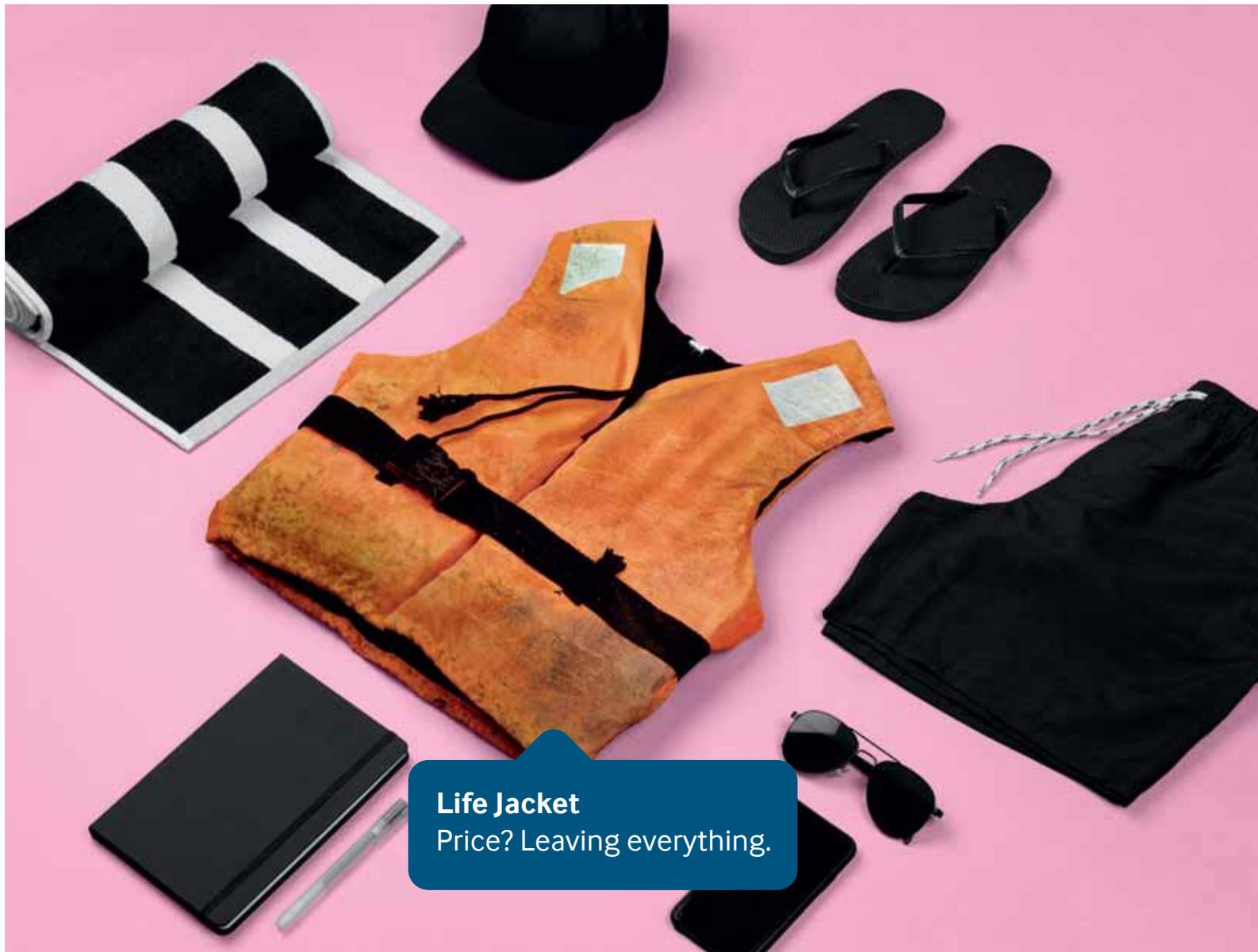
**Origin Tattoo is at 41 Snowfields, Bermondsey, London SE1 3SU  
020 3795 3831. [www.origintattoolondon.com](http://www.origintattoolondon.com)**





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## Brave New World

Laura Burgoine

**ON THE 400TH ANNIVERSARY OF THE MAYFLOWER'S EPIC JOURNEY, A CONCERT AT ST MARY'S BRIDGES PAST AND PRESENT, EXPLORING HUMAN STRUGGLES, HOPE AND UNCERTAIN WATERS**



2020 has certainly made history but it's also a significant year historically. 400 years ago, the Mayflower left the shores of Rotherhithe, embarking on a tumultuous journey that, by all accounts, should not have been successful. After leaving London, originally to depart from Southampton, the old and battered vessel intended to travel alongside the Speedwell, which came over from Holland. The departure was rocky from the start as the Speedwell sprang several leaks before finally being abandoned in Plymouth, with about 20 passengers then joining the overcrowded Mayflower and the ship setting off on a solo voyage.

Rotherhithe local Eleanor Thorn, who runs world music events under the banner of Tuned In London, had a year of concerts planned for this anniversary, all focusing on the migration aspect. "I'm particularly aware this shouldn't be regarded as a celebration because the ship sailed all the way to America and had terrible consequences for native people," Eleanor tells the *Biscuit*.

All these years later, the plight of the local native population, the Mashpee Wampanoag tribe in Massachusetts, continues. In March this year, the tribe was informed that under the Trump Administration over 300 acres of land designated to their reservation would be removed.

The desperate situations of people, particularly migrants, is as relevant today as 400 years ago, Eleanor says.

"The pilgrims on board the Mayflower wanted freedom of religion. They were the first English puritans and were fleeing from persecution," Eleanor says. "This was a time in the UK when it was possible to be fined or imprisoned for not going to church. Ten years before they went to America, a number of them moved to Holland and that was a clandestine journey in itself. Holland was more tolerant and they were helped by the Jewish community, who sympathised with their plight but they wanted to keep their identity. They felt their children were becoming too Dutch." Added to this was the increasing risk of persecution due to tension between Spain and Holland and other political influences.

"This is really interesting with current situations with Syrians and Afghans coming to the UK and the movement of people all around the world," Eleanor says. "Half the Mayflower's passengers were religious separatists and the other half were people just moving for economic reasons. That hasn't changed. The world is full of people who need to move and it's a really big decision."

Eleanor commissioned musicians Rupert Gillett and Jennifer El Gammal from the band One Voice, One Cello and a Mad Belgian, to create music specially for a live concert to be held at St Mary's church in Rotherhithe, where Mayflower captain Christopher Jones is buried. The first half of the concert is songs written about the Mayflower and the second part is the band's original material.



▲ Local Eleanor Thorn brings world music to Rotherhithe



◀ Jennifer El Gammal and Rupert Gillett from One Voice, One Cello and a Mad Belgian



“It’s a loose collection of impressions which do tell the story and there’ll be an album we’re releasing that puts together the narrative,” cellist and singer Rupert says. “The music is an emotional impression of what these people went through. These people had something they strongly believed in and they were persecuted for it. It’s a sad, sad story that when the Mayflower landed in America at the end of 1620, within that first winter out of 102 passengers and crew, half of them died. The conditions were unimaginably horrific.”

Soprano Saxophonist and singer Jennifer adds: “It’s a very human story. Very relevant to today.”

At the event, 70 people can comfortably attend with social distancing, and it’s also being live streamed. “Musicians are having to adapt at the speed of sound right now because of Covid,” Rupert says. “The importance of a live event is that so much of our music is improvised and is about communication in the moment.”

Eleanor adds: “Rupert and Jennifer’s music making has a lot of playfulness in it and can appeal to all ages.”

“One advantage of the pandemic and live streaming is, while it will never replace the experience of a live performance, we’re able to bring these events into people’s homes and people who are unable to go out at the moment are able to enjoy it.”

**The Mayflower 400 anniversary concert is planned for St Mary’s Church, St Marychurch Street, SE16 4NJ, on Friday 16 October at 7:45pm (for an 8pm start). If the situation changes due to Covid-19 restrictions, it will still be live streamed. Tickets: £14. <http://tunedin.london>**

All donations are very welcome as this event has been put together with minimal funding and many volunteers. Rupert and Jennifer are releasing a recorded album and illustrated book available at:

[www.onevoiceonecelloandamadbelgian.com/](http://www.onevoiceonecelloandamadbelgian.com/)  
or [www.rupertgillett.com](http://www.rupertgillett.com)

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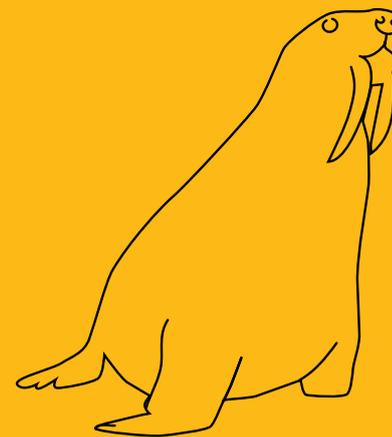


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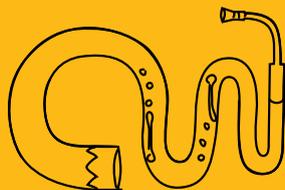
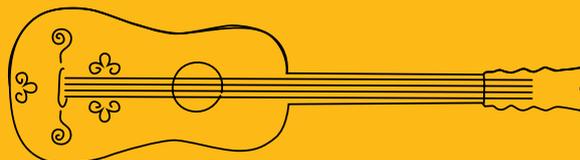
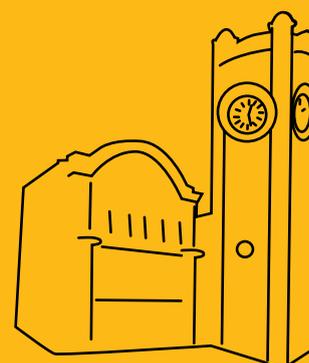
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## Showbiz and the Blitz

Michael Holland

The 1930s must have been the halcyon days for local kids when compared with what came at the end of that decade.

Brenda Watkinson's dad's family came from East Anglia to Layard Road to work in the docks, and her mum lived in Camilla Road. When her parents married they moved to 11 Raymouth Road, where Brenda was born in 1937. The family lived there until 1944 when a V1 rocket pretty much demolished the whole street. "We were made homeless overnight," Brenda remembers, with anger still perceptible in her voice.

The council put the family up in Credon Road School, which had been commandeered for these situations, where they spent a week sleeping on the floor before being evacuated to Woking. After a terrible time there, a move to stay with family in Norfolk came next before returning to a condemned house in Delaford Road when her father, who had stayed in London as a firefighter, had convinced the authorities that he wanted the family back together. "We stayed there from 1945 to 1948 before moving to Millstream House in Jamaica Road," Brenda says.

Brenda's mum had worked in the local leather and food industries. "She went from making pistol holsters for the cavalry to being a butcher," jokes Brenda. "Dad worked in Carter's, the gentlemen's outfitters down The Blue, before the war, and afterwards stayed with the fire service until he was 73."

The Blitz meant that Brenda only briefly attended Galleywall Road School before she was shipped out to Norfolk and a school in Diss for a while. Her childhood was marred by war. "We were endlessly being bombed so there was little time for play," she recalls. "But I do remember hopscotch and skipping... I had a tricycle that I could ride as far as the Raymouth Tavern and back; it made a lot of noise as it didn't have any tyres. We also used to play on top of the Anderson Shelter in the garden and on the bomb site in Aspinden Road." She laughs before relating how, when all the neighbours were in the railway arch sheltering from the Luftwaffe, she would sing and dance to her captive audience. "I always wanted to be on the stage, and from the age of eight I began writing letters to Hollywood!"

After Germany surrendered, Brenda took her 11 Plus and went to Aylwin Grammar School where she passed her O Levels, but ill health stopped her going on to university.

There was little money for family holidays after the war and it wasn't until the 1950s that holidays

became an annual affair for the Watkinsons. "We always went to Clacton," Brenda recalls.

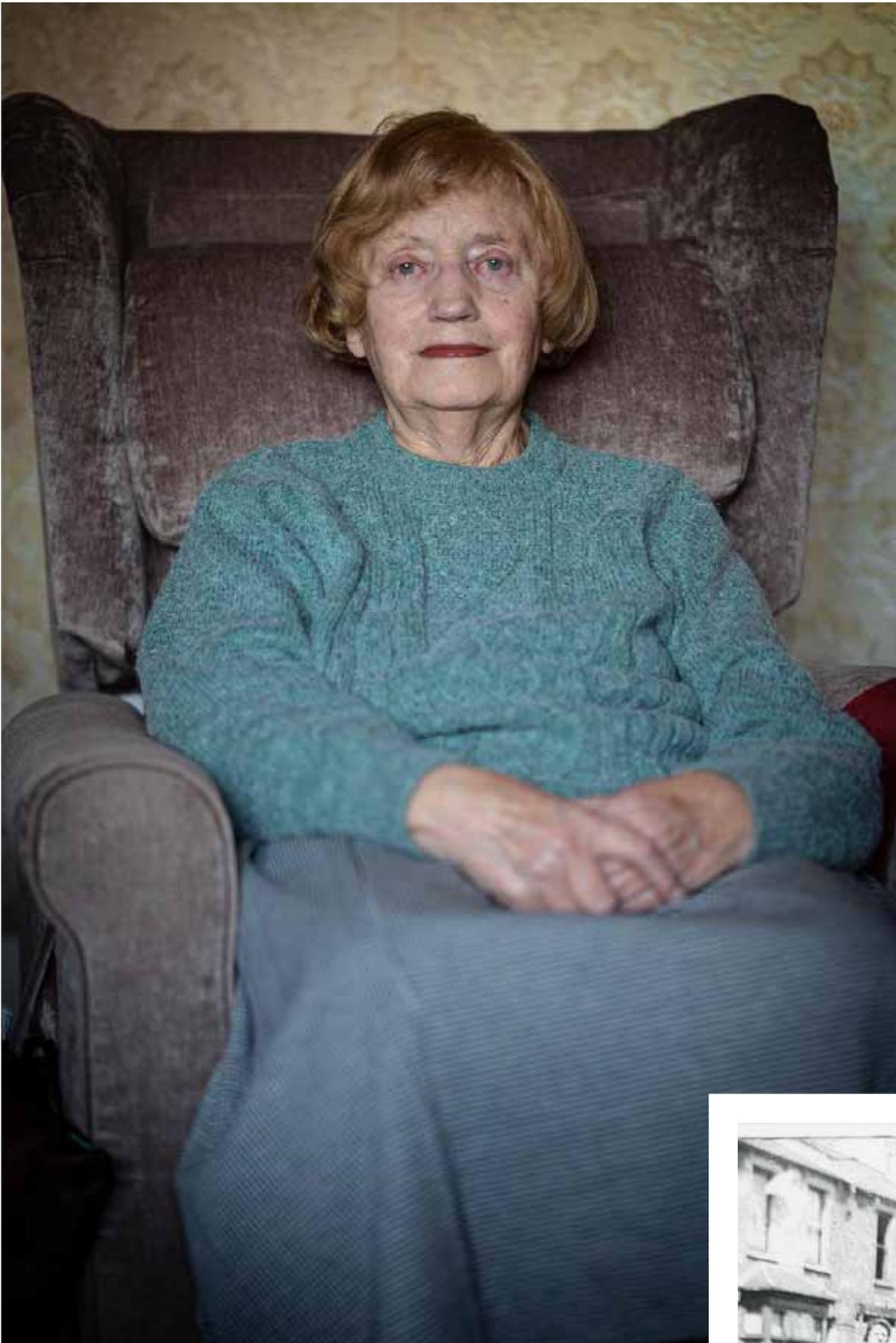
Work for the school leaver was as a typist at Lloyd's of London, where she worked for three different firms in 11 years. In 1964, while walking down the Strand, Brenda saw an ad for a Television Scriptwriting School. With her interest in entertaining triggered she applied and got the job, but it was not what she expected. "It was a mail order company run by an alcoholic boss who just sent lessons out by post!"

After four months of hell Brenda was seeking work again, and her next post was as a typist in the Temple, where she worked at several chambers in her time there. "I absolutely loved the Temple," she says: "I loved the work, I loved the place; I was never happier than when I was working there."

In 1977, Brenda left the Temple to care for her mother, whose health was deteriorating. "My plan was to work from home, so I advertised my typing skills across London. I began with medical students who needed work typed up, and the local GP, Dr Gammon, who was writing a book about the NHS." She also took on part-time secretarial work with Jerry Epstein to help with his Chaplin tome, through whom she got a small part in Richard Attenborough's film, *Chaplin*, followed by work with Steven Berkoff - two men very much connected with theatre and film.

Brenda worked with Berkoff for five years typing up his plays and his autobiography from her home.





This ended when Berkoff extended his Limehouse warehouse to include office space for Brenda, which she declined as she needed the peace and solitude of her home in Jamaica Road. "He was very annoyed and very upset but I had to leave him," she says.

Brenda retired in the mid-90s and now fills her time being a member of different clubs and societies, including "the Cinema Theatre Association, which is about the actual buildings rather than films, the London Bubble Theatre, where I have performed in some of their plays;

the Rotherhithe and Bermondsey Local History Society, for whom I sometimes give talks on local history, and the Blinking Buzzards, which is the UK Buster Keaton Society... my interests are wide and varied."

Brenda has always been active and says she would still be active if "my blasted driving licence hadn't been taken away!" Now deemed disabled, she feels like "a prisoner" in the home she has lived in for 72 years and relies on friends to take her out but her mind is as active as it always was, and she will continue to give talks on local history.



**"I always wanted to be on the stage, and from the age of eight I began writing letters to Hollywood!"**



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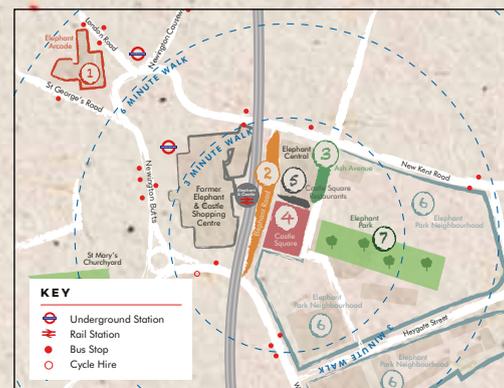
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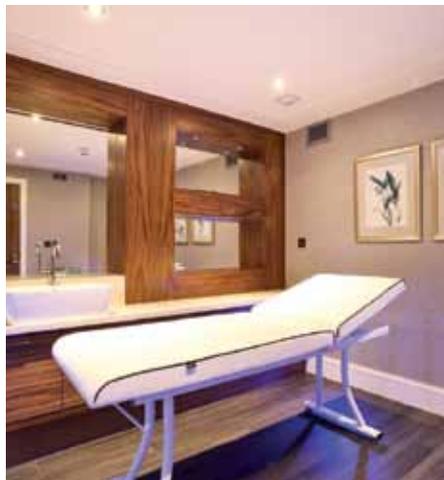
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**A LAVISH TEA GARDEN AND HEALTH SPA WITH DANCING CLOWNS, FINE ART AND FIREWORKS SAW DANDIES FLOCKING TO BERMONDSEY SPA**



Over two centuries ago Bermondsey was a green and pleasant backwater reclining on the doorstep of the City of London. It was mainly pasture land with the odd windmill and market gardens. The Neckinger was then a clear overground stream that babbled through the area. The air was clean and fresh; there was no overcrowded population and no smelly industries to pollute the atmosphere. Little wonder then, that in 1765 Thomas Keyse decided to set up business in this paradise.

Keyse enjoyed some success with his paintings, so with some money in his pocket he bought the Waterman's Arms, an old inn on Grange Road. It came with seven acres of land and bordered the picturesque ruins of Bermondsey Abbey. Here he used his creative flair to open a rather pleasant tea garden.

Tea gardens were the eighteenth century Starbucks for the well-heeled, who believed taking tea there gave them status and segregated them from the ale-swilling working class. People preferred to drink tea and coffee as the water had to be boiled in preparation and they knew it was safe to drink. Pox and disease were still prevalent and the plagues of yesteryear hadn't been forgotten.

As luck would have it, in 1771 Keyse discovered a water source in his gardens and quickly jumped on the health spa bandwagon. The water there, from a chalybeate spring, was said to have healing properties and be rich in iron. Some believed it to be a miracle cure for everything from gout to smallpox. Others said it was just muddy water that Keyse was passing off as mineral water, which

brings to mind Del Boy's Peckham Spring!

The whereabouts of the spring is no longer known. Some say it was on the premises of Young's glue factory (now Henley Drive), others say it was further down Spa Road near the railway arches. Who knows? Perhaps one day it will bubble up to the surface again.

Bermondsey Spa soon had London's dandies arriving in their carriages to take the waters and be seen at the newest and most fashionable social venue. Ladies in silk gowns and powdered wigs stepped over the muddy lanes in their satin slippers to get to the spa. Tea and cakes were served to them beneath the bunting and fairy lights that decorated the entire gardens.

One late August afternoon the changing season was celebrated with an 'Autumnal Jubilee'. It was advertised as "an exhibition of an Enchanted Temple decorated with many thousands of additional lights. The Orchestra will be playing a concerto and the Military Band will be dressed in full uniform."

In addition, there were fireworks, a hot air balloon and a dancing clown. The clown performed his routine with fireworks tied to his hands and feet! The festivities concluded with a Grand Fairy



**“Tea gardens were the eighteenth century Starbucks for the well-heeled, who believed taking tea there gave them status and segregated them from the ale-swilling working class.”**

Dance; pretty good value for the two-and-six entry fee.

Keyse would think up ever more flamboyant entertainments to thrill his customers. He had the best firework displays in London, put on large-scale epic costume dramas and used pyrotechnics and explosives to re-create battle scenes. In 1792 he

advertised a 'Grand display of Fireworks on land and water incorporating the Famous Battle of the Fiery Dragons'. Presumably the water source for this extravaganza was the nearby Neckinger. He employed a team of writers and musicians to create the dramas, songs and poems for his productions. There were even special songs written for the spa and no doubt he sold the sheet music as souvenirs.

The shows became so well known that royalty and overseas visitors visited Bermondsey Spa. Keyse's still life pictures of grocers' and fishmongers' produce pulled the crowds in.

One painting especially caught the public eye; a huge depiction of a butcher's shop that covered one wall in the upstairs gallery of the inn. The founder of the Royal Academy, Sir Joshua Reynolds, crossed the water to inspect the paintings and even got advice from him on using oil colour to its best effect.

Thomas Keyse died in 1800 at the age of seventy-nine. The Spa Gardens closed five years after his death and were left to grow over; the inn became a school for young ladies. Later, the Greenwich railway was built over part of the site and other parts were occupied by Pearce & Duff's custard factory and Young's glue works.

## Bitesize

Laura Burgoine



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### BURGER KINGS

Honest Burger has a speciality Tooley Street burger using Crown and Queue's Bermondsey nduja, a lightly spiced spreadable sausage that goes down a treat with local craft beer provided by Partizan. The burger is exclusively available at the London Bridge branch.

**6 Bermondsey Street, SE1 2TF.**

### THERE'S SOMETHING ABOUT DAIRY

Good news for foodies, family-run eatery The Dairy which has been dishing up culinary delights (and rave reviews) in Clapham since 2012, has moved to Bermondsey. There's a Sunday lunch as well as an ala carte menu featuring fresh fare along the lines of Galloway rump, wood roasted lamb, charred lettuce, sea vegetables and pickled Tropea onions.

**Bermonds locke, 153-157**  
**Tower Bridge Road, SE1 3LW.**  
[www.thedairybermondsey.com](http://www.thedairybermondsey.com)



### SAY ANNYEONG TO THE NEW KOREAN!

London Bridge's newest Korean restaurant Sollip opened its doors in March and immediately had to switch tactics, operating as a Korean grocer during the lockdown. It's run by husband and wife team Woongchul Park and Bomee Ki, who met while training at Le Cordon Bleu in London and have worked all over the city at The Arts Club, The Ledbury and Koffmann's.

The restaurant is back open again, serving up a menu combining European and Korean influences, all served on handmade ceramics made by Korean artisans. Dishes include: steak tartare with Gochujang, Red Mullet with Leek Jangajji, savoury daikon tarte tatin and ice cream made with Perilla leaves.

The restaurant will open in the evening and the shop remains open during the day. You can stock up on: kimchi made to an old family recipe, and Jangajji - Korean pickled vegetables, for which they're using local, seasonal vegetables and preserving them in traditional Korean stone pots.

**Unit 1 Melior Street, SE1 3QP.**  
[www.sollip.co.uk](http://www.sollip.co.uk)

### FARM DROP

Surrey Docks Farm has moved its farm shop online, with collections at the Rotherhithe Street gates on Sundays and then Tuesday-Friday. They add new stock daily, so check the website in the morning and then after 12pm. Vegetables have all been grown from seed on the farm and are harvested each morning, freshly picked to order.

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



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**A PARTRIDGE IN A PEAR TREE**

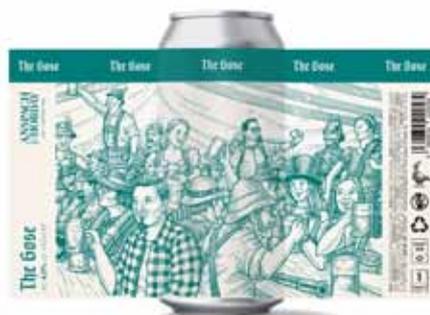
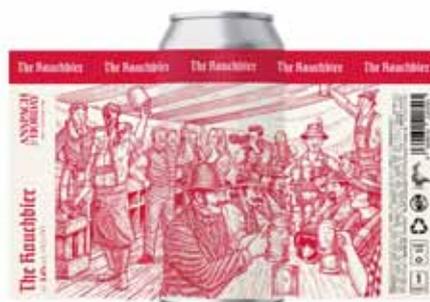
The Pear Tree currently has their finger in a lot of pies. During lockdown, husband and wife team Matthew Lloyd and TzeMay Ng converted their Greenland Place restaurant into a grocer and delivered to people in quarantine, as well as selling groceries for collection, acting as a hub between their suppliers and the local community, which they're still doing.

They also opened a pop-up at Surrey Docks Farm, which has been so well received it's extending until November. "When we were living in the area with our two young children, we frequented the farm a lot, so we have a very soft spot for them. They were constantly on our minds throughout the lockdown," TzeMay says.

The pop up stall is open on Friday to Sunday from 10am-4pm, currently offering cakes, coffees, small savoury offerings (sandwiches, sausage rolls, filo parcels), sourdough breads (from Snappery) and other treats.

For Christmas at the Pear Tree, the chefs are continuing with their usual Christmas day catering where you can order a cooked whole or half turkey, goose, beef, or chicken with all the trimmings on the side ready to be picked up on Christmas Day.

Yeoman St, Surrey Quays, SE8 5ET.  
www.thepeartreekitchen.co.uk



**OKTOBERFEST CHEER**

Check out Bermondsey Beer Mile's Anspach and Hobday's new range of beers - the Festival Lager, The Gose, The Rauchbier and The Hefeweizen - specially launched for Oktoberfest.

Paul Anspach, Head of Production and Co-Founder, says: "Each year, Oktoberfest presents us with a unique opportunity to take a deep dive into a brewing heritage that has inspired us since day one. We use this time to celebrate the breadth and diversity of styles that German brewing has to offer. From the dark, smokey Rauchbiers of Bamberg, to the bright, freshly tart Goses of Leipzig, German beers all share a number of common traits; precision, cleanliness, balance and drinkability. These are qualities we strive for in every beer we make, and our Oktoberfest beers bring them into sharp focus."

Oktoberfest started in 1810 in Munich, Germany, and is now the world's largest beer festival. Originally the festival celebrated the marriage of King Ludwig and Princess Therese of Saxe-Hildburghausen. Now the festival runs from 16-18 days through September and October and has become a celebration of beer and Bavarian culture all over the world.

118 Druid Street, SE1 2HH. Phone: 020 3302 9669. www.anspachandhobday.com

**WORD AROUND TOWN**

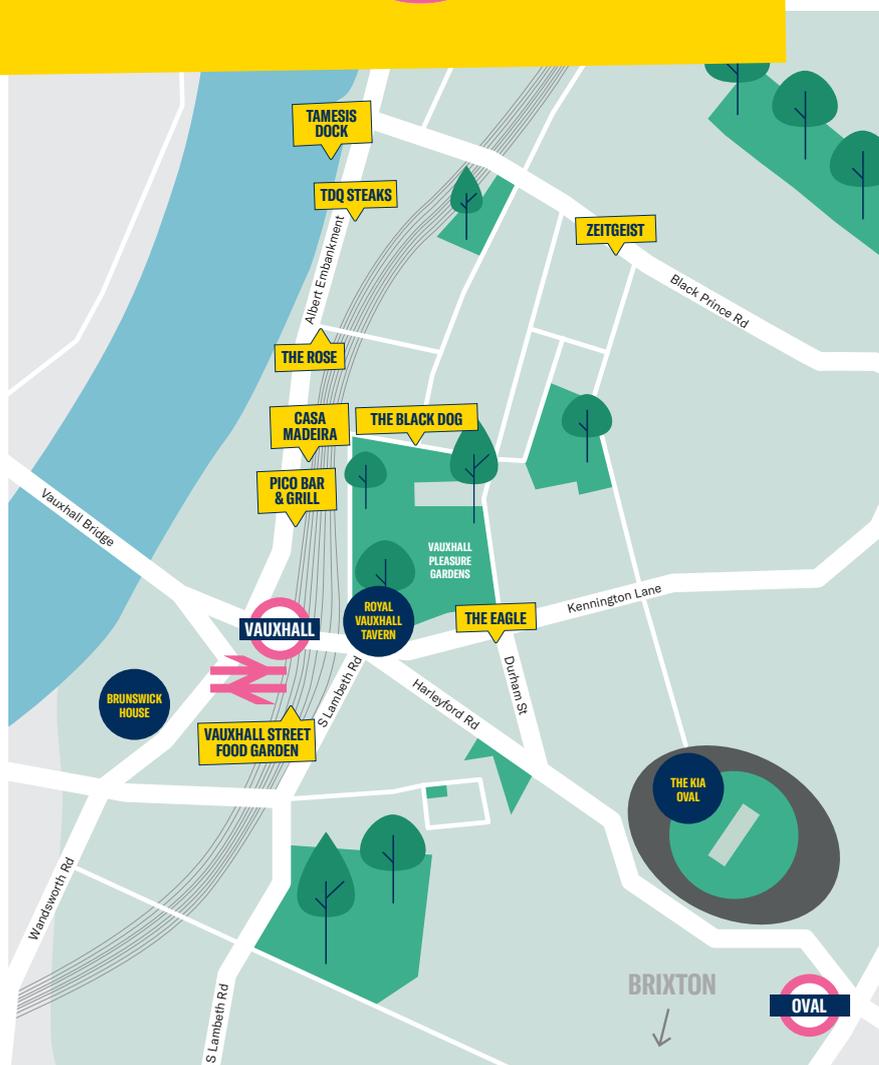
Tune into Borough Market's podcast #BoroughTalks, where foodies can hear about everything from the global impact of COVID-19 on the food industry to the connection between food and our mental health. The culinary talks feature inspiring guest speakers from around the world, presented by Borough Market and hosted by food writer Angela Clutton. Season 1 of #BoroughTalks is now available to stream on Spotify and google podcasts. Episodes include: Melissa Hemsley talking about the global impact of food and sustainability in light of COVID-19; Sami Tamimi and Tara Wigley discussing the food and stories of Palestine; and Kimberley Wilson on food and mental health.



# VAUXTOBER

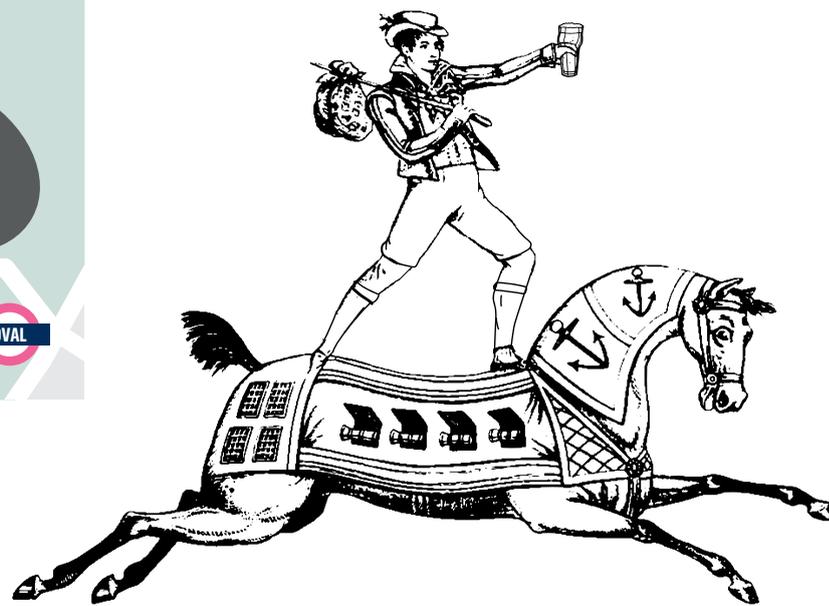
# FEST

08-18 OCT 2020



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LONDON

Download the beer map:  
[BEINVAUXHALL.COM/BEER](https://beinvauxhall.com/beer)

@BEINVAUXHALL #VAUXTOBERFEST



## From the Ashes

John Kelly

**BOSS LEADS FISHER ON HISTORIC CUP RUN AFTER TUMULTUOUS CAMPAIGN - AND HAS SALES PITCH FOR FANS OF OTHER CLUBS**

**T**HERE ARE some things money can't buy. One of those things is the prestige of Fisher, and the meaning in representing the Rotherhithe club based in one of the most iconic football settings in London, Canary Wharf twinkling beyond the floodlights on a cold Tuesday evening in winter at St Paul's.

Despite having a playing budget this season of exactly zero, even the lure of cash offers from rival clubs hasn't been enough to tempt some of the current Fisher squad.

Those players saw their decisions to stay justified as they reached the first qualifying round of this season's FA Cup, the furthest in the history of Fisher FC, probably evoking memories in older fans of Fisher Athletic getting to the first round proper twice in the 1980s.

After beating Horsham and Tooting & Mitcham in previous rounds, Fisher's dream ended when they

lost 3-1 to Cray Wanderers, a side two tiers above them in the Isthmian League Premier Division and boasting players with experience in the Football League with the likes of Charlton, Gillingham and Leyton Orient.

But Fish boss Ajay Ashanike was full of admiration for his side, who are playing for nothing more than the love of the game and their club.

"At the moment I've got no budget whatsoever," Ajay reveals to the *Biscuit*. "At Tower Hamlets we weren't getting paid, but coming to Fisher it was totally different.

"With these boys, they've got fans actually singing their names, people talking on Twitter about them. That makes them happy, it makes them want to be here.

"Clubs have offered some of the boys money and they've turned it down just to be at Fisher. Everyone wants to play for Fisher. You'd be stupid, as a young

player, not to want to play for Fisher.

"We went over to play Cray Wanderers and with the budget they have we shouldn't have been in the game. But we stayed in it, we didn't give up and the boys weren't outclassed by anyone.

"You would never have believed we were a team with no budget."

Fisher earned £3,319 in prize money for their FA Cup exploits this season. "To some clubs that might not sound much," Ajay says, "but for a small club like Fisher that means a lot to us. That will help us this season. Credit to the boys, they knew what was at stake and they went out and did the business."

Ajay, who grew up in Tower Hamlets, had an unusual route to Fisher. While playing for Hamlets he met an agent who felt he should be at a higher level, and a move to Gaz Metan in the Romanian region of Transylvania was organised. Money problems at the club meant Ajay left after three months before going

back into non-league football in England.

He quit playing at 25 to start coaching Hamlets youths, and from there progressed to first-team manager in 2017. Still only 31, he has an impressive record of helping young players earn contracts at professional clubs such as Watford, Southampton and Colchester.

Ajay initially joined Fisher as assistant to Allan Fenn in the summer of 2019. But the Fish, who had finished third in the SCEFL First Division the previous season under Dean Harrison, couldn't replicate that form after losing a number of key players.

Fenn left last October, Ajay took over and he could hardly have imagined what was to come.

Covid-19 would cause the suspension of football the following March, and eventually an end to the campaigns from Step 3 down.

But before that, last December, there was

▲ The lights of Canary Wharf across The Thames from St Paul's

an incident at AFC Croydon Athletic when alleged racist abuse of one of his players led Ajay to take his side off the pitch and the game was abandoned.

“It was a massive moment in the season for us,” Ajay admits. “Something was said on the pitch and it really upset my player. The player in question had had a really bad experience of racism before. It really affected him.

“As players, as a club, as the manager, it was only right to support him. We gave him all our support. The worst thing to come out of it was after that game [the player] retired from playing football.

“It went over to the FA. They contacted the referee but he said he didn’t hear anything, the linesman said he didn’t hear anything. So nothing was done with it in the end.

“You don’t want to be losing players and see them not play football. That really upset me. But he knows where we are and if wants us he knows we’re still there for him and we still show him support.”

Fisher, and other clubs classed as non-elite in English football, are in something of a pioneering position this season. Whereas the government performed yet another U-turn recently by shelving plans for the return of fans in the professional leagues, at Fisher’s level supporters have been attending games.

The hope is the government doesn’t flip-flop again, and for Fisher that means potentially attracting

supporters from other clubs, including Millwall.

Ajay has a solid sales pitch.

“The fans here are amazing,” he says. “On their day they are second to none. I came from Tower Hamlets where there were no fans. Coming to Fisher it was completely different. We’re just happy they follow us about and hopefully it can carry on.

“They’re like our twelfth man in every game and if we could get more that would only benefit us. We want everyone in Bermondsey and Rotherhithe to support us and get behind the team. We need everyone to drive us this season.

“There’s a lot of space to social distance in our stadium, so I don’t see why we wouldn’t be allowed fans. We should be able to carry on with what we’re doing.

“We’ve got a young, exciting team this year. We always try to play attractive football, especially at home on our 3G [artificial pitch].

“It would be good to get more people in. It’s a promise from us that it’s as safe as possible to be in that ground. We follow the right protocols for everything.

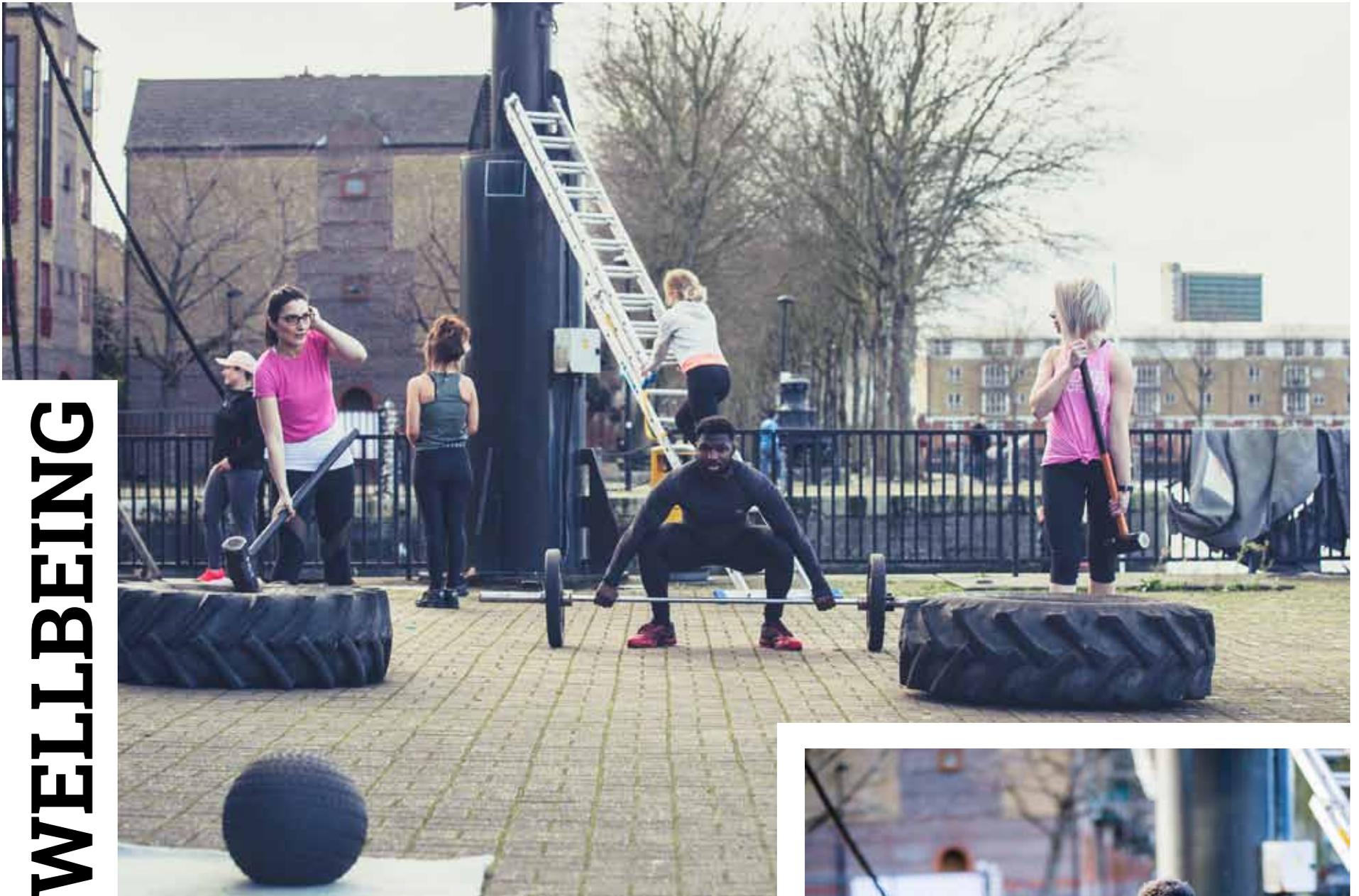
“It would be nice to see new faces, especially Millwall fans to come and support us. We’re right around the corner.”

**Fisher Football Club play at St Paul’s Sports Ground, Salter Road, SE16 6NT.**

▼ Ajay Ashanike wants the backing of the people of Bermondsey and Rotherhithe

▼ The Fisher boss has some tactical instructions for his players





**WELLBEING**

## Supreme Bootcamp moves to Southwark Park

**S**urrey Docks Wonder Woman Jo Jedrasiak: fitness model, elite bodybuilder and Miss Galaxy Universe supreme champion 2015 has moved her Supreme Bootcamp to Southwark Park athletics track.

“We wanted to do something different from what you do in a traditional gym,” Jo said. “You’ll be doing functional exercises that use the whole body, like lifting and flipping tyres, pushing a sled and wheelbarrows, carrying sand-bags – and some Olympic lifting, which is what my background is in.”

Jo has adjusted the boot-camp to ensure social distancing and Covid safety measures are strictly in place.

Each bootcamp session lasts for around one hour and 15 minutes and they run three times a week:

- Tuesdays 8pm
- Thursdays 7:30pm
- Saturdays 11am

Cost: £45 for 6 sessions (£7.50 per session), which must be used within 6 weeks.

**For more information visit:**  
<https://thesupremefitness.com>,  
**text: 0751 866 4091 to book or check out Instagram: Supreme.bootcamp**



## LONDON BRIDGE COMMUNITY



### New works by artist Mark Titchner celebrate community and culture in London Bridge

As we head into autumn, Team London Bridge celebrates community togetherness in a new series of artworks in collaboration with artist Mark Titchner on display on Newcomen Street and Bermondsey Street.

The way we experience and think about our neighbourhoods has changed dramatically over the past few months. Civic pride and shared responsibility to look after our open spaces have contributed to a sense of community strength and solidarity that is celebrated by Team London Bridge and artist Mark Titchner in a new series of artworks on display around London Bridge. This collaboration evolves Mark's relationship with the area and brings focus to the dynamic cultural identity of London Bridge.

With his bold, colourful artworks and messages of hope, the works offer a much-needed morale boost to residents, workers, and visitors to

the London Bridge area.

The first artwork, **HOPE REVEALS THE WORLD**, in Newcomen Street, SE1, hugely enhances its surroundings. Located by the busy junction off Borough High Street and opposite the Crol and Co café, it welcomes pedestrians and cyclists on the Quietway 1 route into London Bridge.

**THE SUN RISES BRIGHT** and **HOPE REVEALS THE WORLD**, the new Bermondsey Street artworks, adorn a railway arch between Pizza Pilgrims and Honest Burgers, and are part of the Low Line, a walking destination along the length of the Victorian railway viaducts spanning Bankside, London Bridge and Bermondsey. Walking along the Low Line allows visitors to discover the heritage of the railway arches and Mark Titchner's artwork help us to consider our surroundings anew.

Mark Titchner said, "The original concept for this series of artworks was based on the idea of offering a nurturing, reassuring presence as we ease back into our un/familiar streets. However, as I developed the texts for the works, I also felt a sense that this moment – despite all the difficulty – presents an immense opportunity; the opportunity to build a better version of what we had before. As such the aesthetic style of the works shifted away from something soothing towards something bold and celebratory. Reflecting a hope that despite all the challenges so far and those yet to come, we will be together again in the streets we know and love."

Watch out for further installations in the coming weeks.

Visit [atlondonbridge.com](http://atlondonbridge.com) to see who's open and what's happening in London Bridge.

WELLBEING



## Lord of the Ring

Come out of this pandemic like Rocky with personal training at Southwark's Ring Boxing Club. Opened in 2003 by professional boxing promoter Mark 'The Burf' Burford, the Ring is a world-class boxing gym with its own team of professional fighters –not to mention hordes of fitness enthusiasts joining in high-level coaching.

Currently closed to the general public (because of Covid), you can still sign up for a One on One Introduction to Boxing where you'll have your hands wrapped, do pad work with a Professional Trainer and learn some cool moves.

69-70 Ewer Street, SE1 0NR.  
Phone: 020 7620 1666.  
The Introduction session is £40.  
[www.theringboxingclub.com](http://www.theringboxingclub.com)

## Games for grown-ups

Think you can't get fit playing British Bulldog? Think again. Samantha Doe runs the Southwark Park chapter of Rabble, a team games-based fitness class with a social twist.

Sessions include ball games or an activity that uses equipment like a vorex, frisbee, a yoga ball or a dodge ball, along with something more intensive - a final blast that might be core based, strength building or a sprint finish. The groups cool down before heading to the pub or having a picnic in the park.

Rabble runs every Saturday from 10-11am in Southwark Park. First session is free, then £19.50 for three, £89 for ten or a monthly subscription for all London games for £39/month.  
[joinrabble.com](http://joinrabble.com)



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**For courses that take place at the Waterloo, Stockwell and Lewington Centres.**

### APPLY NOW!

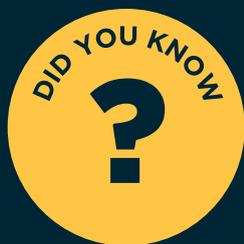
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lines open 10am - 12pm  
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