



Barbican Association **NEWSLETTER**

www.barbicanassociation.com

February 2013

Winter thoughts

The snow – which is falling as I write – has a wonderful ability to mask all the mess and clutter underneath it. So even the works on Beech Gardens look nice. Children have just finished rolling some enormous snowballs in Thomas More gardens, and I'm thinking about what the BA needs to do in the year ahead.

Before Christmas we did a bit of strategising and decided that we needed to modernise our communications with members, that it would be good if the BA was a bit more proactive, and we also wondered whether we should stray beyond the Barbican's boundaries a bit more and engage on your behalf with wider issues in the City.

Communications

This newsletter, excellently edited by Maggie Urry*, is one of the main ways we tell you, our

CHAIR'S CORNER

members, what we are doing on your behalf, but it comes out only four times a year. *Barbican Life*, edited by Lawrence Williams and his team, also provides excellent information on what is going on culturally around the Barbican, contributes greatly to the sense of Barbican community, and also helps fund the BA. The BA's website is also a useful resource – though not updated as often as it might be (and for that I take the blame). Yet often when issues crop up it would be useful to be able to communicate with members swiftly and get opinions or mobilise some actions – on say a planning application. At least one house group has set up a means of email communication with all its members, using a website to get its members to sign up

* *You're too kind, MU*

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Barbican children emulate Andy Goldsworthy's snowball sculptures



THE BARBICAN ASSOCIATION

Officers

| | | |
|----------------------|------------------------------------|--------------|
| Chair | Jane Smith, 307 Seddon House | 7628 9132 |
| Deputy Chair | Tim Macer, 603 Willoughby House | 7628 7107 |
| Secretary | Robert Barker, 33 Lauderdale Tower | 7588 3694 |
| Treasurer | Cliff Paice, 142 Cromwell Tower | 7628 5228 |
| Membership Secretary | Gaby Robertshaw, 706 Bryer Court | 07802 535555 |
| Auditor | Richard Godber, 68 Defoe House. | |

Sub Committees

| | | |
|---|-------------------------------------|-----------|
| Planning | Randall Anderson, 42 Breton House | 7588 9360 |
| Licensing | David Graves, 209 Seddon House | 7628 4371 |
| Communications | Angela Starling, 502 Gilbert House | 7638 8201 |
| Barbican Estate Security | David Bradshaw, 143 Cromwell Tower | 7638 3005 |
| Sustainability | Sarah Hudson, 192 Shakespeare Tower | 7628 5377 |
| Roofs and Access, Public lifts, and Walkways | Robert Barker, 33 Lauderdale Tower | 7588 3694 |
| Noise and Pollution | Steve Quilter, 49 Andrewes House | 7496 0562 |

Elected General Council Members

Randall Anderson, Bruce Badger, Robert Barker, David Bradshaw, David Graves, Garth Leder, Tim Macer, Jane Smith, Angela Starling

House Group Representatives

| | | | |
|----------------------|------------------------|------------------------|--------------|
| Andrewes House * | Stan Booth | 184 Andrewes House | 07985 319849 |
| Ben Jonson House * | Chris Punter | 543 Ben Jonson House | 7638 0571 |
| Brandon Mews | John Bailey | 8 Brandon Mews | 7588 2954 |
| Breton House | Paul Bowers Isaacson | 62 Breton House | 7638 3525 |
| Bryer Court | John Taysum | 701 Bryer Court | 07768 737131 |
| Bunyan Court | Gordon Griffiths | 312 Bunyan Court | 7588 2900 |
| Cromwell Tower * | John Tomlinson | 133 Cromwell Tower | 7628 3657 |
| Defoe House * | Matt Collins | 136 Defoe House | 07973 741804 |
| Frobisher Crescent * | Dianne Vander Cruyssen | 824 Frobisher Crescent | 07540 885457 |
| Gilbert House * | Nigel Walmsley | 211 Gilbert House | 7638 2030 |
| John Trundle Court * | Janet Wells | 14 John Trundle Court | 7628 8602 |
| Lambert Jones Mews | Richard Collins | 4 Lambert Jones Mews | 7588 0512 |
| Lauderdale Tower * | Alberto Garciga | 151 Lauderdale Tower | 07711 068865 |
| Mountjoy House * | Gillian Laidlaw | 309 Mountjoy House | 7638 0069 |
| Seddon House * | Jane Smith | 307 Seddon House | 7628 9132 |
| Shakespeare Tower * | Pat Spicer | 272 Shakespeare Tower | 7638 9649 |
| Speed House * | Brian Parkes | 21 Speed House | |
| Thomas More House * | Philip Sharples | 24 Thomas More House | 7638 5453 |
| Wallside * | Mary Bonar | 6 Wallside | 7588 0191 |
| Willoughby House* | Simon Ebbins | 501 Willoughby House | 7628 6581 |

* *Recognised Tenants Association*

Communications Group

| | | | |
|-------------------|-----------------------|-----------|-------------------------------------|
| Angela Starling | 502 Gilbert House | 7638 8201 | angela.starling@cityoflondon.gov.uk |
| Jane Smith | 307 Seddon House | 7628 9132 | chairba@btinternet.com |
| Gillian Laidlaw | 309 Mountjoy House | 7638 0069 | laidlaw.gillian@btinternet.com |
| Maggie Urry | 13 Lauderdale Tower | 7588 1955 | maggieurry@gmail.com |
| Lawrence Williams | 5 Brandon Mews | 7588 0898 | barbicanlife@aol.com |
| Geoffrey Rivett | 173 Shakespeare Tower | 7786 9617 | geoffrey@rivett.net |

Winter thoughts

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for emails and maintain their membership. I know that not everybody has email or web access, and that those who do often feel they get too many emails, but we have decided to explore how the BA might do email and internet communications. Tim Macer, the BA's deputy chair, is therefore chairing an internet communications working party. It will make sure that no one feels disenfranchised, and we would welcome your views as members; if anyone has any particular expertise in internet communications we'd also welcome your involvement.

Being more proactive

Much of the BA's work is reactive – responding to planning and licensing applications and to other proposals for work around the Barbican, such as the street scene works on Ben Jonson Highwalk, St Giles's Terrace, and Silk Street/Moor Lane. Both developers and licensees are much better these days at consulting early on about what they want to do, and the relevant BA subcommittee members often find that they can influence plans at an early stage. This is particularly so with licensees, and the BA has recently agreed sets of conditions or management plans (governing hours of operation and the way the premises will be managed to minimise disturbance for patrons) with the Montcalm Hotel and Côte, the restaurant that's about to open at the corner of Beech Street and Whitecross Street. The licensing department has not always incorporated all the agreed conditions into the licence, but the licensees have agreed to honour them.

One way in which the BA has been more proactive this year is over air quality. Last year's AGM had a presentation on air quality, and armed with the concern shown at that meeting the BA's sustainability group has been urging the City and the Mayor of London to do more about air quality. We seem to be knocking on an open door in the City – which among other things is due to consider a 20 mph speed limit on City roads – but the major sources of air pollution (buses, taxis, and lorries) are out of its control. Our lobbying has, however, gained us a meeting with the Mayor of London's air quality manager at City Hall.

We are also considering what if anything we should do about the

Localism Act, which seems to give communities some new powers over what happens in their communities. Again, if any residents have expertise in this area we would be pleased to hear from them.

We are also proposing to hold a series of talks/meetings for members on matters relevant to residents. For example we plan to invite someone to come and talk about the new responsibilities for health and social care that local authorities are taking on and what these mean for the City and hence for us as residents.



The snow fails to stop the dolphins playing in the Beech gardens fountain

How wide should our influence stretch?

We'd welcome your thoughts on all these suggestions, but in particular we want to discuss at the AGM how wide our focus should be. One of the aims of the BA, enshrined in our Constitution, is to "encourage and support the Corporation of London in its efforts to create a physical environment and a social and economic framework, which will conserve and improve the standards of life in the City of London." In the past the BA has mainly restricted its focus to issues that directly affect the Estate – and the streets immediately surrounding it. This has been mainly because our resources (largely people's time) are limited. However, there are many other issues that significantly affect us as residents, such as air quality, traffic management, road safety, educational provision, health and social

CHAIR'S CORNER

care. One example that arose recently and was discussed at BAGC meeting was whether the BA should respond to the consultations on the Bank, Liverpool Street, and West Smithfield areas. The arguments for responding included the fact that Barbican residents move through and use these areas as pedestrians, cyclists, motorists, shoppers etc and because the air quality around our homes is affected by traffic management in the wider City. Some supported the idea that there were things that the BA could comment on but worried that we had no mandate from members to do so. While others thought that the BA should stick to its knitting and not worry (as an association) about what happens in Bank or West Smithfield. In the end, the BAGC decided not to put in responses because it felt we didn't have a mandate from members. But I would like to discuss this issue at the AGM to see whether members have an appetite for the BA representing them on wider issues in the City. I hope therefore that you will come along to our AGM (Thursday 25 April, 7.30 pm) and help us work out what we should be doing. In the meantime I'd welcome your thoughts on all these issues.

More immediately the issues on our horizon include the desire by the GSMD to seek to vary the planning conditions over opening times for its new space in Milton Court – something the BA and the local house groups will be resisting. The City has shortlisted bids for the future use of the YMCA and will soon be considering these. The BA's position is that it should be used for housing and be managed as part of the estate by the BEO (as Frobisher Crescent is). Progress on the Beech Gardens works and the TV upgrade appear in the RCC update on p 5.



Jane Smith
chairBA@btinternet.com

Sustainability group – news on heating and food waste

Underfloor heating

UK Power Networks will be replacing the Cyclo control mechanism for our heating system next year. This will be at no cost to us and is being undertaken because Power Networks can no longer maintain the existing kit. The BA Sustainability Group (BASG) has requested that the City find out whether it is possible to install a mechanism that could cope with a more sophisticated control system at some time in the future rather than replacing like with like – and if so how much this would cost. For example, it might be possible to use weather forecasting to determine the level of heating the next day rather than just relying on the overnight temperature. This could overcome the issue of lack of heating on a cool day after a mild night or overheating after a clear, cold night followed by a calm, sunny day. The City is also exploring whether it is possible to provide some measure of individual control over the level of heating in different rooms in our flats. Any cost implications to changing the control mechanisms or eventually changing the heating regime would need to be the subject of consultation with residents.

Green Deal

BASG has joined the consultative All Party Parliamentary Group on the Green Deal. The Green Deal is a mechanism for enabling the capital cost of energy efficiency improvements to be recovered from a household's energy bill spread over a number of years. The Green Deal was launched on 28 January with cash back deals for early adopters. However, in its current form it is unlikely to be applicable to residents of large estates like ours with communal heating systems. It is possible that hard to treat buildings such as the Barbican might qualify for Energy Company Obligation (ECO) grants but these are most likely to be reserved for estates with a high level of social housing.

Food waste recycling

The BASG, together with the Waste and Recycling team had a stall at the Barbican Library Christmas Fayre on 14 December. A *Love Food Hate Waste* chef demonstrated tasty ways to reduce the



A new shop will be opening shortly in Lauderdale Place, the site of the old Crispins. To be called Geranium, it is the idea of Barbican resident Marianne Christiansen, who aims to run it as a community shop responsive to the needs and desires of her customers. It will stock everyday groceries, speciality bakery products and cheeses, a range of "eco" and organic goods, fresh fruit, vegetables and flowers and some Danish products reflecting Marianne's origins.

amount of food we throw away.

In the UK avoidable household food and drink waste (i.e. food and drink that could have been consumed) is estimated at staggering 4.4 million tonnes annually. This costs us around £12 billion a year. The environmental impact of avoidable household food and drink waste is around 17 million tonnes of CO₂e (equivalent to the emissions of 1 in 5 cars on UK roads).

Another *Love Food Hate Waste* demonstration for residents will be held early in the new year.

Sarah Hudson

If you would like to contact the BA Sustainability Group about any of these issues or join our meetings please email ba_sustainability@btinternet.com or call Sarah Hudson on 020 7628 5377.

Suffering from the shivers?

Here are some tips for staying comfortable during our increasingly brutal Barbican winters:

Are you suffering from chilly draughts from your doors and windows? It could be that the brush and rubber seals need replacing. Contact the Barbican Estate Office, and they will arrange for someone to come round to inspect them. If necessary, they will fit new ones. For example, I had them replace all the seals on my external sliding door to the balcony. Then they went on to tackle the two hinged doors, and my sliding window in the bedroom. The existing ones had become frayed, and generally very worn.

It takes about an hour or so, and the replacement seals fit very snugly, so no more draughts, leading to a noticeably warmer flat. The good news is that your service charge covers the cost of this routine maintenance and this small action may help to make the Barbican Estate more energy efficient. So, raise that Works Order with the BEO if you are suffering chilly blasts!

If a whole room feels cold, it could be that the underfloor heating pad has broken. Test for this by leaving a cushion on the floor for several hours when you know the heating is on. If it doesn't get quite warm underneath, call the BEO to have it checked out and, if necessary, repaired. Again, this maintenance is covered in our service charge.

Although the underfloor heating is centrally controlled, there are two ways to adjust the heating in your flat. The 'trimmer' adjusts down the heating for the whole flat. Each heating pad covers a room or two and has its own fuse, which can be removed. An Estate engineer must do these adjustments. So if your flat is overall too hot or too cold, call the BEO to see if adjusting the trimmer can help. And if you suffer from 'Hot Bedroom' syndrome, experiment with having the bedroom fuses taken out.

As always, there is a lively and informative discussion of these issues on the Barbican online discussion forum: www.barbicantalk.com

Mark Swan and Richard Thomasson



An unsightly forest of fences in Beech Gardens much of which will be with us until June

Slow progress on Beech Gardens and the new TV service

Beech Gardens

As all will have seen, the work on Beech Gardens has been frustratingly slow. However, there has been some progress and reasonably good news. The engineers took exact level measurements before and after the soil removal, which will enable changes to improve drainage and accurate soil reinstatement. With the soil removed, the engineers were able to fully analyse the state of the podium in the formerly planted areas. They determined that the weight of the plantings was greater than advisable, but that the plantings were not a significant cause of the leaks. Therefore, reinstatement of extensive plantings using lightweight soil is possible.

The main work, including reinstatement of irrigation and soil, will now be put out for tender. Given the time required to receive and evaluate tenders, further work will probably not begin before June. This work will take about 6 months so planting is unlikely to be done before next spring. In the mean time, the BEO has agreed to reinstate the temporary drain pit covers where possible and reduce the fencing which (rather ironically for safety fencing) has itself become something of a hazard and is certainly unsightly.

The residents' working party will meet in March or early April to begin the process of reviewing new planting schemes.

TV/Broadband

The residents' working party and the City solicitor agreed on a proposed license, including Service Levels and a review and enforcement mechanism in

December. This was passed to the proposed service provider who is expected to provide comments shortly. Meanwhile, the detailed design of the system has continued. The intention now is to roll out the system block by block so some blocks may be able to receive the new service before the end of the summer but the whole system is unlikely to be completed significantly before year end.

Randall Anderson



The photo shows our recent dispatch of about twenty unwanted bicycles to Bikeworks, a not-for-profit enterprise in Tower Hamlets, which refurbishes old bikes before giving them to community groups or selling them at affordable prices to the community. Our recycling both saves natural resources and helps regular Barbican cyclists find a place to lock their bicycles, making their cycling lives easier and reducing the risk of theft.

The BA Sustainability Group will help you recycle any bicycle you've finished with, whether a recent make or an old boneshaker, whether an adult's or a child's, and whether the machine just needs its tyres pumped up to be ready to ride, or is missing brake cables and the back wheel. Even a 'dead' bike is worth rescuing for its parts; whatever Bikeworks can't reuse, they recycle.

Email Barbican resident Garth@defoehouse.org.uk and I'll arrange a time to collect.

The Barbican Tuesday Club

The Club's year started most happily with twenty five members descending on the Vecchio Parioli for their New Year luncheon. Conversation and the wine flowed – fortunately the restaurant is within easy 'homing' distance.

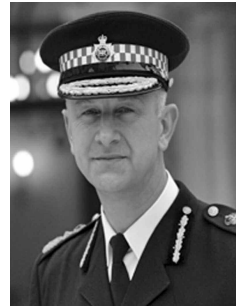
Plans are underway to provide an interesting programme of speakers and activities similar to our very successful 2012. A good variety of talks lining up include 'A day in the life of an university lecturer', St Josephs Hospice, the Italian community of Clerkenwell, the Museum of London, Florence Nightingale.

So if you fancy joining a very friendly bunch of Barbican inmates why not come along to the Lilac Room, 02 level of Seddon House, on a Tuesday afternoon 2.45 to 4.00pm to see if you like us. **Ring June (020 7588 1623) for more details or just turn up – you will be made most welcome.**

SECURITY MATTERS



Commissioner
Adrian Leppard



How is cyber crime being tackled in the City?

Although it will be February before you are able to read this, may I wish you all a happy and safe New Year.

With the New Year in mind, Adrian Leppard QPM MBA, Commissioner of the City of London Police Force was asked his thoughts on what 2013 was likely to bring to the World of Security. This is what he had to say...

"The constantly evolving world of technology ensures the world never stands still. Policing is no exception to this rule. In 2012 the City of London Police has been at the forefront of the national response to cyber crime, with the National Fraud Intelligence Bureau handling tens of thousands of reports of internet-enabled fraud. The force is also working beyond our shores to confront what is

fast emerging as a major threat to global societies, with our Economic Crime Directorate now part of an international law enforcement/government/private sector alliance working to improve cyber security.

The challenge for cyber policing in 2013 is to continue to get to grips with the devils we know whilst accepting and expecting to come face-to-face with the devils we don't. It is also about understanding how technology which is being exploited by the criminals – social media, smart phones, cloud computing – can be put to good work by law enforcement Businesses who have a role to play in this as well.

A major role for me, as always, is to keep

the City safe for businesses and residents. Our security partners continue to play a vital role and I look forward to building on that relationship in 2013 and to continue making City offices a better place to do business.

Keeping company and personal data secure may require the investment of extra time and cost the organisation additional money but this is a very small price to pay to keep cyber criminals out."

David Bradshaw C.C.
Chairman, Barbican Estate Security Committee

Could you be a City befriender?

Would you like to befriend and support an elderly or isolated person in your community? This is an exciting opportunity for both parties to reap the rewards of building a relationship outside their usual social network. Befrienders give between 1 and 3 hours of time each week to their befriended. They may visit them at home, accompany them on short outings, or run errands on their behalf; for instance shopping. There are also one-off volunteering opportunities. As a befriender you will receive basic safeguarding training and an up-to-date CRB check. CSV will reimburse all (reasonable) refreshment and travel expenses for activities undertaken whilst befriending.

Useful contact numbers

| | |
|--|---------------|
| Barbican Police Office | 020 7601 2456 |
| Snowhill Police Station – Front Desk | 020 7601 2406 |
| General COLP switchboard (skateboarding) | 020 7601 2222 |
| Emergencies (landline) | 999 |
| Emergencies (mobile) | 112 |
| Anti-Terrorist Hotline | 0800 789 321 |

Please contact **Joanna Kelly** on **020 7643 1401** or email jkelly@csv.org.uk for more information, or see below for anyone who you think you might like to befriend.

* Friendly elderly lady living in the Barbican would like someone to pop in to chat once a week and accompany her on occasional outings locally. She used to work for the Swiss Embassy, loves to read novels and plays the violin.

* Academic elderly gentleman with mobility difficulty living in the Barbican would like someone to accompany him to luncheon or pop in for stimulating conversation. He used to work in the police force and is a terrific reader and raconteur!

* Friendly lady living in Tudor Rose Court (Golden Lane area) would like a bright and cheerful person to pop round once a week, and sometimes take her out in wheelchair for short outings locally. Interested in books, art and music and loves to chat about any of these topics.

* Lively, sparky individual from Holland who is very young at heart and laughs a lot would love to be accompanied on trips into London to shop and explore, to see plays (of the 'old-fashioned' variety) and classical concerts. A trained singer, she would be delighted if you also share a passion for or interest in classical music.

* Sparky glam older lady living near Liverpool Street would like to someone to pick up her groceries once a week. She suffers from rheumatoid arthritis so may require someone to do occasional odd jobs.

BARBICAN ASSOCIATION DISCOUNT SCHEME

The Barbican Association has negotiated the following discounts with the suppliers below. You may need to present your BA Membership Card to take advantage of these. The scheme members offer discounts or incentives to Barbican Association members to buy their products or utilise their services and are publicised in each issue of Barbican Life Magazine, on the www.barbicanlife.com website and in the Barbican Association's quarterly newsletter for so doing. Contact Lawrence Williams on 020 7588 0898 – or by email at barbicanlife@gmail.com – for further information.

CURRENT SCHEME MEMBERS

FURNISHING

Alma Home

10% discount on furnishings. View at showroom at 8 Vigo Street, London W1S 3HN, or in Selfridges. See also website www.almahome.co.uk. Contact Tisha Richbell on 020 7377 0762 or by email: tisha.richbell@almahome.co.uk for further details.

Ligne Roset City

Contemporary furnishings. 10% discount available to Barbican Association members, but not available in conjunction with any other discount. See website: www.ligne-rosset-city.co.uk for furniture details. 37-39 Commercial Road, London E1 1LF. Tel: 0207 426 9670

MILK Concept Boutique

Small furnishings, contemporary hand-crafted lighting, collectable porcelain, fragrances, travel accessories and exclusive fashion labels can all be found relaxing in comfort amid the whitewash Victoriana and petite elegance of The Clerk's House, beside Shoreditch church. BA Members offered discounts of 5% to 10% on all goods except Fornasetti. 118 1/2 Shoreditch High Street, London E1 6JN, Tel/Fax 0207 7299880

MyDreamKitchen

5% discount. Contact Spiro Nicholas, MyDreamKitchen, 708 Lea Bridge Road, London E10 6AW. Freephone 0800 018 5654. Email: spiro@mydreamkitchen.co.uk Web: www.mydreamkitchen.co.uk

HEALTH AND BEAUTY

Barbican Acupuncture

10% discount off all prices listed on website to anyone presenting their BA card. 1 Wallside, Barbican, London, EC2Y 8BH. Tel: 020 7638 4322. Email: Gary@BarbicanAcupuncture.com Website: www.BarbicanAcupuncture.com

Barbican Dental Care

10% off normal fees; 25% off customised home whitening; 30% off combined "thermal diffusion" and customised home whitening. Amanda Lenihan, Barbican Dental Care, Lower Ground Floor, 2 Copthall Avenue, London EC2R 7DA. Tel: 020 7257 2477. Website: www.barbican-dentalcare.com

Barbican Dental Practice

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THE RECOGNISED ASSOCIATION REPRESENTING THE INTERESTS OF BARBICAN RESIDENTS

2013 MEMBERSHIP FORM

| | | | |
|------------------|---|-----|--|
| Barbican Address | | | |
| Mailing Address | Member type: Leaseholder / Corporation Tenant / Sub-tenant (please delete as appropriate) | | |
| Names | 1 2 3 4 | | |
| Telephone Nos | | Fax | |
| E Mail | | | |

Membership fee £7 if paying by cheque OR £5 if paying by STANDING ORDER: For addresses outside the Barbican add £3 for UK, £6 for Europe, £9 for rest of world to cover postage.

Membership cards: Membership cards are printed in batches either monthly or bi-monthly depending on the print run required

We would prefer you to pay by standing order. It saves our volunteers much time. Please complete the attached form. Alternatively send a cheque payable to 'Barbican Association' with your address on the back.

Please return this form to

Roger Howorth, Assistant Membership Secretary, 63 Thomas More House, Barbican, London, EC2Y 8BT. E mail: roger@rogerh.com

The Barbican Association keeps a database of the names, addresses, telephone numbers and e mail addresses of Association Members. Information from the database is used by our General Council and Affiliated House Groups for maintaining and increasing membership, distributing our publications, managing and reporting on our finances and accounts, and carrying out other objects of the Association. We also disclose information about our membership to the Corporation of London (including the Barbican Estate Office) in order to maintain their recognition of the Association. By becoming a member of the Association, you consent to the use of your information for these purposes.

STANDING ORDER

| | | |
|----|--------|----------------|
| To | Bank | Branch Address |
| | Branch | |

| | | |
|---------------------------------|---------------------|----------------------------|
| Bank | Branch Title | Sorting Code Number |
| Alliance & Leicester Commercial | | 72-00-05 |

For the credit of:

| | | |
|---------------------------|-------------------------|--------------------------|
| Beneficiary's Name | Account Number * | Quoting Reference |
| Barbican Association | 97028605 | |

Commencing

| | | | | |
|-----------------------|--------------------------------------|-------------------|-----------------|------------------------|
| Date of first payment | Amount of first payment if different | Amount in figures | Amount in words | Due date and frequency |
| | £ | £ | | 1 January annually |

Date of last payment

Until further notice in writing or

and debit my/our account annually

| | | |
|-------------------------------|-----------|----------------|
| Name of account to be debited | Sort Code | Account Number |
| | | |

This replaces my/our previous standing order for the transfer of

£

to the same account (cross out if not applicable)

| |
|---------|
| Name(s) |
|---------|

| |
|-----------|
| Signature |
|-----------|

BLOCK CAPITALS PLEASE

| |
|----------|
| Address |
| Postcode |

| |
|-----------|
| Signature |
|-----------|

| |
|------|
| Date |
|------|

BARBICAN ASSOCIATION DISCOUNT SCHEME

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10% discount on procedures for BA members on production of their Membership Card. (5% discount for all Barbican residents). 1 Walside, Barbican. Phone: 020 7638 8200 for appointment.

Bodymotion Chiropractic Clinic

15% discount on presentation of Barbican Association membership card. No. 1 Walside, Barbican. Phone 020 7374 2272 for appointment. www.body-motion.co.uk

Cissors Palace

Hair, nails and beauty salon in the Barbican. 10% off on all hair and beauty treatments (minimum spend £20). Please quote Barbican Life to claim discount. 1, Lauderdale Tower, Barbican.

City Psychotherapy

Psychotherapy and Jungian analysis for adults by UKCP accredited psychotherapist. 10% discount on initial consultation for BA members. Consulting room 2 mins from Barbican tube station. To arrange an appointment please call Catherine Cox on 020 7796 3454 or email ccox@citypsychotherapy.org. For further information please visit www.citypsychotherapy.org

Health in the City

Formerly the Feelgood Centre and now moved to Room 57, 65 London Wall, EC2M 5TU, is offering Barbican Association members a 10% discount on a wide range of Therapies and Treatments which are available from specialist practitioners. For a full listing please check the website: www.feelgoodcentre.com. For booking or further information call 07946 084 848 or email feelgoodcentre@yahoo.com. Web: www.healthinthecity.co.uk

Insight London

Counselling and Psychotherapy 20% discount on the initial consultation for BA members. Fees for ongoing sessions are negotiable according to individual circumstances. Individual, couple and family sessions with a Chartered Clinical Psychologist. Consulting rooms in Golders Green, close to the Underground, 25 minutes from Moorgate. On-street parking is available. Website: www.insightlondon.co.uk. To arrange an appointment contact Marc Hekster 07775 629 432 or email. info@insightlondon.co.uk

Jarrod's Hair and Beauty

Unisex Hair Salon and Spa – 5 minutes from Barbican Station. Get 20% off you first visit at Jarrod's Hair and Beauty Salon. Call the salon to book your appointment now or find out more details. 020 7251 6633, 61-67 Old Street, London EC1V 9HW, www.jarrodshairandbeauty.co.uk

LPA Limited

Skin rejuvenation service offering dermal fillers, wrinkle reduction injections and medical skin care products. Clinics are held at two locations: Drakes Gym, 1 Pardon Street, Barbican, EC1V 0LR, and Beauty on the Grove Salon, 11 Rhondra Grove, E3 5AP. 20% discount offered to BA membership card holders. For more information telephone 020 7608 1947 or visit www.lpalimited.com

No74 Hair & Beauty London

No 74 is delighted to give a introductory 30% discount for the first visit on a single service for all BA Members. Discount 30% off for the first visit, permanent discount 10% off on all hair and beauty services incl. YON-KA massage and facials, Sebastian, Wella & OPI treatments @ No74, 74 Compton Street, EC1V 0BN. www.no-74.co.uk, info@no-74.co.uk, Tel. 020 74 908555, BA card required

Psychotherapy City

10% discount on first four psychotherapy, counselling or coaching sessions to BA members on production of their membership card (5% to all Barbican residents). Practice at London Bridge. Contact: Amanda Falkson. Phone: 0777 557 0208. Email: amanda@psychotherapycity.co.uk. Web: www.psychotherapycity.co.uk

Registered Osteopath- Lucy Bracken

25% discount on the first three appointments 10% discount thereafter to all BA members. Based five minute walk north of the Barbican. Drakes Gym, 1 Pardon Street, EC1V. Call Lucy on 07712 647 282. or email Lucybracken@mac.com

Tessa Bryde-Williams

Relationship counselling, 20% discount offered for 1st session. Couple or individual counselling offered near Barbican tube if you would like to improve your relationships with partners, other people, or yourself, humanistic integrative counselling offered by experienced, qualified integrative counsellor. Phone: 0207638 5985 to make or discuss appointment.

True Inner Self

Offers range of massages and beauty treatments. BA members may receive a first treatment at a 65% discount such as £25/1hr massage of their choice from: deep tissue, Swedish, therapeutic, chocolate massage (good for the skin and fine line reduction). Subsequent treatment can be booked at a 20% discount. We also offer beauty treatments such as keratofacials (20% discount for BA members). CND Shellac Mani and Pedis available. For more details see website: www.trueinnerself.co.uk. Templeton House

(ground floor), 33-34 Chiswell Street. Tel: 07864693452

RESTAURANTS/BAR RESTAURANTS/BARS

Barbican Tandoori

10% off food on presentation of Barbican Association membership card. Eat-in or take away. Delivery service available within the Barbican estate. 55 Aldersgate Street. Tel: 7600 4747 or 7796 4499

Cafe Below

Crypt of St Mary le Bow church, Cheapside. 15% off your evening meal at Cafe Below on presentation of a Barbican Association membership card. Open Monday – Friday serving suppers from 5.30pm – 10pm. Menu changes daily and can be viewed on our website. "Food this good and at this price is rarer than mermaids' kneecaps!" View London. www.cafebelow.co.uk. 020 7329 0789

Chawol

Quality Indian & Bangladeshi cuisine. Bright, modern family-run restaurant on corner of Aldersgate Street/Clerkenwell Road. Barbican Association members receive a 10% discount on food from menu (excluding lunch buffet & drinks). Take away service available: 10% discount on take away orders over £18 when collected; free delivery on take away orders over £16. Chawol, 5 Clerkenwell Road, EC1M 4PA tel: 020 7253 8133

Chiswell Street Dining Rooms

20% off total food bill in the evenings Mondays to Fridays. To take advantage of the offer please bring proof of membership. Not applicable with any other offer. To view menu or to reserve a table visit the website www.chiswellstreetdining.com

Fish Central

Bustling neighbourhood seafood restaurant serving the well known as well as the more exotic varieties of the freshest fish. 10% off the total bill – restaurant only. 149-155 Central Street, King Square, London, EC1V 8AP. Tel: 0207 2534 970

Hat and Feathers Restaurant

25% off the whole bill. Based on 2 courses per person in the 1st floor dining rooms – excludes special events, not valid with any other offer or in December. The Hat and Feathers is located on the corner of Goswell Road and Clerkenwell Road. www.hatandfeathers.com Phone 020 7490 2244. BA members must produce proof of membership to claim discount.

The Jugged Hare

New British Gastro Pub with open kitchen and separate private events space on the corner of Chiswell Street and Silk Street. 20% off the total food bill Monday - Friday dinner and all day on Saturdays and Sundays. 49 Chiswell Street. London EC1Y 4SA. www.thejuggedhare.com

L'atelier des Chefs-

love cooking! Join us in our cookery school for a truly unique cook and dine experience! We offer a fantastic selection of hands-on, interactive cooking classes in London, ranging from 30 minutes up to 4 hours. Open Monday – Saturdays, upcoming classes can be viewed on our website www.atelierdeschefs.co.uk. Barbican association members can get 10% off our classes and in our cookware shop. 10 Foster Lane EC2V 6HR, 0207 796 0110.

London Wall Bar and Kitchen

Museum of London – podium level: A complimentary glass of Prosecco with a main course order. Residents will need to show their BA Card to redeem the offer, one glass per main course ordered, normal licensing laws apply, not valid with any other offer. For reservations call: 020-7600 7340.

Moshi Moshi

Serves a range of hot Japanese dishes and sushi using fish that is delivered daily by Chris Bean, a fisherman working off the coast of Cornwall. Moshi Moshi is happy to invite Barbican Association members to a glass of wine and a complimentary platter of sashimi made from our daily 34 Cornwall catch of the day, each and every time they dine with us. Liverpool Street, Unit 24, Liverpool Street Station, London EC2M 7QH (above platform 1, behind M&S). Tel / Fax: 020 7247 3227

Neo

14-17 Carthusian Street, Tel: 0207 726 8925: Special pizza and drink offer for BA members - any Pizza and a glass of house wine or soft drink for £9.95. Neo's pizza dough is made fresh every morning and only quality fresh toppings are used. Special offer applies from Saturday through to Wednesday.

The Passage Cafe

French Bistro. 10% off food for Barbican Association members. 12 Jerusalem Passage, EC1V 4JP. Tel: 020 3217 0090. www.thepassagecafe.com

Pho - Vietnamese Cafe/Restaurant

10% discount at all times. 86 St John Street, EC1M 4EH. Tel: 020 7253 7624. Email: info@phocafe.co.uk. Pho is open Monday to Friday from late morning to late evening and on Saturday evenings.

Smithfield Tandoori (now at new location).

A traditional Indian restaurant which delivers consistent, always fresh, quality favourites as we have done for over 10 years in the Farringdon area. Barbican Association members may receive 10% off their total bill. 12 Smithfield Street, London EC1A 9LA. Telephone: 020 7248 4000. Website: www.smithfieldtandoori.co.uk

Vecchio Parioli

Friendly Italian restaurant at the corner of Aldersgate Street and Carthusian street offers Barbican Association members a 10% discount on production of their membership card. 129 Aldersgate Street, EC1A 4JQ. Tel: 0207 253 3240.

Vino & Vino

Italian wine bar – wine shop – lunch – aperitivo. FREE Italian tapas with your wine from 5 pm. 15% off food on presentation of Barbican Association membership card. Open Monday-Friday, 10 am to 9pm. Over 60 carefully selected Italian wine labels to choose from, ham and cheese platters, large bruschettas and salads served daily. www.vinoandvino.co.uk. 16 West Smithfield, EC1A 9HY.

Wood Street Bar and Restaurant

Mon to Wed 10% off total bill when sitting down to dine. Maximum of 6 people in a party. The Barbican Association card discount must be mentioned either when booking or when ordering to take advantage. Barbican Association membership card should also be shown to person taking order. Wood Street Bar and Restaurant, Cnr. Wood Street and Fore Street, Barbican, London EC2Y 5EJ. Tel 020 7256 6990.

CLOTHING AND FASHION

Precious

Designer fashion in Spitalfields – collections from DVF, Sportmax, Theory, By Malene Birger, Velvet, MIH & Paige Jeans, Shoes, Accessories & Angela Flanders Perfume. Precious is happy to offer Barbican Association members a 10% discount on non sale purchases of fashion, accessories or fragrance on production of their membership card. This offer may not be used in conjunction with any other offers. 16 Artillery Passage, Spitalfields, London E1 7LJ 020 7377 6668 open Tuesday to Friday 11–6.30pm Saturday & Sunday 11 – 5pm www.precious-london.com

SERVICES

Abacadabra Services

5% discount off regular weekly, fortnightly or monthly cleaning prices and a 10% discount off prices for one-off Spring and end of tenancy cleans. Contact Abacadabra Services Ltd., 10 Glasshouse Yard, Barbican, London EC1A 4JN or call Allan Lee on 020 7336 7686. Fax: 020 7336 7687. Email: info@abracadabra.co.uk. Website: www.abracadabra.co.uk

Mail Boxes Etc, Barbican

10% discount to BA members on any Fedex International Priority or UPS Express shipment. Members should show their BA membership cards and discount will be applied at time of purchase on the current Fedex or UPS retail price. Not valid with any other offer and only available at Mail Boxes Etc, Barbican. We are open from 8.30am to 6.30pm Monday - Friday. 128 Aldersgate Street, London, EC1A 4AE. Tel: 0203 3261116, email: info@mbbarbican.co.uk"

Prince of Wales Dry Cleaners

Service includes, dry cleaning, laundry service, linen service. We also clean leather and suede, and do alterations and repairs. We also provide shoe repairs. Free pick up and delivery service. Special offer laundering 5 shirts for £7.50. Offering 10% discount on first orders and any bulk orders.

Zipcar

The World's Biggest Car Club with over 1500 cars across London. Cars available from as little as £5 an hour. Price includes fuel, 40 free miles, congestion charge and insurance. BA members may now join and claim £30 free driving credit (joining fee £59.50). To sign up go to www.zipcar.co.uk and click on 'join!' Simply quote 'Development30' in the coupon section of the sign up process.

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