



Barbican Association NEWSLETTER

www.barbicanassociation.com

July 2009

Planning and Swimming

Since I last wrote, the BA has had its AGM, which was a well attended, good tempered event and it was nice to see so many residents there.

We didn't have an outside speaker so it gave an opportunity for the subcommittee chairmen and chairwoman to report back on their work over the year. Much of the hard work of the BA is done by its subcommittees and I'm very grateful to the chairs of those subcommittees for all their hard work. Many of them have been doing it for some years and have built up a real expertise in their subject areas. It also gave residents a chance to ask their questions and air their concerns.

Most of what we fed back was on planning and licensing issues (see below), with excursions on to lifts and escalators (not working often enough); grubby highwalks, crime levels (generally very low), and noise (not as low as we'd like it to be).

Asbestos

One new issue raised at the AGM was asbestos. One of the volunteers who helps to run the Barbican's heritage store spoke of her concern that not enough residents and their contractors know about the asbestos regulations. On her visits to flats to retrieve original fittings that have been discarded as residents refurbish their flats she has been worried about builders doing works apparently without knowing they may be disturbing asbestos. The Barbican Estate Office's booklet on alterations (see Barbican residents' alteration booklet on http://www.cityoflondon.gov.uk/corporation/LGNL_Services/Housing/Private_housing/management.htm) provides guidance on the regulations for handling asbestos, and we have asked the Estate Office to reinforce the guidance and remind residents about it when

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CHAIR'S CORNER



THE BARBICAN ASSOCIATION

Officers

Chair	Jane Smith	307 Seddon House	7628 9132
Deputy Chair	Richard Morrison	176 Defoe House	7588 9255
Secretary	Robert Barker	33 Lauderdale Tower	7588 3694
Treasurer	Alan Sturrock	610 Gilbert House	7256 7078
Membership Secretary	Gaby Robertshaw	706 Bryer Court	7638 4003
Auditor	Richard Godber	Defoe House.	

Sub Committees

Planning	Randall Anderson	193 Shakespeare Tower	7588 9360
Communications	Angela Starling	502 Gilbert House	7638 8201
Environment and Ecology	Steve Quilter	49 Andrewes House	7496 0562
Barbican Estate Security	David Bradshaw	143 Cromwell Tower	7638 3005
Access, Public lifts and Walkways	Robert Barker	33 Lauderdale Tower	7588 3694
Licensing	David Graves	209 Seddon House	7628 4371
City Together	To be appointed		

Elected General Council Members

Randall Anderson, Robert Barker, David Bradshaw, David Graves, Tim Macer, Richard Morrison, Steve Quilter, Jane Smith, Angela Starling, Don Prichard (Co-opted)

House Group Representatives

Andrewes House *	Steve Quilter	49 Andrewes House	7496 0562
Ben Jonson House *	Chris Punter	543 Ben Jonson House	7638 0571
Brandon Mews	John Bailey	8 Brandon Mews	7588 2954
Breton House	Peter Withrington	14 Breton House	7638 0153
Bryer Court	Eileen Campbell	102 Bryer Court	
Bunyan Court	David Fisher	316 Bunyan Court	7638 5215
Cromwell Tower *	John Tomlinson	133 Cromwell Tower	7628 3657
Defoe House *	Richard Morrison	176 Defoe House	7588 9255
Gilbert House *	John Brunning	212 Gilbert House	7628 7307
John Trundle Court *	Jean Frances	64 John Trundle Court	
Lambert Jones Mews	Robin Keen	1 Lambert Jones Mews	7588 2081
Lauderdale Tower *	Ian Burton	141 Lauderdale Tower	
Mountjoy House *	Gillian Laidlaw	309 Mountjoy House	7638 0069
Seddon House *	Jane Smith	307 Seddon House	7628 9132
Shakespeare Tower *	Randall Anderson	193 Shakespeare Tower	7588 9360
Speed House *	Mike Hayes	7 Speed House,	7256 6001
Thomas More House *	Philip Sharples	24 Thomas More House	7638 5453
Wallside *	Mary Bonar	7 Wallside	7599 0191
Willoughby House*	Steve Grimwood		7256 8112

* *Recognised Tenants Association*

Communications Group

Angela Starling	502 Gilbert House	7638 8201	angela.starling@cityoflondon.gov.uk
David Graves	209 Seddon House	7628 4371	gdavidgraves@aol.com
Ronan Kavanagh	312 Bunyan Court	7628 6143	barbicaneditor@yahoo.co.uk
Gillian Laidlaw	309 Mountjoy House	7638 0069	bankside@clara.co.uk
Dina Nagler	141 Thomas More House	7638 4249	d-diane@excite.com
Lawrence Williams	5 Brandon Mews	7588 0898	barbicanlife@aol.com
Geoffrey Rivett	173 Shakespeare Tower	7786 9617	geoffrey@rivett.net

Planning and Swimming

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they are doing works to their flats. Basically, asbestos is safe if intact and undisturbed, but it needs special handling if it being broken up and removed

Planning and licensing

I've said before that a large chunk of the BA's work is taken up with responding to planning and licensing applications, and since the last newsletter the BA has dealt with a few more.

The Heron Pavilion

Heron, the developer of the Milton Court site, wants to erect a marketing pavilion on Moor Lane. Its actual position will be on the small flower bed between the Moor Lane lift and the Willoughby car park ramp. The purpose is to pre-sell flats in Heron's Milton Court development, and the proposal is for a two storey building so that Heron can include a life-size show flat inside the pavilion.

At a well attended consultation meeting between residents and Heron on 20 May we learnt more about the proposal. Visually the pavilion will look like Milton Court with a black upper storey and glass below. Heron wants extended opening hours and weekend opening, and it plans some receptions and events.



At the meeting residents made their objections quite clear and probed on why the marketing pavilion had to be within the Barbican's boundary; apparently Heron had considered a large number of other sites but they were either too far away, not available, or not big enough.

The problem is that for residents at the east end of the estate the Milton Court development gives them no advantages, only disadvantages (less light, less views, more noise), so having the marketing

pavilion dropped onto their doorsteps only adds insult to injury.

The Barbican Association, the local house groups – and many individual residents – have objected to the application, so now we wait until it comes before the planning committee.

Bicycle racks

Another planning application concerns the Mayor of London's plan to make bicycles available for hire throughout central London. A clutch of applications have therefore been made to site bicycle docking stations at various points throughout the city: the idea is that they should be approximately 300 metres apart, and subscribers can pick up a

CHAIR'S CORNER

bicycle from one docking station and leave it at another. Several such docking stations are planned around the Barbican, but it seems that Transport for London hasn't done much local consultation. The one destined for Silk Street is planned to sit within the carriageway, where it will obstruct the 153 bus, reduce visibility for people driving out of Speed House car park, and generally reduce road safety. We've therefore objected – not to the principle of the docking station but to the specific site of the Silk Street station.

Licensing

The application for a late night drinking and entertainment licence under Tesco in Aldersgate Street, mentioned in the last newsletter, was rejected at a licensing hearing. The BA put in an objection and so did many individual residents – so thank you to everyone who resisted that particular threat to our peace and quiet.

There's currently an outstanding application for the Wood Street Bar (beneath Gilbert House) for outside tables, and the BA and Gilbert residents have responded to that. At the time of going to press we are waiting to hear when the hearing will be.

Noise

With the longer summer evenings, five a side football has returned to the playing pitch belonging to the Girls' School – and it has brought with it the complaints of people living in Thomas More and

Mountjoy. Martin Dudley, one of the common councillors for Aldersgate ward, who sits on the school's board of governors, has taken up the issue with the board of governors, and the board has set up a subcommittee to consider the matter further.

Golden Lane Leisure Centre

Since we seem to have spent a fair bit of time recently objecting to proposals, it's nice to be able to report on one set of proposals that we have supported.

The Community and Children's Services Committee is considering the future of the Golden Lane Leisure Centre, with its swimming and sports facilities, and it conducted a public consultation exercise in May. The options were to a) shut it within the next three years; b) refurbish it to extend its life for up to 10 years and then reconsider options; or c) refurbish it properly and extend the facilities. The Barbican Association and many residents supported option 3 - to fully refurbish and enhance the Centre.

The consultation – which attracted over 800 comments – also overwhelmingly supported option 3, as did City and Hackney NHS Trust. A report on the options, and the results of the consultation, was presented to the committee earlier in June and a recommendation will go to the committee in September.

If the summer is as hot as it's forecast to be then we'll need that local swimming pool. And let's hope too that the sun shines on the Estate Office's summer party to celebrate the estate's 40th birthday. See you there!



Jane Smith
BA Chair

Wildlife Garden Open Day

For the first time ever, our Fann Street Wildlife Garden was open to the general public. This opportunity to enjoy being part of the prestigious London Open Garden Squares Weekend in mid June was organised by both the Estate Office and Open Spaces, who have responsibility for all the Barbican gardens.

We had superb weather and a total of 217 visitors in the two afternoons the garden was open. A good number live locally but a number came from far afield – having read about us in the pre-event publicity.

Volunteers from the Barbican Wildlife Group manned the event – from selling tickets to the weekend event as a whole to getting deep in discussion with the visitors about the evolution of our garden. One of our visitors noticed that most visitors spent at least 20 minutes exploring and enjoying. All our visitors behaved impeccably with not a speck of litter dropped.

One key achievement was the number of Barbican residents who visited – a total of 46. Many had never been to the garden before and became enthusiastic enough to say they would come volunteer on our working Wednesday mornings. Some said they will be offering plants and, even, much needed tools.

And why I am/we are a volunteer/volunteers

Over five years ago, the Estate Office called a meeting of residents who might



be interested in forming a wildlife group in the Barbican Estate. Quickly the focus became our Fann Street Wildlife Garden – the Barbican's countryside and the only large wildlife garden within the City.

Although in the early years volunteer work wasn't recorded on a weekly basis as it has been since 2007, I think it is safe to say that residents have given over 1,000 hours of free labour to help make the Fann Street Wildlife Garden more wildlife friendly and more enjoyable as a place to visit for residents and their guests.

Highlights as volunteers?

Discovering the range of plants that grow in the garden – observing them throughout the year – taking pleasure in their coming into their full beauty. Watching the insects and birds feed off these plants and seeing how they use the shrubs, trees and plants for homes and shelter and to protect and raise their young.

Discovering the animal life that lives in the garden – frogs, insects of an amazing variety, spiders, birds. Seeing how successful our efforts are from planting out many hundreds of bulbs and an array of donated plants to seeing the impact of continuously replenished bird feeders and the installation of bird boxes on the bird life.

In an environment created mainly by man and with only the occasional hint of the changing seasons, the garden provides the opportunity to see the first catkins,

to enjoy spring blossom, the succeeding appearance of snowdrops, daffodils, bluebells in the spring through to the berries of the autumn.

But most of all, it is the sheer physical labour of working in a garden - being able to dig the soil, clearing the over prolific weeds, plant out our own plant contributions and those of friends and relatives and to see our efforts turn into a more attractive garden.

Though returning to podium levels, I often get puzzled looks of how anyone could cover themselves in dirt and burrs within the boundaries of the Barbican Estate.

Our first big project was the start of a new hedge along the YMCA border of the garden.

The second the creation of a test wildflower bed – lots of digging, and clearing, and the joy in the first year of a stunning array of wildflower plants.

We have found various life forms in the garden – the most delightful was revealed in a photo taken by Wenda Sturrock. It is a bee that harvests the hair from hairy leaves for its nest – transporting it as a ball stuck on to his abdomen.

For the last three years Sarah Hudson has organised the bird count in Fann Street (as well as in other gardens in the Barbican and the City) in conjunction with Open Spaces.

There is no budget in the gardens contract for new plants for Fann Street so all the new plants you see have been



donated by friends and family as well as those grown by ourselves. Many plants have been given from gardens in the country where there is an excess and an eagle eyed resident has asked for and received them. One of our Barbican grown successes has been a rowan tree grown by Monica Darnbough on her balcony and now happily growing in Fann Street.

Come join us!

Looking back over last year, we were incredibly lucky with the weather and only had to cancel a limited number of working mornings - this year of course we have had our first cancellation because of snow!

We are a small group of enthusiasts who work in the garden under the supervision of Open Spaces. We meet every Wednesday morning between 10 and 12 and set about a number of agreed

tasks under the supervision the Open Spaces' gardener who is in charge of the Barbican gardens as a whole. All residents are welcome to join us.

At a yearly meeting with Lucy Stowell-Smith of Open Spaces we review our achievements and failures and agree plans for the coming year. Lucy and the garden's House Officer, Becky Marshall, visit on a regular basis for an update.

We would welcome your expertise and gardening skills, So if you wish to join us, Please contact Paula Tomlinson at paula@johnandpaula.com or telephone 020 7628 3657

If you wish to become a City Volunteer in the garden or elsewhere in the City please email parks.gardens@cityoflondon.org.uk or write to City Gardens, 65 London Wall EC2M 5TU.

Paula Tomlinson

Secure Your Wi-Fi Connection

The internet has become an ever more important tool in our daily lives. Whether using it to shop from your favourite supermarket, planning your next holiday, or like me with the recent tube strike working from home, then securing your internet connection and ensuring your personal identify is protected should be foremost in your minds.

If you connect to the internet via broadband (cable or wi-fi) or the outmoded dial-up services, then your internet supplier should have provided instructions to you on how to protect your connection from hackers trying to steal your personal details. Ensuring that your anti-virus subscription and software are up-to-date is a must.

It is especially important if you have a wi-fi set up to secure your connection via a router (the box required to set up your wireless connection) and following the router's installation to assign your connection a password that combines letters, special characters and numbers. For example avoid using family birth dates or your children's names as your passwords.

As wi-fi connections are becoming the norm for most broadband users today, securing it with a password will prevent neighbours or anyone using not just computers and laptops but any wi-fi device near your home from using your connection for free. It is amazing as I travel throughout London and use my iPhone to see just how many unprotected wi-fi set ups there are around town.



Other simple methods of protecting your identity while using the net include subscribing to spyware, software that can detect if someone is trying to break-in to your computer. If you are travelling and using public computers or internet cafes, then avoid doing any shopping where you provide your credit card details and thus give irrefutable internet cafe operators the opportunity to copy your credit card details. Additionally, try to avoid accessing your bank accounts from public computers, again you could leave your profile or account details behind to the benefit of thieves. Another simple, effective and free way to protect your identify is to assign your PC or laptop a security password; it is amazing how many people do not.

Leaving your wi-fi connection unprotected will leave you expose to hackers and identify thieves so do not give thieves a chance, you would not think to leave your front door open for them so do not do the same by leaving your internet connection unprotected.

Alberto Garciga

Barbican Tuesday Club

The Tuesday Club is the oldest club in the Barbican having been formed originally as the Daytime Club over 30 years ago. The club is open to all residents, not just ladies - we have several male members - and meets every Tuesday at 3 p.m.

We now meet in the new community room at the base of Lauderdale Tower. Anyone wishing to join us should come to the estate office and they will be directed to the meeting.

All the events scheduled below are in conjunction with the Forum for Older People in the City of London.

Tuesday 23rd June: Demonstration and safety talk from the London Fire Brigade

Thursday 25th June: Annual summer outing to Rye in East Sussex

Tuesday 14th July: Becky Marshall, House Officer, will visit the Tuesday Club to finalise details for the stall and volunteers from the Club for the 40th Anniversary of the Barbican Estate Garden Party

Wednesday 15th July: Barbican Estate 40th Anniversary Garden Party; please come along and visit our stall as well as all the other stalls - it should be fun!

Tuesday 21st July: Proposed visit to Wood Street Police Museum

Tuesday 28th July: Annual Summer Party

THE CLUB CLOSSES FROM THE END OF JULY TO 8TH SEPTEMBER, NOT 1ST SEPTEMBER AS THIS FOLLOWS THE BANK HOLIDAY AND MEMBERS MAY BE AWAY

Tuesday 15th September: Robin Michaelson, a City Guide, will give a talk on the History of Lloyds

Late September: The Club will visit Bletchley Park

Tuesday 20th October: Annual General Meeting

Tuesday 10th November: Douglas Woodward, a Barbican resident for many years, will talk about "The Goings on in Guildhall"

Tuesday 8th December: Annual Christmas Party

Tuesday 15th December: Annual Christmas Lunch

CLUB CLOSSES FOR CHRISTMAS HOLIDAYS REOPENING ON TUESDAY 5TH JANUARY 2010.

For more information please contact **Audrey Ballard, Chairman, on 7588-4330**

SECURITY MATTERS

DOOR ENTRY SYSTEMS SURVEY

In the March edition of *Barbican Newsletter* I advised readers of a questionnaire which the Barbican Estate Office was planning to issue seeking residents' views about various door entry systems and I pointed out that the Barbican Estate Security Committee ('BESC') unanimously recommended continuing with the existing key system – I am therefore delighted to inform readers that the proposed questionnaire has been delayed for a year.

G20 POLICING

Following some 200 allegations of brutality, a report by the Home Affairs Committee is due to be published early in July which will call on the Metropolitan Police to review its "kettle" tactic of containing crowds in confined areas for several hours. An earlier Parliamentary enquiry into the policing of G20 found that officers had been inadequately prepared. Particularly damaging was amateur video footage apparently showing protesters being pushed or hit, including an officer, allegedly from The Territorial Support Group, hitting a woman across the face.

Against this background and, in my opinion, the City of London Police were/are more than adequately trained and their approach to the G20 Protests is summed-up as follows:-

"The residential and business community were a priority for the City of London Police in the lead up to and during the G20 Demonstrations held in the City at the beginning of April.

As the G20 event affected the whole of London the City of London Police worked together with the Metropolitan and British Transport Police to devise a policing plan for the whole of London. Security around the Excel Centre was a priority, ensuring security for the international delegations. However, it became clear quite early on that the City would be a focal point for much of the planned activity.

Attention was focused on the four meeting points (Liverpool Street, London Bridge, Moorgate and Cannon Street Stations) and the Bank Junction. Memory of the events of 18th June 1999 (J18) were still evident amongst business, remembering the violent demonstrations and criminal damage that occurred on the day. Community feedback identified a great deal of nervousness, which was compounded by media hype and attention. Business briefings were held to reassure business and provide advice on maintaining security to their premises on the day. Wards officers were tasked to brief residents and business, providing reassurance and advice. A single point of contact for the City of London Police (email & telephone) was promoted to deal with any community concerns. Enquiries trebled in the two weeks prior to the event. The City of London Corporation wrote to all residents to provide reassurance.

The City community were encouraged to sign up to the Vocal Imodus email system, which the City of London Police used to send out messages on the day. The City of London Police website was also

dynamically updated reflecting the fast changing situation. Email messages were sent out as soon as there was a significant change (i.e. demonstrator movements, road closures, stations closures). This allowed those members of the community on the periphery of the demonstrations to monitor activity and continue with 'business as normal'. Feedback from the community has been overwhelmingly supportive for the Communication Strategy adopted for this event.

The City of London Police regularly use Imodus to communicate information on real time situations and other issues. The system is free to use. If you would like to subscribe to the email system please go to <http://www.warnandinform.com/colp/index.html> You can unsubscribe at any time".

David Bradshaw C.C.

Chairman, Barbican Estate Security Committee

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

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 07711 066198 – 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: 10% Discount on any Ligne Roset order placed outside of our Sale or Promotional periods. View a sample of Ligne Roset's extensive range on www.ligne-roset-city.co.uk or in person at 37-39 Commercial Road, London E1 1LF. Tel 0207 426 9670.

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

Quinn Interiors: 10% off curtains, blinds, soft furnishings and re-upholstery. Contact Quinn Interiors, 53 Rosslyn Avenue, Harold Wood RM3 0RG. Phone: 07050 159156. Fax: 07050 259256. Email: info@quinn-interiors.com. Website: www.quinn-interiors.com.

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% on all services including tooth whitening and revolutionary healOzone treatment. Ground Floor, 80-83 Long Lane, London EC1A 9ET. Phone: 020 7600 4147. Contact Nikki Skews

Barbican Dental Practice:

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



THE RECOGNISED ASSOCIATION REPRESENTING THE INTERESTS OF BARBICAN RESIDENTS

2009 MEMBERSHIP

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

Gaby Robertshaw, Membership Secretary, 706 Bryer Court, Barbican, London, EC2Y 8DE. E mail: gaby3@tiscali.co.uk

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	Signature
Postcode	Date

BARBICAN ASSOCIATION DISCOUNT SCHEME

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

The Feelgood Centre at 33-34 Chiswell Steet is offering Barbican Association members a 10% discount on a wide range of Therapies and Treatments which are available from specialist practitioners. These include a wide range of massage therapies, makeup, hair styling, waxing, face rejuvenation, acupuncture, homeopathy, hypnotherapy, reflexology, Pranayoga, Feldenkrais, life coaching, life alignment. For a full listing check the website www.feelgoodcentre.com. For bookings or further information please call 07946084848 or email :- feelgoodcentre@yahoo.com

Hermes Health Osteopathy: including cranial osteopathy and visceral osteopathy, pilates rehabilitation ; 10% discount for BA members on initial osteopathic consultation and treatment (around 45 minutes) and 5% discount for further treatments (each around 30 minutes) up to a maximum of six in any six month period. For Pilates rehabilitation a 5% discount on individual sessions (60 minutes) or 10% if a block of 5 is paid in advance. Information: Hermes Health Ltd., Templeton House, 33-34 Chiswell Street, London EC1Y 4SF. Appointments – Phone 0870 246 1460. Fax: 0870 246 1641 Email: info@hermeshealth.co.uk. Web: www.hermeshealth.co.uk

Jarrod's Hair and Beauty: Unisex Hair Salon and Spa. 61-67 Old Street, London EC1V 9HW – 5 minutes from Barbican Station. Phone: 020 7251 6633 20% discount on all hair and beauty services including Aveda facials, massage, hair cutting and colouring. BA card required – cannot be used in conjunction with any other offer.

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, EC1Y. Call Lucy on 07712 647 282. or email Lucybracken@mac.com
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.

RESTAURANTS/BAR RESTAURANTS/BARS

The Cuban: Restaurant/Bar.

Latino/Caribbean atmosphere. 20% off meal (food only) in restaurant OR two drinks for the price of one at the Long Bar. 1 Ropemaker Street (in City Point complex). For reservations call 0870 850 8975. Website: www.thecuban.co.uk

54 Farringdon

Malaysian & European Cuisine • 020 7336 0603
Mon - Fri 12-3 6-11pm • Sat 6-11pm
www.54farringdon.com
BARBICAN RESIDENTS 20% DISCOUNT OFF A LA CARTE MENU

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 Larder: 91-93 St John Street, EC1M 4NU. Tel: 020 7608 1558. Restaurant/Bar/Bakery/Shop. Open for breakfast from 8 am and for Lunch, tea, coffee and dinner from 11 am to 11 pm Monday to Saturday. 10 percent discount on food at all times.

Missouri American Grill and Restaurant:

20% discount from the a la carte menu or the £12 set two course or £16 set three course menu between 5pm and 11 pm. 76 Aldgate High Street, EC3. Tel: 020 7481 4010

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 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

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 Bar and Grill

20% discount on food from Monday to Friday, dining at any time, and a 40% discount on food when dining on a Saturday evening. To take advantage of the offer BA members should book ahead and show proof of membership of the BA at the restaurant. The Bar and Grill is open Mondays to Thursdays from noon to midnight, Fridays from noon to 1 am and Saturdays from 6 pm until midnight. Closed on Sundays and Bank Holidays. 2-3 West Smithfield, EC1A 9JX. Tel: 0870 44 22 541, Fax: 0870 44 22 542, Email: smithfield@barandgrill.co.uk. Web: www.barandgrill.co.uk

Soseki (Japanese cuisine): Special evening sushi menu for £25 made with fish delivered daily from very own Cornish fisherman. As a special introductory offer, Soseki will be offering Barbican Association members a glass of Sussex-produced Breaky Bottom Cuvée Sparkling Brut (or a choice from an alternative range of aperitifs) each and every time they dine at Soseki. Booking is required. Please mention "Barbican Association" when you make your booking. This offer can be taken up as many times as you wish, but may not be used in conjunction with any other offer, and is not redeemable for cash. Soseki, 30 St Mary Axe 1F, London EC3A 5AA
T: 020 7621 9211. Open - Mon 11:45am - 2:30pm, Tues - Fri 11:45am - 2:30pm & 6pm - 9:30pm

Tart Restaurant and Bar - 20% off all BAR FOOD and COCKTAILS after 4pm Mon-Fri on presentation of Barbican Association Membership card. 117 Charterhouse Street EC1M 6AA. 0207 253 3003

Tas Restaurant:

Glass of house wine or organic juice per head. Must mention Barbican Association. 37 Farringdon Road. Tel: 020 7430 9721

The St Germain Restaurant and Bar

20% discount on all food bills (either in the restaurant or bar). BA members are asked to make reservations and mention the discount at the time of booking, however, booking is not absolutely essential. Either way, if the members could show their BA membership cards when asking for the bill the discount will be organised. The restaurant is open Monday to Friday from 12-3 for lunch and Monday to Saturday from 6-11 for dinner. We are also open from 11-4 Saturday and Sunday for brunch. The bar is open Monday to Saturday from 12pm-12am and on Sunday from 11-5. Food is served in the bar throughout the day. 89 Turnmill Street, EC1M 5QU. Tel 020 7336 0949. Email restaurant@stgermain.info.

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

Bread and Honey:

Men's and women's casual fashions. 10% discount on non-sale items. 205 Whitecross Street, London EC1Y 8QP

SERVICES

Abracadabra 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 Abracadabra Services Ltd., 10 Glasshouse Yard, Barbican, London EC1A 4JN or call Allan Lee on 020 7336 7686. Fax: 020 7336 7687. Email: allan@abraseve.co.uk. Website: www.abraseve.co.uk

Elite Home Maintenance:

10% off labour costs for Painting and Decorating, Plumbing, Tiling, Carpentry and Electrical work; Contact: Steven Richards, 153 Amhurst Road, London E8 2AW. Tel: 020 7241 3957 or 07976 352 395; Email: srichardsbuild@btinternet.com

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@mbebarbican.co.uk

Spencer Thomas Estate Agents: Specialists in the sale & letting of residential and commercial property throughout The City, Clerkenwell, Farringdon, Shoreditch and Smithfield: Tel: 020 7490 1333. Discounted sole agency selling fees to 1.5% plus vat of the sale price and 7.5% plus vat on letting of property.

Zipcar: National car sharing scheme with a Toyota Prius available in the Barbican itself in Bunyan Court Car Park. Cars available by the hour. Price includes fuel, 60 free miles, congestion charge and insurance. BA members may now join at a reduced rate of only £10 plus a £10 FREE driving credit. To sign up go to www.zipcar.com/barbican

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Newsletter Editor - Ronan Kavanagh. Email: barbianeditor@yahoo.co.uk.