



Barbican Association **NEWSLETTER**

www.barbicanassociation.com

December 2008

That Autumn Feeling

Autumn brings with it falling leaves, puddles in the gardens, wind across the podium and complaints about the switching on of the underfloor heating system. There were probably a few more complaints than usual this year because the end of September was unusually cold. I don't envy the estate office having to decide on a date when to switch the underfloor heating on because it's never going to please everyone. The underfloor heating is a collective/communal system, designed in the days when society was much more collective and communal than it now is. So complaints about the heating just seem to be a fact of Barbican life: wait for the next flurry in spring when it is turned off (too soon, not soon enough...).

However, the BA is trying to do something about another sort of complaint -- those about noisy construction works. BA members were

consulted about and had a chance to make changes to the construction protocol for Frobisher Crescent, where new flats are being created. The aim of the protocol is to try to do the construction work while minimizing and managing noise, dust and other nuisances to residents. Part of the protocol is a phone number to call if residents have any concerns (see below) and a regular meeting of a group of residents with the people running the site. The BA sees the Frobisher protocol as a model for other projects, and we will try to have input into any construction protocol for construction sites on or around the Barbican.

By the time this newsletter reaches your postbox several residents' representatives (including many from the east side of the estate) should have heard a presentation from

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CHAIR'S CORNER

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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 *	Vacant		
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

That Autumn Feeling

continued from page 1

the Milton Court developers about how their contractors plan to remove the remaining ground and basement floors without causing excessive noise and dust. This is apparently a tricky operation because of the thickness of the concrete that still needs to be removed. The final demolition work is due to start in January. Although no one is quite sure when the new construction on the Milton Court site will start (and it has hadn't final approval from the planners yet for its finishes -- see below), we're hoping to have a say in the construction protocol. One thing that helps with noise prevention is to design it into the ways of working from the outset.

Thank you to those of you who emailed me after my last article about noise. The BA has agreed a regular series of meeting with environmental services, and we are still working to clarify the issue of noisy working periods. One thing on which Steve Blake of environmental services did assure us, however, is that if several residents complain about excessive noise on a City building site outside of the permitted working times of 10:00-12:00 and 14:00-16:00 then environmental services will investigate and if the noise is indeed excessive they will take action. See below for the number to use. And expect more in a future newsletter on how

residents can protect themselves from noise.

Milton Court is due back before the planning committee soon, to see if the committee will approve the final finishes of the residential tower (see Newsletter June 2008). Many residents worry that the very



dark/black cladding proposed will give the north east corner of the estate a rather gloomy feel (particularly since the new Ropemaker building is also dark), and the BA and several of the house groups have made formal comments to the committee about these proposed finishes.



CHAIR'S CORNER

Freesat

When the new cabling for the TV system was installed a few years ago, the big debate was about balancing cost against the ability to support future developments. John Tomlinson has written in this newsletter about how the system can support the new Freesat service—like Freeview but with even more channels. I haven't quite got to grips with all those available on Freeview, but I suppose it's a good thing...

The interesting thing about being chair of the Barbican Association is that most months I learn something new about the estate. Did you know for example that on top of each of the towers there is telecommunications equipment, for which the City receives a licence fee? The licences date back to 1977, and apparently the BEO commissions regular health and safety surveys to make sure that electromagnetic power levels remain well within permitted levels. I discovered this because a company wants to install some new equipment to support broadband on top of Cromwell Tower and have consulted the BA before submitting a planning application. We've asked them to present their proposals so we can understand them and are taking advice. So more about this in the next newsletter.

In the meantime, if it doesn't seem too early, may I wish all residents a happy Christmas and New Year.

Jane Smith

Chair, BA

chairba@btinternet.com



Useful numbers

Frobisher Crescent construction works:
CoL Dedicated Manager (site based):
Michael Wright: 07917 643944

Noise complaints (generally): 020 7332 3630 (out of hours call Guildhall 020 7606 3030)

Action Taken on Noise Disturbance

On Tuesday 4th November we had a serious breakdown in the City code of practice towards noisy works. Regretfully an over ambitious sub-contractor called Aherns who are skip suppliers decided to move some skips around from 6 a.m. to 7 a.m. along Fore Street!

Fore Street is on the south side of the Barbican Estate overlooked by the south corner of Willoughby House the entire length of Andrewes House and the south corner of Gilbert House. More than 200 flats overlook the street.

The amount of noise these skips made when being dragged along and the number of residents disturbed was significant and totally unacceptable.

Now the good news. Earlier in the year and because of concerns about how the Environmental Health Officers were not enforcing the law on wayward contractors the Barbican Association Chairman and myself had a very good meeting with Steve Blake who is responsible for enforcement.

At this meeting Mr Blake explained the vagaries of the code of practice concerning hours of work in the City and how his officers can assist us residents. For my part I was keen to explain how helpful the Environmental Health Officers had been to me personally when I had called them out on wet Sunday nights regarding noisy air conditioning units and at 2 a.m. on some Fridays and Saturdays to complain about noise outbreaks from pubs and parties.

However when questioned him about enforcement there appeared to be a total lack of it. I firmly explained that this was not good enough and we expected even more from our Environmental Health Officers.

Now I am delighted to report that Mr. Blake and Mr. David Wearing, one of the team of Environmental Health Officers, responded the same day to my initial complaint (020 7606 3030 24hrs -- do call this number anytime people are awake and paid to take your call even at 3 a.m.) and they have now responded to my demands for a harsher line to be taken on legal and formal enforcement.

Both Keltbray the main contractor and Aherns have now been served with a warning.

More importantly a Statutory Legal Notice has been served by the City of



London on Aherns the offending skip supplier. This means if Aherns work outside of agreed hours and cause disturbance they will immediately face legal action and financial penalties.

I have concentrated on this one incident in November to reassure residents that the Barbican Association continues to work toward the best solution concerning noise and disturbance and we do have good and friendly relations with the City of London Environmental team.

The Statutory legal notice served by our friends in the City also shows that unlawful working which causes disturbances will now be more forcibly stopped and prosecuted.

I do hope you find this a further step towards a peaceful community in the Barbican.

Steve Quilter BSc. (Hons)
Chairman BA. Environmental and Ecology Committee

Joan Jones

26 September 1919 – 21 September 2008

It is with great regret that I write about dear Joan, a long time member of Barbican Tuesday Club – in fact Joan was a member in the early days when it was called the Daytime Club.

She spent her early childhood in Little Kingshill in Buckinghamshire and just before the war studied at Gypsy Hill Teachers' Training College. During the war Joan was a nursery teacher, managing the evacuation of young children out of London during the Blitz.

In later years Joan and her husband decided to live here in the Barbican and took up residence in 1970. This was in the very early days when part of the estate was still a building site.

They were founder members of the Barbican Association. After the death of her husband Joan continued to live in the Barbican participating in the social scene.

Together Joan and Pam Davis enjoyed many river cruises abroad.

She will be greatly missed by all her friends, not only in the Tuesday Club but all those around the Barbican.

Audrey Ballard
Chairman, Barbican Tuesday Club

Freesat Now Available in The Barbican

Freesat gives free access (apart from the cost of a set top box - see below) to a wider range of digital TV channels than is currently available via Freeview. Although the service uses the same satellite as Sky, Sky is not involved. You pay no subscriptions to anyone and you use a Freesat box (from £55). Unlike Sky there is no requirement to have a link from the box to your telephone - so no one is monitoring what you are watching!

Apart from the wider range of channels at normal digital quality (these are called Standard Definition or SD) you also get free access to two High Definition (HD) channels - provided you buy a special higher cost box and also have a modern 'HD ready' TV. All Freesat boxes simply plug into the back of your television in the normal way and also into the same plate in your living room you use for your present TV. However because they are satellite channels they should plug into the "Sky" socket there - it says Sky underneath it.

[There is also a strangely similar sounding service called Freesat from Sky - see last section below.]

WHAT CHANNELS ARE AVAILABLE?

The normal TV channels, broadly the same quality as Freeview, are called Standard Definition (SD). There are currently 102 TV channels with more being added regularly. These are nearly all channels you will not want, but there are more time shifted ones eg ITV3+1 which can be a convenience. There are also channels which may be of special interest to some Barbican residents such as Al Jazeera, France 24, Euronews, Russia Today, Zone Horror etc. Additionally there are 35 radio channels including RTE (Republic of Ireland). §There are two HD channels - BBC HD and ITV HD. At present BBC HD is on all day at weekends and in the evening during the week - see Radio Times. ITV is even more restricted at present - because ITV is short of cash and there aren't sufficient viewers out there yet. It shows the occasional film or drama production, but also, of great importance to some, Champions League football matches. The quality of the HD picture is generally felt to be outstanding. §www.joinfreesat.co.uk has lots of useful info including an up to date list of channels and also of boxes (see below).

WHICH BOX SHOULD I BUY AND WHERE CAN I GET ONE?

Even if you have a new Digital TV (with a built in Freeview receiver) it will still require a Freesat box, unless it is one of the very new Panasonics - see 4 below.

You can buy Freesat boxes at Currys digital in Moorgate, Maplins, John Lewis and via the Internet.

There are four broad options:

1. Cheapest (for about £50) is a box which does not give access to the HD channels. This is called an SD (standard definition) box. They should connect via the SCART connector you currently use.

2. The normal HD boxes cost around £150 - but you can get them

for less on the Internet and prices are coming down. They connect to the HDMI of your "HD ready" TV. It is a small socket marked HDMI - if you don't have one of these it is not "HD ready"! You may need to buy a connecting lead for a few pounds. The Humax box gets the best reviews and also has an outlet for 'surround sound' - fine if you have the audio kit and a good rapport with your neighbours. There is also a box (made by Alba I believe) branded variously Bush, Goodmans or Grundig.

3. Just out, though not yet in the shops as I write, is an HD recorder box made by Humax for £299. The snag with this for the Barbican is that, as with all such cable networks, you will not readily be able to record and watch simultaneously unless (as with Sky+ access) you install a separate access cable to the backbone network in your block. Dependent on your location this may be difficult and expensive. The Estate Office can put you in touch with a contractor. However, given the timeshifting of channels and the increasing availability of TV channels over the Internet eg BBC iplayer you may not feel this is such a vital requirement. [Computer geeks may like to know that all Freesat boxes have an ethernet port enabling your PC to link into your TV, but this doesn't sound suitable for novices yet.]

4. Panasonic are selling a set with HD Freeview built in - but it is very expensive, £800 for a 32 inch set.

WHAT IS FREESAT FROM SKY?

This strangely similar sounding service was launched by Mr Murdoch after Freesat had been announced by BBC/ITV. To access it you need to involve Sky (www.freesatfromsky.co.uk). They charge £150 for an SD box (this includes supplying a dish - but it seems there is no reduction for those like us with a network already). I understand that you can buy second hand Sky boxes on ebay, if you do you then need to buy a card from Sky to get the box to work - this currently costs £20. [If you have Sky on a paid basis you can apparently downgrade to Freesat from Sky and eliminate your subscription.]

Compared with Freesat you cannot get HD channels, but it currently offers CNN and Bloomberg and a wider range of international channels.

It connects to the Sky socket and, unless you require interactive services, there is no requirement to have a back link to your telephone.

I would be grateful for any feedback, especially from existing Freesat users.

John Tomlinson

Chairman: former Barbican TV Working Party
John@johnandpaula.com
020 7628 3657



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.

25th November: Belinda Harding, City of London Police, Bishopsgate: Keeping safe in your home and out and about

9th December: Annual Christmas Party

16th December: Annual Christmas Lunch at the YMCA, Fann Street

The Club will close for Christmas opening again on Tuesday 6th January 2009.

20th January: Murray Craig from the Freedom of the City office in the Guildhall about the Freedom and the many and varied people applying

24th February: Rev. Stephen Haines CC, the Older Persons' Champion will give a talk

Early March (date to be confirmed): an invitation from our Ward Police Representatives to visit Wood Street Police Station to see the horses and other venues at the station

Early April: visit to the Women's Library - an earlier visit in 2008 had to be cancelled

Late April, probably after Easter, an outing possibly to Ham House, close to Osterley House, which we visited in 2008

5th May: Paul Taylor, a City Guide, will talk about Wren churches in the City

During June the annual outing on a date to be announced

Last Tuesday in July the summer party

Tea rota

January 6th: Mrs Coburn, **13th** David Fisher, **20th** Mrs Giles, **27th** Mrs Harris

February 3rd: Mrs Littlestone, **10th** Mrs McClare, **17th** Ms Plumbly, **24th** Dr Wright

March 3rd: Mrs Ballard, **10th** Mrs Bradley, **17th** Mrs Buck, **24th** Mrs Crawford,

31st Mrs Coburn

April 7th: David Fisher. **April 14th** Closed for Easter. **21st** Mrs Giles, **28th** Mrs Harris

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

SECURITY MATTERS

As I sat down to prepare this article I was temporarily disturbed by the postman who delivered, amongst other correspondence, a letter from the City of London Police describing important changes they are proposing to make which I felt I should share with readers of this newsletter as the changes will have repercussions for us all.

The letter concludes with an invitation to a meeting which will have already happened before this newsletter is circulated. However, I intend to attend the meeting and will provide a summary in the next edition. In the meantime, however, if you have any concerns or queries about the proposed changes please contact me.

David Bradshaw C.C.

Chairman, Barbican Estate Security Committee



**CITY OF LONDON
POLICE**

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

LETTER FROM CITY OF LONDON POLICE

The purpose of writing to you is to explain directly some of the changes that are happening within the City of London Police, particularly around wards policing and how we aim to ensure that those changes will improve the services we deliver to you in the community.

Due to a number of political and financial pressures the Force has undertaken a review of how it delivers its service. Clear benefits were identified in bringing resources from Snow Hill and Bishopsgate divisional stations together within one management team. Chief Superintendent Rob Bastable will now be responsible for overseeing the delivery of wards policing and immediate response (uniforms and crime). The new management structure also introduces two Superintendent posts, one to specifically oversee community policing (wards policing, licensing, front office staff) and the other to oversee immediate response. The clear benefits are that it will allow the management team to focus activity across the whole City to ensure that our staff are more focused on key priorities (crime and anti-social behaviour), that staff are sharing information and good practice and more importantly, the removal of the invisible barrier through the City which previously separated the two divisional stations. There is no plan to change any of the current police front offices. Operational staff will still be deployed from both Snow Hill and Bishopsgate Police Stations.

In order to assist this change the Force has had to make some quick time decisions which are aimed to have an immediate impact on how we resource front line policing. We would normally have a period of consultation with members of the community to assess the impact of such changes, however, because of accommodation and other emerging issues, the Force has had to make some strategic decisions around resourcing.

Officers who are dealing with crime will now be co-located at Bishopsgate Police state. This change will have no direct impact on members of the community as crime will still be reported in the normal way. Our expectation and analysis show that we should see an improvement in detected crime by bringing the two existing teams together, with the majority of these offices being reactive and fully engaged in investigating reported crime. The plain clothes pro-active officers who target criminals will now have a City wide remit and will be able to focus their activity on impacting on crime hot spots across the City.

Under the new Force Structure, the recognition of how important wards policing is to the community has been acknowledged and the number of Sergeant supervisors has been increased from 6 to 13. This will assist us to ensure that staff are properly briefed and allow us to quality check the work our staff are undertaking and how well they are performing. We also recognise that there is a need to engage with a wider section of the community and we aim to ensure that we motivate and encourage more people to participate in setting the police agenda for the City.

With a Superintendent now fully focused on wards policing activity, we have had to review how we supervise staff. The Force has therefore made the decision to move all ward staffs to one location at Snow Hill Police

Station. Again we believe that this will bring major benefits to the team. Wards staff will be briefed and de-briefed at Snow Hill Police Station. And office will be provided at Bishopsgate Police Station where offices can base themselves, during their shift, if they need to be inside a police station to access police systems. Snow Hill Police Station is a short bus ride away from Bishopsgate Police Station and we believe that we will see an increase in officer visibility on the street, as we aim to ensure that our staff, spend at least 80% of their time out on their wards. The police office at Barbican will remain open and we are planning to review opening times in line with community needs to improve our level of service. The other big benefit of co-location is to be able to provide one point of contact to the community for community issues. In aiming to improve our service we aim to ensure that we will respond to community messages (telephone or e-mail) within a 24-hour period.

Along with the realignment of wards resources we are also reviewing the current cluster arrangements. Initially the six-cluster arrangement was introduced to allow us to divide the City into manageable chunks, all based around the two divisional stations. As wards policing is now being managed as one unit, it has given us the opportunity to review the cluster arrangements and look at operational requirements around managing clusters. We are proposing to a move from 6 clusters to 4. Simply making the clusters North, South, West and East. I have included a map of the proposed changes for your information. Cluster 4 remains as the West cluster. Cluster 3 remains the East cluster. Clusters 1 and 6 join to become the North cluster and clusters 2 and 5 (including wards 25 and 14) will make up the South cluster. This aims to remove the anomaly of the current Cluster 1 being split and sitting within Cluster 6 and it will bring Cluster 5 and 2 together (including Wards 25 and 14) to take into account the new Cheapside retail development.

This new South cluster will contain a large percentage of our licensed premises which will allow the team to be more focused towards alcohol related crime and anti-social behaviour, which does have a negative impact on the local community. We can't afford to be complacent around the opportunities and challenges to be face once the new Cheapside development is completed and we need to ensure that our staff are trained and experienced to deal with specific issues, which may arise in this area.

The new cluster proposals will also allow us to look at crime and anti-social behaviour with a more operational focus and allow us to deploy our resources more effectively. We recognise particularly in the new North Cluster that there are quite different needs between the residential and business community. Therefore we are quite prepared to maintain separate meetings of the two groups to ensure that we meet all community needs.

The changes to the clusters are our proposals, they make operational sense to us, however, you may have a different view. It is really important to us that you tell us what you think and raise any issues that we may have missed.



**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

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 published 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

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.

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

Feelgood Centre: 20% discount on all services such as massage, breathing classes and migun thermal massage. FREE trials for yoga breathing classes 11 am to Noon 6th April and 4th May. For all yoga/breathing details call Sankar on 07940 784 657. FREE trial Indian Head Massage 5th April, 3rd May. Call Cheli for details on all massage treatments on 07789 567 612. Templeton House, 33-34 Chiswell Street, EC1Y 4SF.

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

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

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.

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

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

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

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@abraserve.co.uk. Website: www.abraserve.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

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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