



Barbican Association **NEWSLETTER**

www.barbicanassociation.com

July 2011

Since the AGM

I was delighted that so many people turned up to the AGM, particularly as it was just before a long bank holiday weekend. I suspect the draw was the talk on Crossrail, and certainly I've had positive feedback about inviting Crossrail to talk to residents. We will hope to organise another general meeting before the tunnels come under the Barbican in the summer of 2014.

CHAIR'S CORNER

trains. More disruptive in the short term are the enabling works and works to stations. Stephen Connor of Transport for London described the bus diversions that would be put in

place because of Crossrail works at Moorgate and Liverpool Street.

One question raised at the AGM was about the building works around Moorgate tube station and general safety late in the evening. We raised this at a recent Crossrail forum, where the police representative reported that the police had assessed the hoardings and other arrangements and were satisfied with them; he also reported that there had been no crime there.

Crossrail is due to give another presentation to house group chairs in July on its assessment of the risk of settlement across

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Crossrail

Tim Grimshaw, Crossrail's project manager for Farringdon Station, was largely reassuring about the operation of the tunnelling itself: he said that the tunnels were 30 metres below the surface and under the Barbican they will run on a floating track slab, which insulates any vibrations caused by the trains from the surrounding tunnel, both of which should ensure that residents are not aware of the

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Barbican Wildlife Group volunteers start digging the new pond in the Fann Street garden, under direction from Jenny Humberstone (right) of the City Open Spaces department. See the completed pond on P.5



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, Defoe House.	

Sub Committees

Planning	Randall Anderson 193 Shakespeare Tower	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
Environment and Ecology	Steve Quilter, 49 Andrewes House	7496 0562

Elected General Council Members

Randall Anderson, Robert Barker, David Bradshaw, David Graves, Tim Macer, Steve Quilter, Jane Smith, Angela Starling, Dafne Ter-Sakarian

House Group Representatives

Andrewes House *	Mark Cossey	32 Andrewes House	7638 9227
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	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 *	Garth Leder	85 Defoe House	7638 7998
Frobisher Crescent	Nigel Dixon	703 Frobisher Crescent	7256 8429
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 *	Mike Hayes	7 Speed House	7256 6001
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
Maggie Urry	13 Lauderdale Tower	7588 1955	maggiourry@gmail.com
Gillian Laidlaw	309 Mountjoy House	7638 0069	g.laidlaw309@btinternet.com
Lawrence Williams	5 Brandon Mews	7588 0898	barbicanlife@aol.com
Geoffrey Rivett	173 Shakespeare Tower	7786 9617	geoffrey@rivett.net

Since the AGM

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Road closures and diversions in Moorgate for Crossrail works

the estate because it is about to be formally published. I understand that it will repeat what they said to the BA's Crossrail group back in December (see January's Newsletter), but I'll make sure there is a report in the next *BA Newsletter*.

I make no apology for covering Crossrail issues extensively – because it's a huge development and it drives right under the estate. But there's another development, not as huge, that will have an even bigger impact: the redevelopment of the St Alphage site into London Wall Place.

London Wall Place

Most residents will probably have heard by now that the City's planning committee approved this application to develop the St Alphage site into two office blocks and associated cafes at its meeting on 27 June. The committee received 135 objections to the proposal, and about a dozen residents spoke at the meeting, each making their points about light, overshadowing, walling in, noisy deliveries, and overdevelopment articulately and well in the three minutes they were each allowed. None were saying that the development shouldn't happen at all – but they were making a plea for a development that intruded less on residents' light and outlook. Despite some sympathetic comments from some committee members, a vote to refer the application back for modification was rejected, and the scheme was approved.

The work of the St Alphage group will

continue, working with the developers and planning department to make sure that the construction phase is as unintrusive as possible and to negotiate over details that may mitigate in small ways the impact of this large development.

Cinemas

The other application considered at the same meeting was for the cinemas in the old Exhibition Hall 1 space on the corner of Beech Street and Whitecross Street. This too was approved. One of the reasons the BA objected to this was not because it didn't want the cinemas back but because it wanted some conditions in the planning permission about the operation of the cinemas, and indeed the planning officer's report included most of these conditions. In addition, in approving the application the committee added three more: that the cinema's entrance should have double doors, that there should be a sound monitoring regime after the cinemas are built, and that the seating for disabled cinema goers should be improved. Now our task is to negotiate a construction regime with the Arts Centre and its contractors that keeps life tolerable during construction. The Arts Centre expects the cinemas to be operating by late 2012.

Raising the temperature

Finally, and at the risk of invoking irritation on *Barbican Talk*, I want to return again to two contentious issues.

One man at the AGM spoke angrily

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about residents' hostility to children: he was fed up with residents complaining about children even when they hadn't done anything: all a youngster had to do was to walk along the highwalk with a skateboard in his arms, he said, and people were ringing the estate office to complain. He also interpreted my comment in the last newsletter (see March Newsletter) as anti-children. I hadn't intended it so, but I still stand by my comment that if neighbours – children or adults – are creating what a resident considers to be a nuisance then the first step should be to talk to the neighbours about the problem and seek a mutual solution: nine times out of 10 this works. One thing that does irritate people, as became clear at the AGM, is ringing the estate office to complain first.

The other contentious issue, of course, is the timing of when the heating system is turned on – made more acute this year by a cold late spring. I don't think this issue is ever going to be solved to everyone's satisfaction: we have a communal heating system, designed to provide background heating, and some flats will always be hotter or colder depending on the number of external walls they have and their aspect, so to some extent the starting and finishing date of the heating is inevitably arbitrary. The heating system and its sustainability will undoubtedly be one of the topics discussed by the newly formed working group of the Residents Consultation Committee/Barbican Residential Committee on improving the sustainability of the estate (see article on p 5). But in the meantime, I heed the advice of one member of the BA's sustainability committee that if I am cold I should put on more layers of clothing. And I shall worry about a hot summer: there's a limit to the number of layers you can take off...

Jane Smith

chairBA@btinternet.com



Barbican Residents Property Survey, Progress Update

In March this year you may remember receiving a number of questionnaires through your door. One of these, the *Barbican Residents Property Survey*, was part of an ongoing collaboration between the Barbican Association Sustainability Group (BASG), the BEO, the UCL Energy Institute and the UCL Bartlett School of Graduate Studies. The purpose of the survey was to find out how you feel about your home and to explore the potential to improve quality of life at the Barbican, at the same time as making it a more environmentally friendly and sustainable place to live.

The questionnaire was delivered to all 2050 flats at the Barbican, and we received 395 completed questionnaires. This response rate of 19.2% enabled us to carry out detailed statistical analysis of the results, with some interesting results emerging from the data. Thank you so much to everyone who took part and filled in a questionnaire, and to the BASG for all their hard work in co-ordinating the project; this research would not have been possible without you!

Initial results show Barbican flats perform very well in terms of comfort and satisfaction, scoring in the top 10% compared to other buildings assessed using the same questions, albeit perhaps at some environmental and financial cost from an inefficient heating system. It is

interesting to see that Barbican residents are highly forgiving in their enjoyment of their homes, as specific areas of discomfort had little impact on overall comfort ratings. It is also great to learn that 34% of residents feel that the buildings makes them more healthy, while only 15% feel that the buildings have a detrimental effect on their health.

Variable indoor winter temperatures and dry air throughout the year seem to be the greatest concerns for residents. In addition to this, local air quality appears to be a serious problem, as only 29% of you feel that external air quality is satisfactory, while 53% feel the reverse. Furthermore, 10% of the residents who answered the question on health believe that they suffer from a medical condition that is affected by poor air quality.

It looks as though environmental awareness among Barbican residents is high, as 57% of respondents stated that they would be interested in household electricity-use monitoring: see Sarah Bee's illuminating article on the BA website (www.barbicanassociation.com).

This is just a preliminary summary of the findings, which are currently being collated and assembled into a full report. We will publish further results to residents later this year. If anyone has a question or comment about any aspect of this work



Carrie Behar, the UCL graduate student conducting the research

please contact Carrie Behar [carrie.behar@ucl.ac.uk]. Carrie is an MRes/PhD student at the UCL Energy Institute. This work is being undertaken as part of an Engineering and Physical Sciences Research Council-funded Centre for Doctoral Training in Energy Demand Reduction, and forms the basis of her dissertation, supervised by Dr Ian Ridley. **Carrie Behar**

Fann Street Wildlife Garden welcomes visitors

The Fann Street Wildlife garden opened on June 11th and 12th under the London Open Garden Squares Weekend for the third year running. Fair weather on the Saturday brought in 140 visitors, but persistent rain on the Sunday limited numbers to 40. Many visitors were amazed to find such an oasis for wildlife in the heart of the City.

A new attraction this year was the wildlife pond constructed in the spring by Barbican Wildlife Group volunteers to a plan developed by Jenny Humberstone of the City of London Open Spaces department. The pond has already become a favourite spot for birds to drink and bathe, while a variety of insects are attracted by the plants and water.

The wildflower meadow has developed well after action was taken to remove strong grasses which had been crowding out other plants. Bees, butterflies and other insects have appreciated the variety of flowers in the meadow.

New members are always welcome. Volunteers work in the garden every Wednesday morning from 10 to 12, with help from and under the supervision of a



The completed pond is already attracting a variety of wildlife

City gardener. More information about the Barbican Wildlife Group can be found at <http://barbicanwildlife.blogspot.com/> or

contact Paula Tomlinson at paula@johnandpaula.com or telephone 020 7628 2657.

NHS reforms - impact on Barbican residents

One of the proposed changes which has so far received little attention in discussions about the NHS is the one to remove practice boundaries. However, that could have a significant and adverse impact on Barbican residents.

On the face of it this seems a good idea. People could register with a doctor close to their place of work rather than their home making day time appointments more convenient. But there are many implications which don't seem to have been thought through including what happens if someone needs a home visit but they are registered with a GP many miles away? If the patient needs hospital treatment, where do they go – near their place of work, where the GP has budgetary arrangements with local providers, or near their home where the GP will not be familiar with providers? If people use several practices what happens to their patient notes? The enormous computer data base covering all English patients is not yet functioning and many people have opted out because they are unhappy about possible abuses of security.

But, there is a bigger issue which affects those of us in the Barbican who are registered with the Neaman Practice. At present it is the only NHS GP practice within the City of London. The City has around 10,000 residents but over 300,000 commuters enter the City everyday to work. If practice boundaries were removed there could be a huge demand on the surgery's primary care services and we, the residents, would have to compete for appointments and services with the larger population of commuters. The practice only has capacity to take on around 1,000 more patients, and has no



The Neaman Practice, the only NHS GP practice in the City

plans to expand.

Ours is one of a very few GP practices in the country – possibly even the only one – which would be severely affected if these proposals go ahead. No wonder it is not mentioned in national discussions.

As residents of the City we therefore need to safeguard this vital local service. We need to ensure that those who can influence decisions are fully aware of the implications for us of removing practice boundaries. And it is not too late to do so even though the government implies that the final shape of the reforms is clear. Write to our local MPs, Mark Field who represents the Cities of London and Westminster and Emily Thornberry MP for Islington. Write to Andrew Lansley, the Secretary of State for Health and to Prime Minister, David Cameron. The Neaman Practice also has a Patient Participation Group which holds quarterly meetings at which all patients are welcome. If you would like to be included telephone 7600-9740 and give your name to the receptionist. You can also find information at www.cityoflondonlink.org.uk

Aldersgate ward Alderman election

Voters in Aldersgate ward, which takes in the western side of the Barbican Estate, had the rare treat

of a contested election to choose their Alderman in June. Mr Anstee, who has been Alderman for the ward since 1996 and was Lord Mayor in 2009-10, offered himself for re-election and battle was joined by Revd. Dudley, Rector of St Bartholomew the Great, who is a Common Councilman for the ward.

The traditional ceremony of the wardmote took place on the hottest day of the year so far. In

Aldersgate ward election for Alderman – the candidates Martin Dudley (left) and Nick Anstee on polling day: “May the best man



The Barbican Tuesday Club

The Barbican Tuesday Club meets every Tuesday in the community room, level 02, Seddon House. We would be delighted to welcome any new Barbican residents as members. The meeting starts at about 2.45pm and closes at about 4.30pm. We have a varied programme of talks and outings.

Tuesday 26th July:
Annual Summer Party

The Club closes for the month of August and reopens on Tuesday 6th September.

Mid September, date to be confirmed: Kathy Wade from Toynbee Hall will talk about the new arrangements with Toynbee Hall for dealing with queries which used to be dealt with through Guildhall; her talk will include the history of Toynbee Hall since its start early in the last century and its general work.

Late September or early October there will be a visit to an historic stately home.

Tuesday 11th October:
Annual General Meeting

Tuesday 8th November: Russell Taylor from the Department of Work and Pensions will give us an update on pensions and benefits for the elderly.

Tuesday 6th December: Annual Christmas Party

The Club will close for Christmas and reopen on Tuesday 3rd January 2012.

For further information please contact Chairman Audrey Ballard on 020 7588 4330

soaring temperatures, the Lord Mayor and City officials donned a panoply of robes, hats, wigs, chains, and uniforms, and hefted sword and mace to introduce the candidates to assembled voters.

At the poll the following day Mr Anstee attracted 262 votes, beating Revd. Dudley with 141, from a turnout of 30.8%.

SECURITY MATTERS

PC Christine Phillips our Ward Constable, who is stationed in the Barbican Police Office at the base of Shakespeare Tower, has provided the following update of recent City of London Police activities in the area:

"During the past three months five pedal cycles have been stolen on streets surrounding the Barbican and a number of parts stolen from cycles inside car parks and Golden Lane Estate. The majority of these thefts took place at the Long Lane/Aldersgate Street junction and Silk Street. And on a positive note Ward Officers recently took part in plain clothed operations at these locations making several arrests. Whilst viewing CCTV footage of cycle thefts it is quite common to see members of the public watching suspects in action and as always we would ask you to contact police any time you deem something to be suspicious.

A male received a 21-week prison sentence at City of London Magistrates Court for an unprovoked assault on a resident in a public area of the estate and subsequent harassment. He is banned from entering the estate and surrounding areas indefinitely and subject to arrest if he returns. The conviction was secured thanks to the quick actions of the resident concerned identifying the male when he returned and calling police to enable an arrest.

Two youths were caught in action spraying graffiti on the roof of Great Arthur House, Golden Lane Estate by a Barbican Officer. One also admitted responsibility for graffiti on the roof of the YMCA in Fann Street and both received Juvenile Reprimands for the offences. A burglary took place in the Barbican during a bank holiday where the door was forced open and an attempt made to break into the flat next door. The nature of the burglary suggests that the suspect may have

gained access to the building by tailgating or tricking somebody into opening the door.

A number of thefts of mobile phones by suspects on pedal cycles and scooters took place in areas surrounding the estate last month. This activity appears to be getting closer with a handbag being snatched recently from a pedestrian in Whitecross Street and we would urge residents to take care whilst walking. And as always call police immediately with a description of the suspect and direction of travel if you are a victim or witness to a crime.

Fraud and scams continue to be a problem and those responsible target people by phone, e-mail, letter and articles in newspapers. In the past month addresses in this area have been targeted with letters stamped from South Africa telling recipients they may be entitled to a share of \$17 million. To quote the words of a Fraud Detective *"if it looks too good to be true – it's not true"*. Scams can be reported online at <http://www.actionfraud.org.uk> or by calling 0300 123 2040. If you have sent or lost money as a result of a scam you should contact police.

Barbican Officers continue to work with Broadway carrying out regular patrols to encourage rough sleepers to move from the estate and into accommodation. Numbers appear to have dropped during the past month, although our regulars tend to move around to avoid us. If you know the location of any rough sleepers please contact us in the Barbican Police Office or contact Broadway on 020 7428 9610.

Barbican Officers have been attending local events during the past few weeks including Golden Lane Estate Market Day and St Giles Summer Fete. We will also be attending the Whitecross Street Community Party over the weekend of 23rd and 24th July 2011. This gives the



**CITY OF LONDON
POLICE**

opportunity for residents to meet officers from the Barbican and other departments such as roads policing, mounted branch, dog section and cycle squad for a chat, ask questions and discuss any issues that affect them.

In terms of upcoming events that may affect residents Crossrail has advised us that tunnelling will commence in July 2011 in London Wall/Moorgate that will result in increased movement of large vehicles in the area."

Picking up on the recent burglary that took place in the Barbican I would urge everybody to take greater care when entering their blocks and to be more vigilant when letting people in via the buzzer system. Quite simply if you do not know the person then do NOT let them in – imagine how you would feel if one of your neighbours had inadvertently or irresponsibly let in a stranger who subsequently ransacked your home.

The Security Committee will be reviewing the potential need for more strategically placed CCTV cameras at its next meeting.

Ending on a lighter note, here's wishing for better weather for the summer period – savour every ray of sunshine as it appears!

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



Christine Phillips, one of our local "Bobbies"

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



**THE RECOGNISED ASSOCIATION REPRESENTING THE INTERESTS OF
BARBICAN RESIDENTS**

2011 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

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

Postcode

Signature

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 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 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-rosset-city.co.uk or in person at 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% 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.body-motion.co.uk

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

The Feelgood Centre 33-34 Chiswell Street 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, Feldenkreis, 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

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

Jarrold's Hair and Beauty Unisex Hair Salon and Spa – 5 minutes from Barbican Station. Get 20% off you first visit at Jarrold'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.jarroldshairandbeauty.co.uk

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

RESTAURANTS/BAR RESTAURANTS/BARS

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

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

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

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 5pm. 15% off food on presentation of Barbican Association membership card. Open Monday-Friday 10am-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

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

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

BOOKS, CARDS AND MUSIC

Muse: Music and Gift Shop in Barbican Arts Centre foyer Level 0. Books, greetings cards, calendars, CDs, DVD, miscellaneous gifts.s. Barbican Association members receive 10% discount on many items in stock.

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@mbecbarbican.co.uk

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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