Brockley Voice

NEWSLETTER 13

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Join us for this year's panto!

Dick Whittington and his Catford cat

Sunday December 21st 2pm at Catford Theatre

Look out for a flyer about how to book!



AGM – July 26th

Selvin Lambert writes:

It was great to see so many members attending the AGM once again this year. The meeting was a pleasant event and the food from Jerk Garden very enjoyable. It was good to catch up and share a drink with old members and met new members.

I was pleased that fifteen people applied to sit on the Management Committee and that we have some new faces again this year.

I would like to say a big thank you to the Management Committee members who stood down for their work last year and extend a warm welcome to new members joining us for the first time.

I would like to say particular thanks to Sharon Colbourne and Sharon James for their work as Vice Chair and Secretary over the last few years who are stepping down this year from the Officer roles.



I would also like to thank the Voice group for all their efforts in improving involvement in the Co-op and arranging the events that so many members enjoy.

Finally, I would like to mention the staff team who have been our longest-standing staff team for a number of years and who worked hard to make this and other events the Co-op has held a great success.

Photos: Reuben Walker



Coffee afternoons

Here are pictures of the coffee afternoons at the Hill Station in June and September.





Look out for news soon of the November coffee afternoon – we are planning to try out a different venue!

Window sticker

We ran a vote at the AGM, and this is the winning design for the window sticker which members will be able to display (if they wish) to show to other members in their street that they are in the Co-op.

Congratulations to the designer, prospective member Devante Rhoden!

Look out for a message soon about how to get your sticker.

The Broadstairs trip

Here are lots of pictures of the trip to Broadstairs in August – including lots of people with BTC merchandise!

The weather was fine, and a good time was had by all.



















Meet Co-op member Xim Phu

Birgit Rapp and Peter Brooker

We met Xim on a sunny September afternoon in the peaceful BTC allotment and were treated to some tasty raspberries.

Xim has been a member for nearly 30 years, hearing about BTC from friends already living in the Co-op. She was attracted by the idea of being collectively responsible for maintaining the Co-op's properties and having control over her living situation.

From childhood, Xim has been interested in growing things; since about 15 years ago, when she first heard about the BTC allotment, she has been enthusiastically tending to the garden and preparing the soil for harvesting a variety of seasonal vegetables and herbs.



Xim is hoping that more Co-op members will join the allotment group – to provide a sociable community space to engage with nature, promote physical activity and to offer a place to relax.

So an Open Day is being organised on Sunday October 19th – see below for details



Fritha Jenkins adds:

Our co-op has a lovely allotment, tucked away on Friendly Street, and we're looking for more members to get involved and work together to sustain and develop this land. The allotment is a social space and a great way to meet other BTC members.

If you're interested in knowing more, we're inviting you to come to the allotment to see it, have a chat with people already working there, do a bit of weeding/clearing, and plan for the next growing season with us.

When: **Sunday October 19th, 11am - 1pm**

Where: **The allotment is half way down Friendly Street** next to number 26 – we'll meet you outside at 11am or text Xim on 07986 355859 if you arrive later.

We need people to plant and look after seeds and do DIY jobs as well as work on the existing beds.

If this isn't a good time but you're interested in getting involved let the office know and leave your contact details and we'll be in touch.



Savoury snack - Corn dough balls

A recipe from Ola Adejimola who says 'I am the creator of this recipe, to help me with my restrictive diet!'

This is suitable for people on the following diets: gluten free, wheat free, dairy free, low nickel, low food map, lactose free. The dough balls are free from additives, colourings and flavourings, and free from nuts, sesame & other seeds.

The maize flour may be bought from pureglutenfree.co.uk

Ingredients

1 cup of gluten free maize flour

3 tablespoons of extra virgin olive oil

2 teaspoons of sugar (optional)

1 teaspoon of salt

1 tablespoon of bak choy/choi sum (washed)

1 tablespoon diced/sliced bell peppers

1 tablespoon of shredded cooked chicken (or substitute shredded bacon, mushroom or fish)

Half a cup of water

Method

Pour the flour into a mixing bowl. Add the olive oil and mix together well using a wooden spoon.

Add the water gradually until you get a smooth thick dough (you may not need all the water – it does need to be thick not runny).

Add the sugar and salt and keep mixing. Adjust amounts according to your own taste.

Add the shredded cooked chicken (or substitute) along with the bell peppers and bak choy to the mixture. Thoroughly mix these ingredients together with the wooden spoon.

How to cook 1. Air fryer method

Place a baking sheet at the bottom of the air fryer drawer. Using a tablespoon, scoop out the thick dough onto the baking sheet, creating the round dough ball shapes with the spoon. Make sure there is adequate space between each dough ball to allow them to expand without touching each other as they cook.

Set the air fryer to 180 degrees for 20 minutes. Do not open it before the 20 mins is up. After 20 mins, use tongs to turn over each dough ball. Adjust heat to 170 degrees and set for another 20 minutes then check the dough balls. If they are not yet golden crispy brown, set for 5 minutes at 170 degrees. Repeat this until they are ready.

How to cook 2. Oven Grill method

Pre heat the oven grill for 20 minutes at 180 degrees. Place a baking sheet at the bottom of the oven grill drawer and make the round dough ball shapes as described above for the air fryer method.

Grill them at 180 degrees for 20 minutes, then check: turn them over with tongs if they are golden brown or wait for another 10 minutes before turning. Adjust heat down to 170 degrees and set for another 20 minutes. After this, check the dough balls. If they are not yet golden crispy brown on both sides, set for 10 minutes at 170 degrees and repeat this until they are all crispy golden brown.

A Bond Across Distance

- My Dog Pod

'My' dog Pod came into my life as a companion for my dad Roy, who had Alzheimer's, when I was his full time carer. But Roy died unexpectedly (though joyously for him, he hated losing his memory) when Pod was just three and had become my best mate.

Pod's size, shagginess, temperament and boundless energy meant his moving to London was impossible, so he lives in the Borders, near Scotland, where he loves running across open hills and beaches every day. I only get to see him every few months and miss him all the time.



Every visit is like reconnecting with a great friend and, though Pod is far away, he's a constant presence in my life.

J Mark Dodds

Street trees

The street trees in Endwell Road and Tressillian Crescent now have their labels!

Make sure you check them out if you are passing, and look out for the many other street trees around the area.





If you would like to apply for a street tree which would be planted in winter 2026/2027 please email hello@brockley.coop by the end of the year.