Brockley Voice

NEWSLETTER 16

October 2026

Dates for your diary

Tuesday November 3rd 7pm

Management Committee – in person or over Zoom

Tuesday December 15th 7pm

General Meeting – in person

Followed by Christmas do and Voice raffle – look out for details of how to enter



This year's pantomime!

We are planning another trip to the panto in December – hopefully for a performance which isn't cancelled this time!

Look out for an email with details around the end of October…

Voice events



Coffee afternoon in June

Clacton-on-Sea in August





Coffee afternoon in September

Co-op member Celia McNicholas has talent

When I joined the Co-op in October 1997 I had been working as an actor and singer for ten years - for much of that time living in digs or out of a suitcase. Becoming a Co-op member and then being allocated my beautiful flat - an affordable and secure place to live - was literally the answer to my prayers!

In the nearly thirty years I have lived in Brockley my life as a performer has had many manifestations. I've sung folk music in local pubs, performed my one woman show "A Glimpse of Gingham" (a musical love letter to John Denver) at the Telegraph Hill and Brockley Max festivals and nowadays I play violin with the South East London Folk orchestra (we rehearse in Forest Hill) along with my fellow Co-op member Peter Brooker (who plays whistle).

Two years ago, after a long break from theatre, I spotted on Facebook a post from St George's Players (Forest Hill) for auditions for the role of Frau Frankenstein (Dr Frankenstein's mother) in their production of "Frankenstein". I got the part and had a wonderful time with a very talented company.



Photo: Peter Brooker

Since then I've not looked back: I played Goody Nurse in "The Crucible" at Bromley Little Theatre and Lady Capulet (Romeo and Juliet), Fairy Godmother (Cinderella) and Grandma Hawkins (Treasure Island) with South London Theatre (West Norwood).

We're fortunate to have some fabulous community theatre groups within easy reach of Brockley - many of them with their own youth theatre companies. I'd encourage anyone who's got the acting bug to explore what's on offer - you never know where it might take you!

The SE London Folk Orchestra has ceilidhs coming up on 17th October and 14th November. St Saviours Church Hall, Herne Hill Road, SE24 0AY 19.30 - 22.00

Black Bean Soup

This recipe actually comes from when my children were small. It's a great way of getting protein and vegetables into little ones, but this recipe has stuck with us and is still a favourite for a healthy, warming lunch, whatever your age 😊

Perfect for autumn and good for the budget..

Ingredients

1 tin of black beans

1 large green pepper

1 large onion

A little oil (light olive is good or equivalent)

200 to 300ml of vegetable stock

Salt and pepper for seasoning

Method

Chop the onion and green pepper into small chunks

In a good size saucepan, fry these in a little oil until they begin to soften (5-10mins)

Add the can of black beans (including the liquid)

Add between 200 - 300 ml of vegetable stock (this depends on how thick or thin you like your soup, I go for 200ml and keep it quite thick).

Let this cook, partially covered, on a low heat for about 20 minutes.



Let the soup cool slightly and then blend, either with a hand blender or liquidizer – whatever is available.

Season to your taste.

To serve

For the accompaniment, you can dry toast wraps in a frying pan, add grated cheese and fold in half.

In the picture, these are toasted flat-breads with cheese in the middle.

Basically any kind of flat cheesy bread goes really well with this soup.

I've always kept the recipe simple, but it could easily be elevated with some fresh coriander and/or spices.

Hope you enjoy!

Lily May



Allotment Open Day!

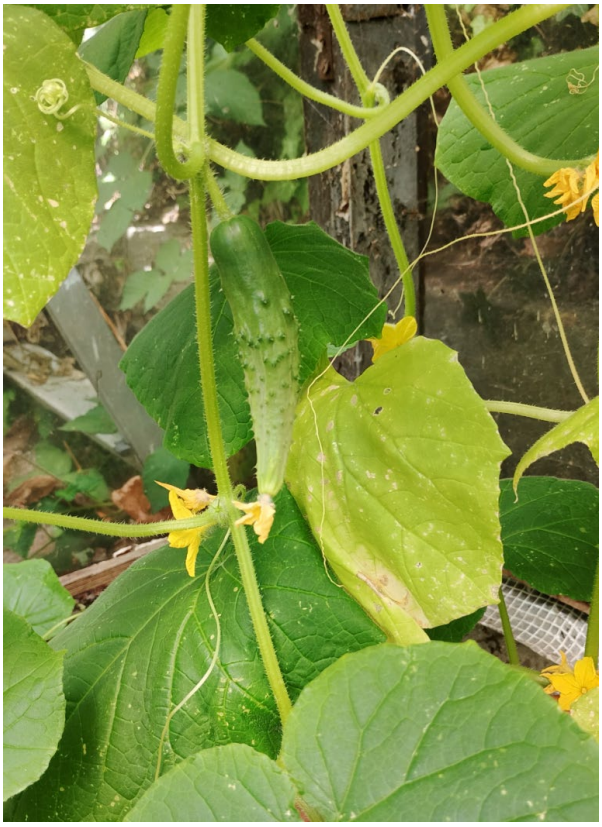


This has been a difficult growing year, with some crops struggling (like the small potatoes here) and some just giving up in the heat.

Now we are planning another **Open Day** on **Sunday October 18th** from **11 till 1**. We can have tea and cake alongside some tidying up and digging and discuss ideas for next year. There may also be garlic and broad beans to plant!

Please do just come along. It's the brown gate next to 26 Friendly St. New people very welcome.

Sarah Gasquoine



Spot the cucumber!



Window sticker

This one is Peter Brooker's on Endwell Rd

Photo: Peter Brooker

A seasonal horoscope

Aries The stars indicate a profound spiritual breakthrough this month, but it will be severely delayed because you refuse to leave your sofa or cancel your afternoon naps. Remember: true inner peace is sublime, but a large box of Maltesers is a very close second.

Taurus The Sun is now entering your sector of vanity. You'll catch your reflection in a Primark window and think, "Yeah, I've still got it." right before you walk straight into a lamppost. Try to take the resulting bruise with your usual regal dignity.

Gemini Your ruling planet, Mercury, suggests luxury. Unfortunately, your bank account suggests Lidl's "middle aisle." Expect a moment of divine spiritual clarity while eating a lukewarm cheese scone in the rain. Yes, the crumbs on your coat are a metaphor for your life.

Cancer As the nights draw in, your inner crab will crave total isolation. You'll peak in late October by cancelling three social engagements due to "inclement weather". Expect a major breakthrough in early November when you discover that wearing two pairs of socks inside your slippers is legally permitted.

Leo Your reputation for being uniquely eccentric is safe, mostly because no one understands your bizarre conspiracy theory about microwave ovens. A weird dream involving a talking toaster will yield surprisingly practical financial advice. Listen to the toaster.

Virgo Your intense, brooding aura is at an all-time high. People think you're planning world domination, but in reality, you're just holding a grudge against someone who was mildly rude to you last week. Try lowering your shield by 2%, your paranoia is exhausting everyone, including yourself.

Libra Comfort is your top priority this Autumn. You will spend Guy Fawkes Night wrapped in a duvet, watching fireworks through the window while eating your third bowl of cornflakes. The universe aligns to offer you profound spiritual growth, but you will decline because it requires leaving the house.

Scorpio It's your birthday season and your natural brooding aesthetic is finally in fashion. You will thrive this Halloween by scaring Trick-or-Treaters simply by answering the door in your purple safari suit and staring at them in complete silence until they slowly back off down the front path.

Sagittarius You'll decide to boycott Halloween this year. Instead, you'll channel your trademark intensity into a bitter, full-scale feud with the council over the bin collection schedule. While you won't win, your formal complaint letter will be a masterclass in dark literary prose.

Capricorn Instead of embracing the spooky season, you'll be grimly calculating how much money you're burning by turning the thermostat up to 19°C. Your ideal Halloween activity is turning off all the lights and pretending to be out so you don't have to surrender your fun-size chocolate bars to local children.

Aquarius Your spontaneous nature will lead you to book a flight to somewhere exotic. Jupiter encourages your wanderlust, but your bank account is practically begging you to just take a walk around the park instead.

Pisces The universe has officially cast you in the starring role this Autumn. You will treat the crunching of dry Autumn leaves underfoot as your own personal red-carpet applause. Expect a tense showdown with a local squirrel over a dropped Greggs sausage roll.

LWC