

## Wednesday 9th August 2006

More quiet country roads today and a very, very steep Reigate Hill. We walked over the South Downs down into the outskirts of London today. Lots of curious onlookers. Drivers were very patient and lots of hoots of support. We hooted back with our giant red plastic horn. Adam approached a primary care health centre where he met a health visitor. She refused to give out his leaflets as she said she was restricted by her professional code of conduct. Adam replied that he had a similar code of conduct but that didn't stop him campaigning for a peaceful approach to mental health. "Tut tut" she said disapprovingly. Our spirits picked up however when a shopkeeper ran after us with rice crackers and morning coffee biscuits. A large bald man solidly applauded us as we passed him by.

As we arrived in South Croydon, Rufus's friend Mary welcomed us into her garden flat. We relaxed with some wine and curry and discussed art, the history of imperialism, and how we need to reclaim spirituality from religion ... the usual stuff. Meanwhile, Rob ventured up to London town for the night and Eleanor, Amy and Jan went to reside at The South Park Hotel to have themselves a time (ample parking day and night, humble folks without temptation). On the way there, Adam reversed into a stationary vehicle with our hired support car. A small price to pay for the vast achievement of this journey.