

The Community Magazine for the
Sudbury Court and Pebworth Estates

Mar
2017

The Courier

86th
Year



Welcome to Spring!

*Join us at the first SC+HS Flower Show
of the year - on March 11th - see page 23 for details*



Daniels Estate Agents recently celebrated the opening of a fifth branch in Brent. The community minded estate agents most recent office is located at 33 Walm Lane Willesden Green NW2 5SH. The mayor of Brent Cllr Parvez Ahmed was on hand to cut the ribbon on the new branch together with Francis Henry managing director of Daniels and invited guests. Francis said:

“This new office demonstrates our future confidence in the Brent property market, and that Willesden Green is a natural expansion of our network, allowing coverage of the whole of the borough of Brent and beyond.”

Daniels first opened its doors 25 years ago in Wembley High Road and has now grown to five branches strategically located across Brent in Sudbury, Wembley, Neasden, Willesden Green & Kensal Rise.

Contact your local branch for more information or www.danielsestateagents.co.uk



SUDBURY & HARROW 35 Court Parade Sudbury, Middlesex, HA0 3HS T: 020 8904 4888 F: 020 8904 0077 e: sudbury@danielsestateagents.co.uk	WEMBLEY 438 High Street, Wembley Middlesex, HA9 6AH T: 020 8900 2811 F: 020 8903 8263 e: wembley@danielsestateagents.co.uk	NEASDEN & DOLLIS HILL 352 Neasden Lane Neasden, London, NW10 0AD T: 020 8452 7000 F: 020 8452 7999 e: neasden@danielsestateagents.co.uk	KENSAL RISE & QUEENS PARK 77 Chamberlayne Road Kensal Rise, London, NW10 3ND T: 020 8969 5999 F: 020 8969 6010 e: kensalrise@danielsestateagents.co.uk
--	---	--	--



March 2017
Number 173 (1,013)

Chair: Kaye James (interim), chair@the-scra.co.uk
Vice-Chair: Sanjay Patel (interim)
Treasurer: Pareet Shah, treasurer@the-scra.co.uk
Secretary: Noura Abdul-Cader, secretary@the-scra.co.uk
Courier Editor: editor@the-scra.co.uk
Courier Advertising: advertising@the-scra.co.uk
Courier Website: www.the-scra.co.uk (coming soon!)

SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

The daffodils on the cover are from my garden last year, always a welcome sight—and Happy St David's Day for March 1st! I know lots of people celebrate St Patrick's Day on the 17th—is it just me who celebrates St David?

Anti-social behaviour and crime reporting.

Our SNT team have been busy patrolling, and noticing that we're a favoured area for cold callers—please do read their update on this and other activity, and keep an eye out so we can help each other. (pg 4-7)

Joining in

Thank you to Francis Waddington for joining in and sending in his photograph (pg 15); and to the young people who have been coming along to our new Monday evening group (pg 18) - it's a brilliant way to start the week! We are also organising a small gathering of local neighbours who have been in touch offering some of their time to volunteer for us—which is very heartening, but we're still looking for more so, don't be shy, Get in touch! Also, why not pop along to the SCHS first event of the year on March 11th (see pg 23) - you might even want to take part!

Subs Envelopes

You should have received your Subs envelope with this issue, please see pg 21 for a brief message on what you need to do. If you get this done straight away, you won't forget about it!! It is a bargain! As I have said previously, it may only be £5, but if everyone pays it, it allows us to do more for our residents—and that does include you. Any questions you may have on why you should pay your subs, or anything else, please do get in touch.

Harrow Hill Trust

If you are not already aware of what Harrow School are proposing in terms of development on this side of the Hill, then please take a look at pg 26, and take a few minutes to sign the petition, reject the planning application or contact Harrow Hill Trust to see how else you can help. It seems that there are plans a-foot all around us, and we need to pull together before we're surrounded by MORE development and MORE traffic.

And finally . . .

Please **DO NOT** make online payments to the SCRA website (www.sudburycourtra.co.uk). Our new website is on it's way!

With very best regards,

Kaye

Northwick Park Safer Neighbourhood Team

020 8721 2969 Mobile: 07920 233 752 (Please leave a message)

Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**.

To report a crime and for non-emergencies dial **101**.

For Crimestoppers dial **0800 555 111**.

**SAFER
NEIGHBOURHOODS**
LOCAL POLICE, LOCAL KNOWLEDGE

BURGLARIES:

We would urge you as residents to be vigilant and on the lookout for any suspicious behaviour/suspicious cars - are there persons loitering around, looking into houses, knocking on doors, looking suspicious/shifty?? Report any suspicious sightings on 101 or anyone who you believe to be in the commission of a burglary on 999.

Likewise, target hardening – making your house less appealing to the would-be burglar is advisable. There is a host of crime prevention advice at the end of this article that you should try to employ in your household.

It would appear that the recent spate of burglaries that there has been some sort of knock on doors/ringing of doorbells beforehand – to check if a resident is in. If you hear your door knock or doorbell ring, look out a window to see who it is.

Please be very cautious about answering the door when you are not expecting anyone, look out the window first and if unsure about who they are then do not open the door! In a few instances in the Wembley area of late, the elderly, on answering the door to a knock, have had the door pushed in on them and have subsequently been robbed in their homes.

Please look and adhere to the burglary prevention advice at the end of this article.

COLD CALLERS:

It would appear that Cold Callers Love the Northwick Park area!. When I am out on patrol, not a day goes by that I do not see some van or other vehicle roving around the area allegedly touting for work – driveway cleaning, laying of driveways, hedge cutting, roofing.

Here are some of my encounters – Byron Road, stopped cold caller who resident had cleaning his driveway was wanted for a variety of offences in Scotland.

Stopped two in Blockley Road allegedly looking for roofing work – their speciality is a particular type of fraud, generally, targeting the elderly whereby they will say there is a loose slate on your roof, they're doing work in the area, quotes a good price to the intended victim that then ends up being vastly more than the price quoted – with little or no work done. I seized their van for no insurance, they don't care about traffic laws or any law, they are out to scam people!

Some bunch who were doing a driveway on The Fairway, they had cold called on the resident who contracted them to do their driveway – they have arrests in relation to slavery amongst a number for theft and fraud!

Do not engage with cold callers – plain and simple. Whether it be on the telephone or in person.

LAWRENCE J MAGNIER

86 NATHANS ROAD, NORTH WEMBLEY

**BLOCK PAVING • DRAINAGE
BRICKWORK • FOOTPATHS
PAVING & FENCING**

GENERAL BUILDING WORKS

ESTIMATES FREE

PLEASE RING AFTER 5.00 pm

020 8904 4879

SELLING YOUR CAR! WATCH OUT!

If you are selling your car yourself, be very careful. Recently, a resident selling their car, was showing it to a potential "customer" who wanted to examine the engine, distracted the vendor and jumped in the car and drove it away.

USE OF MOBILE PHONES WHILST DRIVING:

Using a mobile phone whilst driving/in traffic is very dangerous, it is distracting and there have been some horrific accidents with severe loss of life attributed to the use of a mobile phone.

The penalty for use of the mobile is going to change in the coming months, the fine will be raised to £200 and 6 penalty points will be given. Two counts of using a mobile and you will end up being disqualified from driving! Do not be distracted whilst driving, invest in that hands free now and drive safely.

Overview of location of offences from period 11th Jan to 11th Feb 2017 (date of writing this article):

Burglary Non Dwelling: (1) 13 Jan 1400hrs – 14 Jan 11.43hrs, Littleton Road, shed broken into.

Burglary Dwelling:

- (1) 8 Jan 0230hrs – 14 Jan 1450hrs, forced entry, Oldborough Road, cash stolen.
- (2) 12- Jan 815hrs – 14 Jan 900hrs, Littleton Road, smashed rear kitchen window.
- (3) 19 Jan 11.45hrs – 2025hrs, Priory Gardens, rear patio door smashed.
- (4) 19 Jan at around 1830hrs, Audrey Gardens, forced entry via rear, gold jewellery stolen.
- (5) 20 Jan 2030hrs, Langham Gardens, attempted burglary via front door.
- (6) 28 Jan 2310, Woodfield Avenue, back door forced, elderly Asian couple held up, white male suspects.
- (7) 29 Jan 2100hrs – 03 Feb, Lister Court, front door forced, TV Stolen.
- (8) 30 Jan 2200hrs – Oldborough Road, front door forced, jewellery stolen.

Theft from motor vehicle: (1) 13 Jan 2330hrs – 14 Jan 2000, Aspen Drive, Reg Plate stolen.
(2) 13 Jan 1830hrs – 1900hrs, Pasture Road, exhaust/catalytic converter stolen.
(3) 18 Jan 1700hrs, Carlton Avenue West, registration plate stolen from car.
(4) 4 Feb 2000hrs – 2040hrs, Sudbury Court Road, handbag stolen from car.

All Family Matters

HARROW SOLICITORS

Experts in:

- ✓ Pre nuptial agreements
- ✓ Cohabitee disputes
- ✓ Divorce proceedings
- ✓ Financial settlements
- ✓ Domestic Violence Injunctions
- ✓ All children matters including:
 - Child arrangements
 - Abductions
 - Adoption
 - Child protection
 - Care proceedings
 - Grandparents rights

"Difficult emotions need practical solutions"

Consultation Clinic: **free 20 minute no obligation consultation with team of experienced lawyers (by appointment)**

Legal Aid: **undertaken subject to eligibility**

15 College Road, Harrow HA1 1BA

Telephone: **0203 500 2290**

info@allfamilymatters.co.uk
www.allfamilymatters.co.uk



Theft of motor vehicles:

(1) 29 Jan 1800-1835hrs, Northwick Avenue – car stolen from vendor whilst showing it to a “customer”.

(2) 7 Feb 0203-0700, Oldborough Road, blue Audi stolen.

Your team would welcome any information on anti social behaviour or criminal offences that are occurring in the area - please feel free to contact us on 0208 721 29 69 or email: NorthwickPark.snt@met.police.uk

We also urge you to provide us with your name, address and email so that we can send you our email alerts about crimes that have happened near to your address.

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.

- Please ensure that garden sheds are locked and that all garden implements are locked away as, frequently, these are used to break in to houses.
- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbours vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try obtain the registration number of the tow truck.

R & J Services Home Improvements

- Extensions ➤ Roofing ➤ Flooring
- Fitted Kitchens & Bathrooms ➤ Tiling
- Plumbing & Electrics ➤ Refurbishments
- Decorations ➤ Disabled Adaptations
- Carpentry & Joinery

The One Stop Solution from Concept to Completion

**For information please contact
Randolph on: 07743 140 937**

Email: info@randjservices.co.uk
Website: www.randjservices.co.uk



HAIRDRESSERS

YOUR LOCAL SALON
IN WINDERMERE AVENUE
(NEXT TO SOUTH KENTON STATION)
Busy and Friendly Unisex Salon

Experienced Stylists
Competitive Prices - Free Advice
Try us for a Set, Blow-dry,
Cut, Colour, Perm or Highlights.

020 8904 1488

Robbery -

- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like their up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Please consult the websites below for more crime prevention tips or if you do not have access to the internet perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.

Bicycle Thefts -

- Ensure that you secure your bicycle with a substantial lock at all times and leave in a well lit place.
- obtain your frame number and register your bicycle on www.BikeRegister.com - this could assist police in recovering your bicycle if stolen.

Useful numbers:

Dial 999 in the case of an emergency, where a crime is in progress or where life is in danger.

For non-emergencies, ring 101

To give information anonymously call Crimestoppers on 0800 555 111

Useful websites:

The website sites below have a whole host of useful information from crime prevention to crime statistics to Identity theft!

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk



Give us a call for
a free quotation:

0208 9037524

wembley@minutemanpress.com



www.wembley.minutemanpress.co.uk

58 Harrow Road, Wembley, HA9 6PL

The First & Last Step In Printing.

Belgrave Sew Creative

Room 202, 10 Courtenay Road, East Lane
Business Park, East Lane, Wembley, HA9 7ND

**We design, make and fit
curtains, blinds, loose
covers, cushions etc**

Phone and make an appointment to
visit or we will visit you

Call: 07712 123 783

Email: mertisbel57@gmail.com

Professionally made by us here in our workroom
Fabrics, tracks and poles to order

Website: www.belgravesewcreative.com

G. V. ELECTRICAL SERVICES

for all types of electrical work



- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



020 8904 7923

Mobile: 07947 595 112



Councillor's Comments

Cllr Margaret McLennan - Northwick Park Ward

Email: cllr.margaret.mclennan@brent.gov.uk

Hello to all once again. We have finally ratified the budget of 2017-19 and thank all those who commented or attended Brent Connects Forums during the past month. All Local authorities face steep financial challenges as from April 2020, the only income a council will receive is directly from Council Tax, Business rates, which is being devolved, and Fees and charges, e.g. charges for Green Bins, currently £40, whilst Harrow charges £75.

In summary, there will be an increase in Council Tax of 4%, made up of 1.99% Council Tax and 2% for the ring-fenced Adult Social Care budget. There will also be cuts of £4.4 million for this period which is far less than the £50 million that has been saved for 2014 – 16. The Council also needs to save a further £20 million in 2019, leading up to the cessation of Revenue Support Grant Funding from Central Government.

Brent Neighbourhood CIL Priorities 2017-2020

The Planning Policy and Projects team has commenced consultation from 15th February until 30th March on how we should spend

Community Infrastructure Levy (CIL) in the five designated localities of Brent.

When developers receive planning permission for some larger, new developments, they're required to make a payment to the Council. This helps fund local infrastructure improvements. This payment is called Community Infrastructure Levy (CIL). Of this, between 15-25% of the funds has to be allocated by the Council as Neighbourhood CIL. On the basis of feedback received from this consultation, the Council will decide how to prioritise spending on particular Neighbourhood CIL funded projects. These projects could be delivered by the council if they relate to council assets, e.g. a park. The council could also deliver projects that are good ideas, but where no other body came forward to deliver them. Alternatively, the council could allocate funds to local community groups where it believes that these groups can deliver the projects themselves.

To streamline the running of Neighbourhood CIL in the borough, Brent has been divided into five local areas: Harlesden, Kilburn, Kingsbury and Kenton, Wembley and Willesden. These are large enough to

ADZ BEEMERZ



FORTÉ BMW & MINI SPECIALIST SERVICE, REPAIRS & SALES

■ SERVICING ■ REPAIRS ■ SALES ■ ADVICE

- Bespoke Servicing and repairs
- Only genuine approved parts used
- Castrol lubrication centre
- Forté treatment centre
- Diagnostic repairs
- MOT preparation and MOTs
- 23 years BMW experience
- Used car sales



 **020 8908 4957**
07836 326 927
adzbeemerz@hotmail.co.uk

203 Watford Road,
Harrow, HA1 3UA
www.adzbeemerz.co.uk

generate funds that can deliver relatively big projects if this is what the community decides the funds should be spent on. The areas are, however, also small enough to encourage communities to feel they are likely to benefit from the projects that are delivered. Ultimately, the decision on what to spend the funds on still rests with the Council, but will provide clear feedback on how we have come to any decisions. Please do access the consultation on the Council's website and have your say.

Health and Social Care Integration

There has been numerous coverage both in the physical and virtual press on the current challenges faced by both the NHS and Local authorities in delivering Health and Social Care to our residents. However, there are some very good examples of how integration is staking place and this is nowhere better than the work of the Integrated Rehabilitation team that is based in Northwick Park, but treats patients across the Borough and

comprises Allied Health Professional staff from the Local Authority and Acute, both in patients' homes and more importantly, assisting in timely hospital discharge.

Another great example is the management of Diabetes, where Brent has one of the largest diabetic populations, some 30,000, and has collaborative, integrated teams across the Acute, Community, Primary Care, Council Public Health and volunteer Diabetes UK trained Patient Community Champions. The team has won local and national awards and had Wembley Stadium lit up Diabetes Blue on World Diabetes Day on 14th November.

It is not all gloom and doom.

Resident Surgery – Margaret, Keith and Joshua

First Saturday of each month – 11am-12noon
Vale Farm Sports Centre, Vale Farm (Off Watford Road)

ALL SYSTEMS GO! BOILER BREAKDOWNS Repairs - Replacement - Servicing HEATING SPECIALISTS

Gas Safe Registered

Central Heating Installations
Power Flushing - Landlord's Certificates
Free Estimates

Alan Lazarus C.I.T.B. A.C.S. Qualified

8904 4059 / 07956 298867

Blockley Road - Sudbury Court Estate

SUDBURY COURT MAINTENANCE

- Gardening • Tree Cutting • Fencing
- Pressure Washing - Patios & Driveways
- Garden Clearance • Rubbish Removal
- All General Cleaning • Gutter Clearing
- Window, Carpet & Upholstery Cleaning
 - Roof repairs • Light Removals
 - Handyman • Decorator
- Large van for house removals, clearance and deliveries

Call: 020 8904 8734 or 07932 300642

YOUR LETTERS

JOIN THE DEBATE



SERIOUS ACCIDENT AT SUDBURY COURT DRIVE

Dear Sir/Madam,

I was really sorry, but not surprised, to read about the poor lady who was knocked down by a car and sustained severe injuries. With due regard to this I would like to bring to your notice my concerns regarding the traffic flow in that area.

Firstly, there is a tuition School on 116 Sudbury Court Drive. As a result of this one often encounters severe traffic congestion on the Sudbury Court service road. This has caused considerable inconvenience for the residents who live on this side of the dual carriage way. Parents often double-park while picking up their children, with no due regard for other drivers and on returning to their car the other driver has to reverse in

order to avoid further jams. It can become quite difficult. I was surprised the Council thought this was a good location for a school in the middle of a densely populated residential area, without considering the impact on the traffic and local residents. Or is it the case the school has opened without planning permission?

The other problem is the traffic generally at the corner of the service road and Court Parade. There is no indication of whose right of way it is. As one drives down the service road towards the parade, there is a disabled crossing with a barrier making a narrow single lane for cars. This is in fact a bottle neck causing many problems as invariably cars are also trying to come in the opposite direction. Negotiating this corner is very difficult for cars from both sides, as apart from the

*Look as young
...as you feel*

Our facial rejuvenation treatments can achieve:

- * Skin rejuvenation
- * Fewer, softer facial lines
- * Reduced pigmentation
- * Radiant skin
- * A smooth, fresh complexion
- * Facial acne improvement

Ask about Botox®, dermal fillers and facial peels



Blue Court Dental Centre
201 Watford Road, Harrow HA1 3UA
Telephone: 020 8904 9440



road being difficult there are also cars parked outside the mini car hire office. This results in severe hold ups and raised tempers and fraccas, as one car invariably has to reverse.

However, this is not easy for either party, due to the narrow road at one side and the hair-pin bend on the other side.

It is important for the Council to consider some remedial action, in order to avoid more accidents, arguments and problems in the area.

I can suggest two possible solutions which could alleviate these problems:

1. The relocation of the school to a more suitable place
2. Make the service road (around Court Parade) one way; traffic should not enter from the Watford Road gaps. This would also allow a more convenient exit for residents on that side of Sudbury Court Drive..

Regards, Dr SD

Dear Dr SD,

Another resident has also written on the same subject, and both have been passed on to our Councillors.

Those of us who live near Byron Court School have the same issue; fortunately we have yet to have such a serious accident occur here, although we feel it is only a matter of time. We are yet to have a coherent solution from either the Council or the school.

We will continue to press for answers, and will report back to you in due course.

Editor



If any other residents have similar accounts, please do let us know, in order that we can use them to continue to bring the issue to the attention of Councillors and Council Officers.

Letters to The Courier/SCRA must be signed and include an address; this information will not be published – it will be held by the Editor. The Editor reserves the right to shorten any letters. These letters do not necessarily reflect the views of the Editor, SCRA Committee, or policies of the SCRA.

“GOT A CAR? HAVE A PROBLEM?”



**For the very best service available,
call St. John's on 8902 2085, 8903 3666 or 07966 252 643
and ask for Danny or Yogi**

- | | |
|--|---|
| <input checked="" type="checkbox"/> Servicing and repairs | <input checked="" type="checkbox"/> All latest diagnostic equipment |
| <input checked="" type="checkbox"/> M.O.T while-you-wait | <input checked="" type="checkbox"/> Tyres fitted while-you-wait |
| <input checked="" type="checkbox"/> Auto electric specialists  | |
| <input checked="" type="checkbox"/> Key cutting and programming provided in house | |
| <input checked="" type="checkbox"/> Air conditioning services provided in-house | |
| <input checked="" type="checkbox"/> Bosch trained fuel injection & A.B.S. | |
| <input checked="" type="checkbox"/>  Autocolor Paintguard approved bodyshop | |
| <input checked="" type="checkbox"/> Insurance approved repairs | |

**Friendly Family Firm
Established over 30 years
Open 6 days a week**

St. John's Road GARAGE.



**2/4 Eccleston Court, St John's Road, Wembley HA9 7HY.
(Just behind Primark)**

The Memory Café

Support for those experiencing memory problems



There is much coverage and concern about the epidemic of loneliness in this country. The most up-to-date estimate is that 9 million people say that they are very lonely every week. That is an astounding figure. Twenty per cent of people living in the UK are very lonely. Sadly the figure doesn't surprise me.

Why are we so bad at doing the very basic thing of standing beside people who are on their own? It doesn't take much, does it? Just a phone call, or a quick visit. I remember when my wife had a brain haemorrhage and was very ill for a year. People visited us at first, but by the end of month one, just about every friend we had had stopped calling.

Memory Café is our stand against loneliness and despair. It works because it is simple and easy to join, and rewarding to stay.

I know that on this estate there must be hundreds of people who are lonely. If that is you, please accept my personal invitation to come to Memory Café. Come and try it for a few weeks - not just one. Give it a go and see how you feel in a few weeks' time. We have people coming from every section of our community. It is a league of nations.

I ask you to come not because I just want to grow the Café. Instead I ask you because, if you are lonely, the people of St Cuthbert's want to be there so you feel less lonely. We welcome all: carers, those with memory problems and those without memory problems. We've started a singing group and we offer some basic chair exercise.

Come on in, the water's fine.

Easy Electrical Care

Tel: 020 8900 2287
or 07976 535 867



- All Electrical and Building Work Undertaken
 - Inspection & Testing Reports
 - Fault Finding to Complete Rewiring
 - Free Quotes
 - NICEIC Guarantees/Warranties
- Email: info@eecare.co.uk
Website: www.eecare.co.uk

Karisma

BEAUTY, HEALTH & HOLISTIC THERAPIES

Qualified, Professional Beauty & Holistic
Therapist IHBC / IIHHT / ITEC

Come Relax, Rejuvenate Your Mind Body & Soul . . .

Modern, Relaxing & Hygienic Ladies' Salon on the Sudbury Court Estate

- ♦ LUXURY "ORGANIC AROMATHERAPY FACIALS" & SKIN CARE
- ♦ LUXURY MANICURE & PEDICURE ♦ NAIL & EYE TREATMENTS
- ♦ HAIR REMOVAL ♦ HOLISTIC BODY MASSAGE
- ♦ BRIDAL HAIR & MAKE UP ♦ REFLEXOLOGY
- ♦ INCH LOSS, ANTI CELLULITE, BODY-FIRMING THERAPY
- ♦ AYURVEDIC THERAPIES & THAI TREATMENTS AVAILABLE



07952 122 411 Special Offer - 10% off 1st Treatment to New Clients (Sudbury Court Residents)



Long before I became a Christian I loved Songs of Praise. It gave me a warm and fuzzy feeling. I am not sure about the new format - for me it jumps around too much. I used to like it being based in one church, because it gave me a sense of place and space. The old Songs of Praise was great.

We would like to invite you to put the following date in your diary for St Cuthbert's traditional Songs of Praise service. It is right at the start of April - **Sunday 2nd April at 10am**. We will sing great old hymns and have a traditional church service. It will be a time to bring friends and get ready to sing. We hope that you may meet some old friends along the way and get a flavour of your parish church.

We continue to work on our outreach and our mission - to be a blessing to this community. I have had many blessings in my life and many people who have really helped me along my way.

We want our little church to be a place of blessings. We have started a drama group for teenagers (16-18yrs), every **Monday evening 6-30-8.30** (see page 18). It is there to help our young people boost their self esteem and resilience using drama and having great fun along the way. Why not come along on a Monday?

Rev'd Steve

Creating & maintaining natural smiles

- Quality care for all the family
- Full range of cosmetic treatments
- Facial rejuvenation using Botox®
- Early, late & Saturday appointments
- Highly experienced, friendly team
- New patients always welcome

Call us now on **020 8904 9440**



Blue Court Dental Centre
201 Watford Road, Harrow
Middlesex HA1 3UA



Are you worried about your memory? PART V

What might happen if my doctor thinks I have dementia?

Your doctor will have done some tests and will probably want to refer you to a memory clinic. Early diagnosis can help in planning for the future. Those with early dementia are better able to make the decisions about how they wish to be cared for and also to decide who they would like to have to manage their affairs. If a diagnosis of dementia is confirmed it is advisable to make sure that you have made a will and have somebody to act as your representative in respect to your health and welfare and also in making financial decisions for you when you are no longer able to make those choices yourself. This will usually be a close family member whom you trust and love.

There is no cure for dementia and no medicine that will reverse it, but there are some drugs that may be prescribed. Acetylcholinesterase inhibitors such as Donepezil

(Aricept) can help thinking and memory in about half of the people with Alzheimer's. We also use antidepressants as low mood is often associated with cognitive decline. Doctors used to be advised not to prescribe these sorts of medicines in the early stages of dementia but that has changed, although they usually have to be started by a specialist. Response to these medications is monitored by having regular memory test assessments. You have probably read some of the recent press coverage with the disappointing news that a class of drugs that we thought might help with dementia appears no longer to hold much promise.

But there are some much more encouraging approaches now to helping people with dementia such as cognitive stimulation therapy which is done in a group session with a leader and will focus on a task or game designed to stimulate a specific area of understanding or cognition. It is based on the

PRIVATE GPs

TRAVEL CLINIC

OCCUPATIONAL HEALTH

MEDICALS

MENOPAUSE

IMMUNISATIONS



The Harrow Health Care Centre

PRIVATE GENERAL PRACTICE

TRAVEL VACCINES,

SPECIALIST
IMMUNISATIONS

Our Address:

1st Floor Reception & Consulting Suite
The Clementine Churchill Hospital,
Sudbury Hill, Harrow HA1 3RX

To book an appointment, call us on:

0208 861 1221

info@harrowhealthcare.co.uk
www.harrowhealthcare.co.uk

Surgery Hours: Monday - Thursday 8am - 8pm, Friday - 8am - 6pm,
Saturday Morning - 9am - 12 noon

We are regulated by The Care Quality Commission Reg. No. PO50002272

HHCC is a Yellow Fever and NaTHnac registered travel centre

philosophy and understanding that the brain is like a muscle and needs to be exercised. People who take part also have a lot of fun and it helps to share the knowledge that they are all in the same boat. Trips to the Memory Café down at St Cuthbert's is, I'm sure, full of activities which could be termed cognitive stimulation therapy.

Do please send any questions you have about any aspect of medical care which you have always wished to ask, anonymous is fine if you prefer.

Hoping to hear from you.

DR JANE WOYKA
MA MB BChir MRCGP DFRH

A blast from the past . . .

Saturday 11th February was a cold, grey day with snow showers.

At 8.25am this steam locomotive 60163 'Tornado' (built 2008) passed South Kenton station.

It was hauling a special train, 'The Red Rose' railtour bound for Shrewsbury.

My snap was nearly scuppered by the arrival of an Overground train at the station that would have blocked the view.

Francis Waddington—Stilecroft Gardens



NOOR ENERGY

Domestic Energy Assessor

Energy Performance Certificate
(EPC)



07956 814 712

ALAALISSA26@GMAIL.COM

SHARIB

Homeopathic Clinic

Helps in the treatment of many problems including: asthma, acne, anxiety, depression, allergies, children's illnesses, menstrual problems, body pains and many more acute and chronic problems.

For consultations and appointments please call us on
020 8904 3947

Nail Correction Therapy

A remedy for disfigured nails

Your nails may be disfigured for many reasons including neglect, trauma, infection, genetics or in some cases general disease affecting other parts of the body.

Whatever the cause it can have a remarkable effect on the person who suffers with disfigured nails.

Most people avoid socialising in areas where bare feet are required or hide them away in shoes which can cause further harm as they may not allow feet to breathe.

Advances in medical science and the development of modern corrective materials mean all nail diseases can now be treated permanently and successfully with corrective cosmetic nail treatments.

We now offer 'Nail Correction Therapy' using the Wilde-Pedique range produced by the world renowned LCN brand from Germany.

This state of the art treatment allows us to rebuild a new nail while you wait.

We begin by filing away unwanted nail and debris and meticulously rebuild the nail plate until the desired shape and length has been achieved.

The whole process usually takes no more than an hour and like many of our clients, you will leave the office with new nails often for the first time in many years.

The new nails are flexible, can be painted with nail varnish, grow forward with your normal nails and can be trimmed as usual.

So what are you waiting for? Suffer in Silence no more. Help is in our hands.

To learn more make an appointment or call us on 020 8908 1425.

Thanks for reading, *Firoz*

For more foot care tips visit our website www.footcomfortcentre.co.uk



Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

Open 7 days

www.footcomfortcentre.co.uk

Tel: 020 8908 1425

130 Llanover Road, Wembley
Middlesex HA9 7LT

Bus Route 245



North Wembley Underground
& Overground station



St Luke's Hospice

Enhancing the quality of life



Get Involved:
Volunteer
Fundraise
Donate

Quizzes
Skydive
Winter Ball
Santa Dash
And much more . . .

Find out how:
www.stlukes-hospice.org

Skydive for St Luke's 30th Birthday!

Feel the adrenaline rush as you skydive from a plane at 10,000ft, heading towards the earth through clouds at 120mph before the parachute is deployed and you gently float down towards the fields at Hinton Airfield, Northamptonshire on **Sunday 30 April**. Entry is a non-refundable £70 deposit and if you raise £395 you can jump for free.

Nick took the plunge in October and says, 'As soon as I was in the plane ready to go up I was smiling in anticipation. Skirting along the edge of a cloud is all you can see and it was just unbelievably cool. I don't think I will forget this feeling. I finished the skydive in exactly the same way I started - with a huge grin on my face.'

Register your place at www.stlukes-hospice/skydive or phone 020 8382 8112



H₂O
PLUMBING & HEATING SOLUTIONS

- Boiler upgrades supplied and fitted
- Full central heating installations
- Mego-flo's to Power flushing
- Gas leaks & burst pipes
- Full bathroom installations
- All aspects of plumbing covered
- Landlord Certificates



07956 189 115
020 8902 3477
33 Tudor Court, North Wembley



PLUMBING & HEATING SERVICES

- Central Heating
- Boiler Installations
- Kitchens
- Bathroom Suites
- Showers
- All work guaranteed



Tel: 020 8908 6021
Emergency Tel: 07831 544 538
No call charge Mon-Fri 9am-5pm
City & Guilds Qualified - Corgi Registered
29 Woodcock Dell Ave, Kenton, Harrow, HA3 0PW
Email: info@j-and-a.co.uk



Monday Night Drama

If you're 16-18 years old, come and join us on a Monday evening at St Cuthbert's Church Hall . . . Here's what Emily has to say about it -

"Monday evenings, for the past 2 weeks, I have attended the most incredible group- an active drama group. It is something I really look forward to every week as we 16-18 year olds get together and have fun whilst also gaining skills such as confidence and team work. So far, we have done various drama sport games including improvisation games- these can be very funny!

I highly recommend this group to anyone aged 16-18 as even if you don't feel like drama is 'your thing', you can still have lots of fun and have a rest from exams/ coursework/ jobs, or whatever is weighing you down.

We would love to see some new faces- the more the merrier! It is on Monday from 6.30- 8.30, so it means that the week's work hasn't piled up yet, and it's a perfect way to spend an evening and de-stress whilst also getting active."



ARCHITECT
MITESH PAREKH
RIBA - ARB

**PLANNING APPLICATIONS
CONSERVATION AREA CONSENT
BUILDING REGULATIONS**

Architect experienced in all types of planning applications; from conversions and extensions, to conservatories. Working closely with you and the council to meet your renovation requirements.

info@miteshparekh.co.uk
07951489111

WINDERMERE NURSERY

Windermere Avenue, South Kenton

Children aged 2 to 5

OFSTED APPROVED

Now open 8.30 am to 4.00 pm

51 weeks per year

Grants available

for all 3 and 4 year olds. Free 15 hours per week for 2 year olds, subject to status.

020 8904 3327 (Nursery)

07715 412 168 (Home)



J S P ACCOUNTANTS

020 8427 0086

For friendly and helpful assistance with all your financial matters, our trained, professional staff will be delighted to assist you.

Call us now to arrange a **FREE** preliminary appointment, email us via our website at www.jspaccountants.co.uk or feel free to visit us at our local Harrow offices.

JSP Accountants Limited
First Floor
10 College Road
Harrow, Middlesex HA1 1BE

Business Services ... Specialist Sector Advice ... Tax & Audit Enquires ... CALL NOW!



SUDBURY COURT BIRD WATCH

By Rod Lake, 24 Amery Road, Harrow HA1 3UQ

Email: lake510@btinternet.com



A young friend of mine gave me, for Christmas, a pair of ornamental metal sparrows for our garden. They are not the garish things that ornamental garden objects often are, but are surprisingly realistic. So much so that, having put them down under the bird table, I quite expected them to hop about foraging for food!

Indeed, when a crow came up to investigate them after they had been there for a few days, I was genuinely surprised that they didn't fly off. I think the crow was too!

RSPB Big Garden Birdwatch

Did you do this annual bird count again this year? Some of us did it during the last weekend in January. One friend saw 17 different species during her count. As author of this column, I hang my head in shame at my low count. It's simple really, I have not been feeding the birds regularly enough for them to visit regularly.

"No point in going down there," they tweet to each other, *"He doesn't put food out these days! Fly on, fellas!"*

Total for the year

Francis, who is our champion birdwatcher and who counts regularly for the BTO (British Trust for Ornithology), recorded sightings of 36 species. My own count, whilst fewer, included 3 more species, making an overall total of 39 species seen in 2016, one up on the year before.

Let's go for a bumper year this year and challenge Francis!

Dunnocks

This is the bird to watch out for in March. Sometimes known as 'hedge sparrows' dunnocks often go to nest at the end of this month and you may see something of their courtship in your garden. But, being a family magazine, we won't go into details of their outlandish escapades!



If you are new to bird-watching, you might confuse a dunnock with a sparrow. A dunnock is a stockier bird, with a lower appearance compared to the more upright stance of a sparrow. Look closely for its grey head, neck and breast. You will also notice that the dunnock often flicks its wings whilst foraging.

They stay close to the cover of a hedge or bushes and tend to be more solitary than sparrows.

Seeing two together will almost certainly be a mating pair.

Our picture shows this species very well.

Recent sightings

Those of you with good memories will remember that I vie with my next-door-neighbour-up-the-road (NDNUTR) trying to be first to get seagull visitors into our gardens. At the end of January I had six **black-headed gulls** on my lawn, feeding ravenously on scraps. I was thrilled. They are such majestic birds as they circle and swoop around the garden before coming down to land. Not only that, I beat my NDNUTR to it this year!

Mind you, she was away on holiday!
Rod Lake

Local Residents



Kenneth George White

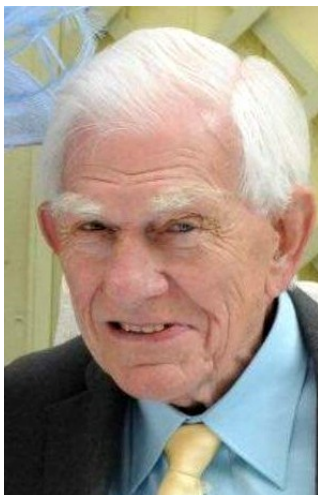
4.7.1922 – 28.1.2017

We are sad to announce the sudden death of Kenneth G White of the Fairway North Wembley, a long-time resident of the Sudbury Court estate who died peacefully aged 94 years.

Ken served in the RAF bomber command and landed on sword beach during the D-Day landings, and helped maintain communications on the war-torn fronts of Germany and France.

He had a long career supplying televisions; he even supplied televisions to patients in Northwick Park Hospital, as well as providing a repair service to local people. At 94 he still kept up with the developments in latest technology.

Ken was an enthusiastic gardener and kept two allotments that provided a bounty of fruit



and vegetables for family and friends, his garden and greenhouses were full of beautiful and exotic plants.

His father and grandfather were well known locally as landscape gardeners and his grandfather planted monkey puzzle trees and others on the new Sudbury Court Estate, some of which remain. A greengrocery shop in Peel road and delivery rounds were run by his father.

The house in the Fairway will be remembered by many for

Ken's wonderful Christmas decorations which won prizes on many years, with the lovely lanterns that shone down from the trees and Santa riding on the roof top.

Ken survived his wife Eileen after more than 60 years of marriage and leaves a son, 2 grandchildren and many extended family who will miss his kind, generous and optimistic approach to life.




www.digitalpills.co.uk

Where Your Computers Can Get Their Fix

PC / LAPTOP REPAIR & MAINTENANCE

CONTACT US

 **074 3474 3637**

 **fix@digitalpills.co.uk**

FREE ESTIMATES

- ☒ Virus Removal
- ☒ Replacement of Broken Laptop Screens
- ☒ Resolving Overheating Issues
- ☒ Speeding Up Old Computers
- ☒ Installing Upgrades
- ☒ Data Backups

- * Fast Turnaround
- * Friendly & Experienced
- * On-Site Service Available



For pricing and more detailed information please look at our website.

Weekend & Evening service available upon request.

SCRA Subscriptions

SCRA Membership

Any Residents' Association is only as strong as its membership—the SCRA needs and values your support. We are here to maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates. We will certainly need your support to ensure that we hold the Council to account with regards to any plans they have for developments in Northwick Park. In addition, every house on these Estates receives a monthly copy of The Courier.

£5.00 per household per calendar year (senior citizens £2.50).

The amount is small (Very good value!), but added together it makes a HUGE difference to what we can do for you.

You can also add a donation toward the ***Sudbury Court and Pebworth Estates' Street Tree Campaign.***

Please give as generously as you can, in order that we can keep our streets 'leafy'!

Lucky Draw

Unfortunately, due to dwindling numbers, we cannot continue to run the Draw at this point. If enough of you would like it to continue, we will be more than happy to reinstate it.

Sudbury Court Horticultural Society

Members of the SCHS, and those who wish to join, should include their annual subscription of just £3 in the envelope. All subscriptions collected are passed on to SCHS by the SCRA.

Besides being able to participate in its shows, held at St Cuthbert's Church, you can also order all your Spring bedding plants (and more) through the Society, at very competitive prices. From this alone you can save your annual subscription many times over.

Again provision has been made for you to add a donation to your subscription, if you would like to do so.

Do it now! (please)

All you have to do is:

- * complete your name, address and postcode on the envelope, in BLOCK CAPITALS. If you are on email, please do also include this, as it's much easier to keep in touch with everyone this way.

- * NOTE what you are paying for, i.e. Sub, plus donation.

- * INCLUDE payment—cheque (made payable to SCRA) or cash

- * deliver it to one of the collection addresses near you.

It only takes a few minutes to make a difference!

Rosalina Hair & Beauty

صالون روزالينا للسيدات

Highly experienced stylist in colouring, threading, tinting, waxing, cutting, perming, permanent hair straightening, Brazilian keratin treatment, hair botox, Olaplex treatment, hair extensions, semi-permanent eyelashes, LVL lift curling eyelashes and party 'up-dos'. Bridal package available.

Specialist in Asian, Arabic and Western hair types

Ellipse IPL Laser System

Hair removal, sun damage, brown spots, acne, collagen rejuvenation, thread veins, in-grown hair, large pores, redness, fine lines

143 Harrowdene Road, North Wembley HA0 2JH (North Wembley station)

Mob: 07827 769 300 Tel: 020 8908 5790 Rosalina-2011@hotmail.co.uk

The Achievers Club

HELPING CHILDREN TO REACH GREAT HEIGHTS

CENTRES
COVERING:

**Brent
Ealing
Harrow**



Is your child in need of extra tuition

The Achievers club offers a wide range of one to one and group tuition, providing quality support for primary age children.

KEY STAGE 1, 2 & 3 SUBJECTS INCLUDE:

- English & Maths
- SAT
- 11+ Exam Preparation
- Confidence building through Coaching & mentoring techniques
- Creative Writing
- Public Speaking
- Debating Skills

25%
DISCOUNT
on registration
fee for the first
25 children
registered

The club provides high quality, personal tuition to children of all abilities.

We will also equip your child with the tools and life skills that will enable them to be more confident, articulate and to excel at school, ensuring success.

Do you want your child to perform better at school? Knowledge is the key to success.

**Contact Kate Jones
for more information**

E: info@theachievers.club

T: (0203) 780 7529

www.theachievers.club



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society
Your local gardening club

Spring is on the way. Whenever the sun shines it feels good to be out in the garden tidying up the borders. Just as we have been feeding the birds all the winter, now is the time to feed your plants, all will respond to some general fertiliser. Spring flowers are especially welcome, coming into bloom without much effort on our part to brighten the early months of the year.

Make a date for **Saturday 11th March** for our first friendly **Flower Show** of the season in the Hall at St Cuthbert's Church. Bring your entries between 11am and 1pm. If you have just three daffodils of a kind, you have the makings of a winning entry in the 'narcissi' classes. So many varieties are now available that daffodils are divided into classes according to the length of their trumpet in relation to the petals, or indeed, whether there is more than one bloom on a stalk. Then there are the different sizes of flower, miniature kinds bloom in profusion early in the year. All this means that we have nine chances to win a daffodil prize. Find just three of a kind, bring them along and the stewards will guide you to the right spot on the table to show them off. We want more of you to come and join in.

Young people's challenges for the Spring Show involve putting brush, pen or pencil to paper. Do you have a family pet? Then make a drawing of him or her and colour your picture for the chance to win a prize. Beautiful handwriting is a skill worth developing. So choose a favourite quotation or poem, write it as well as you can on a page of paper. You can use any language, any script. Then decorate the page to make it special. It

would be great to have lots of entries, so encourage your children to take part in these bits of fun.

Since everyone takes photographs these days, that section always creates interest. If you would prefer not to pick that special twig



from your flowering tree, why not aim your camera at it and enter the result for 'bud and blossom'. Otherwise, you could go for 'a portrait' or a quirky picture illustrating 'perspective'. Young people can offer a picture of 'party time', while an 'open class' caters for any other picture you are especially proud to have captured.

Talking of catering; ladies are now encountering strong competition from some expert men in the 'domestic classes'. Short-crust sausage rolls, Victoria sponge or cheese scones for the bakers, marmalade or jelly for the preserves experts are the challenges this time.

Those quality boxes of summer bedding plants from Shane's nursery will once again be available at reasonable prices for members who complete the order form and return it to Robert Smith by 16th April. You can join, or renew your subscription together with the SCRA using the envelope that comes with this edition of *The Courier*.

So come to the show; if only to view the exhibits between 3.30pm and 5pm, perhaps sign up for the Beth Chatto trip, join in the raffle and have a cup of tea and cake. Did I tell you the date? **Saturday 11th March 2017!**

Margaret Roake

POTHOLES

Following our letter last month, with regards to potholes, here is the response Cllr Perrin received from Jason Shine, Principal Maintenance Engineer, Highways and Infrastructure Service, Brent Council.

"I have checked our records and can see the pothole defect mentioned in your enquiry near 13/14 Spencer Road has previously been inspected and categorised as medium priority and not selected for repair due to funding. As this inspection is some time ago I have passed this defect to our term contractor for highway maintenance for re-inspection. Once this inspection is completed we will progress this repair according to categorisation.

On inspection, defects meeting intervention level will be categorised as high, medium or low priority, with high priority defects repaired within seven days of the inspection. If a permanent repair cannot be carried out immediately, this defect will be made safe until a permanent repair can be carried out. Medium priority defects will be subject to a further officer assessment to confirm if immediate repair is required as this enables us

to prioritise locations to ensure the maximum benefit will be achieved from the funding available for this work. Medium priority defects selected for repair will be completed within 28 days of the order being placed with the contractor. We will continue to monitor medium priority defects not selected for repair and review the position should they deteriorate further. Low priority defects are recorded but no further action is taken. The paint around defects usually indicates that the defect has already been inspected – it is not a sign that we are planning to carry out works.

We carry out reactive inspections in response to notification of defects. If there are any other defects that you would like us to consider for repair, which aren't currently marked with white paint, please forward specific locations and a description (e.g. "cracked slab in footway outside number 4 Park Lane") to

Highways&Infrastructure@brent.gov.uk"

LUCKY DRAW WINNERS

Here are our lucky winners from February's Draw. Congratulations!

1st Prize—£50 Mr D Munday—East Court
2nd Prize—£30 Mr W Carbery—Pasture Road
3rd Prize—£20 Mrs A O'Connor—Norval Road



THE BONNER BUILDING COMPANY

"FOR ALL YOUR BUILDING NEEDS"

For a professional Quality Service call now

07970 983 244 (Mobile)

New Build • Renovations • Refurbishment
Extensions • Garages • Garden Walls
All Types of Paving • Landscaping
Fencing • Plastering • Pebbledashing
Roof Repairs • Repointing • Guttering

"WE BUILD ON OUR REPUTATION"

Friends of Barham Library



The Sewcial Group which meets on Wednesdays between 10:30 and 12:30 donated 30 Twiddlemuffs to St Cuthbert's Memory Cafe in time for Christmas.



If you are interested in joining the Group just pop in any Wednesday. Thank You also to every one who donated wool recently.

OPENING TIMES

In addition, Barham Community Library is open on Monday, Wednesday and Saturday between 2:30 and 5:30pm. The opening hours will increase in the spring as soon as it gets warmer and we get longer evenings.

The address of the Library is at Unit 4, 660 Harrow Road Wembley HA0 2HB and buses 18, 92, 182 and 204 stop nearby.

TITUS BARHAM CELEBRATION

This year it will be 80 years since Titus Barham, the owner of Express Dairy, donated his house and gardens for the "enjoyment of local people". His gift became Barham Park.

Unfortunately Titus died the day before he was due to become the Charter Mayor of the newly created Wembley Borough Council in July 1937. He donated £4,000 towards the celebrations (over £250,000 in today's money) and this included inviting every single resident of Wembley (some 60,000 adults) to a tea party at Wembley Stadium.

To celebrate Titus Barham and commemorate the events of 80 years ago Friends of Barham Library are planning to hold events in their Library and Park over the weekend of 8 & 9 July 2017.

For more information about Barham Community Library please contact Paul Lorber on barhamlibrary@hotmail.co.uk

3 G'S SERVICE CENTRE
Repairs - Services - Accessories
All makes and all models

141 Harrowdene Road
North Wembley, Middlesex HA0 2JH

020 8904 8810

Washing Machines, Dishwashers,
Tumble Dryers, Fridge Freezers,
Cooker Hoods, Hobs, Ovens,
Microwaves, Vacuum Cleaners/Bags
Belts, Rollers, Filters, Tools, Etc.

All work guaranteed

Parts available for all appliances

www.3geeselectronics.com

Your community needs you!

Save Our Metropolitan Open Land and beautiful views from London's Capital Ring Footpath

Quality open Metropolitan Open Land (MOL) will be lost if the Harrow School replacement Sports Hall is relocated, and enlarged to include a conference suite, as proposed.

Residents and visitors' access to appreciate the wonderful views is restricted to footpaths and London's Capital Ring walking route and they will be blocked or blighted by the proposed positioning. This includes the views of our only Grade II Listed Park which was set out by Capability Brown in 1768.

The solution is to redevelop the existing brown field site, use more subterranean construction and a green roof/walls. Also to use a temporary sports 'Bubble' and the nearby John Lyon swimming pool, during construction.

The conditions for developing on MOL have

not been met and the public have not been consulted on the MOL aspects. If we can't protect a site which is MOL, in a Conservation Area, an Area of Special Character and alongside a Grade II listed Park then what can we protect? Please help to reject application P/1940/16 on the Harrow Council planning portal <http://www.harrow.gov.uk> There is a better location and design.



If you think that, because this is in Harrow it doesn't affect us, please do reconsider - with this, and the up and coming proposals for developing on Northwick Park and Vale Farm, we all need to be protecting our heritage and environment. It will take a few minutes to sign the petition:

<https://www.change.org/p/harrow-council-planning-department-save-our-metropolitan-open-land-and-beautiful-views-from-london-s-capital-ring-footpath>

Or contact Harrow Hill Trust:
hello@harrowhilltrust.org.uk

MO GENERAL MAINTENANCE

- ♦ Handyman
- ♦ Decorator
- ♦ Rubbish Removal
- ♦ Gutter Cleaning
- ♦ Roof Repairs
- ♦ Gardening
- ♦ Tree Cutting
- ♦ Fencing
- ♦ Light Removals
- ♦ Garden clearance
- ♦ Window Cleaning
- ♦ Carpet & Upholstery Cleaning
- ♦ General cleaning
- ♦ Pressure Washing
- ♦ Patios & Driveways
- ♦ Wood Flooring

Call: 07963 447514



www.facebook.com/mogardenmaintenance



Kids' Page



Hello Kids,
How are you all?
Please email me your best jokes and riddles
- preeyaatthecourier@hotmail.com.

Jokes

Q: What gets wetter the more it dries?

A: A towel.

Q: What do you get if you cross a cat with a dark horse?

A: Kitty Perry

Q: What did the pencil say to the other pencil?

A: You're looking sharp.

Q: What did Bacon say to Tomato?

A: Lett-uce get together!

Q: What is the most hardworking part of the eye?

A: The pupil

Q: Why did the picture go to jail?

A: Because it was framed.

Q: What do you call security guards working outside Samsung shops?

A: Guardians of the Galaxy.

Q: What do you get when you cross a fish and an elephant?

A: Swimming trunks.

Riddles

Q: You have a 5 litre bucket and a 3 litre bucket, and as much water as you need, but no other measuring devices. How do you fill the 5 litre bucket with exactly 4 litres of water?

A: Fill the 5 litre bucket all the way up. Pour it into the 3 litre bucket until it is full. Empty the 3 litre bucket. Pour the remaining 2 litres into the 3 litre bucket. Fill the 5 litre bucket all the way up. Finish filling the 3 litre bucket. You're left with 4 litres of water.

Q: What's full of wholes but still holds water?

A: A sponge.

Q: If an electric train is going east at 60 miles an hour and there is a strong westerly wind, which way does the smoke from the train drift?

A: There is no smoke coming from electric trains.

Spot the deliberate mistake 'wholes' should be holes





Safeclean

The furnishing care specialists from 

www.safeclean.co.uk

Professional Cleaning of Carpets, Upholstery, Curtains & Leather.

Independently Owned & Operated by Robert Loomes

Specialist in Stain & Odour Removal Recommended by Leading Furnishers Throughout the U.K.

Guardsman Anti-Stain Protection With a 5 Year Guarantee

• Domestic & Commercial •	All Work Fully Insured and Guaranteed
• Guaranteed No Shrinkage •	
• Free Estimate & Advice •	

FREE PHONE 0800 328 6017

67 Lankers Drive, Harrow HA2 7PA. Email: robertloomes@safecleanharrow.co.uk www.safecleanharrow.co.uk



WHAT'S ON

IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE— at 809 Harrow Road, Sudbury.

We would welcome you to any or all of our March events!

Saturday 4th March, 10.00am- midday: a fundraising sale of many 'Spring Bargains', clothes, linens and bric-a-brac.

Tuesday 21st March, 12.noon: lunch followed by entertainment for St. Patrick's Day. £6

Thursday 23rd March, 7.15pm: Quiz Night £6 including refreshments.

Phone Katia on 020 8908 1220 to book lunch or quiz night.

HARROW PHILHARMONIC CHOIR & ORCHESTRA— Our Spring concert—**Saturday 25**

March, 7.30 pm.—St John's Church, Harrow, HA1 2JE (opp. Debenhams)

Handel: Zadok the Priest; Monteverdi: Beatus Vir; Haydn: NELSON MASS

Phone 020 8863 7009 for more info or to book.

BADMINTON – every Thursday 8 – 10pm in local school, Sudbury Court Badminton Club welcomes League level/good club players. Contact Arvin 07748 642706, Alkesh 07956 453734 or Trevor 07771 998729

ELSEWHERE IN BRENT:

VITALITY NORTH LONDON HALF MARATHON—**12 March**, 8.30am to 2pm, Wembley Stadium, HA9 0WS. Sign up now at northlondonhalf.com. £45.

ST PATRICK'S DAY Celebration— **17 March**, 7-8:30pm, Kingsland Hall, Wembley Park United Reformed Church, The Broadway, East Lane, Wembley HA9 7NN.

WORLD BOOK DAY WRITING WORKSHOP—for aspiring writers: will take place every 6 weeks from Thursday **2 March** 2017, 6.30-7.30pm, The Library - Cafe Area, Civic Centre, Engineers Way, Wembley HA9 0FJ

FABRIC FLOWERS WORKSHOP—**9 March**, 4-6pm, Brent Start, Kilburn Library, 42 Salusbury Road, London, NW6 6NN. FREE but spaces limited so please book

Some events at The Library at Willesden Green, 95 High Road, NW10 2SF:

A PEOPLE'S HISTORY OF BRENT—**1/8/15/22 March** 2017, 2-4pm. Call 07711 855887 or 0800 328 1060 to book. Limited spaces available.

SPRING INTO LANGUAGE—

French Taster - Free French class with Brent Start. **30 March**, 5.45-7.45pm

Spanish Taster - Free Spanish class with Brent Start. **21 March**, 6-7.30pm

GREEN FINGERS: JAPANESE GARDENING— workshop. **15 March** 11.30am to 12.30pm

BROKEN RAINBOW—Oil painting mixed media exhibition. **1-5 March** 2017 (9am-8pm Mon to Fri; 10am-5pm Sat)

'WE FAINTED ALTERNATELY ON THE SOFA': Jane Austen in the Making - A one-woman performance of Jane Austen's early work by Karin Fernald. **2 March** 6.30-7.30pm. £2 - book in advance.

CLASSIFIEDS

30 words £8.70 (min) plus up to 50 additional words at 20p per word.



DINING TABLE FOR SALE – wooden – natural top, white coloured legs. H: 75cm W: 150cm D: 90cm. BRAND NEW, UNUSED. £99. Contact Martin 07939087557

EXPERIENCED TUTORS for Maths (up to GCSE). 11+ grammar school entrance exam preparation for verbal reasoning, non-verbal reasoning, maths, English and science. References available. Good rates. Tel 07799412756



Brent: 020 8427 777
Harrow: 020 8961 6181
National: 116 123 (free to call)



Jo@samaritans.org

Talk to us any time you like, in your own way, and off the record – about whatever's getting to you.
You don't have to be suicidal. Please don't suffer alone.

We're here for you 24 hours a day, 365 days a year.

You can also contact us by email, or arrange to see someone face-to-face.



St Andrew's Church
956 Harrow Rd
Sudbury HA0 2QA

CHURCH HALL FOR HIRE

Beautifully refurbished Church Hall available for hire at competitive rates.
Telephone **020 8904 9224** or email standrewssudbury@aol.com for more information.
Office open: Tues – Thurs 9 am. to 12 noon.

ROOFING

ALL NEW ROOFS ▪ FLAT ROOFS
ALL TILES ▪ SLATES
LEADWORK ▪ U.P.V.C. FACIAS
GUTTERING ▪ REPAIRS
All Work Guaranteed
For free estimates call:
07940 908 596

D & M & Son

BUILDERS & DECORATORS

FREE ESTIMATES - No job too big or too small
Insurance Work Undertaken
Tel: 020 8966 9140
Mob: 07977 840 123

Complete Building and Decorating Service
Kitchens & Bathrooms fitted
Electrical, Plumbing, Tiling & Plastering
New Roofs / Repairs / Guttering replaced
UPVC Facia Boards / Soffits fitted
Garage / flat roofs replaced in 3 layer Torch Felt
Windowbays replaced in Lead & Felt
Fencing replaced in Panels & Featheredge

ADVERTISER FINDER

	Page		Page
Accounting, Tax & Audit	18	Garden	9
Appliance Service/Repair	25	Hairdressing	6, 21
Architectural Services	18	Hall Hire	29
Boilers/Heating, Plumbing	9, 17	Health & Beauty	5, 12, 21
Building Services	4, 24, 29	Home improvement	6, 29
Car Sales, Servicing, Repair	8, 11	Homeopathic	15
Cleaning Services	26, 27	Nursery, Pre-School	18
Conservatories, porches	31	PC/Laptop repair	20
Dentist(private)	10, 13	Printer	7
Doctor (Private)	14	Property Maintenance	9, 26
Education/Tuition	22, 29	Roofing, Gutters	29
Estate Agents	2, 32	Soft furnishings	7
Electrical Services	7, 12	Solicitor	5
Energy Assessor	15	Window Cleaners	26
Foot care	16	Windows, Double-Glazing	31

Thank you for supporting our advertisers
They make this magazine possible

Next Copy Deadline

The Courier is published monthly.
Copy, advertisements and remittances for the
April issue should be received by

10th March 2017

Format required:
Pictures - JPEG
Advert - PDF/JPEG
Editorial—MS Word

Please mention

The Courier

When contacting them.

If they do a good job, recommend
them to a friend / neighbour

ADVERTISING

Advertising rates and Terms & Conditions
are available from:
advertising@the-scra.co.uk

All advertisements are accepted in good
faith and no responsibility is taken by the
producers of this magazine for claims
made by advertisers. Readers must sat-
isfy themselves as to the suitability of any
contractor or supplier they engage. No
recommendations are made or implied.
Neither The Courier nor the SCRA can
become involved in any disputes be-
tween advertisers and their clients.

* **SCRA NEWS** is the latest news from the Associa-
tion Committee. All other articles are from third par-
ties and do not necessarily reflect the views and
opinions of the Committee. As such, the Editor and
Committee will not accept responsibility or liability for
any such material.

* **The Editor** reserves the right not to publish all or
part of any material submitted for publication.
The Editor/Committee's decision is final

* **All rights reserved.** No part of the publication may
be reproduced in any form, without the prior consent
of the Editor

* **Produced and published** by the Sudbury Court
Residents' Association.

* **Printed** by Minuteman Press Wembley (0208 903
7524)

**ADD AN EXTRA DIMENSION TO YOUR
HOME WITH A NEW CONSERVATORY**



**From concept to completion
Timber, Aluminium or U.P.V.C
Windows, Doors and
Conservatories**

Conservation Area requirements catered for



**Celebrating
26 years
in business**

Tel/Fax: 020 8428 5433

Email: williamswindows@fsmail.net

Website: www.williams-windows.co.uk



Property Hub

Residential Commercial Land

www.propertyhubltd.com

Our Services

- .Free Market Appraisal
- .Residential Sales
- .Residential Lettings
- .Property Management
- .Eviction*
- .Legal side of Lettings
- .Portfolio Management
- .Commercial Sales
- .Commercial Lettings
- .Rent Guarantee
- .Insurance*
- .Mortgage*
- .Landlord Licensing*
- .No obligation
- .No Success, No Fee*

PROPERTY HUB's Offices :

.Wembley Branch: 38 Court Parade, Wembley, HA0 3HS

.Willesden Branch: 326 High Road, London, NW10 2EN

Email : info@propertyhubltd.com

Contact Us: 0208 (903 1002)/(4593333)

Terms and conditions apply*

