

The Community Magazine for the
Sudbury Court and Pebworth Estates

February
2018

The Courier

87th
Year



Who won the Christmas lights competition?

(see page 21)

Have your say . . . Byron Court School traffic management

(see page 14-15)



Record Price Achieved

Daniels have just sold the most expensive house on the Pebworth Estate and with-in a week of taking instructions.

If you are curious to know how much your property is worth, call today for a free market appraisal. 020 8904 4888

daniels

danielsestateagents.co.uk



February 2018
Number 184 (1,024)

Chair: Kaye James, (Interim) chair@the-scra.co.uk

Vice-Chair:

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

SCRA Website: www.the-scra.co.uk

Dear Neighbours,

We are compiling this issue of the Courier in the second week of January—and a lot of people seem to have that very ‘January’ feeling. Although reading Margaret’s page (23) reminded me that the first signs of spring are just around the corner. And as the New Year is often a time of reflection, I really liked the reflective front cover picture, which was taken by local resident Kate Crane—any idea where it was taken? See if you’re right on page 23.

With those first signs of spring imminent, we’re so lucky to be surrounded by green space, and gardens. There are many very good reasons why we should be encouraging bees into our gardens, and I recently discovered that our local Batman also happens to be our local Bee Man. Last year Keith Barker invested in a bee box for his garden and he’s written a few words for us on page 10-11. You can also introduce various plants and flowers that particularly attract bees, which I’m sure we can write a few words about in future, if anyone’s interested.

We are always keen to encourage you to have your say—and this month in particular with regards to traffic management at Byron Court—please don’t leave it to others to speak for you, they may miss something—see page 14-15 and then contact us.

The Christmas lights competition results are on page 21. If you’re wondering why we’re only just announcing the winners—this year, the judging was left until the weekend before Christmas, to give as many people as possible the opportunity to be considered—this meant that the January Courier had already gone to print. There were some amazing displays across the estates; it’s a shame the photos don’t do them justice, but I’m sure you all saw them. If you are a lucky winner, don’t forget you have to contact the treasurer to claim your prize.

I don’t know about you, but I don’t often think about us living in a region with the possibility of drought. However, Affinity Water are already warning about the possibility of water restrictions later in the year unless we have a particularly wet February and March. They do offer some FREE water-saving devices on their website, and we’ve listed a few tips for saving water on page 26.

Next month we will be sending out the annual subscription envelope—PLEASE PLEASE PLEASE pop your £5 (£2.50 concession) in the envelope and deliver them to your nearest collector. Sadly, last year, we had less than a quarter of subs paid. It leaves us very restricted, as an association, without your contribution to our community. I will keep nudging!!

Until next time,

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**.



Sergeant Zhang has joined Northwick Park Safer Neighbourhood Team as our team sergeant, he is also the sergeant of Sudbury ward and is a very keen officer – to make a difference, solve crime and to improve the locality.

Here are some of the news stories that your team has been involved in since the last Courier submission, 10th of December:

Your team has followed up on CCTV enquiries in relation to recent burglaries following an appeal which residents responded to. A silver Audi A3 with four white males early 20s looking were involved in two attempted burglaries. Keep an eye out, they may also be using a blue golf car. See the burglary summary below and consider joining our email alert list – when we become aware of a particular type of crime being prevalent in the area or a vehicle worth keeping an eye out for, PC Kennedy sends out an alert.

Police were also informed about occupants of a particular address in the Sudbury Court Estate who were believed to be involved in thefts from cars, as a result of this information we raided an address on 20/12/2017 and recovered a significant amount of stolen property and two youths were arrested. These youths are currently under investigation for several offences, one has been moved from the area and efforts are being made to get the other accomplice moved.

The Police Neighbourhood Team endeavours to improve the area by reducing crime and anti-social behaviour. We will use what resources we have available to do this and put our efforts in to do so.

In early to mid-December we became aware of the antisocial act of two vehicles that had been driven onto Northwick Park and that had become stuck in the mud during the snow, one was a black Audi car and the other a recovery vehicle. Your Team will not tolerate people who think it is ok to drive off road and damage the local area. The owners of both vehicles have been located and are subject to prosecution.

After coming out of the pavilion, following conducting CCTV enquiries in relation to this above incident, we became aware of a driver who was sat in his car smoking a 'spliff' at the pavilion. He was arrested for being in charge of a vehicle while under the influence of cannabis.

Before we go to the overview of offences in the locality, we would urge residents to report crime to us: whilst investigating the recent series of keyless thefts from cars we found a lot of residents hadn't reported to us that their cars had also been entered and items stolen.

Please ensure that you report all crimes/incidents to us.

Overview of location of offences from period 10th Dec to 10th Jan:

Robbery: 18/12/17 2030hrs Northwick Park, ring road into Northwick Park, male robbed of mobile after being punched by lone robber.

Burglary: 21/12/17 1500-1540hrs East Lane (high 200s evens) front door forced; 24/12 1300hrs – 31/12 1100hrs Blockley Rd (odds in 80s) rear door glass forced; 10/12 1200hrs – 24/12 1447hrs Sudbury Court Road (evens 40s) rear kitchen window forced; 31/12 2300hrs – 1/1/18 0420hrs Byron Road (odds 80s) laptops, iphone, cash stolen; 03/01/18 1600hrs -2242hrs Sudbury Court address had been tried earlier in the day i.e an attempted burglary.

Attempted Burglary Residential: 14/12 2035hrs Paxford Rd (4 white males Audi A3); 27/12/17 0330hrs Hill Road, attempt to get in the house via the front.

Theft of car: 10/12/17 Kenton Road – driver stuck in snow got out to push car, passerby by offered to help and then drove the car away.

Theft from motor vehicles: 14/12/17 1715hrs – 1800hrs Paxford Rd car entered Tom Tom stolen, no damage; 18/12/17 0245hrs, car entered items blue tooth devices stolen no damage.

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:

0208 721 29 69 or

email: NorthwickPark.snt@met.police.uk

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 valuables.

RS Furniture Services

Furniture Repair Restorations and Reporting Service

- . Scratch Repairs
- . Frame Repairs
- . Broken Springs Replaced
- . Loose Joints Secured
- . Removal Damage
- . Recoveries
- . Insurance Retail and Manufacturers Reports

For enquiries call **07795398109**

or

email : rsfurnitureervices@gmail.com

send photos with enquires

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 neighbour's 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.

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 they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Please consult the websites listed 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 websites 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



SCISSORS 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

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



Councillor's Comments

Cllr Margaret McLennan - Northwick Park Ward

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

Tel no: 07949 398193

Greetings to all.

February for all Local Authorities signals the beginning of discussion and consultation on the next years' budget, so 2018/2019. You will be aware that last year Brent set a two year budget and also agreed a four-year settlement deal with the Department of Communities and Local Government and secure long-term funding and stability during the Brexit process until 2020 and the hoped for 100% devolution of Business Rates.

On 19th December 2017, the Government released its **Provisional Local Government Finance Settlement** and within this, allowed Local Authorities to further increase Council Tax by an additional 1% to go towards Social Care, without the requirement to hold a referendum. In essence, the referendum threshold has increased from 2% to 3%. The budget for 2018/19 has been approved, ratified and on track to be balanced. If an additional 1% was embraced, then this will add

an additional £1.1 million pounds to be used to mitigate the cuts needed to maintain a balanced budget. Consultation on the budget and 1% will take place at Brent Connects and various large supermarkets across the Borough. This is the key issue on a Borough-wide level, but locally in the ward, we are progressing the following issues and concerns.

2018/19 Highways Maintenance.

Nominations for Roads and Pavements

Highways is planning its highways maintenance programme for 2018/19. The Officers have asked Ward Councillors to input on which roads and pavements should be made a priority to upgrade/repair. Views for Northwick were therefore sought for inclusion in next year's programme.

Following discussion with residents and review of the condition of our ward streets, we have put forward the following streets for consideration:

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



DOMESTIC
INSTALLER

- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



020 8904 7923

Mobile: 07947 595 112

Camden Crescent

Priory Crescent

Pasture Close

Byron Road - High Numbers stretch, towards the Turning Circle

Cabinet took a decision in May 2016 to use asphalt as the default material for resurfacing pavements, with flexibility in conservation areas. Concrete block paving will continue to be used for driveways and street corners. Highways has repaired a number of pavements under the new policy and some pictures are below for your information. Work is continuing to improve the way Highways plans and manages this work.

Note, it may not be possible to include all nominated streets. However, Highways will keep them on record for consideration as part of our short sections and patching programmes, which are designed to tackle smaller areas (not whole streets) and are repaired later in 2018.



Example of tree pit treatment



Example of footway resurfacing

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

Sudbury in Bloom



Good news, through the sterling efforts of Martin Page, Principal Landscape Architect and the SCRA and STRA, Northwick and Sudbury has been successful in its application to the GLA for a project proposal 'Sudbury in Bloom,' and a grant offer has been made amounting to £20,000 which will cover the ideas that went into the bid.

Works to be funded are:

**Planting boxes in Sudbury Town centre.
Wildflower verges at various locations.
Trees on Northwick Park playing fields.**

Later this summer, a further bid will be placed with Neighbourhood Community Infrastructure for funding for further trees in the Borough, as many trees are being taken down (dead/diseased), but there is, sadly, limited funding to replace on a one for one basis. Barnhill ward received £40K, and it is likely that Northwick will receive a similar amount if a bid is submitted. Watch this space and well done both resident associations.



Protection of Street Turning Circles

You will be aware that the ward possesses many roads that end in a Turning Circle to allow vehicles to easily turn and avoid unnecessary reversing. It has come to our attention that many residents have taken to parking in Turning Circles, thereby reducing the space needed to turn. This is starting to impact our waste management trucks from contracted provider, Veolia, who often complain that they cannot get to some streets as they cannot turn the truck around, and reversing is often risky in terms of potential car damage.

We are therefore looking at having all Turning Circles drawn with double yellow lines to prevent any parking as their design is for them to be free and unencumbered with and parked vehicles to allow freedom to turn for all cars utilising the street. More on this in a future edition.

Resident Surgery – Margaret, Keith and Joshua

First Saturday of each month – 11am-12noon

The Community Room (Adjacent to The Vicarage)

**St Cuthbert's Church
214 Carlton Avenue West
HA0 3QY**

Margaret/Keith/Joshua

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

Bee Friendly

By now most people know the importance of bees for our survival. We all know that Honey Bees pollinate our plants and fruit trees and, of course, produce delicious honey. But there are hundreds of other bee species, which sometimes we confuse with wasps and hover flies. An important group of bees, known as solitary bees, exist. These don't produce bountiful supplies of honey but do, nonetheless, have a very important role in pollination. It is claimed that solitary bees pollinate far more plants than the honey bees; explained by the statement "Honey bees make honey, Bumblebees make summer, and solitary bees make fruit".



During the middle of last year I attended a talk in the Cotswolds on solitary bees by George Pilkington. The presenter is an expert on the subject and has designed a special rearing box to encourage solitary bee species. His boxes have been widely used by the Royal Botanical Gardens at Kew, the RHS and many other organisations. My previous efforts in attracting the Red Mason bee, a solitary bee species, had only been marginally successful. Bees did use the available bee tubes installed for them to reproduce their young but these were soon attacked by woodpeckers and parasitic wasps, which preyed on the grubs. I decided to invest in one of his purpose designed boxes.

*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



The box was installed in my garden and the very next day I observed bees visiting the box. My box was purchased a bit late in the year for Red Mason Bees, who prefer to gather nectar and pollen from the blossom of fruit trees. I had missed this key time of the year but did have the box installed in time for the Leaf Cutter bee, another solitary species.



These bees follow on from the Mason Bees who are active in spring but, instead of using mud to seal each cell where they cocoon a single egg, the leaf cutter bees cut round sections from leaves, commonly roses, to form cigar shaped leaf cocoons sealed at both ends with sections of leaf.



Inside each cocoon the adult bee provides a store of nectar and pollen for the young grubs as they develop into bees. You may have noticed leaves of your garden shrubs with discs cut from them.



Mason Bees overwinter as adult bees in their cocoons. Leaf Cutter bees, on the other hand, overwinter as pupae, one development stage before the full adult bee. In the following spring young bees emerge to repeat the breeding cycle. By assisting them to reproduce safely we can help to ensure a growing and healthy population of pollinators for future years.

Solitary Bees are non-aggressive and unlikely to sting, so it is safe to install boxes in your garden. No protective clothing is required and there is little, if any, maintenance required apart from cleaning boxes before the new season starts.

Keith Barker (alias The Batman)



Red Mason bee

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

The Memory Cafe

Support for those experiencing memory problems



Hi folks. We have started the year at Memory Café in the way we finished last year. We have new people every week. The place has a buzz to it. We are gradually helping others to set up cafes in other locations as well.

I have been thinking of what phrase might sum up the essence of the café. In my old life in advertising, we would call this the 'strap line'. There is an art to summing up the key attributes of a venture in just a few words; not everyone gets it right. I remember passing a coach on the motorway one day. I can't remember the name of the company but the strap line was 'Nice Holidays for Nice People'. That won't exactly get the pulse racing will it?

Anyway, the best line I could come up with for Memory Café was **Be part of Something Good**. The café is more than the sum of its parts. It isn't just about the cakes and

refreshments, or the warm welcome. It is more than the quizzes and the choir. It is more than the friendly banter and craft activities. Being part of café church is about being part of something unashamedly good. It really does make a difference. I think that most people want to be part of something bigger than themselves. They look for meaning and purpose in their lives. Oddly, money and success don't seem to provide our most basic needs. Many people who are rich are also lonely and unhappy and feel that they are drifting in life.

So we invite you to come and be part of something good. We need volunteers and we need guests. We love it when people who start out as guests become helpers. It is interesting to see how purpose builds in people's lives and how simple acts of service can be so rewarding.

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)

saintcuthberts

worship ♦ demonstrate ♦ equip

Carlton Ave West . 020 8904 8599 . www.stcuths.org



We have one thing on our minds – to be a blessing. That's our mission.

Many of you have come through our doors and many people have spoken to us, and we are very grateful for your support.

We have set up a lovely toddler's group. It is every Friday from 10-11.30. I have been in, and it really is rather charming. I know I am not the target age group, but if I was a toddler I'd be having a whale of a time on a Friday. So we invite toddlers and their carers/guardians to come and join us.

We are also talking about setting up a group for people who have been widowed at a young age. It is still an idea in progress but we very much hope that this idea will fly. My own grandmother lost her husband at a very early age and was left to bring up two small children. She was also unable to hear, so her task was doubly difficult.

I remember her describing to me the sheer loneliness and grief that she felt. If we can get something off the ground we will do. My feeling is that this is just the kind of thing we should be doing and want to do.

I am not sure what image you have of the church. Many people have not been into a church for years. Some see church as a peripheral activity. I can assure you that you would get a very warm welcome here. I often refer to being in church as an adventure. I much prefer adventure to journey.

It wasn't many years ago that I wandered into a church and realised very soon that my life was being changed. It still feels like an adventure to me.



So if you have nothing better to do why not pop by one Sunday?

Rev'd Steve

"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"/>  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)

Byron Court School—Traffic Management

Along with Councillor Perrin and Kelly Wallace (Capital Projects, Brent Council), I have been attending weekly Community Engagement meetings with Graham Construction at Byron Court school.

The meetings have been, at times, frustrating, and at other times, constructive. They are held in order to give voice to residents' concerns with regards to, primarily, activities on-site during the construction works of the expansion; to hold Grahams to account when issues arise, for example, ensuring that suppliers and sub-contractors are adhering to the Construction Travel Route. They are also to inform us of progress and up-coming works.

We have had some 'wins' - Grahams have undertaken remedial works to damaged trees along the route; they have undertaken to plant some new trees once the project is complete. They have also employed a local resident as an apprentice.

At the first meeting of this year, the meeting was also attended by Brent's Projects Development Manager (Highways and Infrastructure) to discuss the ongoing traffic issues,

and how they can assist the school with traffic management going forward, in an attempt to minimise the disruption and increase safety by managing the illegal and inconsiderate parking by school traffic.

I have been asked to compile a bullet-pointed list of issues for residents, the school have been asked to do the same. A working group will then be formed, comprised of representatives from the school, residents and Brent Council. The goal is to suggest measures to better manage the traffic.

Some of the issues already highlighted by the SCRA Committee are:

- ♦ The inconsiderate parking by parents which blocks access of residents to/from their property.
- ♦ The illegal parking of parents on double-yellow lines, especially on corners, causing safety issues.
- ♦ School staff parking on the streets
- ♦ Contingency plans for traffic management should Northwick Park car park be removed by One Public Estate plans.



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

(Traffic Management cont'd)

- ♦ Lack of support/collaboration from school staff

What we really need is to hear from **you**—residents who are currently affected by school traffic. We also want to hear from those of you who may live a few streets away—if the measures put in place exclude parents from entering Spencer/Nathans/Abbotts Drive, for example, concerns that you may have with regards to the knock-on effect in your street.

The sooner we hear from you, the sooner your concerns can be considered. If you don't let us know now, it might be more difficult to make changes once the expansion becomes operational, and the measures have been implemented.

Please contact me:

chair@the-scra.co.uk



**Your Local Printer
for all of your
printing needs!**

***Business Cards, Leaflets,
Invitations, Booklets,
Banners, Apparel,
And much more!***

**Call us for a free
quotation:
0208 9037524**



**wembley@minutemanpress.com
www.wembley.minutemanpress.co.uk
58 Harrow Road, Wembley, HA9 6PL**

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



Our Plans for 2018

We celebrate the 20th anniversary of the Foot Comfort Centre this year.

And to mark two decades of looking after people's feet and ankles we're doing several things.

We're approaching the local primary schools to organise a competition where children can design their own trainer or shoe.

We'll be offering more than £250 as prize money to the schools for taking part and the judges will be drawn from prominent members of the local community.

I'm a huge believer in the power of educating people about the importance after looking after their feet – so part of the competition will be aimed at teaching children how they can look after their feet.

We'll be announcing the winner in April which will see us host an open day where people can come and have a look at the centre, meet our team and see why looking after your feet and ankles is a step in the right direction if you want lasting quality of life.

And here's some simple tips to cut out and keep which will help you.

Thanks for reading,

Firoz

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

FOOTCARE TOP TIPS



CLEAN YOUR FEET OFTEN

Don't go to bed without washing your feet. If you leave dirt on the skin's surface, it can become irritated and infected. Wash your feet every evening with soap and water.

DRY YOUR FEET WELL

Dry your feet thoroughly after washing them, especially between the toes which is where germs such as Athlete's Foot can easily breed. Then, apply a moisturising foot cream (not body lotion).

REMOVE HARD SKIN

Gently remove hard skin and calluses with a pumice stone or foot file regularly.

CUT TOE NAILS CAREFULLY

Always trim your toenails straight across, never at an angle or down the edges. This can cause ingrown toenails.

SHOE SHOP

In the AFTERNOON: Shop for shoes in the afternoon. Feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they will always be comfortable.

www.footcomfortcentre.co.uk



Cut this out and keep somewhere safe.

Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

Open 7 days

www.footcomfortcentre.co.uk



Bus Route 245

North Wembley Underground
& Overground station



St Luke's Hospice

Enhancing the quality of life



Get Involved:
Volunteer
Fundraise
Donate

And much more . . .

Find out how:
www.stlukes-hospice.org

Walk to raise money for your local Hospice

If you enjoy walking and want to experience one of the UK's most stunning areas of natural beauty, why not sign up for the Annual walk to raise money for St Luke's Hospice. From 3 to 7 May you can undertake either a 3 or 5 day walk through the South Downs Way, in the South Downs National Park that spans the 3 counties of [Hampshire](#), [West Sussex](#) and East Sussex. The walk offers breath taking views and ends along the scenic white cliffs of the Seven Sisters and the stunning Beachy Head. You can also choose the distance you walk each day so you can match your abilities. Why not organise a group of friends to take part together or come along to meet new people!

As well as taking on a new challenge, experiencing the health benefits of walking and having fun along the way, you will be raising essential funds for your local Hospice which relies on the public to raise the £3.5 million needed each year.

The 2018 Walk will be managed by Advocate Events who are specialists in challenge events and will ensure you have an amazing experience as you complete your walk. For full details, an information open evening will take place on [Wednesday 24 January](#) from 7pm at St Luke's Hospice, Kenton Grange, Kenton Road, Harrow, Middlesex HA3 0YG. To book a place at the information evening visit www.stlukes-hospice.org/southdownsway or call St Luke's Hospice on 020 8382 8112.



**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

WEMBLEY ABC
BOXING CLASSES ULTIMATE FITNESS
DISCIPLINE FOCUS



**GOT
WHAT IT
TAKES?**

**FIRST
SESSION
FREE**

**ALL WELCOME
EVERY WEDS/FRI
@ 6.30pm**

ALAN 07466 789013
QUALIFIED, INSURED AND DBS CHECKED
St Andrews Church Hall - 956 Harrow Rd HAO

CUTH'S TODDLERS' GROUP

Fun Play Stories Support

**Every Friday 10-11.30 (except school holidays)
£1.50 per family.**

saintcuthberts

**214 Carlton Avenue West
HAO 3QY
0208 9041457
www.stcuth.org**



**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



On New Year's day, I started off my 2018 birdwatching (through the kitchen window) with a sustained effort of an hour or two. I saw 14 species, including a **goldcrest**, so I was well pleased with the start for this new year.

We had had a couple of redwing in the garden regularly for the 10 days or so before Christmas, but they didn't show up for me that morning!

So we are off again, hoping for a bumper year of birdwatching - do keep in touch with your reports and let's have hope for a record year watching together.

Our photo this month is of a goldcrest, Britain's smallest bird, weighing no more than a 5p coin! It's a tiny, quick moving, restless little thing with a minute bill. It's hard to keep sight of it as it darts about in a tree. One of the joys of garden birdwatching!



Francis v 'The Rest'

We were very close throughout this challenge and the result has been in doubt to the very end. Francis and I did a careful check for errors and omissions and we are now in the position to announce the winner.

This is how they do it on television!

"And the winner is" - pause - longer pause - come on, get on with it - **"The Rest!"**

By 37 species for 'The Rest' to 36 species for Francis. We won by a beak, so to speak! Between us, we counted 49 different species.

A big 'Thank you' to Francis, who sportingly accepted the challenge from the rest of the estate to see who could see the most bird species in 2017. I thought that Francis would win the challenge because he has to observe to a committed regime in counting for the BTO, and consequently spends more time watching for birds than the rest of us do.

Consequent upon this challenge, I have updated the listing of the total number of bird species that we have seen on, or over, the estate since I have been doing this Bird-watch column. It now stands at 63 species.

If anyone would like to see the details of this list and challenge result, I will happily email or post them to you.

Recent sightings

Francis started off his new year, as did I, with a longer watch than usual and saw 15 different species, including a **wren**. Another good start but, as he said, he could have done with seeing a wren last year when we were doing our challenge!

Jo had a garden 'tick' at the beginning of January in that she had **green parakeets** on her pole feeder for the first time. I remember the first time I had green parakeets in our garden. I was so thrilled! And this is part of the fun of garden birdwatching - seeing something new out there. I hope that Jo will see some more 'ticks' in the coming months and that we shall hear from her again.

Rod Lake

Home care with a difference



Care in the comfort of your own home

Our care is highly personalised, is built around the needs of the individual and always in accordance with your wishes. We visit when you want us to, at a time that is convenient to you and your family member.

- Award Winning Care
- Highly trained CAREgivers
- Companionship Services
- Home Help Services
- Personal Care Services

If you, or a family member needs a little help, please get in touch, we are here to help. **0208 731 5211**

www.homeinstead.co.uk/wembley
Email: wembley@homeinstead.co.uk

Home Instead
SENIOR CARE®
to us, it's personal.



Each Home Instead Senior Care® franchise office is independently owned and operated. Copyright © Home Instead 2018.

Christmas Lights Competition



What a pleasure it was going around the Sudbury Court and Pebworth Estates to judge the Christmas Lights.

There were many examples of people getting into the Christmas spirit. A special mention goes to 56, 58 and 60 Norval Road and the 3 houses overlooking the green at Littleton Road for their collective displays. As tough as it was to pick out individual decorations, we came to the following decision:

- 1st 50 Pasture Rd - £50
- 2nd 46 The Fairway - £30
- 3rd 8 Blockley Road - £20



Special mention also goes to 112 Abbots Drive which really brought a smile to our faces.

Thank you to everyone who made the effort to brighten up the midwinter.

Paul and Dolores Davies

(Would prize winners please contact:
treasurer@the-scra.co.uk to claim your prize)



3 G's ELECTRONICS

Repairs – Services – Accessories

All makes and all models

141 Harrowdene Road
North Wembley, HA0 2JH

020 8904 8810

Computers, Digital Camcorders, Plasma TV,
Home Cinema Systems, Video, DVD-VCD,
HI-FI, Digital Satellite Receivers, In-Car
Stereos, Accessories, Etc.

All work guaranteed

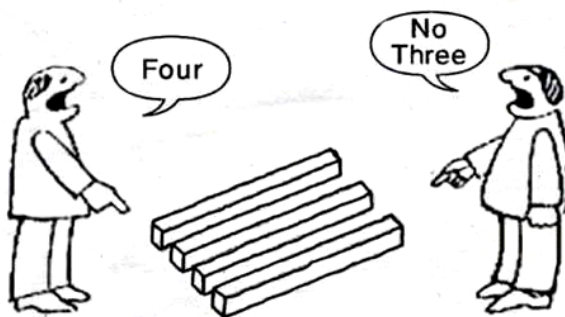
Parts available for all appliances

www.3geeselectronics.com

Pause for thought

"Everything we hear
is an opinion, not a fact.
Everything we see
is a perspective, not the truth."

- Marcus Aurelius



St. George's Nursery- Dragons

Sudbury Hill, Harrow, HA1 3SB

Open 49 weeks a year

Term-time availability



15 & 30 hr
funded
sessions

Managed by
Governors of
St George's
Primary
School.

For enquiries please telephone
020 8423 9846

or email
dragons@stgeorges.harrow.sch.uk



Providing exceptional nurture, care and education.



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

The 'Snowman' picture on the front of last month's Courier gave special pleasure! After a sudden wintry spell of whirling snow, a burst of youthful activity brought him to life. There he stands, perhaps somewhere on the Pimple, all bound up with fallen willow leaves, while in the background are trees of various kinds, bare limbed or evergreen - all have a winter beauty. The snowman has a short life, for as the sun climbs higher and the days lengthen, all nature responds to the challenge of a new season. By the time you read this February edition the signs of Spring will definitely be on the way. Are you ready for some healthy exercise?

Trees are such an interesting and varied feature of our locality. Early one morning Kate took this reflective picture by the lake on the golf course. Trees newly-planted in our grass verges need our care, while majestic old oaks that pre-date the houses on the estate are special treasures, marking the field boundaries of the farms that once occupied the land. Northwick Park is part of this heritage and must be treasured. SCHS wants to encourage the young people who live here now to value all the trees in our neighbourhood and to choose a favourite tree to 'adopt', watching it grow - recording its changes through the seasons, in photographs, drawings and measurements. We shall be arranging a walk later in the year for children with their parents, to explore the park and learn more about its trees.

With this in mind I took a look at Brent's excellent website to confirm the dates of the half term holidays. My gardening finger then led me to look at allotment sites available in our locality. I was delighted to see that some sites may be available **now** at Woodfield

Avenue, whereas many others in the borough have waiting lists of a year, as does our other local site in Sudbury Court Road. With the whole growing season ahead this is the best time of year to take on a plot. It is very easy to apply for an allotment on-line. Cultivating a plot, perhaps shared with a friend, provides a wonderful way to get fit, cut the food bills and win prizes at our Autumn show! You will soon be receiving your Residents Association membership envelope for 2018 and we hope very much that you will take the



opportunity to join the Sudbury Court Horticultural Society. All members will receive the Show schedule with full details of the Society's activities. But as a foretaste, these are the dates of our shows to put into your 2018 diary. The season opens with the **Spring Show on Saturday 10th March. The Plant Sale and Coffee**

morning which I recommended to you last month will be on **Saturday 19th May**, with a closing date for plant orders on **15th April**. The **Early Summer Show** comes on **Saturday 16th June**, and the **Autumn Harvest Show on Saturday 15th September**.

The evening before each show, while setting up the hall, we are planning young people's workshops to encourage young gardeners. All materials will be provided. So on **Friday 9th March**, the challenges are - to sow some vegetable and/or flower seeds in pots to take home and care for and bring to the summer show. There will be an arrangement of flowers for you to draw and colour. You can collect a book for your 'Adopt-a-tree' project. We would like you to bring one or more bulbs in a pot that you have grown at home and/or a photo you have taken of your garden in Spring to display at the show. Make 2018 the year of the young gardener!

Margaret Roake

www.the-scra.co.uk

we're still looking for photos and stories
for the new website,
especially historic photos
Please contact
editor@the-scra.co.uk

Refrigeration and Air Conditioning Specialist

Installation

Services

Repairs



All works undertaken are guaranteed
Engineers are F'Gas Registered.
Free quotation provided
Domestic and Commercial works done

08450 514 636

07956 625 736

Local company serving local people



1009027

40 Elms Park Ave, Wembley, HA0 2RS

info@hilldenservices.co.uk

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 packages 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

50% discount on large area

30% Discount on small area

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

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

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



ANOTHER PERFORMANCE OF ALICE

Following 4 sell out performances, seen by over 120 local people, we are pleased to put on another live Theatre showing of **Alice in the Cuckoo's Nest** on **Tues 6 Feb** at 7:30pm

The play lasts for 70 minutes and deals with the serious subject of mental health. Tickets are £10 (with £5 concessions) and can be obtained from Paul Lorber on 07917094239 or barhamlibrary@hotmail.co.uk

BRENT'S AIRCRAFT INDUSTRY - HISTORY TALK

Local historian Jim Moher will give a talk about the aircraft factories in and around Brent in the early decades of the 20th century on **Wednesday 28 February** starting at 7:15pm



Our last talk on Amy Johnson was very popular with 36 attendees. Please let us know if you wish to come so that we can reserve a place for you. This event is free but donations to Friends of Barham Library are never refused.

NEW TIMES FOR OUR EVENTS

For the Under 5s—Tuesday Story Telling & Rhyme will now start at 11:30 am

Memory Lounge—for people with memory issues and their carers will now start at 11:45 am: incl chair exercise, activities and advice. The sessions are free.

Yoga—An experienced Yoga tutor runs regular 60 minute sessions in the evenings. £5 per session. Get in touch if you are interested.

LIBRARY OPEN 4 DAYS PER WEEK

Mon, Tues, Weds 2:30—6pm

Saturday 12—5pm

We have access to WIFI and plenty of study space.

We have a separate library space for children with a large selection of great books.

SPECIAL EVENT HIRE

Our Library is available for hire when not in use - for small events of around 40 people. Please pop in or phone Paul Lorber on 07917094239 for more details.

660 Harrow Road, Wembley HA0 2HB (the building on the frontage of Harrow Road) buses 18, 92, 182, 204 and H17

ADZ BEEMERZ



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



020 8908 4957
07836 326 927

adzbeemerz@hotmail.co.uk

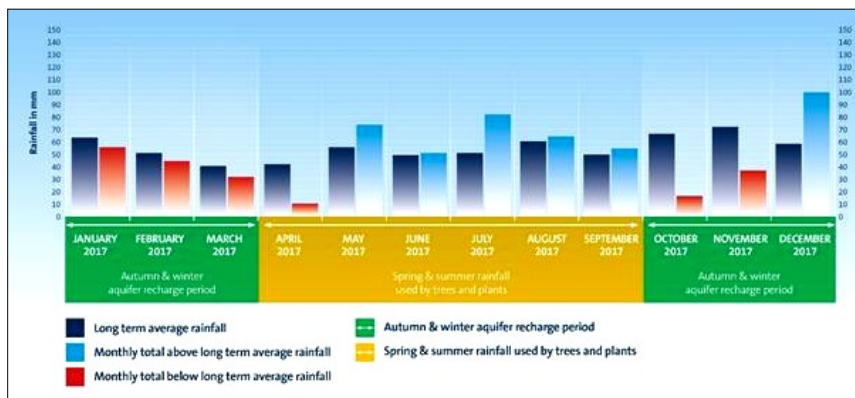
- Diagnostic repairs
- MOT preparation and MOTs
- 23 years BMW experience
- Used car sales



203 Watford Road,
Harrow, HA1 3UA

www.adzbeemerz.co.uk

“Water, water everywhere, nor any drop to drink”



Doing a little saves a lot – these water saving tips really make a difference!

Some of you may recognise the quote in the title—it's from the 'The Rime of the Ancient Mariner' by Samuel Taylor Coleridge.

Thinking it relevant as, even with the wet December we have recently experienced, rainfall has been well below average in recent months/years, which means that groundwater supplies that are used to supply water are low.

October to March is the critical recharge period when rainfall is expected to reach the aquifers (porous rock where groundwater is stored), which are used for 60% of supplies. As October and November rainfall was below average, recharge of the aquifers in some areas was only 24% of the long-term average. Rainfall will need to be significantly above average in January, February and March to reduce the likelihood of water restrictions later this year.

What we can all do to save water

Affinity Water have been running a Keep Track of the Tap campaign to raise awareness of the situation and help people save water at home. There are a number of activities—as well as the water-saving tips below—and campaigns highlighted on their website, as well as FREE water saving devices. Please do take a look at their website. (You will also find the above graphic for rainfall on their website, if some of the text is unclear)

In the bathroom

- * Shorten your shower – take a 4-minute shower instead of a bath – you will save around 50 litres
- * Don't overfill the bath – if you do fancy a bath try and use less water in it – it is easy to save over 30 litres each time
- * Turn off the tap while brushing your teeth, and save over 6,500 litres of water a year and encourage others in your household to do the same
- * Whenever you can, use the half flush button if you have a dual flush toilet
- * A cistern displacement device can save one litre per flush, saving up to 5,000 litres a year.

In the kitchen

- * Save water and electricity by only boiling enough water for your immediate use
- * Use a bowl to wash dishes or vegetables
- * Fix dripping taps and you could save over 5,500 litres of water a year.
- * If you are buying a new appliance look at the Eco-label for water and energy consumption
- * Only run your washing machine and dishwasher with a full load – this uses less water than two half loads.

www.affinitywater.co.uk/savewater

Kids' Page



(Have you got a favourite joke or riddle? If you email it to me we'll print it on this page—see if you can make our neighbours laugh!)

preeyaathecourier@hotmail.com

Jokes

What do you call a pig that knows karate?

A pork chip!

Why did the computer go to the doctor?

Because it had a virus!

Why do bees have sticky hair?

Because they use honeycombs!

What do you call an alligator in a vest?

An investigator!

What has four wheels and flies?

A rubbish truck!

What goes up and down but does not move?

Stairs

Puzzle

A farmer wants to cross a river and take with him a wolf, a goat, and a cabbage.

There is a boat that can fit himself plus either the wolf, the goat, or the cabbage.

If the wolf and the goat are alone on one shore, the wolf will eat the goat. If the goat and the cabbage are alone on the shore, the goat will eat the cabbage.

How can the farmer bring the wolf, the goat, and the cabbage across the river?

Farmer takes Goat across (leaving Wolf and Cabbage behind)

Farmer returns alone

Farmer takes Wolf across

Farmer returns with Goat

* We now have the Farmer, the Cabbage and the Goat on one side and the Wolf on the other side

Farmer takes Cabbage across

Farmer returns alone

Farmer takes Goat across

Did you spot the deliberate spelling mistake?

Answer:- "chip" should be chop





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 - The Friends will be holding a stock clearance sale on **Saturday 3rd February** from 12.noon until 2.30pm. We have a mixture of good quality clothing and linen, some brand new, also bric-a-brac and sundries.

The Harrow School Swing Band will be playing at the Centre for another popular 'Tea Dance' on **Tuesday 6th March** from 1.30--3.30pm, at £5 per person. Please contact Katia to book for the Tea Dance, 0208908 1220

HARROW PHILHARMONIC CHOIR - have started their rehearsals for the Spring Concert on 17 March 2018, in preparation for performing works by Haydn and Handel.

If you are interested in joining a friendly and successful Choir, we are happy to welcome new singers. We rehearse on a Monday evening at 7:45 in Victoria Hall, Sheepcote Road, Harrow (opposite Halfords).

CUTH'S TODDLER'S GROUP—Fun. Play. Stories. Support. Every Friday 10-11.30 (except school holidays) £1.50 per family. St Cuthbert's, 214 Carlton Ave West, HA0 3QY 020 8904 1457 www.stcuth.org

SPIRE CAFE - 3rd Saturday of every month 10am-3pm - Pop-Up Cafe. Climb Harrow's landmark hill for home cooked brunches, snacks and treats. In aid of St Mary's roof appeal. Check out the menu at www.tinyurl/spirecafe. Nick 07771 595 883

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

MO GENERAL MAINTENANCE

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

Call: 07963 447514



www.facebook.com/mogardenmaintenance



CLASSIFIEDS

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



LOCAL CHIROPODIST/PODIATRIST

Professional foot care in the comfort of your own home. Qualified State Registered Podiatrist with over 25 years of experience.

Please call Sue on 07821 771 663.

MUSIC TUTOR—Piano, saxophone, guitar and theory. Learn for ABRSM exams (1-8) or just have fun. All ages welcome. Bmus Hons.
Contact 07508 176 310.
munrajmusic@gmail.com

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 07799 412 756



020 8961 6181

116 123 (free to call anytime)

Jo@samaritans.org



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 | 8,28 |
| Air Conditioning | 24 | Hairdressing | 6,24 |
| Appliance Service/Repair | 21 | Hall Hire | 29 |
| Architectural Services | 18 | Health & Beauty | 12,24 |
| Boilers/Heating, Plumbing | 9,17 | Home Carers | 20 |
| Building Services | 6,11,24,29 | Home improvement | 6,28,29 |
| Car Sales, Servicing, Repair | 13,25 | Nursery, Pre-School | 18,22 |
| Cleaning Services | 8,27,28 | PC/Laptop Repair | 21 |
| Conservatories, Porches | 31 | Printer | 15 |
| Dentist (private) | 10,15 | Property Maintenance | 8,28,29 |
| Doctor (Private) | 14 | Roofing, Gutters | 29 |
| Education/Tuition | 18,29 | Soft furnishings | 7 |
| Estate Agents | 2,32 | Window Cleaners | 8,28 |
| Electrical Services | 7,12 | Windows, Double-Glazing | 31 |
| Foot Care | 16,29 | | |
| Fitness (boxing) | 18 | | |
| Furniture repair | 5 | | |

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
March issue should be received by

10th February 2018

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

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

New Year's Offer for New Instructions!

Letting only:
4.8% (Including VAT)

Sales:
0.6% (Including VAT)

* Terms & Conditions apply (New instructions only. Not applicable to existing clients.)

Lettings: 020 8903 1002
Sales: 020 8459 3333



ALL UK PROPERTIES AT ONE PLACE