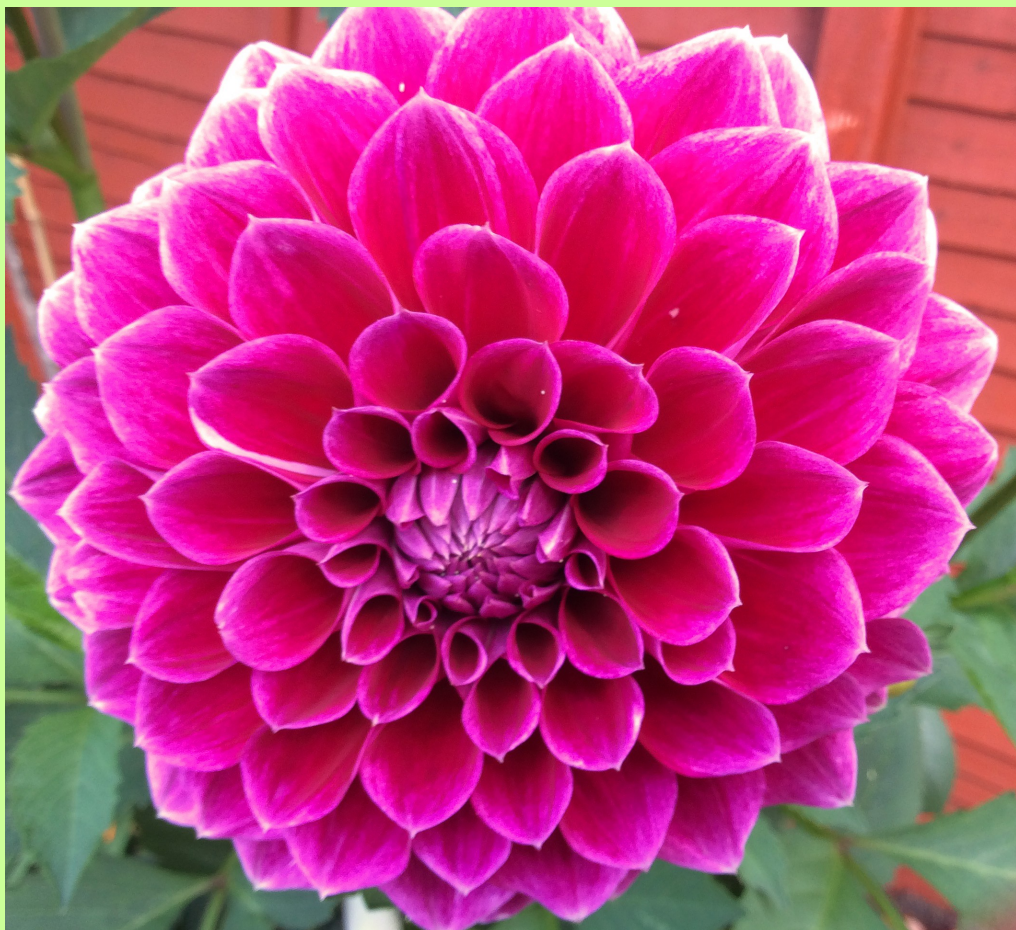


The Community Magazine for the
Sudbury Court and Pebworth Estates

September
2017

The Courier

86th
Year



Thanks to Meena Bhatia—local resident—for this month's cover photo.

Have your say . . .

there are plenty of ways you can have your say this month, see page 3

25Years

1992-2017

We're
celebrating
our 25th
birthday and
would like to
offer you
25% OFF our
standard
fees for
both sales
& lettings.

Sales

020 8904 4888

Lettings

020 8452 7999

Wembley | Sudbury

Neasden | Kensal Rise | Willesden Green





September 2017
Number 179 (1,019)

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

SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

After a number of 'Rain Bombs' recently (who knew that was a 'thing'?), it's good to be looking at some sunshine today. Although, I'm sure Margaret and our other gardeners didn't mind the rain quite so much.

So, there are a number of ways to 'have your say' this month—let me point you in the right direction:

Crime Prevention—pg 4-6—the Safer Neighbourhood Team have their usual update and always keen to hear what residents have to say—they are also happy to add your email address to their mailing list, if you want to have up-to-date alerts, as they happen.

Councillor's Comments—pg 7-11—as well as updates on Byron Court School Expansion, One Public Estate, and the possibility of development on the Westminster University site—both the SCRA and Councillors are keen for you to have your say on proposals, as well as any issues that may occur—especially as a result of the Works at Byron Court

Bikers on Proyer's Path—pg 18—following a number of complaints from walkers about the shared usage of this pathway, please let us have your thoughts, especially if you use the path and have experienced any issues with cyclists.

Shaping Brent's Future—pg 21—The Council are starting work on the new Local Plan, and are organising a number of workshops and drop-in sessions across the borough. I guess we can't complain about what they do, if we don't turn up to have our say! If you're able, please do get involved.

Electric Vehicle Charging Bays—pg 22—there is a proposal to have 2 designated EVCBs near to Wembley High, with provision for adding a 3rd, which will affect residents on East Lane. The possibility of taking out 3 parking bays anywhere on the Estate, given the local issues, might be a bone contention.

I'm still receiving letters re: Controlled Parking Zone (CPZ) - which is such a hot topic. When discussed at the last SCRA meeting, it was agreed that we would attempt to look at all possible options of dealing with the issue of parking across the Estates, and then organise an open residents meeting, in order that you can all come and have your say. I would reiterate that a CPZ is not something that is being imposed by the Council.

New feature, 'Did you know?' - pg 20—if you like this, send us a bit of local knowledge to share with residents for future issues.

And finally, a big 'thank you' to Meena for getting involved and sharing a photo of one of her blooming dahlias for our front cover. I look forward to see what we have for next month.

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**.



COLD CALLING:

Cold calling is the term given to persons trying to sell you a product or service without you having prior contact with them e.g. someone randomly knocking at your door offering you building services, or driveway cleaning.

In the past month there have been a number of cold calling incidents in the area.

Three elderly residents have been defrauded of monies in relation to cold caller "builders"/"roofers" – I use the terms loosely, as they are simply conmen with sales patter.. A total of £8,000 has been defrauded from two elderly residents in two separate incidents.

In one instance, these conmen "roofers" have knocked on the elderly residents' door and said that they were doing work at their neighbour's address (*a lie!*) and noticed that the residents roof was damaged and in need of repair. They then use "expert" sales talk (*con talk*) to encourage the resident to employ them to repair the roof.

One elderly resident paid a considerable amount for little or no work and in another situation, an elderly resident gave a considerable amount of money before any "work" was done – we suspect that there was no intention to do any work in this instance.

Four males have been arrested in relation to two separate cold calling incidents/scams in Northwick Park area – three males at one address and one male at another address, this male also had his car seized.

We appreciate information on cold calling but categorically discourage and warn against using any cold caller "builders", "roofers", "driveway cleaners".

If you know of any elderly residents near to your address, please keep an eye on them as they are more likely to be targeted by these con merchants!

CONTRACTING BUILDERS:

In the past month, I have had to visit two residential addresses in the area with regard to complaints made in relation to building waste left on the street by builders contracted at an address – it was the same builder in both instances. In both cases, the residents contracted these builders having "done their research". What I can say is that this builder had children under the age of 14, on a number of occasions, on the building site; there was also a mess left on the street and public highway. Residents are reminded that if they have contracted builders, then they are responsible and could be prosecuted for any waste/obstruction of the highway left by their builders.

And also, please be respectful to your neighbours

Before you contract any builder check their credentials thoroughly. At the very least you should::

1. ask for their full name,
2. if they say they are a limited company, check with Companies House and any other federations/associations that they say they are a member of.
3. speak to other residents who have had work done by them,
4. what sort of labour are they using (alarm bells should ring if you have a different face at the site every day or children on site, insurance would not cover children on a building site even if they are members of the contractors family),
5. how clean do they maintain the building site and how do they dispose of the waste. These are your problems if not done correctly. You are responsible.

We have had "contractors" working in the area who were from Luton who were using "slave labour" – keeping non-UK nationals in terrible conditions and getting them to do work on addresses for well below the minimum wage.

We also had an instance in the Sudbury Court Estate, where in 2015 my colleagues found a group of confused Romanian males wandering around having had all their bags stolen by a so-called driveway contractor. This contractor had picked them up as casual labour in Cricklewood, earlier in the day, got them to do a full days heavy labour excavating an old driveway in the Northwick Park area, then before he paid them (*no intention to!!*) their wage for the day, he drove them around and around to confuse them, told them to get out move some bricks and when they jumped out to do as he asked, he drove away with their bags on board his van, containing all their worldly goods (their IDs and what cash they had). The Romanian males didn't know the name or registration number of this contractor and couldn't find the address that they had worked on all day in order to try to trace this man.

Please be very aware of who you employ, what contractor you use and set out the way you want them to carry out the works, give staged payments and remember that you are responsible for anything left on the public highway such as skips/building materials etc.

TAX SCAM:

A number of residents have contacted us to state that they have had telephone calls regarding tax rebates or voicemail messages to state that they owe the HMRC monies. There are a number of scams regarding tax and the HMRC. If you get a letter or telephone purporting to be from the HMRC or regarding tax rebates be on high alert, it is most likely a scam, especially if you have received a telephone call from them.

Look on the internet at the official HMRC website if you are worried that the phone call/letter might be genuine, then obtain the telephone number from the website and contact the HMRC yourself. The website for the HMRC is contained in the following website:- www.gov.uk and the HMRC helpline for self assessment is 0300 2003822.

DRUG ISSUES:

There continues to be an issue with youths frequenting THE PIMPLE to smoke drugs, littering and causing a disturbance there. We are regularly conducting patrols there, we

have caught a number of persons there with drugs (cannabis). We are using the Anti-social behaviour legislation to take action against the persons involved.

EMAIL CONTACT LIST:

From time to time, your team send out email alerts about particular crime types in the area or other information that we feel residents might benefit from. It's also a way of us trying to trace witnesses.

If you wish to be part of our email list then please send us your email, along with name and address to: p199114@met.pnn.police.uk

OVERVIEW OF OFFENCES:

(10th July - 10th August)

Burglary residential: Elms Lane (15/7 - 1515hrs, front door forced open, occupier inside, white male suspect fled), Peel Road (15/7 between 1300-1510hrs, rear kitchen door forced, mobile and ipad stolen amongst other belongings), Sudbury Court Drive (19/100hrs - 22/7 1108hrs, no further info), Mulgrave Road (26/7 1800hrs - 1930hrs, side door forced), Oldborough Road (28/7 2100 - 29/7 0300, rear patio door window forced), Willow Way (01/8 1920rs -2225hrs, back door window forced), East Lane (03/7 - 8/8, ground floor rear window forced).

Burglary non residential: Norval Road (17/7 1700hrs - 18/7 0740hrs, outbuilding of house under renovation broken into and tools stolen).

Theft from motor vehicle: Sudbury Croft (11/7, 1630hrs, licence plates stolen), Mulgrave Road (17/7 - 0717hrs - bumper of car stolen, suspect arrested and charged), Peel Road (15/7 - car broken into, believed attempt to steal car) Paxford Road (17/7 2300hrs - 18/7 0700hrs, number plates stolen), Pebworth Road (31/7 1600hrs, number plate stolen), Carlton Ave West (01/8 1200-1210hrs, theft from unlocked car, handbag stolen).

Theft of motor vehicle: Norval Road (13/7 2200hrs - 14/7 0900, 16 plate Merc stolen), Peel Road (19/7 0001-0500hrs, moped stolen, recovered abandoned on 21/7 in The Crescent), The Fairway (23/7 2330hrs - 24/7 0700hrs, BMW X5), Woodfield Avenue (24/7 1700hrs - 25/7 0536, scooter stolen), Peel Road (28/7 0730hrs - 1806hrs, scooter

stolen), Amery Road (10/8 0341hrs, car stolen).

Some Crime Prevention Reminders:

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 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're on your 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.

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

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



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 Keith Perrin - Northwick Park Ward

Email: cldr.keith.perrin@brent.gov.uk or keith@keithperrin.co.uk

twitter: [@perrinsfarm](https://twitter.com/perrinsfarm) Telephone on 07711 561848

Byron Court

School Expansion:

As many of you will be aware, the works have started. Last month I wrote to tell you about the new parking restrictions and hours of operation. Well, from what

I'd like to thank Nicola Martin for the new up to date photo of yours truly - details available upon request.

I can tell, the parking restrictions were rushed through, using a 21 day Emergency Traffic Order with minimal consultation. (I have been told by the Council, however, that letters were delivered to all addresses affected). On the day of implementation of the yellow lines, I am told that a Council Officer and Civil Enforcement Officer turned up on affected doorsteps, and the residents were 'asked' to move their vehicles if they were parked in the street or they would be lifted and re-sited elsewhere. I understand that there are a few upset residents. Please write to me about your experience.

Well, were that not enough, you may recall the no waiting sign in my article last month (replicated here), which should have reflected the new signage to be installed. The



observant among you will have noticed that the signs that went up on the street include Saturday morning prohibition. These signs have been "amended" (by tape) to obscure the Saturday prohibition (for the moment). So far, it has been the same standard of Management as before. However, we now have a new Project Manager so we may see changes!

To summarise what has happened so far - despite promises just as last time - site traffic is not keeping to the prescribed route from The Crescent to Nathans and out via Norval and The Green. If you see construction traffic off route, please report it to me or the Council. Wheel washing facilities have not been provided at the site access (although it is promised later). Consequently, as I write, the pavements and road at the Nathans access are well and truly muddled. We were assured that large vehicles using the Nathans entrance will be guided in and out by a banksman, according to the swept path analyses. But, yes, we have vehicles driving over pavements - and only occasional sightings of that rare creature, a banksman. I thought you'd "like" the photo on the next page - that's one big tyre print.

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



I have mentioned the prescribed route but I am told that there is a problem in that drivers are using Sat-Navs to find the site access, and the Project and Site Managers

are having trouble preventing this. Inevitably, therefore, traffic is not keeping to the prescribed route. After a week, no signage has been installed except the 'No Waiting' signs!!! This is very worrying, as most of the works (to remove four temporary classrooms, the kitchen and dining hall, and build six classrooms, kitchen and dining hall) will be carried out over the seven weeks of the school summer holiday - at a time when the Estate's children are playing out in our normally quiet streets - and not expecting 40 tonne lorries, fully loaded, to be thundering around those narrow and heavily parked streets. A particularly close eye should be kept on our younger residents; we must ensure we do not have a catastrophe.

There are several other noncompliance issues - again, matters of contention during the previous works. You would hope lessons would have been learned. Between writing this article and its dropping on your doorstep I hope to meet with the Project Staff in order to deal with the items of noncompliance, and the damaging and dangerous practices.

I am informed that a newsletter from the Council will be delivered to residents on the 7th August. I will push for them to be delivered to the whole area which was finally consulted during the planning application. Please contact me, if you wish to report anything untoward; photographs and times of events would be appreciated.

Stop Press: I have just been going through last week's planning application report, and saw one for Discharging of Condition 5 of the **Byron Expansion**. "Reason for discharge: To ensure a satisfactory construction process which minimises external impacts on nearby residents." Sadly, I can see nothing at all in the details supporting the discharge to minimise any impacts for residents. I will, of course, follow this up on your behalf with the assistance of our SCRA expert KB@.

Water Leak on Elms Lane - After all my hubris about getting the water leak repaired and the possibility of the road surface being reinstated, I am really sorry to report that the water leak persists. I assure you that the Brent Officer responsible is doing everything he can to get Affinity to fix the leak. There is also an ongoing leak outside 96 Blockley Road; this has been reported to Affinity Water and will hopefully be repaired soon.

Westminster University - As you are probably aware from our previous reports, the University is a partner in the One Public Estate (OPE), which I will cover later. Some

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

information - apparently a matter of common knowledge within the campus - has been reported to me (anonymously) by a member of staff. To quote: "The University has announced that it will be consolidating in Central London in the next two years, so the campus's future now looks uncertain under OPE". There could be one saving grace in the site's Conveyance; it stipulates that the land is to be used for "secondary or further education", with no buildings within 100 yards of Watford Road. (I always wondered why it was set back so far). We just need one of the beneficiaries of the covenant to stand up for us, if we wish to avoid tower blocks etc. I believe the beneficiary of the Covenant is the John Lyon Charity but this need to be confirmed by a solicitor. It may well be worth an impassioned campaign asking for them to enforce compliance with the covenant. However, even if we are up for it, will they agree? But it could be worth a try. Just sayin'

The ramifications for the locality of a high density residential development on the site as proposed in the OPE are quite worrying - even if just limited to the local transport infrastructure and air quality viewpoint. The thought of several thousand new residents arriving to catch the already overcrowded tube to London each morning could be horrifying to you. This is apart from the effect on our landscape of the OPE "Landmark" residential development where they propose "pushing planning density guidelines".

For those of you who remain sceptical, Alper-ton was made a Regeneration Zone some time ago, which meant pushing planning den-sities. The planning guidelines stipulates buildings up to 17 storeys. This has now been pushed yet further - in the granting of planning for Minival House - a mind-boggling 26 storeys. If such substantial blocks were built at Northwick Park, they would dwarf the hospi-tal and might even hide the Harrow tower blocks! However, this is only a view of what could happen, not what will happen. We need to be told.



One Public Estate: Just a quick reminder of what OPE is: combining the land assets around the Hospital, Network Housing and University to "raise capital receipts of be-tween £40-120 million in five years from land sales". It provides *"the opportunity to develop a landmark residential develop-ment of the highest quality, generating sig-nificant new housing supply, pushing plan-ning density guidelines."* I'd like to take this opportunity to reiterate there is no concrete

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

information on specific plans to build on the parkland; there are only hints within the bid documents. They do however; want to "open up this little used open space", and the recent Naylor review for Government on NHS land indicated that Green Belt rules could be "looked at" in pursuit of getting full value for public land. So we are alert to the possibility.

Why bring this up again? Earlier this year, the OPE partners agreed a Memorandum of Understanding. They are now agreeing a 'Draft' Communications Strategy. The items (lifted directly from the document) of note follow. **The last item is a new one to me, and quite scary, if true.**

Help the partnership achieve individual and collective organisational objectives.

Engage effectively with stakeholders

Ensure people understand what is proposed & why

Manage perceptions where necessary.

Ensure the partners deliver a clear and consistent message.

Deliver service improvements that will be funded through the generation of capital receipts.

No partner should be communicating significant project information to a third party without the knowledge/authority of other partners.

Partners should have five clear working days to comment on any communication release issued by another partner.

Communication should be determined around key milestones, rather than specific dates

To agree as a partnership what key outcomes/ messages should be communicated, agreeing one or two key bullet point/headlines on why the project is proposed and the benefits. For example: *the success of this project is vital to enable the future of the hospital in this location.*

Currently a full copy of the Draft Communications Strategy is available upon request.

Houses in Multiple Occupancy - Since 1 Jan 2015, all Houses in Multiple Occupation (HMOs) in Brent are required by law to have a licence from the Council. A HMO is any privately rented property that is occupied by three or more people who are not all related & who share one or more of the home's amenities such as toilet, shower/bath, kitchen

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



It's the responsibility of the owner or the manager of the property to make an application to the Council for a property licence.

Failure to do so will result in the Council taking enforcement action, which may include prosecution proceedings against the landlord and unlimited fines.

Unfortunately, the number of applications from HMO landlords in Brent are not as high as they should be. Some of these landlords live outside the Borough and prove difficult for the Council to contact. Landlords who let out properties in Brent that are HMOs are urged to make a licence application before they get caught and end up with a criminal conviction. Over the past 18 months, the Council has:

- Successfully prosecuted over 100 landlords and agents who broke the law.

- Seen the courts impose over £500,000 worth of fines.

- Witnessed one landlord being sent to prison

The Council's aim is to improve the living standards of tenants in Brent renting private accommodation by engaging with landlords to help them to become more professional.

The Council has leaflets that explain why licensed properties are beneficial to tenants and help protect their rights as renters. The leaflets are available direct from Brent's website.

Regards, Keith

Councillors' Residents' Surgery

Margaret, Keith and Joshua now hold their surgery @ its new home on the 1st Saturday each month from 11-12am at The Community Room St Cuthbert's Church HA0 3QY

Filling in the potholes in Brent

Following its approval by Cabinet, £80k will be set aside to use an innovative patching-method known as 'Jet blasting'. Rather than following the traditional method of cutting into the road around a pothole, removing

broken debris and installing a rectangular patch in the road, a purpose-built road repair lorry jet-blasts debris out of the pothole, before new asphalt is blown into the hole until filled and sealed.

Each pothole repaired in this way is estimated to cost less than half of that of a traditional repair, freeing up much-constrained highways budgets to fix more street defects.

Cllr Eleanor Southwood, Brent Council's Cabinet Member for the Environment, said:

"It's no secret that as well as creating huge gaping holes in public sector budgets everywhere this decade, cuts from central government have also hit the state of our roads hard too.

While we won't have the money to get the roads pothole-free as we'd like anytime soon, we are excited by this innovative method which I hope will deliver more and quicker repairs, leading to improved roads in the borough and fewer accidents and injuries, so that Brent is a more accessible borough for everyone."

See Brent's website for the full details and Press Release—Editor

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. I know that many of you come to our Memory Café. I just so look forward to Thursdays.

I grew up in a family that did a lot of singing. We didn't go in for posh singing. My father was a cockney, so he liked a good knees-up. We were always bursting into song and we needed virtually no excuse for a party. That was one of the reasons I was so happy when we set up our singing group here. I just love to hear the old songs belted out and ringing round the church. Singing is about joy and we all need a bit more joy in our lives.

So I am issuing a personal invite for you to come to the first public outing of the Memory Café choir. On Friday October the 6th at 7.30 we welcome the Metropolitan Police Band to St Cuthbert's and our mob will be the support

act. (admin@stcuths.org for further details). It is free to get in but we will be having a collection for Memory Café so do bring your cheque books!

The theme of the night is community, so we are inviting various community groups to come and give out leaflets and show what they do.

I have lived in many places in London and I really do think that this is the most community-minded place I've ever had the pleasure of living in. I personally think that our Councillors are amazing and the SCRA is a central part of what makes here so good. All we need now is you.

Turn up on the night. Be involved in something good.

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 / IHHHT / 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



I wrote last month about our new Celtic service starting on the evening of the first Sunday of September at 6pm. I hope that some of you come. It will have some beautiful words and a time to be quiet and enjoy being alive.

I have just got back from an amazing holiday on Holy Island—which is one of those places where you get a great sense of the divine. The scenery is amazing and we loved going to the water's-edge and making friends with a friendly seal. As the sun set the colours were astounding and listening to the haunting sound of seals singing was amazing.

I have become very interested in the idea of pilgrimage. Just about all faiths put a lot of store by pilgrimages. The thing about any pilgrimage is that it takes you away from the

familiar so that you can experience God. I know that I get very busy and tend to enjoy activity, but being on Holy Island allowed me to take a break, look around me and appreciate the beautiful world we live in . . . and be thankful for it.

We walked the pilgrim's way. We got muddy feet but it was wonderful. I am planning to take the church up on a pilgrimage to Holy Island next year. I hope that we can enjoy being quiet and being in a place that is incredible. I met an old monk on the island. He said to me that all people need to do is come "and the island does the rest." I know what he means.



I encourage all of us to be on some kind of pilgrimage - a time of walking with others and seeing life anew.

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)

Help! I can't sleep - Part III

Last month I wrote about the dangers of sleeping pills. I rarely prescribe them because of their capacity for addiction; the danger for the elderly who might fall in the night because they are so doped and, more importantly, because we now know that most of them are associated with increased risk of dementia and cognitive decline. What might your doctor offer you if you are in terrible trouble with your sleep pattern? Melatonin.

Melatonin, is a hormone which our body produces naturally when inducing sleep; it is responsive to light/dark and is also effective in helping with jet lag—pilots use it to help adapt to time zone changes. Adapting to different time zones can be quite hard, particularly as you get older, and I will prescribe Melatonin for frequent flyers. As it is not addictive in the same way as the Z drugs, it would usually be my sleeping agent of choice. Interestingly, Melatonin is available to buy as a food supplement in America; it's not considered a drug.

Another group of drugs we sometimes use

are the tricyclic antidepressants: Amitriptyline is used for lots of different problems: depression and anxiety; chronic pain (at a low dose); it can also be helpful in people who have serious insomnia. We start Amitriptyline at a low dose and bring it up to a level required, which might be between 10-50mg at night. Tricyclics are not addictive in the way that sleeping pills are, and for patients with intractable insomnia I am happy to continue long-term prescriptions for Amitriptyline.

Other antidepressants, like Prozac, from the family of SSRIs (similar to the messengers we have in our brains) can also have a benefit on sleep, eventually, but mainly by improving the depression rather than helping you fall asleep, and in fact may keep you awake if you take them too late in the day.

I hope these articles have been of interest. I am planning to write next about my favourite topic: menopause. Do please send any questions or suggestions for articles.

DR JANE WOYKA

MA MB BChir MRCGP DFSRH

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

Front Garden and Hanging Basket Competition Results

Correction!



The winner of the Hanging Basket competition was in fact 56 Pebworth Road and not No 58 as printed. We apologise to the residents of both addresses for this unfortunate typo.

At least we get to see the picture again!



**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



Sharing our Success

Last month we attended the finals of the Federation of Small Businesses annual London awards evening at the Emirates Stadium.

We had been chosen ahead of hundreds of other entries from across the capital and a variety of industries and professions to be on the shortlist in two prestigious categories -the Health and Care Business of the Year and Best Customer Service.

In keeping with our focus on making sure our customers are delighted with the service they receive we felt it was a great idea to invite one of our long-standing clients, Michael Pescott, to be our guest at the awards.

Michael said: "I've been a client of the Foot Comfort Centre for more than eight years. My wife suggested I go to see them as I had a foot issue and I've not looked back.

"The service is fantastic, the centre always spotless and I know that Firoz and his team are honest, professional and genuinely care about people.

"I'm 70 years-old and can confidently say that the centre has helped me to stay mobile which has meant I can enjoy a great standard of life. I live in Harlesden so I need to travel a fair distance to get to the centre but it's always worth it.

"I've met Firoz's wife, Jo and their lovely daughters, and rather than feeling like just another client they make everyone, not just me, feel special, valued and listened to.

"I've referred the centre more times than I can remember – even to strangers I've met walking down the street who seem as if their feet are giving them a problem.

"When Firoz invited me to share their evening at the awards I was delighted and it was a fantastic experience."

Thanks for the kind words Michael and it was a pleasure to share the evening with you, and although we never won simply making the finals in a London wide competition was a big achievement for us.

Thanks for reading,

Firoz

For 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



Once upon a time



From a local resident:

"In an ideal world, children are read to by their family members, but, with such busy lives these days, this often doesn't happen. In Primary School, a teacher with a class of up to 30 children just doesn't have adequate time in the week to listen to each child read.

I had the idea, some time ago, of setting up a scheme whereby old people living near a school could come in for about half an hour one day a week, (at no cost) to listen to the children read on a one-to-one or small group basis. After the reading session they could tell the children something about their lives. Older people have so much to offer; they are walking/talking history books. In my own case: I was born in a house with no internal washing facilities/toilet/water supply, and no electricity—relying on oil-lamps and candles. I learned to write on a stone (slate and a slate pencil using a wet cloth to wipe off the stone dust) and ended up being a Head of IT!

The older people would also benefit greatly from the scheme—in terms of activity, laughter, purpose, and combating isolation.

I have noticed recent TV programmes have shown that there is an interest in inter-generational activities, and maybe now is the time to dredge this idea up again. I thought I would pass the whole thing over to you to see if any of you have any ideas as to how this might be achieved. If you have any sympathy with my idea and can suggest a course of action, I would be most grateful for your input."

I would like to add that I ran an inter-generational story-telling project (not reading) in a Brent Boys Secondary School, about 4 years ago— 5 elders from the Caribbean community (aged 82 to 93 years!)—who had all moved to London in the 1950s, sharing stories and experiences with 10 local 13year old boys. It was incredible. One of the 'naughtiest boys in the school' became the most polite, empathetic, engaged young gentlemen—even staying with the elders at break time, serving them tea and biscuits. The elders laughed, listened and encouraged. It definitely works for both sides.

So, if any of our readers have any ideas on the reading scheme, please contact me and I'll pass it on. Thanks, *Kaye*



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



REGISTERED PLUMBER



safe
REGISTERED

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 HA0

Bikers on Proyer's Path, Northwick Park -

Several residents have complained about cyclists using this footpath (which is now part of the Stanmore to Thames Cycle Route) who, if the reports are correct are scaring walkers on this public footpath.

Do you use this footpath? what are your views on this shared use of the path? Please contact your Councillors or the SCRA and let them know what you think.

Grass cutting in our parks - To save costs Brent have decided not to mow parts of our parks and grass verges, it's generally thought to be environmentally friendly. This idea has been suggested by some ward residents.



**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



No more hiding!

Last month I was telling you about a lady **blackbird** who was constantly pestering me for suet treats.

I misled you. Actually, I misled myself as well.

I said that I thought she would stop coming for food when her brood had fledged. What I hadn't realised was that as soon as her first brood had fledged, she started on a second and so continued coming to me for supplies.

As things worked out, I happened to see her second brood fledgling poking around my pond one morning. He was a strapping young lad, strongly speckled and looked very fit – I think he'll go a long way in life!

From that day on, my lady blackbird did not come to me for food and has not since. She is very tame, and we meet socially from time to time, but she does not ask for food any more.

Some of you will share with me the quite humbling experience of such a relationship with a bird. It's great.

Fledglings galore

From the middle of July, every time I spoke to a fellow birdwatcher, our conversation has begun with their news of watching fledgling birds making their first forays into the wide world beyond their nests.

Sometimes the parent birds have still been with their offspring showing them what to do and one friend watched both **kestrels** and **green woodpeckers** fledging. **Crows** and **maggies** have also been seen on their first flights. I counted eight **green parakeets** on my feeders and most of them were fledglings!

Most of the smaller birds have already fledged, but one friend has been watching the nesting activities of **wrens**, which have nested unusually high up.



Holiday time

I resolve, each year, to take some holiday pictures of birds, but rarely succeed! If anyone does have any luck, please copy me in and we may be able to reproduce it on this page.

I did take the picture of a black headed gull, when walking through Arundel last year. With the quality of our magazine's photographs, you should be able to see that it has a dark brown head, rather than a black one. You need to get close to really appreciate that.

Recent sighting

Towards the end of July, I was thrilled to see a pair of **willow warblers** flitting around my pond. I have not seen a pair in the garden before and it was very exciting. Willow warblers are beautiful birds, with smooth sleek lines and amazing clarity of their lemon green colours.

They are the most likely warbler to visit our gardens during the summer. You will know at once that it is warbler should you see one, because they are so different. The only word that comes to mind is that they are "aristocratic!"

That's a 'tick' to add to our bird-watch list. Although I have seen this species in my garden previously, it seems that I haven't recorded it properly before.

Rod Lake

Did you know . . . ?

We would be interested to hear from anyone who would like to fill this page with bits of local history, or something you've discovered, locally, that you think other residents might be interested in – e.g. a lovely place to walk, or an interesting museum - or even the best local cake!

The inaugural piece, submitted by Keith Perrin, who - as most of you will know, is a local resident as well your Councillor.

“**Did you know**” that (Pre 1939) Mulgrave Road was originally designated Croft Road?

A bit of history of Sudbury Court - "Harrow Manor belonged to the archbishops of Canterbury from the early middle ages, until 1545, when Henry VIII 'became' the owner. Henry sold the estate to **Sir Edward North**. The North family sold to the Pitt family, whence it came to Alice Pitt and her husbands, Edward Palmer and then Sir James Rushout. The Rushouts acquired the **Barony of Northwick** in 1797. The estate stayed in the family until the death of the 3rd Baron, Sir George **Rushout-Bowles**, in 1887. His widow left the estate to her grandson Captain E. G. Spencer-Churchill who sold the land in the 1920s. Harrow Manor held manorial rights over the whole area and the chief demesne farm in the centre of the parish; this farm was known as Sudbury Manor or **Sudbury Court**". Credit Pics 2: London City Archive.

The site of the Manor/Court/Farm is by the



junction of Sudbury Court Road, Elms Lane and Bengeworth Road; the remains of the Manor/Court buildings now lie under the gardens of 57 - 61 Sudbury Court Road and the gardens of 7 - 10 Kenelm Close. Credit: Brent Archive.



Finally, One Hundred Elms Farm circa 1927, yes, it's Dyson Court now. Amazingly, the building on the left still exists.





Shaping Brent's Future Together



The council is starting work on a new Local Plan, which will shape how the borough is developed over the next twenty years. There are key challenges for the Plan to address including:

- ♦ How do we ensure there is enough housing to meet everyone's needs?
- ♦ How do we create employment opportunities and promote economic growth?
- ♦ What infrastructure and community facilities do we need to support new development, including how many schools?
- ♦ What is the future role of our town centres?
- ♦ How do we create places that promote health and well-being?
- ♦ How do we ensure development is sustainable, high quality and protects the environment?

It's important that everyone with an interest in Brent is able to help shape the Local Plan and there will be plenty of opportunities to get involved, starting with workshops and drop in sessions across the borough in September 2017.

Why get involved?

Have your say on the issues that affect how you live, work and socialise in Brent. Interactive workshop sessions will cover:

- ♦ What is the Local Plan and how it will affect key issues like housing, employment, town centres and community spaces.
- ♦ Different growth options as we start to think about where housing, employment and other forms of development will be built.
- ♦ Explore what's important about your local area and opportunities for it to improve.
- ♦ What you want your area to be like in the future.

Each workshop will focus on particular wards in the borough. There will also be opportunities at all workshops to comment on Brent as a whole.

The workshop for Northwick Park, Preston and Sudbury wards will be held at St Andrew's Church Hall, 956 Harrow Road, HA0 2QA on Monday **25th September** 7-9pm.

You do need to register, and if you have any questions, please contact:
planningstrategy@brent.gov.uk

There are also a number of drop-in sessions—2 at Brent Civic Centre on **7th and 19th September** 11am-3pm. With more dates to be confirmed.

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

Local Residents



THE TREE OSCARS!!

On 11 July 2017 Sophie Seifalian, was honoured by the Mayor of London for her individual commitment to the tree planting project on the Sudbury Court and Pebworth estates. Sophie ran the project, which took almost 4yrs, making sure trees were planted in areas where there were none, or where trees needed to be replaced.

It was because of Sophie's efforts that the SCRA managed to obtain funds from the Mayor's tree-planting initiative 'Releaf', she also set up an account for donations from residents, which meant- thanks to your kind efforts - we were able to buy additional trees.



Our congratulations to Sophie who is the first person from the SCRA to receive the Tree Oscar plate. The honour is shared with five other community groups from Brent.

The Tree Oscars event was well attended by other community groups from all over London; it was a good opportunity for sharing ideas.

Sophie along with Martin Page of Brent Council, are already busy with a new project to replant our Main Roads with the remit of reducing pollution. Our thanks go to Sophie and the team at Brent Council

for making our estates look so beautiful.

Sukaram Chopra (I also managed to sneak into the picture!)

Councillor Comment **STOP PRESS**

Electric Vehicle Charging Bays - Is there a requirement for Electric Only Vehicle Parking Bays in the Sudbury Court area?

Your Councillors recently received a 'Prior Consultation Notice' for the installation of two Electric Vehicle Charging Points (EVCPs) close to the junction of Oldborough Road and East Lane abutting the Green and very close to the entrance to Wembley High - this area is already very heavily parked during school term times, so the reservation of two 'parking bays' will be a considerable loss to the area.



The consultation, due to be conducted during August, only involves 5 (84-92) properties on East Lane, and asks? **"Do you agree with the introduction of an Electric Vehicle Charging Point and Associated Electric Vehicle Only Bay on East Lane?"**

Anyway, to the reason for writing this article is to ask residents of Northwick Park Ward if want EVCPs and therefore reserved bays to be installed locally, and if so, where would they be best placed? Please do let us know directly or via the SCRA.

Currently your Councillors are against this scheme, at this location. We ask, which residents would use them?



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society
Your local gardening club

This year's stormy August leaves us plenty to do in the garden; staking and tying-in plants blown about by the wind, deadheading and cutting back foliage that has overgrown its space.

Sudden showers have brought on a fresh crop of weeds needing attention, as well as self-sown forget-me-nots and love-in-the-mist, but these may be allowed to flourish giving Spring colour next year.

Harvest time - the season of nature's bounty is upon us. Blackberries, plums,

apples and beans are there to be shared, while three tomato plants bought at the SCHS plant sale in May are giving a plentiful supply of fruit.

Childhood memories recall the pleasure of growing plants from seed. In those days a sixpenny packet of Bees seed from Woolworths went a long way. But flowers come in and out of fashion, so some of the annuals that I remember have been hard to find. On our trip to Wisley on 1st March I was delighted to see, among the hundreds of seed packets, Larkspur, Godetia and Clarkia. I snapped them up at £2.50 a packet! Sown in trays in the greenhouse they germinated well but the young plants languished there awaiting the right conditions to plant them out. They are flowering now, rather late! Larkspur with delphinium-like flowers on branching stems in pink, white and many shades of mauve and blue is wonderful in pots. Godetia, (pictured), has open bell-like flowers in many shades of pink. Clarkia suffered from late planting out so the pretty feathery flowers were soon over. Clarkia would be better planted straight into the

ground where it is to flower. It is profitable to allow the seed of all these annuals to ripen and to harvest it for next year. We hope that families will encourage their children to enjoy



gardening, for it offers lifelong pleasure and interest. Gardening relieves the stress of life and brings us close to the natural world.

Please remember the SCHS Autumn Show on **Saturday 16th September**.

Bring along your harvest fruits and vegetables, flowers and pot plants between

11 am and 1pm. Chrysanthemums and dahlias should be at their best. Allotment holders will have all kinds of vegetables in prime condition. For photographers - the theme of 'Sky, Clouds and Light' may appeal, or perhaps three prints of 'Trees', or 'A Royal Event', or for under 16s 'On a Family Outing'. There is always an open class if you have a super picture that does not fit into any of these themes. Young people, and you can see I want to encourage them! - are challenged to make a fruit and vegetable monster or a model in playdough or clay. Also we hope they will take an interest in the trees in our gardens, streets and parks. Maybe, towards the end of the holidays, take out a drawing pad and make a careful picture of a particular tree, giving its name. Bring your picture to the show - there are prizes to be won! Everyone is welcome to come and have tea and view the exhibits from 3.30pm. If you can think of ways to improve our shows, or ideas for garden outings next year, do be in touch with one of the committee. All ideas are very welcome.

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

CLIVE SHORT

GARDENER

City and Guilds Qualified

R.H.S Qualified

020 8428 7230

07956 583 413



SOFT LANDSCAPING
INITIAL MAINTENANCE
HEDGE TRIMMING
LAWN MOWING
WEEDING
TREE & SHRUB
PRUNING
PLANT DESIGN &
CREATION
CLEARING, ETC

Rosalina Hair & Beauty

صالون روزالينا للسيدات

Highly experienced stylist in colouring, threading, 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



THE MEMORY LOUNGE

With encouragement from Rev. Steve from St Cuthbert's a group of volunteers have started a 'drop in' Memory Lounge at Barham Community Library on Tuesdays from 11a.m. to 1p.m.

The FREE sessions provide a relaxed atmosphere to discuss any concerns, obtain information, advice and guidance, activities and refreshments.

For more information please contact Kamlesh by email on thememorylounge@gmail.com or by phone on 0203 355 8673 or 07732 309 991

Anyone coming along can also join the Brent organised walk which take place in the Park from 10:30am Tuesdays and then pop in for tea/coffee & biscuits in our Community Library.

TABLE TOP SALE

Saturday 2 September 12 - 3pm

To raise money for activities for young people at our Library

There will also be food and refreshments. Please come and support your local Library.

SALE BOOKS & VINYL RECORDS

To create more space for new arrivals we are having a sale of our hard back book fiction, history, art etc collection. We also have over 200 vinyl records with great classical and jazz and other collections.

Please come to the Library at 660 Harrow Road Wembley (building in Barham Park on edge of Harrow Road) with buses 18, 92, 182, 204 and H17 stopping nearby.

ACTIVITIES

Under 5s Story & Rhyme sessions are being held on Tuesdays 10:30 and 11:30am

Book Reading Challenge and **Art & Craft** for 6-11 yr olds - during school holidays. Please contact Paul for full details.

Barham Walkers - refreshments. Tuesdays 11-12
Sewcial - knitting & chat. Wednesdays 10.30-12.30

Book Club - contact Paul to confirm full details
English Classes for women - resumes in October
Paul barhamlibrary@hotmail.co.uk



SUDBURY TOWN STATION SHOP

We sell books, records, CDs, DVDs and other items to help pay for our £12,000 running costs.

Support us by donating items for sale, or popping in to buy something—you never know what treasure you might find.

The shop is often open Mon-Weds 3-9pm.

VISIT OUR COMMUNITY LIBRARY at Barham Park

Current opening hours:

Mon, Tues, Weds: 2:30 to 6 pm

Sat: 12-5pm

If you'd like to join us as a volunteer, we can extend our opening hours and add more activities.

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

Kids' Page



Hello Kids -

How are you all?

Please email me your best jokes and riddles

preeyaatthecourier@hotmail.com

Jokes

What did the zero say to the eight?

Nice belt!

What do you call cheese that's not yours?

Nach-o cheese.

What did the hat say to the scarf?

You hang around, and I'll go on ahead.

What time should you go to the dentist?

Tooth hurty.

What did one firefly say to the other?

You glow girl!

What did one ocean say to the other?

Nothing. It just waved.

Why did the tomato blush?

Because he saw the salad dressing.

What do you call a dinosaur with only one eye?

Do-you-think-he-saw-us!

Riddles

What am I?

I am paper's enemy.

Keep me away from small children.

You use me in art class.

I can change the style of your hair.

Please don't run with me in your hands.

Scissors

What am I?

The ocean is my real hom.

Humans trick me to bite.

I am an easy pet to look after.

Gold is a common colour of me.

I like to blow bubbles.

Fish

What am I?

I am a safe ride.

I go very high in the sky.

You will get service on me.

You can watch a movie inside me.

I might make your ears pop.

Airplane

Did you spot the deliberate mistake?

Answer - 'hom' should be home





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 - will be hosting a tea party sponsored by Santander on **Thursday 28th September** from 1.30- 3.30 pm. All welcome, tickets £7 each to raise funds for the Centre. Phone 020 8908 1220 to book a place for an enjoyable social afternoon.

HARROW PHILHARMONIC CHOIR - First rehearsal will be on **4th September** 2017, 7:45pm -9:45pm, for the 2017-18 season, at Victoria Hall, Sheepcote Rd, Harrow.

New members welcome. Please contact our membership secretary: 020 8866 0382

We are preparing for **Voices 4 Hospices—St Luke's**, on Saturday **21st October** at 3:15pm, in the Harrow School Speech Room. Put it in your diary now - and we'll remind you next month. This is a unique opportunity to hear eight of Harrow's choirs performing together to support St Luke's Hospice in Harrow.

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

3 G's SERVICE CENTRE

Repairs – Services – Accessories

All makes and all models

141 Harrowdene Road
North Wembley, 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

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



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.

LOCAL GARDENER

Available to help maintain tidiness for all who love and enjoy their gardens. Reasonable rates. Phone or text John: 07594 194 174, 116 The Fairway HA0 3TJ

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

SAMARITANS



Brent: 0208427777
Harrow: 02089616181
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	9,24,28
Appliance Service/Repair	28	Hairdressing	6,24
Architectural Services	18	Hall Hire	28
Boilers/Heating, Plumbing	17, 21	Health & Beauty	12,24
Building Services	11,24,28	Home improvement	6,28
Car Sales, Servicing, Repair	8,13	Nursery, Pre-School	18
Cleaning Services	27,28	PC/Laptop Repair	28
Conservatories, Porches	31	Printer	15
Dentist (private)	10,15	Property Maintenance	9,28
Doctor (Private)	14	Roofing, Gutters	28
Education/Tuition	26,28	Soft furnishings	7
Estate Agents	2,32	Solicitor	20
Electrical Services	7,12	Window Cleaners	28
Foot Care	16,29	Windows, Double-Glazing	31
Fitness (boxing)	18		

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
October issue should be received by

10th September 2017

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

Starter Checklist for LANDLORDS

Being a landlord can be very rewarding, but without a doubt, it involves a lot of work. That is why Property Hub has compiled a starter checklist to give landlords a firm idea of some of the things they need to know and do before opening their property's door to the tenants.



- Ensure the property is safe and clean
- Arrange an EPC (Energy Performance Certificate)
- Check if your property requires a Landlord Licensing
- Give your property the right exposure
- Carry out a Right to Rent Check (immigration)
- Check your prospective tenant's reference and credit
- Arrange a Gas and Electric Safety Certificate
- Arrange an appropriate tenancy agreement (contract)
- Apply for a landlord insurance (to protect your property)
- Protect your tenant's deposit in government approved scheme
- Serve prescribed information of Deposit, handover an agreement to tenants
- Conduct a professional inventory and take signatures
- Transfer utility bills and inform the local authority of new tenants
- Give payment instruction to tenants for future rent, along with your contact details
- Make sure to conduct the periodic inspection
- Give rent receipt to your tenants

We hope the checklist gives you the head start you need before letting your property and should you need our help, feel free to contact us. We can provide you hassle free, smooth letting and management.

Property Hub's offices:

Wembley Branch:
Tel: 0208 903 1002

Willesden Branch:
Tel: 0208 459 3333



ALL UK PROPERTIES AT ONE PLACE