

The Community Magazine for the
Sudbury Court and Pebworth Estates

June
2018

The Courier

87th
Year



Are you up for a challenge?
(See page 8)



We are selling houses quickly.

To find out how much your
property is really worth,
call the leading
local agent today for a
free market appraisal.

020 8904 4888





June 2018
Number 188 (1,028)

Chair: 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,

I'm writing to you from my back garden - sun shining, blue sky. Lovely! Let's hope it stays that way.

With the warmer weather, the Safer Neighbourhood Team (pg 4-7) have some timely reminders of what we should be doing to safeguard our property and to be considerate neighbours . . .

. . . Which brings me on to your challenge! See pg 8 for details, and a few reasons why you should get to know your neighbours—you don't need to be 'best friends' - but it's in all our interests to safeguard our community; and knowing your neighbours is part of that.

Following the local elections, we have 2 familiar faces still representing us—Cllr Keith Perrin and Cllr Margaret McLennan—see pg 10-11 for an introduction to our new representative.

A bit of late news on pg 12—re: the potential of development on The Ducker—although we haven't got access to many details at the moment, but we will keep an eye on what's happening and let you know. Also, residents may be interested in plans for traffic calming on Sudbury Court Drive.

We're also looking for a few volunteers—just an hour or two—details are on pg 14—we look forward to hearing from you :-)

Details of the annual Senior's Outing on pg 15—and your opportunity to book—there are limited seats on the coach, so do book early to avoid disappointment.

On pg 25, there's a summary of the discussion points from our Community Meeting on 12th May. It was good to see so many residents attending; there was a general consensus that people getting to know each other, locally, was a good thing for all of us as a community. Although a couple of people did talk to me afterwards - and their comments were along the lines of: 'it won't work; we've tried getting people to get to know each other before; we've tried everything'. Well, I'm sure things have been tried before—and I know I've mentioned it a number of times in *The Courier* over the last couple of years—but I don't think we should give up, and I certainly don't think that people, in general, would prefer to be isolated in their own community. So, I'm interested to see what happens next . . . Over to you!!

Until next time.

With best regards,

Kaye

Northwick Park Safer Neighbourhood Team

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

Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**.

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

For Crimestoppers dial **0800 555 111**.



COMMUNITY EVENT DAY:

Sat 7th July 13.30 – 16.30hrs, St. Cuthbert's Church off Watford Road. Attended by your police team, there will be bike marking, crime prevention advice and free crime prevention kits. Specialist police support units such as police dog handlers and their dogs and officers from the mounted branch on their horses will be there, police vehicles and fire brigade.

Come and meet your police team, your local councillors and fellow residents. Put it in your diary!!

Burglaries:

At the time of writing this article on the 10/05/2018 our burglary rate for the ward is on average about 2 per week, there is no clear pattern other than quite a number of burglaries are occurring after midnight and a number of the houses broken into have been vacant for a number of days: occupiers away on holiday. In early April, a prolific Sudbury-based burglar was arrested in the act of breaking into a house in Sudbury, he has been on remand for the most part since then. A sighting of white males after midnight in the area of Garden Court is believed to be burglars, as they were seen to garden-hop, going from garden to garden, they are believed to have a blue ESTATE car – no further on the description of the males or the car.

Residents are asked to be vigilant and report immediately anyone garden hopping, this is an intruder / trespasser, so believed up to no good, please ring police on 999 if you witness someone who you believe to be a burglar garden hopping.

Your team has been conducting plain clothes patrols in unmarked police cars on the look-out for any would-be burglars.

As summer is upon us please, please also be aware about leaving your doors and windows open at night, during the hot weather. Opportunist burglars can sometimes creep in

at night-time during the hot weather when windows are left open. Use window limiters in order to limit the amount that the window can be open when you are asleep.

Burglar Alarms:

Following on from this, when we ask residents to be vigilant, this is all well and good, however, if resident's burglar alarms are faulty or they leave the window open so that the alarms activate then local residents can become immune to the sound of the alarm and ignore it. Please ensure that your alarm is not sounding without just cause. We recently visited an address in Nathans Road whose house alarm was sounding in the afternoon, only to find that one of the windows was left ajar and apparently this alarm regularly goes off.

If you hear your neighbour's alarm sounding please keep an eye out and investigate whether there are any intruders visible, or any signs of a burglary in progress – if you think that there is a burglary in progress ring 999 immediately.

Noise issues:

Following on from house alarms sounding unnecessarily, are the noise issues that we can receive complaints about during the summer when inconsiderate neighbours have loud parties. In fact, this is not always isolated to summer time, however, your team and the council receive an increase in complaints of this nature in summertime when residents have raucous barbecues and loud parties. Residents might find themselves subject to council and police action at any time if the level of noise generated by a party is to excess, it doesn't matter what time of the day. As a resident, please be considerate towards your neighbours in respect of causing noise, whether this be by having parties or building noise, listening to music. Whilst the Council take primacy in

Investigation into noise issues please feel free to let us know as well.

Bonfires and barbeques:

In short, I advise you not to have bonfires or smoky barbeques: you live in a built up area and smoke will cause a nuisance. The following is taken from the Brent Council Website in respect of smoke nuisance.

"We recommend that you do not light bonfires as it is highly likely that the smoke produced will cause nuisance to your surrounding neighbours.

There are very few days in the UK where the weather allows smoke to rise directly upwards and disperse without causing nuisance such as on days where there is almost no breeze.

However if you do have a bonfire, please be aware that it is an offence to cause a smoke nuisance or emit dark or black smoke from the burning of trade waste.

If you are affected by smoke from a domestic property, often the best approach is to talk to your neighbour and explain how the smoke is affecting you. If this does not remedy the situation please the Council for further assistance.

Homeowners and landlords should note that if you have contractors or builders working at your property, you must ensure that any waste materials are not burnt. This type of waste would be considered to be trade waste and, as such, burning would be an offence which carries fines upon conviction of up to £20,000".

Littering issues:

Your team have a zero tolerance approach to any fly tippers/litter bugs - if you do this you will be prosecuted.

Residents are reminded that putting WASTE ITEMS on the pavement outside their address is an offence – it is fly tipping and there may be additional offences such as obstruction of the pavement.

You should not put your waste on the pavement.

Landlords are reminded to keep an eye on their tenant's activities and the appearance of their rental property: landlords should ensure that their tenants dispose of their waste in a correct manner.

Drug issues: Pavillion and The Pimple:

Your team continue to carry out patrols in both uniform and plain clothes to catch drug dealers and users who are frequenting your parks, using drugs and littering and causing ASB (anti-social behaviour). We have had a number of successes in this respect. Drug dependency can also be a cause of other crime. If you have any information or complaints in relation to illegal drug use, or drivers that you know are driving under the influence of drink or drugs, then please let us know.

Overview of offences:

10th April—10th May:

Burglary residential: Peel Road (in 30s odds side, between 1930hrs – 2030hrs on 12/04/18, entry via the rear door, jewellery and cash stolen); Blockley Road (in 10s odds side, occurred from the 4/4/18-14/4/18, whole pane of glass removed from rear door, jewellery and portable computers stolen); Amery Road (in 20s odds side, between 0130-0730hrs on 18/04/18, occupier inside asleep, front door forced open, car stolen and subsequently recovered); Carlton avenue West (in 40s evens side, around midday on the 16/04/18, entry believed gained to the house whilst the occupier left the front door open when gardening, jewellery stolen from bedroom); Pasture Road (in 50s evens side, 0800-0945 on 25/04/18,

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 : rsfurnitureservices@gmail.com

send photos with enquires

entry via rear door, cash and personal documents stolen); Holt Road (in 40s evens side, 1000hrs on 27/04/18 – 2000hrs on 29/04/18, rear kitchen door forced, house ransacked); East Court (in 30s evens side, 0005hrs - 0300hrs on 30/04/18, elderly occupier asleep, key barrel removed from rear door, untidy search of address, cash and bank details stolen); Hill Road (in low evens, house under renovating, 0130hrs on 08/05/18, security on site heard intruders, suspects fled on discovering someone inside)

Commercial burglary: Watford Road (near junction with John Lyon Roundabout, 0330hrs on 17/04/18, shutters to the shop forced open, alarm activated, tobacco and other products stolen)

Attempted residential burglary: Nathans Rd (in low odds side, 0140hrs – 0200hrs on 11/04/18, house alarm sounded occupier asleep, rear patio door lock removed, suspect fled); Littleton Road (very low evens, 2035hrs on 13/04/18, house alarm activated, no entry gained but attempt to access the house via the rear PVC door);

Theft from motor vehicle: Nathans Road (in 20s odds side, 1630hrs on 05/05/18 – 1330hrs on 06/05/18, back pack stolen from car parked on the street, no damage caused

to car); Northwick Park Hospital car park (9/5/18 between 0650hrs and 1730 hrs, window smashed and property removed); Northwick park hospital car park (09/05/2018 0730hrs – 1900hrs, window smashed, property taken)

Theft of motor vehicle: East Lane (in 180s odds side, 2200hrs on 30/04/18 – 1140hrs on 01/05/18, motor cycle stolen from driveway of address);

Crime Prevention Advice: Burglary -

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



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

- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!

- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.

- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.

- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your 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 to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try to 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.

Bicycle Thefts -

- ♦ Ensure that you secure your bicycle with a substantial lock at all times and leave it 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.

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.

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

Belgrave Sew Creative

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

We design, make and fit made-to-measure

**Curtains, Pelmet, Cushions;
Roman, Cascade, Roller, metal /
wood Venetian, Pleated blinds etc.**

Professionally made by us in our workroom, we also supply fabrics, tracks and poles to order.

Call: Mertis 07712123783

mertisbel57@gmail.com
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



Your Challenge—should you wish to accept it . .

. . . To quote Mission Impossible (sort of) — which some people have told me this challenge is, i.e. Impossible!

Your challenge is to talk to 5 of your neighbours, and I mean neighbours that you haven't met yet.

“So what's in it for me?”

I hear some of you ask—well, we are far more likely to look out for someone that we know—it's human nature! So, what's in it for you?

- ♦ Your neighbours are far more likely to be considerate to you, if they know you.
- ♦ People are far more likely to look out for your property when you're away , if they know you.
- ♦ People are far more likely to pick up a bit of shopping for you or take in a parcel if they know you.
- ♦ They're far less likely to object to your planning application if you talk it through with them, and they know you.
- ♦ They're far less likely to block your driveway with inconsiderate parking, if they know you.
- ♦ And there are many more reasons. . .

Hidden Health benefits

Some studies have shown that having good neighbours can reduce your risk of suffering a heart attack! There is also evidence that building social connections generally (and that doesn't mean social media connections!!) can have mental health benefits and even significantly reduce your stress levels!

“I don't want to be a nosy neighbour!”

Some people are concerned that they don't want their neighbours knowing their 'business', and don't like the idea of people 'watching'. It's not about that.

What certainly came out of our Community Meeting on the 12th May (see pg 25), in terms of community safety and reducing anti-social behaviour locally, was that residents keeping a look out is massively helpful to the Police, especially with their limited resources. Let's see if we can deter the criminal element from targeting our estates, by sending out a message that if they come here, we will notice. Don't leave it up to others—join in!

So . . . Will you take the challenge?

Go and meet 5 new neighbours, and encourage them to do the same. Point them to this page . And don't be put off if they say they're not interested, it may be that they're taking note of all the warnings regarding cold callers!!



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

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.



Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

Email: cldr.robert.johnson@brent.gov.uk

Dear Residents,

As your newly-elected Councillor, I just wanted to introduce myself to you.

I came to England in 1961, as a 3 year old, to join my grandparents and my mother who came as a direct result of the United Kingdom's call to people from the commonwealth. I am a British citizen. I have been through the education system and I have contributed to many parts of society since arriving in 1961. I have lived in Brent since 1970 and became a Northwick Park resident in 2011. I have a varied working history. I have always worked in some capacity. Prior to leaving school, I had an evening job in a Solicitors Office, dealing with filing and post. I then took my "O levels" and thereafter started in the Civil Service (Department of Trade & Industry - Companies Registration

Office). I spent nine years in the Civil Service (being transferred to several areas of DTI) and then went into local government. My first job in a local council (Islington) was working for the Building Works Department (Orlestone Road Depot).

I then moved to Camden's Planning Department before moving onto Brent Council Housing Department in 1989, where I worked for nearly 25 years.

As a Housing professional, I have managed Housing all over Brent – as an Area Director, with the exception of Harlesden. I have been specifically involved in the regeneration of the major housing estates within the Borough – Chalkhill, Stonebridge, Church End, South Kilburn and latterly Barmham Park. I pride myself in working with people to improve their areas, and engaging with people to make changes sustainable.

I took early retirement in 2014 as part of the Council's restructure to make savings due to reduction in Government grants to



SKERTON & SON LTD

Est. 1950

**Extensions—Renovations—
Refurbishments—
New Build—Bespoke Joinery**

12 MULGRAVE ROAD, HARROW HA1 3UF

Tel 0208 8646900

Fax 0208 8649380 Mobile 07956 517451

skertonandson@aol.com

www.skertonandson.com

local authorities.

I do a lot of volunteering work – locally I was the Chair of Brent Community Transport (BCT) for over 20 years – who gave a lot of independence to members with disabilities (transporting them to places of interest). I am still very active on issues affecting people from all walks of life with my work with Citizens UK working on Campaigns such as the Living Wage, Affordable Housing, City Safe havens, Resettlement of refugees and migrants, Social Care pledges and much more. As a chartered member for the Institute of Housing, I advise Citizen UK on Housing matters.

I am qualified as a chartered secretary, and specialise in Governance issues – I was the vice chair for a Refugee and Migrant Housing Association, I sat on the Kensington Housing Trust as well as a number of smaller charities like South Kilburn Trust, The Glasshouse Community Led Design and my church (Willesden New Testament Church of God).

What do I want to achieve for Northwick Park?

Northwick Park is a role model for the diversity of its residents and local shops - we should be proud to talk about the area's history and it's multi-ethnic community. The Northwick Park Hospital, Vale Farm Sports Centre, the Playing fields, our Business Parks, the green spaces, the character of the streets and properties and the vibrant people making it an exciting place to live and work. As your Councillor I will take every opportunity to promote Northwick Park. I am currently the Chair of the ward Panel that looks at crime and community

safety issues in the ward.

I've only been in the 'job' for a week, at time of writing, but I am really looking forward to serving the residents of Northwick Park and helping to make Northwick Park a better place to live, work and play!!!

I am happy to attend local residents meetings, so please feel free to email me.

Councillors' Residents' Surgery

Margaret, Keith and Robert hold their surgery on the 1st Saturday of each month from 11-12 noon at The Community Room (Adjacent to The Vicarage), St Cuthbert's Church, 214 Carlton Avenue West, HA0 3QY

**South Kenton and Preston Road
Residents (SKPRA)**

Annual Summer Garden Party

Sunday July 1st from 2pm

Live music, food stall, street dancers,
bouncy castles, etc

Windermere Pub
Next to South Kenton station

07791 620 219
(For more info)

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

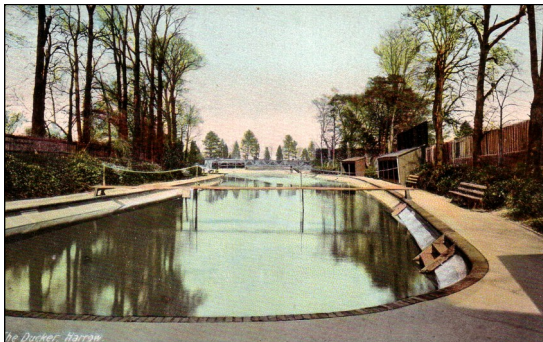
8904 4059 / 07956 298867

Blockley Road - Sudbury Court Estate

Late news

The Ducker - It has come to our attention that the owners of the Ducker site are in pre-planning consultation with Brent Council with a view to developing the Ducker site into a learning/community centre.

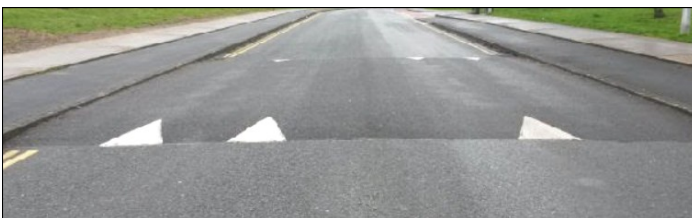
We have no more details at present but will update as soon as we know more. The area is part owned by Brent Council and is protected from inappropriate development by its designation as Metropolitan Open Land (MOL), this is the same classification that stopped Harrow School's recent proposals on the south side of Harrow Hill.



Sudbury Court Drive Traffic Calming - Highways officers are currently working on a traffic calming scheme for Sudbury Court Drive because of the recent fatality and the numerous accidents, the proposal which is still in its infancy would see yellow lines and virtual traffic islands installed at and near the junction with Sudbury Court

Road. Additionally the speed limit will be lowered to 30mph and four sets of raised tables installed along the length of the dual carriageway with at least one of the gaps in the central reservation will be closed to stop vehicles travelling against the traffic flow. Many residents have asked if the service road speed limits could be reduced to 20mph this should be included. Once the scheme is fully defined all residents affected will be directly consulted. We will also be discussing with Highways Officers some of the proposals suggested by residents of Sudbury Court Road to reduce traffic speed and the volume of traffic now using this road, but this will form a later scheme.

Speed tables are a raised section of road, with a ramp on both sides. The ramps are painted with white arrows to make them more obvious to motor vehicle drivers. The aim of the speed table is to slow motor vehicle traf-



fic to a safe speed, as the ramps become uncomfortable for vehicle drivers if they are driven over too fast. A speed table is normally around 75mm high, and can vary in length.

Crime Prevention Afternoon



ST. CUTHBERT'S CHURCH HALL
214 Carlton Avenue West, Wembley HA0 3QY

SATURDAY 7th JULY

1.30 – 4.30 pm

The following have been invited to attend:- Brent Age UK, Brent Anti-Social Behaviour, Brent & Harrow Trading Standards, British Transport Police, our 3 newly elected Councillors, Crimestoppers, Elders Voice, London Ambulance Service (learn life saving CPR skills) and check out the Command Vehicle (as used in the Grenfell tragedy). London Fire Brigade (make your appointment to have free smoke/fire detectors installed). Metropolitan Police Dog Section, Metropolitan Police Mounted Police, Neighbourhood Watch, Northwick Park Ward Safer Neighbourhood Team (mobile phone security, bicycle marking, Smartwater), Victim Support.

And after all of that, a cuppa and a sit down to chat it over with friends and neighbours. So do come along and make it a memorable afternoon.

3 G'S SERVICE CENTRE
Repairs - Services - Accessories
All makes and all models
141 Harrowdene Road
North Wembley, Middlesex HA0 2JH
020 8904 8810

Washing Machines, Dishwashers,
Tumble Dryers, Fridge Freezers,
Cooker Hoods, Hobs, Ovens,
Microwaves, Vacuum Cleaners/Bags
Belts, Rollers, Filters, Tools, Etc.
All work guaranteed
Parts available for all appliances
www.3geeselectronics.com

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



Who would like to help organise a Summer Event?

We've had an offer of live music, from a resident—we just need other details organising = When/where/how/ refreshments. If there are 2/3 people, then it shouldn't take up too much time, but it needs thinking about pretty soon.

Please contact Noura:

secretary@the-scra.co.uk

Can you spare 2 hours per month?

One of our 'bulk' deliverers is retiring after many years of dedicated service, and so we have a vacancy—

You simply need a maximum of 2 hours per month—the printer will deliver 800 Couriers to your door, and then you need to split that into 9 bundles and drop them off to 9 of our street deliverers.

Can you spare 1 hour per month?

We are still looking for 1 volunteer to deliver to Byron Road—there are 165 Couriers to deliver—but there are quite a few steps to flats, etc—maybe if someone did it with a friend it would be easier? Grab a travel cup of tea and chat while you deliver!

*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

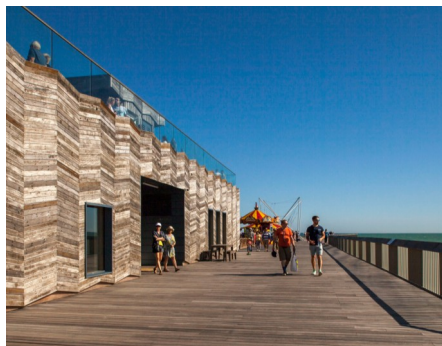


Blue Court Dental Centre
201 Watford Road, Harrow HA1 3UA
Telephone: 020 8904 9440



Senior Citizens' Outing

August 1st 2018



As publicised in the May issue of The Courier, the Senior Citizens' Outing this year will take us back to Hastings, nine years after we were last there. Among the changes which will be seen is the brand-new pier, risen from the ruins that we were not allowed to visit in 2009, and awarded the Stirling Prize for Architecture in 2018, when it was first opened.

The coach will leave Tesco's at 9.00 am. **sharp**, Bishop's Court at 9.05 am. **sharp** and St Cuthbert's Church at 9.15 am. **sharp**, arriving back by about 8.30 pm.

COST: Senior Citizens **who are members of SCRA - £15**, will be given priority. A number of seats may be available to other adults at full cost - **£20**.

Sorry! No refunds available for cancellations after **27th July**. The price includes travel by coach, entry in the raffle and a gratuity to the driver. There are only 50 places available - so book early.

Any questions or queries please telephone **020 8904 3433**

Block letters please

NAME(s) (Mr,Mrs,etc)

ADDRESS

..... Telephone Number

Senior Citizens **MEMBERS OF SCRA**

*..... @ £15 £.....

Number of other adults

*..... @ £20 £.....

I/We will be joining the coach at

Tesco's **

☐

Bishop's Court **

☐

St Cuthbert's Church **

☐

I wish to receive a confirmation of booking. I enclose SAE. **

Please return this slip **WITH PAYMENT** to Mrs S Friend, 98 Abbots Drive, HA0 3SQ

NOT LATER than 27th July. (Cheques payable to SCRA, please)

A sheet of paper with all the relevant details may be used if you don't wish to cut your Courier

(* State number or ** tick as appropriate)

The Memory Cafe

Support for those experiencing memory problems



Over our time running the Café we have wondered about the format we should use. We have had talks from time-to-time and, of course, an appearance from Barry the Batman and his wounded bats. But we have, by-and-large, resisted becoming too dominated by talks. Our aim has been to create a space where joy prevails and we don't want to get too bogged down.

But one of the things we have begun to speak about is scams. A few months ago I caught a scammer in Northolt trying to persuade a vulnerable person that "his roof needed fixing". I stepped in and told the resident not to go ahead and was threatened by the scammer who told me he was calling his friends.

I shouldn't have done it but I was so outraged. I was sad to hear a few days later that the scammer had got another resident and had taken money and left his roof in a state. They feel like vultures don't they.

People on this estate can be vulnerable and people try to exploit this. We see the Café as a place of safety and we want you all to be safe. So let's keep aware of what is happening around us and look after our neighbours. If you know of any scamming let us know and we can keep people informed.

Come along and see the good side of human nature. As we say – be part of 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



We are a church – we run services. Many of you will know about our various Sunday services, which I very much enjoy. For many years I was not a believer and it flummoxed me why people would want to go to Church. When I became a believer, I couldn't wait for Sunday to come around. It became the highlight of my week – whatever the service was like.

But it is so easy to focus on the big events in any spiritual life. There are actually many small and seemingly insignificant spiritual experiences in every life. Sometimes exposure to nature triggers something. At other times it can be a major life event like the miracle of a child being born. These kinds of things give us a sense of

there being more to life than we can touch and feel. This sense is a way we feel the wonder of things all over again.

One of my favourite times at church is our little service on a Thursday morning. There are normally only about 5 of us but it is so peaceful and I always feel very refreshed by it. In those years when I never went to church I was searching for a sense of peace. I am now so grateful whenever I feel it.



In our busy world peace is a very rare commodity and a very precious thing. I wish you peace and joy in the weeks ahead.

Rev 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)

Health on your travels

I hope you are all experts now on the mosquito transmitted infections malaria and Zika, and I am now going to discuss dengue fever, another mosquito transmitted infection.

There are an estimated 390 million cases of dengue per year. It's sometimes called break bone fever as it can cause painful joints. Other symptoms include high fever, headache, muscle pain, nausea and vomiting and a rash: it's the rash that helps make the diagnosis, which can be confirmed by blood tests. There is no treatment for dengue apart from painkillers, fluids and rest, and 1% of cases are fatal.

There is no vaccine licensed in the UK for protection against dengue, although there are some vaccines on trial in Mexico. And you will not have heard of Chikungunya (well, try saying that....) It has very similar symptoms with fever and joint pains which can last for several months.

To protect you against Chikungunya and

dengue fever we recommend mosquito bite avoidance. Mosquitoes can bite through the day and night, indoors and outdoors. The mosquitoes that transmit dengue, chikungunya and Zika bite predominantly during the daytime and at dusk. When possible, wear loose fitting clothing with long sleeves and trousers. Permethrin (Deet) treated clothing provides significant protection against biting mosquitoes. Use an insect repellent containing 50% DEET on your exposed skin (apply it after sunscreen) and keep mosquitoes out of your accommodation. Mosquitoes do not like air conditioning, but if sleeping or resting in unscreened accommodation day or night, or sleeping outdoors, insecticide-treated mosquito nets should be used. Nets are more effective if treated with insecticide. The nets should be free of tears and tucked under the mattress. For more information on how to prevent these diseases see www.travelhealthpro.org.uk/

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

The mosquitoes which transmit Dengue, Chikungunya and Zika Virus are more common in urban areas and areas where there are little pools of stagnant water..... that can even be in the bottom of a plant pot!

There are other mosquito transmitted infections, in particular yellow fever, but fortunately we have effective vaccines for these, and my next instalment will cover vaccine preventable travel diseases.

Sometimes we may advise those of you with specific medical conditions, or those who are a bit frail, that the risk to your health of travelling to some areas is too great, and that you might decide a trip closer to home might be better advised!

DR JANE WOYKA
MA MB BChir MRCGP DFRS



**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



Get Set for Summer

After a glorious Early May Bank Holiday which saw many people enjoying the sunshine and walking, playing in the park and generally being outdoors we're, all looking forward to summer with optimism.

It's important to look after your feet at anytime of the year but especially in summer.

Here are five tips, which will stand you in good stead for the warm days and evenings ahead.

Take care with flip flops

Flip-flops are many people's summer must haves but don't wear them all the time. They don't provide support for your feet and can give you arch and heel pain if you wear them too much.

Be shoe savvy.

Wear high heels and pointed shoes for special occasions only, such as summer weddings or garden parties, and always wear the right shoes for the activity you are doing (so no sandals for long treks or mountain climbing, or flip flops for playing football).

Change your socks often

Change your socks daily to avoid foot odour. Sounds obvious but it's a simple thing to do which is often overlooked and can lead to problems especially during hot days.

Watch out for foot bugs in communal changing areas

Warmer weather is a cue for headed to the swimming pool to cool off. Always aim to wear flip-flops / shower sandals to avoid catching athlete's foot and verrucas when you use public areas such as gym showers and swimming pools.

Foot pain advice for over-60s

If you're over 60, foot care becomes even more important in the heat. Age takes its toll: your skin thins, your joints begin to stiffen, and your feet become more vulnerable to weather extremes.

We have decades of experience in looking after people's feet from energetic toddlers to lively 90-year-olds.

If you want to **pamper, refresh and revitalise your feet** this summer book in to see our hygienist to have a **relaxing medical pedicure**.

So, here's to a great summer and for more foot care tips visit our website: www.footcomfortcentre.co.uk

Thanks for reading,

Firoz



Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients


Open 7 days

www.footcomfortcentre.co.uk

Tel: 020 8908 1425

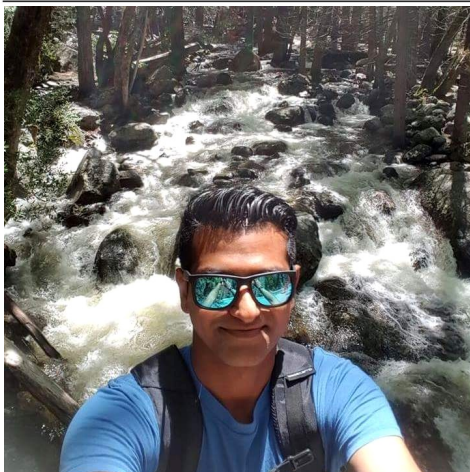
130 Llanover Road, Wembley
Middlesex HA9 7LT

Bus Route 245 

North Wembley Underground
& Overground station 

St Luke's Hospice

Enhancing the quality of life



St Luke's Hospice supporter tackles his Everest by climbing Everest!

Kumar Varsani, CEO of MS Business Centre (MSBC), is taking on the challenge of a lifetime by attempting to climb Mount Everest. He hopes to raise an incredible £26,000 for St Luke's Hospice.

Kumar explained why he is taking on such an incredible challenge for St Luke's. 'I first heard of St Lukes through my friends & family in London. A lot of them live close to Kanton and have either had someone they loved looked after by the hospice, or have raised funds for the hospice via events like the Midnight Walk. I wanted to climb Everest to challenge myself both mentally and physically, but also raise awareness and funds

for a good cause; this cause of course being St Luke's Hospice. I've never done anything like this before. I hope I can achieve this goal through professional advice and with the support of the team of volunteers I am travelling with.

St Luke's Hospice do a fantastic job for the community, we donated to the hospice at Christmas as our annual charitable donation and having visited the hospice first hand, I can see all the hard work and priceless work the volunteers are doing. The hospice are doing a wonderful job in supporting my father in law who was diagnosed with ALS, commonly known as Lou Gehrig's disease and his family.'

St Luke's Hospice cares for people with terminal illnesses both at the hospice and in people's homes.

To sponsor Kumar visit <https://uk.virginmoneygiving.com/KumarV>

For more information about St Luke's Hospice visit www.stlukes-hospice.org or call 020 8382 8000



**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, Kanton, 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

CUTH'S TODDLERS' GROUP

Fun Play Stories Support

Every Friday 10-11.30 (except school holidays)
£2 (for 1st child, 50p per additional child)

saintcuthberts

214 Carlton Avenue West
HA0 3QV
0208 9041457
www.stcuth.org

WINDERMERE NURSERY

Windermere Avenue, South Kenton

Children aged 2 to 5

OFSTED APPROVED

Open 8.30am to 4pm

51 weeks per year

Grants available for all 3 and 4 year olds;

FREE 30 hours per week for 2 year olds,
subject to status.

020 8904 3327

07715 412 168



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



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



Sparrows 1

As the jingle has it:-

Listen to the sparrows three

The Hedge, the House and the Tree.

Let's start with the hedge sparrow this month. Some of you may be saying that you have never heard of a hedge sparrow and that you have never seen one!

But you have probably heard of a dun-nock, which is what the hedge sparrow used to be called many years ago, even though it isn't actually a sparrow species at all!

And I am sure that you have seen a dun-nock, even if you have mistaken it for an ordinary house sparrow.

If that 'sparrow' in your garden just suddenly appeared, all by itself, from under a bush or a hedge, it's probably a dun-nock. (Real sparrows fly in, usually several together.)

If it has grey on its head, throat and amongst its sparrow-like body markings, it's certainly a dun-nock. Carry on looking, and you may notice how it flicks its wings as it forages about for food. If it is close enough, (or if you have good eyesight!), you may see that it has a sharp little beak, unlike the larger beak of a real sparrow.

Watch on and you will see that it feeds in the most unpromising places, gathering up the tiniest insects and titbits from the ground and low growing plants. It seldom moves far from cover and rarely feeds from bird feeders although, this year, I have one that does!

At breeding times, dun-nocks are very free with their favours and sometimes a female

can have several mates at the same time! Beyond that, the *Courier* being a family magazine, our Editor would not wish me to comment further!

They are more likely to be seen on our estate than house sparrows in these days.

See if you can spot them.

Recent sightings

It may be that several of the long tailed tits on the estate did not survive the cold 'beast from the east', but enough of them did so and became quite a talking point. Helen had several of them visiting regularly

before the cold, but she was aware that there were fewer of them afterwards. My little group was also reduced, to two only.

But things have perked up in that I saw one flying along with nesting material in her beak when the weather warmed up. Then we both had several happy close-up visits of one perching close to our windows peering in, to all appearances looking to see whether our lounge would make a good nest!

Swifts' return

If the swifts returning to England to breed again have been hearing the weather reports, they must be wondering what they will find here when they arrive! From extreme hots to freezing colds, even we humans don't know what is happening to us!

For personal reasons I have to submit my copy before I have heard from any of you about their arrival. I am sorry about that - but we will catch up next month.

Rod Lake



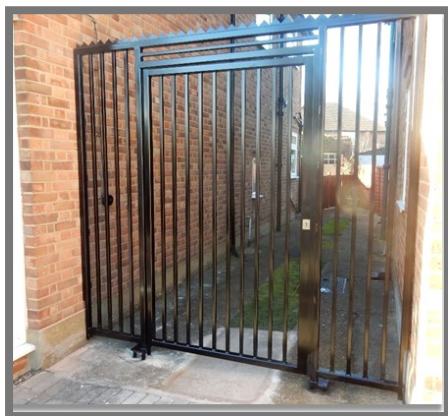
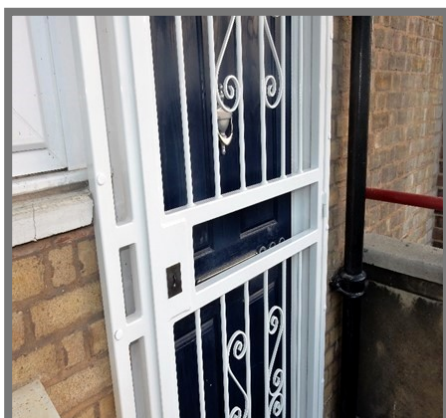
SECURITY GATES 4 YOU LTD

www.securitygates4you.co.uk

0208 935 5921

Manufacturers and installers of high security gates for windows and doors

Free quotations Price Match guarantee 5 year guarantee



Unit 3, North Cavendish House, 391 Burnt Oak Broadway, Edgware, HA8 5AW

0208 935 5921 07535 218 265

Registered in England/Wales Company No: 08776774 VAT: 266 6666 58

SCRA—Community meeting

Of course it was raining on the day! So, huge thanks to all those who braved the rain to come and join in, and especially to PC Colin Hobday, PC Fionnuala Kennedy, Cllr Keith Perrin and Cllr Robert Johnson.

Beverley and Sukaram kept us refreshed with tea and cakes, courtesy of Keith Perrin and Hardip Singh—also huge thanks to them.

In summary of points discussed:

Police discussion

Target-harden your property, i.e. make your property as unappealing to burglars as possible—most are opportunist and will look for easy targets.

- * secure perimeter of gardens—if you are planning any works, please make sure you get more than one quote, from different companies, to ensure you get the best price.

- * use security lights, CCTV, alarms that work,

- * car parked in driveway

- * car contents—remove all visible valuables, even loose change; leave glove box open

- * keyless car entry fobs—double click to lock when leaving car—this ensures all doors remain locked even when window is smashed.

- * keyless fobs—keep in a secure foil-lined pouch when in the house

- * tell neighbours next door and opposite if going away

- * talk to neighbours so that everyone looks out for each other

- * suggest setting up a residents' WhatsApp group

(WhatsApp group—a very easy to use app if you have a smart phone. It could be used to announce upcoming events, log crime in the area, add photos. For example, someone may see suspicious/anti-social behaviour, the culprits get into a car and drive off. A resident could post this onto WhatsApp, other residents could glance out of their windows and hopefully spot the criminals as they progress through the Estate, maybe getting further descriptions. If the Police are part of the group, they get this information without delay.

How to involve community?

- * arrange networking and neighbour events (one resident has offered to supply live music to a Summer BBQ event—will need volunteers to help organise this, please get involved)

- * a WhatsApp group was agreed—get in touch if you would like to join

- * Neighbours need to get to know neighbours—it would be a good idea to have street ambassadors.

- * some residents present undertook to start to talk to neighbours (see page 8 for your neighbourly challenge!!) but need volunteers to co-ordinate this

- * more courier deliverers needed (see page 14)

Parking

There is an ongoing issue with parking on the estate: large commercial vehicles; commuters; hospital and school staff; parents at school pick up/drop off; general inconsiderate parking.

Keith Perrin addressed the issue generally and talked about CPZ—to which there was a mixed response. No alternative solution put forward—it would be interesting to hear from anyone who has any alternative ideas.

We didn't have time to discuss Sudbury in Bloom, or to go out and Clean The Green, due to the rain—so it leaves us with plenty of things still to do.

For those of you residents who have children/young people—perhaps you could get in touch with some ideas on how we can entertain and engage them in events / activities / the community.

It was good to see so many residents on such a wet and gloomy afternoon—lots of familiar faces, and meeting some new faces too.

Thank you again, for joining us.

Don't forget, you can access your Courier online:

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



St. George's Nursery- Dragons

Sudbury Hill, Harrow, HA1 3SB

Open 49 weeks a year



Managed by
Governors of
St George's
Primary
School.



Term-time availability

**15 & 30 hr
funded
sessions**

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

I notice this summer that many Sudbury Court residents are making a real effort to give their front gardens a facelift. Can this be the 'Monty Don' effect or is it pride in our neighbourhood? Even where cars are the main feature of the frontage, people are finding room for plants in pots near the front door, sometimes with climbers growing over the porch. Hanging baskets, filled with flowers are appearing here and there, giving real pleasure to passers by.

We all learn from each other at the SCHS! My thanks go to Pat for introducing me to *The Morville Hours*, Katherine Swift's lovely book about a garden in Shropshire. It provides a feast of stories. Did you know, for example, that Derby Day is traditionally the ideal time to clip box hedges? This allows new growth to be strong enough to face cold winter weather later in the year. Brian tells me that this year's Derby will be run on Saturday 2nd June, so if you are not watching the race, you could try trimming the box. I received more help from Susan and David in sending this copy to the editor when our e-mail connection failed, and Robert found this picture of David Austin's rose, called Golden Celebration. This month's article is a team effort.

Roses must surely be the favourite flower among gardeners in Sudbury Court. These lovely blooms will be at their best this month, taking centre stage at our **Early Summer Show on Saturday 16th June** as specimen blooms. Why not bring your best roses along and join in? You can display them on the tables between 11am and 1pm on Saturday and return in the afternoon from 3.30pm to

5pm to see the show and have tea with friends and neighbours. The evening before the show, on **Friday 15th June from 5pm**, we shall once again offer workshops for young people. The challenges this time are



to make some sweets, to arrange flowers and/or make a mount for a photograph you have taken of a favourite flower. Young people may also enter flowers or vegetables in a pot that they have grown at home. Though trees are now in full leaf it is not too late to choose your 'favourite tree' and keep a record of its changes through the year. All materials are provided and free of charge. Please

phone me on 020 8904

2531 - or email roake@btinternet.com to take part.

Our next garden visit will be on Tuesday **10th July** to Chenies Manor in Buckinghamshire. The cost per person is £22. Coffee and tea will be waiting for us on arrival after a ride through Chiltern country. You can explore the interesting Manor House as well as the gardens which will be full of summer colour and variety. The sunken garden is a special feature, particularly fashionable in the 1930s and coming into vogue again now. On leaving Chenies we go on to the Van Hage Garden Centre where an excellent cafe will offer lunch opportunities. Before the homeward journey there will be time to explore the range of plants and products for home and garden. Please contact Christine on 020 89047851, or email:

clawton13@btinternet.com. The coach leaves St Cuthbert's Church at 10am. This promises to be a most enjoyable day.

Margaret Roake and friends

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



Barham Community Library offers more than just books . . .

While we have loads of books available to lend from our Community Library in Barham Park and to sell from our shop at Sudbury Town Station we have much more to offer local residents.

KEEP FIT WITH YOGA

Our Monday and Thursday 7pm evening sessions are being added to with Sunday morning 10am sessions. They charge is £6 per session or £30 for a course of 6.

We also do Chair Yoga/Exercise on Tuesday at 12 as part of our Memory Lounge sessions. All we ask for is a small contribution for the exercise and refreshments.

DVDs, CDs, Games etc at our Shop

We have hundreds of DVDs and CDs (and other things) to buy at our shop in Sudbury Town Station. The shop is open Wednesday, Thursday and Friday 3 to 7pm (sometimes later) and 1 to 4pm on Saturday.



BIG Lunch Picnic in Barham Park

Titus Barham donated his home and gardens for the enjoyment of local people in 1937.

We are inviting local people to come and have a picnic lunch in Barham Park on **Sunday 17 June**. Just bring your own food and share it with your friends and neighbours.

The idea behind the 'Big Lunch' is simple – get to know your neighbours by sharing your food with them. Please come along and try it out.

Join our monthly Book Club

If reading and discussing books is your idea of fun why not join the Book Club that meets once per month in.

Barham Community Library,
Barham Park
660 Harrow Road, Wembley HA0 3JF
For more information on any of these activities please contact Paul Lorber:
barhamlibrary@hotmail.co.uk
07917094239

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

The Pirates of Penzance



Gilbert & Sullivan

Harrow Philharmonic Choir

Conductor: John Wyatt

Saturday 16 June 7.30 pm

Wealdstone Methodist Church

Locket Road, Wealdstone, HA3 7ND

£12/£10 conc. (under 19 free)

020 8863 7009

or on the door

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!)
preeyaatthecourier@hotmail.com

Jokes

Q: What did the lettuce say to the celery?

A: Quit stalking me!

Q: What school subject is the fruitiest?

A: History because it is full of dates!

Q: Why did the tomato blush?

A: Because it saw the salad dressing.

Q: What vegetables are sailor's enemies?

A: Leeks

Q: What's small and red and has a rough voice?

A: A hoarse radish!

Q: What's a vampire's favourite fruit?

A: A neck-tarine!



Knock knock!

Who's there?

Lettuce!

Lettuce who?

Lettuce in and you'll find out!

Riddles

What do Delhi, Mexico, Guinea, Castle, Jersey and Foundland have in common?

They all have a 'New' vision

What did A say to D when he was looking for E?

Go away, he's BC

*Did you spot the deliberate mistake?
"vision" should be version*





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—Following our highly successful event last year, we will be holding a **GOLF DAY** on Friday **15th June**. Details from Katia on 020 8908 1220. Our Annual Garden Party will be on Saturday **23rd June** from 11.00 until 3.00pm. All welcome at the Centre.

HARROW PHILHARMONIC CHOIR—will be presenting a concert performance of The Pirates of Penzance, by Gilbert & Sullivan, on **Saturday 16 June at 7.30pm**.

This concert will take place at Wealdstone Methodist Church, Locket Rd, Wealdstone, HA3 7ND. Tickets: £12 /£10 concessions (under19 free). Tel: 020 8863 7009 or at the door.

CUTH'S TODDLER'S GROUP—Fun. Play. Stories. Support. Every Friday 10-11.30 (except school holidays). £2 (for 1st child, 50p per additional child) 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

HIPHOP WITH ELAN ARTS—Join us for FREE dance sessions every Saturday for one hour at the following times: 5:30pm for under 13s; 6:45pm for over 13s; 8pm for over 17s

We are an arts charity that aim to provide the community with recreational activities. We specialise in dance but have sports sessions and other arts projects coming soon.

Website: <https://londonbrent.wixsite.com/elanarts> Contact email: office@elanarts.org.uk

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.

PLAY YOUR FAVOURITE SONGS ON PIANO

Private piano lessons. Popular music styles: Jazz, Pop, R&B, and more. Professional teacher with Jazz BA (Hons) and twenty years playing experience.

More information: Phone, SMS, or WhatsApp: 07384347567

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



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	22	Garden	26,33
Air Conditioning	28	Hairdressing	6,16,28
Appliance Service/Repair	13	Hall Hire	33
Architectural Services	22	Health & Beauty	16,28
Boilers/Heating, Plumbing	11, 21	Home Carers	9
Building Services	6,10,13,28,33	Home improvement	6,32,33
Car Sales, Servicing, Repair	17,29	Music Tuition	33
Cleaning Services	8,31,32	Nursery, Pre-School	22,26
Conservatories, Porches	35	PC/Laptop Repair	13
Dentist (private)	14,19	Printer	19
Doctor (Private)	18	Property Maintenance	8,32,33
Education/Tuition	33	Roofing, Gutters	33
Estate Agents	2,36	Security gates	24
Electrical Services	7,16	Soft furnishings	7
Foot Care	20,33	Window Cleaners	8,32
Fitness (boxing)	22	Windows, Double-Glazing	35
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 July issue should be received by

10th June 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-skra.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 satisfy themselves as to the suitability of any contractor or supplier they engage. No recommendations are made or implied. Neither The Courier nor the SKRA can become involved in any disputes between advertisers and their clients.

* **SKRA NEWS** is the latest news from the Association Committee. All other articles are from third parties 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

williams windows
windows, doors & conservatories

**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

Guide Price £ 1,050,000 Freehold : Blenheim Gardens, Wembley, HA9 7NP



Semi detached



2 Receptions



6 Bedrooms



5 Bathrooms



Kitchen / Diner



Private Rear Garden



Off Street Parking



GCH & Mega Flow

Contact us today for more details...

Our Office :

38 Court Parade, East Lane, Wembley HA0 3HS

Contact us : 020 8903 1002 / 020 8459 3333

Email: info@propertyhubltd.com / sales@propertyhubltd.com

www.propertyhubltd.com