

The Community Magazine for the
Sudbury Court and Pebworth Estates

July
2019

The Courier

88th
Year



Front Garden Competition (pg 17)
and
Volunteering (pg 19,23)

daniels

danielsestateagents.co.uk

RELAX,
YOU'RE IN
SAFE HANDS



BRITISH
PROPERTY
AWARDS

2019



GOLD WINNER

ESTATE AGENT
IN WEMBLEY

**Call Today
No Obligation
Valuation
020 8904 4888**

Wembley | Sudbury | Neasden | Kensal Rise | Willesden Green



July 2019
Number 201 (1,041)

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 this on a very dull June day—I even put the heating on last night! Who says climate change isn't a 'thing'? So talking about the summer seems a little strange and a long way off. But there are many summer events going on locally and it's good to get out there and support our local organisations and communities.

As we're highlighting a few opportunities this month—I wanted to sing the praises of volunteering. If you've never done it before, or think you haven't got time, honestly, it's such a brilliant thing to do: you can gain such a lot, as well as give. You get to meet new people, learn new skills, as well as the 'feel-good' factor—it's really good for our well-being generally. For young people, it can make all the difference on your CV or in your personal statement: maybe that one element that sets you above the next person for a college place or a job. So, please do check out pages 19 and 23, and Sudbury Neighbourhood Centre listing on page 32. There will also be other opportunities in Brent if you want to find something that better suits your interests. And don't forget, you can always volunteer a little closer to home! We're always looking for residents to join in—we still have Street Ambassador vacancies, as well as other ways you can get involved, get in touch with our secretary if you have a spare hour or so.

As our Safer Neighbourhood Team have warned about Scam telephone calls and emails many times, I thought I'd take a look into how we go about reporting this, and also how we guard ourselves, as much as possible, against them. Some of you might already know this, but for those of you who don't, please see pages 25 and 33 for some brief information with regards to Action Fraud and Cyber Aware—but you should also check out their websites.

On a much lighter note—for the front garden competition this year, it's over to you! Please do nominate a neighbouring garden if it makes you smile or stop for a moment to have a look. If you'd like to join the judging team, please do let us know (first come, first served)— see page 17 for more information.

And finally, if you haven't booked your ticket for the Senior's Summer trip, please see page 30 and book soon, August 7th will be here before you know it.

Until next time,

Kaye

A big thank you to
The Ranas from Norval Road
for this month's lovely cover photo

If you don't have email and you would like to contact the SCRA, please call:
07933 958 166

(available Mondays and Thursdays 9-5pm,
or leave a message/text and we'll get back to you)

Northwick Park Safer Neighbourhood Team

PCSO Charlie Charalambous,
PC Finn Kennedy (author of this article)
PC Hobday
Sergeant Yu Zhang



Dear Residents:

Burglaries:

At the time of writing this article, I am sorry to say that there has been another horrific aggravated burglary on our patch – this occurred on Elms Lane on Friday the 7th of June at about 23.50hrs. The elderly Asian couple were asleep in bed, when at least 2 masked intruders forced entry via the rear patio doors, came upstairs and threatened the couple: the female was threatened with a screwdriver and told to hand over the gold jewellery that she was wearing. The intruders made off with cash and gold via the front door into a waiting car which sped off towards Harrow Road. This was a very traumatic experience for these elderly residents, and very little is known about their attackers except that they are white.

Now I have read on the various What'sApp groups "What are the police doing?" about these incidents – for starters I want residents to know that these events are not happening in Northwick Park area every day or week, but I would say that it has happened on a bi-monthly basis, in the roads off Sudbury Court Drive, when it is dark. There has been an elevated police response to these types of burglaries in particular – detectives attend, there is a CCTV trawl of the area, and there is a heightened forensic response as well. Sadly, however, these burglars are forensically aware and have been using gloves, their faces are covered and their cars have been on false plates, where a registration number has been captured – ultimately it is a hard one to investigate after the fact, so I am appealing to residents to review their home security – the Met Police website has excellent advice on home security under the Information Services, Crime Prevention, at the bottom of the Home page. Start at your perimeter wall and fencing, and work your way

inside, if you have an alarm ensure that you set it on a partial set when you're at home in the hours of darkness. I did the door to door for this aggravated burglary on Elms Lane, and at one address, their porch door was open and it was dusk – if you have a porch door I would urge you to keep it locked,; someone inside your porch is out of sight and could easily try to break in to your main door once inside your porch. As I said, there is some superb advice on the website so please refer to that.

The WhatsApp groups have been great for generating intel between residents, and as a look-out mechanism for the various areas. Please consider joining your local one, there is one in most areas now – email me your address and phone number and I will let the administrator resident in the relevant area know. My email is p199114@met.police.uk

In your walks in the evening or hours of darkness, please be on the look out for cars roving around – if you see the same car driving around a number of times – clock a registration number and mentally note the description of the car, it is not wise to write this down or look like you are observing someone, but if you can manage to do this without any risk to yourself it would be helpful. If you believe that someone is about to commit a burglary then ring 999, if you are unsure but have seen a car roving around then consider ringing 101.

Catalytic Converter Thefts:

Though I have been a motorist and police driver for years, I bought my first car last year from a colleague – a Honda Jazz. Within a week of buying the car, I noticed from the crime stats that the Honda Jazz and Toyota Prius cars were being targeted for their catalytic converters, I thought I was safe enough as I live in a busy road – I thought my little

number was going to be ok. Last Saturday I went out to drive to work, as I was doing a late shift, and there was an almighty loud exhaust noise from underneath my car. I had that sinking feeling, thinking "they haven't, have they?". The noise was so loud it set off my neighbour's car alarm! I was back to the bicycle for my commute. Yes, I brought it to the garage on Tuesday, it was hoisted up, and I could see where they had cut out the Converter. It was going to cost £550 to repair—and the car only cost me £500. And there is always the possibility that it will happen again. Am mulling over what to do – anyway, I have been thinking a lot about crime prevention with regard to these car types. So, if you have a Jazz or Prius, you really need to think about prevention, because these thieves work so quickly – one jacks up the car whilst the other goes under the car with a small cordless circular saw and, within minutes, it is gone. These offences are happening in daylight, as far as I am aware, so if you can keep your Jazz or Prius off road in a secure car park that is guarded that is best. If on the road, get your wheels right next to the kerb, as this makes it harder to jack up; if you can park in the middle of speed humps, then do try – by this I mean that the start of the hump is by the back wheel and the end of the hump is by the front wheel so the middle of the hump is right under your car – this will give less clearance for the thieves to get under your car to remove the CAT. If you have a driveway, leave your car on the driveway in daylight hours and try to put something under it so no one can get access.

If I decide to get my Jazz repaired and use it I am planning to do something like that because folks have got theirs repaired and

within a few weeks the same has happened again.

I can hear you again say "Well what are the police doing about it?" – we are on the look-out when on patrol. However, I have also seen footage of them doing a Prius on Carlton Avenue West, and the car that they were driving was on cloned plates, they were white males wearing baseball caps with their faces down, so there is not a lot to go on.

Really, if you have a Jazz or a Prius, seriously think about crime prevention measures, or at least think about getting your excess to £0 on your insurance!

Crime Reporting:

Knowing how difficult it is to get through on 101, I did my first online crime report via the Met Police Website as a result of my CAT theft. It was quick and painless—obviously because I know what detail is required I put the relevant information required – I would urge residents to use this method of reporting even if there is no CCTV or lines of enquiry, or witnesses—putting as much relevant detail in as possible and then when you are sent your crime reference number, if you have CCTV footage, email them to tell them.

Pickpockets on buses and bank ATM follow- offs:

Every day of every week at work we have CCTV circulations to view with regard to pick pockets. You would be amazed at the volume of these offences that occur in Wembley, the London Designer Outlet and on the buses around Wembley. I would urge you that if you get cash withdrawals from the bank, put this into a money belt inside your

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

clothing, or in a handbag worn across your body at the front. Don't be surprised if you get pick-pocketed if you leave the cash in your wallet in your back pocket or in a handbag that is not on you worn across the front of your body. If you have just withdrawn a large amount of cash, be on alert of anyone accosting you asking for directions, as this is sometimes a ploy. Women distracted with young children and elderly people are most often targeted by the pickpockets.

Thefts from cars:

Do not leave any valuables in your car whilst unattended. Cars can be broken into very quickly, and many people don't even take any notice when car alarms go off. A resident recently left a whole pile of designer merchandise in the boot of the car and it was stolen whilst the car was parked up.

Cold callers:

The problem of cold callers is a persistent issue in this area. There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scam and con-merchants both on the phone and in person.

DO NOT GET ANY GOODS OR SERVICE BY SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!

I am astounded with otherwise sensible people giving "work" to cold callers because by doing so you are encouraging them to come into the area!

Remember, 'cold callers' is the term given to someone who you don't know who knocks at your house asking you for work / or providing a service for a fee, e.g. driveway washing, cleaning gutters, laying driveways, roofing work, etc. Why on earth would you give someone you don't know, never met before, don't know their real name, where they live or anything else about them access to your property! It beggars belief. If they are on your driveway or doing your gutters do you not think that they will get to find out who lives at your address and the general layout of your address, don't be surprised if you get conned or burgled if you give someone who cold calls on you "work".

Bottom line do not engage with cold callers.

Littering and fly tipping:

There is a persistent problem of littering and fly tipping, particularly in Peel Road and Byron Road. Peel Road has improved recently but we want to keep it clean.

Your team has been involved in the prosecution of a number of litter bugs and fly tipplers. Littering and fly tipping are both environmental offences - fly tipping includes the leaving of unwanted furniture / toys etc on the pavement outside your address, this is an offence of fly tipping and obstruction of the pavement. I have and will prosecute people involved in making the area look dirty!

If you have a waste item/unwanted furniture/item that you want to recycle, then bring it to the charity shop or leave it within your house boundary (behind your wall or behind your gate with a note 'please take' on it).

Report any fly tipping to the council - go onto their website and there is a handy mobile phone App that you can download to facilitate the reporting of various matters including fly tipping. Please contact Brent Council street care department for more info on 0208 937 5050.

WhatsApp Groups:

There are now two WhatsApp groups functioning in the ward – the Pebwatch group and the SCRA Residents Watch group. For people like me that didn't know what 'WhatsApp' was till a year or two ago — it's a mobile phone messaging group. In these groups residents communicate with each other about suspicious sightings and vehicles seen acting suspiciously. It is a brilliant facility for residents to look out for one another, alert each other and confirm/eliminate whether someone is in the area for criminal activities.

Overview of offences 11th May-11th June:

1 Aggravated Burglary: Elms Lane (in 30s odds side, 07/06 2350hrs), at least 2 masked burglars have forced entry via rear patio doors and threatened the elderly Asian occupants with screwdriver, jewellery and cash stolen.

1 Residential Robbery: Elms Lane (in 70s, odds side, 21/05 1130hrs -1200hrs), three white males in their 40s have forced entry

through the front door of the flat, elderly Asian female was inside, one of the suspects has thrown her TV remote at her, they ransacked the house.

1 Residential Burglary: (i) St. Andrews Avenue (low odds, 15/05 1400hrs – 1700hrs) panel removed from side kitchen door, not known exactly what was taken (ii) Rushout Avenue (23/05 1750hrs), burglars have gained access to porch door of house when disturbed by passing BTP car, have run into silver Vauxhall Insignia and sped off) (iii) Nathans Road (in 30s evens side, 30/05 1230 – 1900hrs) victim was doing gardening in end of back garden when he believes someone gained entry via the back into his living room and stole his wallet; (iv) Sudbury Court Rd (in 90s odds, 06/06 1200 – 1600hrs, TV stolen from flat no signs of forced entry.

1 Attempted burglary dwelling: (i) Priory Cres, (no 24, 11/05 0120hrs), front door – believed suspects involved in cannabis factory trying to get in after police raided it and got it boarded up; (ii) East Court (in 40s evens side, 13/05 1330hrs – 1900hrs), front door attacked, window pane smashed, but as door was double locked were unable to get it

2 Commercial Burglary: (i) University of Westminster (03/06 1450 – 1515hrs) laptops stolen, car keys and purse was stolen from staff's office; (ii) Blackhorse Harrow Road (07/06 0355hrs – 0410hrs, outside fridge to pub attacked and contents stolen) (iii) University of Westminster (08/06 1700 – 09/06 1450hrs) rooms forced and computers stolen.

Theft of Motor Vehicle: (i) Northwick Park Hospital (11/05 1900hrs – 12/05 0815hrs), locked motor cycle stolen subsequently recovered; Audrey Gardens (in 30s, 25/04 1000hrs – 15/05 1100hrs) 02 plate Merc car stolen; (ii) Watford Road (in 200s, odds side, 15/05 2000hrs – 16/05 0800hrs), Yamaha 300 Xmax stolen; (iii) Elms Lane (22/05 2000 -2300hrs, Honda PCX stolen from street, subsequently recovered; (iv) Bengeworth Road (low evens, 23/05 1300hrs – 1430), 13 plate Ford Transit stolen from driveway;

Theft from Motor vehicle: (i) East Lane (270s, odds side, 20/05 1245hrs), victim left his van

unlocked and unattended and someone in a blue Saab estate stole their lawnmower from the van) (ii) Nightingale Avenue Hospital Grounds (24/05 1000hrs – 1505hrs) Catalytic converter stolen from Toyota Prius (iii) Northwick Park Hospital (24/05 1430hrs – 1530hrs) Catalytic converter stolen from Toyota Prius.

Your team would welcome any information on anti-social behaviour or criminal offences occurring in the area—please contact us:

020 87212 969 or

07920 233 752

NorthwickPark.snt@met.police.uk

Please consult the websites listed for 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 an emergency, where a crime is in progress or life is in danger.

For non-emergencies, ring **101**

To give information anonymously call Crimestoppers on **0800 555 111**

Useful websites:

Find a whole host of useful info: e.g. crime prevention, crime statistics, identity theft!

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

G. V. ELECTRICAL SERVICES

for all types of electrical work



DOMESTIC
INSTALLER

- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



020 8904 7923

Mobile: **07947 595 112**



Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

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

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

Grass Verges

Roadside verges have historically been close-cropped, short grass areas; offering a buffer and a bit of greenery between the pavement and the road. However, there is a huge change happening countrywide, being led in part by cuts in funding together with environmental charities and organisations such as Plantlife, seeking for verges to become areas where nature can also thrive.

In Brent, we are moving with the times, and have decreased the number of times that our verges are cut each year. This means that a closer look at a verge will now highlight an incredible diversity of wildflowers and grasses, beneficial for all kinds of pollinators.



The photos show just some of the wildflowers found in a Brent verge this week.

Whilst we are looking to only cut our verges around 6 times a year; we will ensure that sight lines at junctions are not affected. We are starting to see the benefit of our policy of reduced cuts to verges in the increase in plant types present, and hope that residents are starting to enjoy seeing some different colours and textures appear in them too!



The question remains as to what residents can do with verges outside their own house. Our general advice is for residents to enjoy the change in the verges cutting policy and take a close look at what is appearing by way of flowers and grasses due to the reduced cutting programme, rather than seeking to make any changes to the verges themselves. We are constantly reviewing our policies and are currently in discussion about whether residents can take greater involvement in increasing the biodiversity of plants in our verges. We would be very interested to hear more on residents' views and to start a 'verge conversation'.

Finally, I'm told that if you have planted your verge then the cutting team may not cut it.

The Pimple

I have received a number of complaints about the state of this area -



- having written to the responsible officer, I have now received this response:

"I have had an officer check the site to day and we have raised an urgent request with Veolia to cut the grass on the North side of the park, which should have been cut already. Please pass on my apologies to the resident.

The site was one of the last to be sown with wildflower meadows, so there will be slower growth. I will pass on the request for a path to be mown through the meadow area as well.

The park will be litter picked twice a week and the Neighbourhood Manager can assist in terms of checking for en campments; particularly as we know where they tend to be located on this site."

At time of writing, this has now been addressed.

Sudbury Court Drive Traffic Calming

This scheme appears to have achieved the aim of slowing traffic (no racing anymore) and making the road much easier to enter and exit. However, there have been some partially unexpected consequences which I would like to hear your views on. The use of the service road by people trying to avoid queuing (in both directions) has always been a problem but has now been amplified. If there are any other issues and suggestions (not cameras) please write to me. The Officers have agreed to revisit the scheme if necessary. I believe that some changes to the yellow lines at the end of Bengeworth and Kenelm may be necessary, but the

council will consult with affected residents before installing.

One Public Estate at rear of Northwick Park Hospital

Many of you will have heard that the hospital have sold the rear car parks, social club, nursery and a few other units to Network Homes who intend to build in the region of 1,300 flats in that space (known as Phase I). You will also be aware that the OPE partners promised to consult with you, the local residents - well as you would expect, they are not making it easy for you, by the time you read this the consultations will have taken place!!!! I am doing my best to get a revised set of dates for the consultation, if this is not possible I will try all other methods of contacting you with the details of the two events and the website.

Below is an abridged copy of the email I received on Friday 7th June:

"On behalf of the OPE Partners, we would like to invite you to a public consultation event to view the proposals for a residential-led regeneration of the area around Northwick Park Hospital.

The proposals will include redevelopment of the land between the hospital and the park including; new homes, plans for new buildings for the University, new roads and junction improvements, better pedestrian and cycle connections and new public open spaces.

As part of our consultation we soon will be inviting local residents to two public consultation events on Thursday 27 June and Saturday 29 June. You would of course be welcome to join us at the public consultation on either Thursday 27

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

June 4pm-8:30pm or Saturday 29 June 10:30am-2pm (both events will be held at the Social Club)."

If you have any questions about the public consultation, please contact our community engagement team who will be able to provide more information and answer to your questions. They can be contacted via email at NorthwickParkOPE@connectpa.co.uk or by calling 0207 592 9592. Further information can also be found at the project website www.NorthwickParkOPE.com.

Note from Editor—at time of writing, this is what appears on their website:

Northwick Park OPE

Public Consultation

Details of the public consultation will appear here shortly.

Pavements

We have just had it confirmed that Brent Council have borrowed £20 million to begin the replacement of our pavements throughout the Borough. Northwick Park's pavements, which are listed for replacement and are currently out to tender as part of this

Borough-wide scheme, are as follows:
Campden Crescent
Abbotts Drive
East Court
Dean Court
Holt Road

All the new pavements will be of tarmac with brick vehicle crossovers. Double-height kerbs will be deployed where vehicles illegally drive over kerbs, verges and pavements - an example of this can be found on Oldborough Road.

Residents who wish to have their drop-kerbs widened during the works should apply as soon as possible, as the costs will be less if installed during these works. You will though, have to comply with the current crossover policy which can be found on the Brent website and has previously been published in the Courier. I'll ask if we can reproduce the Policy in the next Courier- basically a large proportion of your front garden needs to be soft landscaped, the amount varies between 30 & 50%.

We three Councillors are sorry that we can't afford to replace all pavements, but it does come down to money.

The road choices were mainly decided upon by using the information collected every year about the condition of individual pavements.

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

Finally, if you see someone damaging pavements and verges, please, obtain some evidence (photographs of the event and culprit vehicle) - send them to us and we will do our best to make the culprits rectify the damage. There have been several pavement repairs locally this year because of reporting and the recent creation of a highways enforcement team.

245 Bus and Sudbury Town Station

You will probably remember that I wrote about this issue in the March Edition. I'd like to thank those who have written to me and those who have completed the petition forms. The petition aims to reinstate the 245 bus calling at Sudbury Town Station, some of the reasons for this are:

- ♦ The long walk from the nearest bus stops to the station
- ♦ Loss of safe access to a step free access tube station
- ♦ Safety issues - having to walk and cross busy roads
- ♦ Discriminating against the elderly

- ♦ and those less able
- ♦ Step free access from bus to station lost
- ♦ A blind person now has to use a taxi
- ♦ Journey times have been extended by 20 minutes for some. (TFL website agrees)

Please, I am looking for people to take a petition round their neighbours, if you could cover 20-30 homes near you, that would be a real help. Please email me or write providing your contact details and I'll contact you and provide you with some petition forms. My aim is 1,000 signatures which might just sway TFL currently I only have just over 300. Be aware that TFL have sold their car park at this station!!

All completed forms can be returned to me at 16 Pebworth Road or call me to collect.

Councillors' Surgery for Residents

The 1st Saturday of the month, excluding January, August and any election months, at St Cuthbert's Church Community Room, 214 Carlton Ave West, Wembley HA0 3QY

LOOKING FOR A QUALITY USED CAR?

We have a variety of cars in stock with LOW MILEAGE and FULL HISTORY all at very keen prices.

SELLING YOUR CAR?

We will offer the best price for your car, why not try us first?

CAR SOURCING

If you're after a specific vehicle, let us find it for you.

FIRST NATIONAL CAR SALES UK LTD

203 Watford Road, Harrow, Middlesex, HA1 3UA

www.firstnationalcarsales.co.uk

0208 908 4957

07970 743554



AA

You're in safe hands

This dealer has signed our Dealer Promise

The Memory Cafe

Support for those experiencing memory problems



I was very happy to see the excellent Barry (Keith) the Batman writing in last month's Courier. I remember him bringing a lovely little bat round to the vicarage so that we could have a look at it. The bat was like a tiny mouse with wings. It was a great little character.

I then asked Keith to come along to Memory Café and bring a bat or two. His talk was a bit of a sensation. People listened, enraptured, as Keith told us about his love of bats and where you can spot them around here. He also brought in a bat for us to look at and admire. It really was one of the highlights of the first year of Memory Café.

For me, it also showed how our Memory Café has such a unique character. We don't concentrate on the illness or medical issues,

instead we aim to have fun and to be part of a loving community. The bat was more than a distraction. It was a way of us connecting with the natural world around us and honouring the creatures we share our world with.

We sometimes have other animal visitors. We have had the odd dog and owner who pop in. People love to stroke these gentle creatures. As yet, my cats have not made it into church and Memory Café. After 4 years here, they are still scared of the church and stay in the vicarage and garden.

I look forward to welcoming Keith and his bats back again to Memory Café soon. I just hope they don't escape and we have to try to catch them from the belfry. I am not sure that would be much fun.

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



PLUMBING & HEATING SERVICES

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



07831 544 538
0208 908 6021



No call out charge Mon-Fri 9am-5pm
City & Guilds Qualified—Corgi Registered

29 Woodcock Dell Ave, Kenton, HA3 0PW
email: info@j-anda.co.uk



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

saintcuthberts

worship ♦ demonstrate ♦ equip

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



STOP PRESS – OUR QUIZ EVENING IS SOLD OUT!

Hi friends. It is such a joy to write this little column each month. As some of you know I have been writing journalism for decades. I have written about all kinds of things – music, caravans, God and cats, to name just four. But each month it is a pleasure to think about what might be interesting for my neighbours and friends to hear.

I have to say that I think that the Courier team are amazing. It is no small task to put together a magazine every month. Just editing the thing into a coherent whole can be hard! My first bit of news is that our quiz evening with Shaun Wallace is totally sold out, so we won't be admitting anyone on the door without a ticket. The popularity of the event has taken us by surprise, that's for sure. We are going to have a full house.

What I hope is that the evening will be a celebration of the vibrant community and not really about who wins. One thing for sure is that I won't be the winner – I have never won a quiz at all. But we get together with this harmless fun and we say something about the world. There is so much bad news, and this is a good news story. Community and love make the world go round.

Reading about the horrible aggravated burglaries recently I want to urge each of us to look out for our neighbours. I am praying for people's safety and that the police will catch the culprits and that they will be brought to justice. Jesus urges us to stick up for the lonely and the vulnerable. It is our duty to love our neighbour as ourselves. This is not a passive or non-committal love it means that we wholeheartedly look after them. I am sure that is something we can all agree on.

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



What Treatments for Hay Fever?

We start with treatments directly to the affected part, eye drops and nasal sprays can be enough to provide good control. Sodium cromoglycate eye drops are effective and safe and considered gold standard treatment for allergic conjunctivitis that comes with hay fever, but they need to be used on a regular basis and started a few days before your eye symptoms start.

Nasal symptoms (generally known as rhinitis) can be very troublesome, affecting quality of life, disturbed sleep and impairing daytime concentration. People with allergic rhinitis are more at risk of developing asthma: upper airways affect the lower airways leading to the lungs, and for many rhinitis and asthma are closely linked. It is important to use nasal sprays as well as asthma inhalers for many asthma sufferers. There are some extremely effective medications for allergic rhinitis, which work by blocking the allergic response and come either as liquid nasules or nasal sprays. There are both non-absorbed steroid

sprays and antihistamine sprays and there is now a nasal spray that delivers both steroids and antihistamine. You must avoid nasal drops that contain decongestants (beware ephedrine) as they cause thickening of the nasal lining and make symptoms much worse.

Antihistamines by mouth are a mainstay of treatment, Piriton is the oldest but only gives 4-6 hours benefit and often causes drowsiness. Children taking Piriton may do worse at school even if they take it just at night. The popular choice now is a once a day oral non-drowsy antihistamine such as loratidine or cetirizine but some people unfortunately find that even the non-drowsy histamines do still make them sleepy. These you can buy from your pharmacy, and others only available on prescription. Long-standing hay fever sufferers know that the effectiveness of an antihistamine wears off after a year or two, so ring the changes when you need.

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

COLLECTED PROTECTED DELIVERED

UNIVERSAL DELIVERY FROM MBE



WIN A FAMILY TRIP
TO MARRAKESH!
VISIT MBE.CO.UK/MIB
*Terms and Conditions apply

MIB
INTERNATIONAL
ONLY AT CINEMAS

MAIL BOXES ETC.



MAIL BOXES ETC.

UK & WORLDWIDE DELIVERY

PACKAGING MATERIALS

BUSINESS/PERSONAL MAILBOX RENTAL

ARCHITECTURAL & POSTER PRINTING

BUSINESS CARDS, FLYERS & BOOKLETS

PRINTING & PHOTOCOPYING

SCANNING/SCAN & EMAIL

SOLICITOR SECRETARIAL SERVICES

BINDING & LAMINATING

STATIONERY & FAX SERVICES

POST **PARCEL** & **PRINT** CENTRE



020 8427 4477



info@mbeharrow.co.uk



www.mbeharrow.co.uk

Mail Boxes Etc. Centres are owned and operated by licensed franchisees of Mail Boxes Etc. (UK) Limited in the UK & Ireland. © Mail Boxes Etc. services vary by location, participating stores only.

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



The Key to Curing Pain

We are constantly looking at new ways to improve the level of treatment and care we offer our clients.

And that's why we've invested in a new piece of equipment which is enjoying a lot of positive results in helping people with relief from pain.

It's called Physiokey and is a small handheld device which packs a lot of ground-breaking technology.

Here's some more information about it.

How does it work?

The Physiokey is a modern version of a device originally developed in the 1960's by Russian Scientists for use by Astronauts in Space. The technology is called SCENAR Therapy.

SCENAR devices emit an electromagnetic signal, which is almost identical to the human nerve signal.

This signal travels along nerve fibres and 'meridians' triggering the release of powerful pain-relieving substances called endorphins. Aside from the immediate pain relief, this therapy also stimulates the body's own healing response and initiates changes which bring about long-term benefits.

Who can benefit?

Pretty much anyone suffering pain. Whilst we focus on foot and ankle services, our SCENAR Therapist



can now help anyone suffering with any type of acute or chronic pain condition anywhere on the body.

How is SCENAR different?

The difference between SCENAR Therapy and some other type of electrotherapies, which may require you to have indefinite on going treatment, is SCENAR supports the body through the healing cycle to completion. This means once your treatment is complete, it is unlikely you will need further treatment for the same issue.

How long does treatment take?

Due to the unique way that SCENAR Therapy works most acute problems only require 4 to 6 sessions.

Is it painful?

No. SCENAR Therapy is a non-invasive treatment. You may experience some pins and needles type sensation, but this is part of the healing process because SCENAR Therapy works with your body.

We're excited about bringing this treatment into FCC and are available to answer any questions you have about it.

Please get in contact with us to discover more about SCENAR Therapy and all the other effective treatments we have for foot and ankle injuries and conditions.

Thanks for reading,

Firoz

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



Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

Open 7 days

www.footcomfortcentre.co.uk

Tel: 020 8908 1425

**130 Llanover Road, Wembley
Middlesex HA9 7LT**

Bus Route 245



North Wembley Underground
& Overground station



Front Garden Competition

Is there a garden within the Sudbury Court or Pebworth Estates that you always enjoy having a look at?

This year we're handing it over to you to nominate your favourite.

Whether it's the traditional well-cut lawn, roses and hanging baskets you prefer, or a more contemporary use of space, it's completely up to you.

We're not looking for perfection. You may even want to just nominate somebody's garden because it has a particular tree that you like. Or a corner of a garden that has a particular mix of plants and colours that draws your attention.

You could also nominate your own garden.



Take a photo on your phone and email your suggestions to editor@the-scra.co.uk by **20th July.**

The judging will take place between the last week of July and 1st week of August.

Winners will be announced in the September Courier

Please don't forget to include the address of the garden in your email.

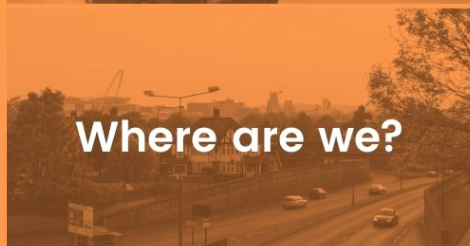
If you'd also like to be one of the judges, please let us know.

1st prize £50

2nd prize £30

3rd prize £20

(members of the SCRA Committee and judging panel are exempt from the competition)



The Mayor's London Borough of Culture is an award from the Mayor of London, Sadiq Khan, to celebrate the wealth of creativity across every corner of our city. In February 2018, Brent won the award for London Borough of Culture 2020, following Waltham Forest in 2019.

The winning boroughs receive over £1m funding for creative activities which will really make a long lasting difference in their borough. They will illustrate their commitment to delivering an amazing and ambitious programme of events in the year, and show the transformation this will bring for their borough through the arts and heritage.
(see opportunities to get involved— page 23)



PenmanSedgwick LLP
SOLICITORS



Looking for quality legal services?

Problem Solved

5 George Street, Watford
Herts WD18 0SQ
T: 01923 225212

www.penmansedgwick.com

Northwick Park Community Garden

www.northwickparkcommunitygarden.com



I'm delighted to say that on Sunday 16th June, Father's Day, we planted a further section of the food forest garden area, including a number of seedlings which our community group has reared from seed, potted up and looked after during recent weeks.

We've also been fortunate to apply for and secure plants left over from the RHS Chelsea Flower Show in May. We received 50 plants in total including sage, basil, thyme, coriander, pineapple mint, strawberries and other edibles.

As well as planting the seedlings and edibles we also created additional planting areas, mulched them and covered them with wood chip ready for the Autumn PermaBlitz.

The forest garden is extending nicely along the line of pre-existing shrubs that are bordering the railway fence, starting from the North-East corner of the park. At each PermaBlitz gardening day, all our efforts are getting us a little bit closer towards the footbridge - our finishing line.

A heartfelt thanks to all of you who joined us for both our PermaBlitz days—it's fantastic to see families joining in too—even the children digging their heels in (literally!) to create a garden that's going to benefit the local community for years to come.

Susannah Hall, our permaculture garden expert from PermaBlitz London, visited the garden in early June to check soil and plant conditions. We had hardly any rain at that point, however thanks to the watering efforts of everyone, we got the 'thumbs up' from Susannah.

To help collect and store rainwater, we have installed seating especially designed and constructed for us; made from recycled materials that also serves as a rain water collection tank.

But we still need your help to keep the plants healthy and if you would like to help

us to water the plants during

July and August, then please join our WhatsApp watering group, which keeps track of who is watering what in their spare time, whenever they can get to the garden. Email us with your mobile number to join.



The students of Byron Court Primary School and their parents have also done a fabulous job. Jo Harris visited the school's STEM learning event on 6th June. We were delighted to hear that several students are already watering the plants with their parents. The school's feedback was that lots of children are enthusiastic about growing things. This was wonderful to hear given the garden needs the support of the next generation to look after it.

**Check our website
join us on Facebook, Instagram**

Thanks for the great support.
Eleri, Joanna, Rishil and Iris

northwickparkcommunitygarden@gmail.com

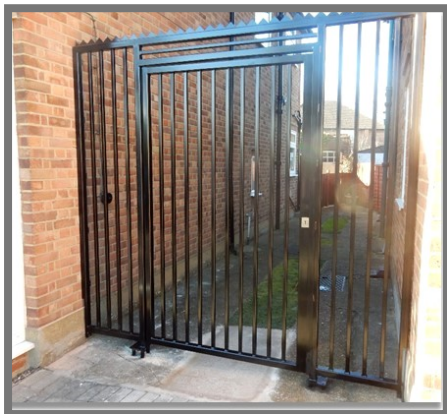
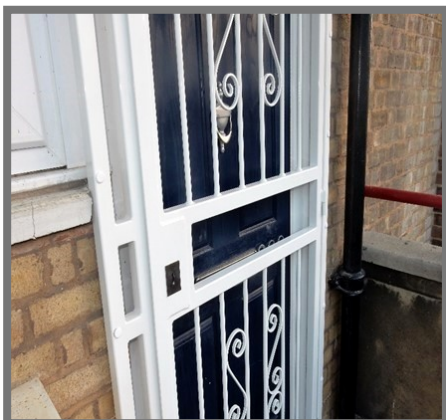
SECURITY GATES 4 YOU LTD

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



South Kenton & Preston Park Residents Association (SKPPRA)

invite you to their Summer Party.

Live Music, Rio Dancers, kids activities, BBQ stand, Bouncy Castle and more.

The Windermere Pub, HA9 8QT

Beside South Kenton station (through the tunnel)

Free Entry



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



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

RS Furniture Services

Furniture Repair Restorations and Reporting Service

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

For enquiries call **07795398109**

or

email : rsfurnitureervices@gmail.com

send photos with enquires

CUTH'S TODDLERS' GROUP

Fun Play Stories Support

(now a Daniel's Den)

**Every Friday 10-11.30
(except school holidays)
£2 per family (50p extra child)**

saintcuthberts

**214 Carlton Avenue West
HA0 3QY**

0208 904 1457

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

Belgrave Sew Creative

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

We design, make and fit made-to-measure

**Curtains, Pelmetts, 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

3 G's ELECTRONICS

Repairs – Services – Accessories

All makes and all models

141 Harrowdene Road

North Wembley, HA0 2JH

020 8904 8810

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

All work guaranteed

Parts available for all appliances

www.3geeselectronics.com

HIGH QUALITY PAINTER & DECORATOR

*** LAMINATED FLOORS FITTED * TILING**

Free Estimates

DAVID PETER t/a O & D DECORATORS

07904 913443 Email: davidpeterdecor@gmail.com

Opportunities to Volunteer



There will be many opportunities to volunteer as part of the year-long London Borough of Culture (LBOC) programme.

If you've never volunteered before, maybe now's the time. As a volunteer you will gain and share new skills and knowledge, meet new people, be part of delivering the LBOC programme and help make 2020 an incredible year to remember.

I understand that the first cohort of volunteers have just been recruited, but there will be plenty more roles available in Autumn 2019, Spring 2020 and Summer 2020.

You can sign up for the newsletter on the website, or follow on Facebook and Twitter.

www.lboc2020.com



Brent Libraries: Reading Hack:
Volunteers programme

We are looking for young people to help us run our Summer Reading Challenge reading scheme for children. A variety of roles are available for **volunteers aged 15 – 24**. It is a great opportunity to develop skills while taking part in fun events. We want to hear from any young people who love books and reading and want to help.

What could you get out of it?

- Experience in event preparation and delivery, PR Skills, creative thinking;
- Work with children and young people;
- Confidence building;
- Evidence to support job and college applications.

Choose volunteer working hours to suit your schedule.

Interested? Check out the website for more info and how to apply—

brent.gov.uk/services-for-residents/libraries/

Ashutosh

VEGETARIAN RESTAURANT

GUJARATI INFLUENCED INDIAN VEGETARIAN CUISINE

**Come and Enjoy Delicious Classic and Contemporary
Indian Vegetarian Cuisine at our Restaurant**



Restaurant available for:

- Birthday Parties • Private Parties,
- Functions • Pre-Wedding Parties
- Also, Catering service available for all occasions.

For further information please contact us on:

205, Watford Road, Harrow, HA1 3UA

Tel: 020 3535 7555 Mobile: 07951 840 485

Email: info@ashutosh.co.uk Web: www.ashutosh.london

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
- Live In 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.

Action Fraud

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

Action Fraud is the UK's national reporting centre for fraud and cyber crime where you should report fraud if you have been scammed, defrauded or experienced cyber crime.

Where are you buying your Live Event tickets from this summer?

- Between 1 April 2018 and 30 April 2019, Action Fraud received 4,755 reports of ticket fraud.

- The total reported losses to victims was £1,654,888: an average of £365 per victim.

With lots of music concerts and sporting events taking place in summer, it is an opportunity for fraudsters to take advantage of unsuspecting fans.

Action Fraud is partnering with the Society of Ticket Agents and Retailers (STAR) to urge people to avoid fraud by taking more care when buying tickets for live events.

Fraudsters will pose as a website or agent for a music concert or festival, a sporting contest, or a live comedian or performer,

meaning victims will purchase tickets that either don't arrive or turn out to be fake. So, consumers should always check the contact details of the site they're buying the tickets from.

Last Year, Action Fraud received 4,755 reports of ticket fraud, a decrease of almost a third from the 6,486 reports received in the previous 12 months. It is likely that this was as a result of an increased number of alerts issued that warned people about fraudulent tickets, especially ahead of the World Cup in 2018.

However, there was a spike in reporting in August 2018, in which 539 reports were made. This suggests that fraudsters took advantage of people during the peak season for ticketed events such as music festivals.

www.actionfraud.police.uk

Utopia Financial Partners Ltd

We offer professional, no obligation advice on all types of mortgages and protection.

Whether you are buying a new property, raising capital, equity release (for the elderly) or simply looking to remortgage existing borrowing, contact us to discuss how we can help make your mortgage work for you.

Office: +44 (0) 203 858 0777

Mobile: +44 (0) 795 735 8378



Website: ufpltd.co.uk

Email: info@ufpltd.co.uk

THINK CAREFULLY BEFORE SECURING OTHER DEBTS AGAINST YOUR HOME. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE.

© 2019 Utopia Financial Partners is an Appointed Representative of New Leaf Distribution Ltd is authorised and regulated by the Financial Conduct Authority : FCA number 460421



LUXURY IN MOTION



Our range of chauffeuring services include :

- Business Trips, Airport, Tours, VIP Hire , Weddings, Festivals,
- Nights Out, Day Trips, Social Events, Shopping Trips, Tours. Prom.

Our Party buses can fit up to 8 Passengers and offer WiFi, Bluetooth and charging facilities.

Give us a call or get in touch via our social media channels.

T: 0203 092 8977

M: 079 1458 1458

E: bookings@archiescarsldn.com

S: [@archiescarsldn](https://www.instagram.com/archiescarsldn)





CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

June should bring us to high summer, but the blustery winds certainly challenged our Rose and Early Summer Show on 8th June. Carrying exhibits into the hall against a westerly gale proved quite hazardous so the setting up of the show had to take place indoors. The show team worked hard to make it all happen and the result - another enjoyable day, with some wonderful roses and a wide variety of other summer flowers and plants on display. It was a special pleasure to see more gardeners from our Asian community taking part. The lovely peonies in the picture won first prize and a best-in-show certificate for Saro whose beautiful garden near South Kenton station delights all passers-by.

There were many lovely roses, but one of the trickiest classes requires three blooms of the same variety, one in bud, one perfectly formed, the third, fully open. Appropriately, in the wake of D Day commemorations, it was the 'Peace' rose that won this coveted prize this year. First grown in France by Francis Meilland and named 'Madame A Meilland' for his mother, he sent cuttings to the USA for safety during the war. In 1945, the rose was named 'Peace' in the hope that it would influence men's thoughts for everlasting world peace. This strong, healthy variety became very popular when people's gardens were returned to flowers after growing food crops during the war. Rose bushes planted at that time still flourish

in Teresa's garden, and 'Peace', beautifully staged and shown in the picture, won this year's triple prize. There were some delicious offerings in the domestic classes. The children did well too and the judges found it



Peonies

hard to decide on winners, so joint first prizes were awarded. Putting on the show is a real team effort and it was good to see so many visitors coming to enjoy tea, cakes and conversation as well as a look around the flower-filled hall. Make a note in your diary of the next flower show, the Autumn Show on

Saturday September 21st when this year's harvest will be featured. We hope to see you there.

In the garden there is always a job to be

done and grass cutting occupies many a summer evening. However, there are changing views about grass and it is now quite acceptable to leave areas uncut, perhaps with a mown pathway through the waving grasses which are now in flower. When did you last see a grasshopper? These attractive creatures used to be common in the hay fields and where grass is left to mature and set seed they are coming back, seen



Peace Rose

on sunny days among the flowering grasses. Such labour-saving bio-diversity is to be recommended - perhaps on a section of your lawn - for wildness is certainly in fashion. Why not give it a try?

Margaret Roake

www.the-scr.a.co.uk

we're always looking for photos and stories for The Courier and website,
especially historic photos

Please contact: editor@the-scr.a.co.uk

Refrigeration and Air Conditioning Specialist

Installation

Services

Repairs



All works undertaken are guaranteed
Engineers are F'Gas Registered
Quotation provided
Domestic and Commercial works done

08450 514 636

07956 625 736

Local company serving local people

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

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

Friends of Barham Library



WELLBEING WITH YOGA

What ever your age or fitness a bit of exercise is good for all of us. As our Yoga sessions are so popular we are adding extra days until the end of 2019.

Mon, Tues and Thurs—7pm

Sat at 9:30 am

Sun at 10am—less physical and more suitable for beginners and older people.

All sessions last 1 hour and cost just £5 (to pay the tutors with balance donation to cost of utilities etc). For more information and to express interest—contact Paul

OUR SHOP

Sudbury Town Underground Station

Mon, Weds and Fri—12 to 5pm on

Thurs—3 to 8pm; Sat— 1 to 4pm

Books, DVDs, CDs, vinyl records and much more.

Donations of unwanted cameras, mobile phones, tablets and even 00 gauge rail items welcome.

FOR CHILDREN

Story Telling & Rhyme

Tues—11am for 30 minutes (50p donation)

Chess Club – Saturday 12 to 2pm

Homework Club – Saturday 2:30 to 4pm

OTHER ACTIVITIES, incl

Memory Lounge – inc. chair yoga

Tues, 11am to 1pm (small donation)

Art Club

Tues, 1 to 3pm (£2 donation for materials)

Knitting Sewcial

Weds, 10.30am to 12.30pm (£2 donation for tea etc)

LIBRARY OPENING TIMES:

Mon, Tues, Weds 2:30-6pm

Saturdays 12-5pm

There are various regular activities—full details can be found on our website

barhamlibrary.uk

contact Paul Lorber 07917 094 239

barhamlibrary@hotmail.co.uk

Barham Community Library,

Barham Park

660 Harrow Road, Wembley HA0 3JF

buses 18, 92, 182, 204 and H17.



ADZ BEEMERZ

BMW & MINI SPECIALIST



♦ **SERVICING ♦ REPAIRS ♦ SALES ♦ ADVICE**

♦ **Collection & delivery service ♦ loan car available**

- * Bespoke servicing and repairs
- * Only genuine approved parts used
- * Castrol lubrication centre
- * Forté treatment centre

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



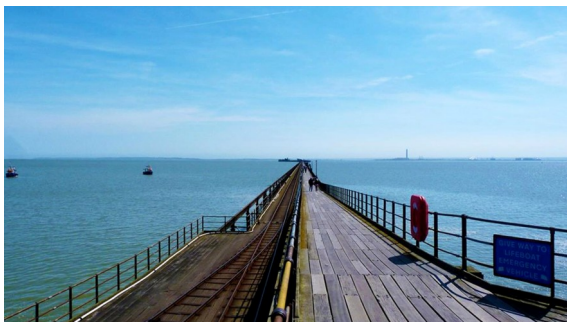
07836 326 927

adzbeemerz@hotmail.co.uk www.adzbeemerz.co.uk



Senior Citizens' Outing

August 7th 2019



The Senior Citizens' Outing this year will be to Southend-on-Sea; the first time we have been to this iconic seaside resort in many years. Far from its earlier rather seedy reputation, Southend is now a bustling venue with a High Street with enough well-known stores, local shops, coffee shops and restaurants to satisfy all tastes, together with a 7-mile sea-front promenade, and the longest pier in the world.

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. Since the time taken to drive to Southend is shorter than our usual South Coast trips, there will be no comfort stop on the journey - but there will be appropriate facilities on the coach, if needed - all the more time in Southend.

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 31st 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 Abbotts 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)

Kids' Page



Hello Kids,

How are you all? Don't forget to write to me with your favourite jokes and pictures:

preeyaatthecourier@hotmail.com

JOKES

Q: How do you make an artichoke?

A: You strangle it.

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 raddish!

Q: What's a vampires favourite fruit?

A: A neck-tarine!

Q: What's brown, hairy and wears sun-glasses?

A: A coconut on holiday!

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well.

Q: What key do you use to open a banana?

A: A mon-key

Q: When is an apple a grouch?

A: When it is a crab apple.

Knock knock!

Who's there?

Lettuce!

Lettuce who?

Lettuce in and you'll find out!

Knock, knock

Who's there?

Bean

Bean who?

Bean a while since I saw you!

RIDDLE

I am an odd number. Take away a letter and I become even. What number am I?
Seven.

"ode" should be odd.

Did you spot the deliberate spelling mistake?






Safeclean

The furnishing care specialists from **GUARDSMAN**

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 •
- Guaranteed No Shrinkage •
- Free Estimate & Advice •

All Work Fully Insured and Guaranteed

FREE PHONE 0800 328 6017

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



WHAT'S ON

IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE— The Centre is behind the Methodist Church, 809 Harrow Road, Sudbury, HA0 2LP. Phone 020 89081220.

We are looking for **volunteers** in all areas of the Centre's work including an exciting new History project! Call in if you might be interested. www.sudburyneighbourhoodcentre.co.uk

THE KILN THEATRE—BLUES IN THE NIGHT—The Olivier and Tony Award nominated musical sees its first major London revival in 30 years. Directed by Susie McKenna and starring Olivier Award winners Sharon D. Clarke (Caroline or Change, Ghost, Amen Corner) and Clive Rowe (Guys and Dolls, Carousel), Blues in the Night is a scorching compilation of 26 hot and torchy blues numbers that frame the lives and loves of four residents of a downtown hotel.

Featuring soulful songs by blues and jazz icons Bessie Smith, Duke Ellington, Johnny Mercer, Harold Arlen and many more, this will be a sizzling night to remember. - 18th July-7th Sept—269 Kilburn High Road NW6 7JR. 020 7328 1000 www.kilntheatre.com

CUTH'S TODDLER'S GROUP—(now **Daniel's Den**) Fun. Play. Stories. Support. **Every** Friday 10-11.30 (except school holidays) £2 (+50p extra child). St Cuthbert's, 214 Carlton Ave West, HA0 3QY 020 8904 1457 www.stcuth.org

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

ST LUKE'S WALKING CLUB— informal group of supporters of St Luke's Hospice who meet regularly to walk and raise money for the Hospice. An annual long distance sponsored walk in May. The rest of the year we offer a variety of short and long day walks in the country and in the town for pleasure and to keep fit. Anyone can join us whether they intend to take part in the annual walk or not. The walks are free but small donations are welcome. Further details can be found at www.stlukestrainingwalks.org.uk

MO GENERAL MAINTENANCE

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

Call: 07963 447514



www.facebook.com/mogeneralmaintenance



#MulletOver

Twitter Facebook LinkedIn @cyberprotectuk

They want your money

How to beat scam calls and messages

Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.



ActionFraud
www.actionfraud.police.uk

CYBER AWARE

For more information about how to stay safe online, visit cyberaware.gov.uk

No government department or bank, or energy supplier, etc, will call you to ask for your personal details.

Please read more information on www.actionfraud.police.uk and www.cyberaware.gov.uk



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
Air Conditioning	28	Hair, Health & Beauty	21,28
Appliance Service/Repair	22	Hall Hire	33
Boilers/Heating, Plumbing	5,12	Home Carers	24
Building Services	9	Home Improvement	28,33
Car Sales, Servicing, Repair	11,29	Legal Services	18
Chauffered services	26	Nursery, Pre-School	22
Cleaning Services	10,31,32	Painter/Decorator	22
Conservatories, Porches	35	PC/Laptop Repair	22
Dentist (private)	13, 15	Printer	15
Doctor (Private)	14	Property Maintenance	10,32
Estate Agents	2,36	Restaurant	23
Electrical Services	7,12	Roofing, Gutters	33
Financial Services	25	Security Gates	20
Foot Care	16	Soft furnishings	22
Furniture Repair	22	Window Cleaners	28
Gardener	21	Windows, Double-Glazing	31

Thank you for supporting our advertisers
They make this magazine possible

Next Copy Deadline

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

10th July 2019

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 Mail Boxes etc (0208 427 4477)

**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

**"Because service matters"
We are proud to announce "
PROPERTY HUB has been
the winner of the
ESTAS GOLD Awards 2019
for both categories to provide
the best service to
Landlord & Tenant in
North West London",
why not visit our office for tea / coffee
&
meet the winning team!!!**

— THE —
ESTAS

LETTING AGENT
TENANT AWARDS 2019

GOLD WINNER

LONDON
(NORTH WEST)

Property Hub, Wembley

— THE —
ESTAS

LETTING AGENT
TENANT AWARDS 2019

GOLD WINNER

LONDON
(NORTH WEST)

Property Hub, Wembley

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

