

The Community Magazine for the
Sudbury Court and Pebworth Estates

October
2019

The Courier

88th
Year



Into Autumn

There's always something to see and do



daniels

danielsestateagents.co.uk

daniels

danielsestateagents.co.uk

We are delighted
to continue our
support of
Wembley FC, this
year sponsoring
the home kit.
Please help
support this grass
roots club too.



Wembley | Sudbury | Neasden | Kensal Rise | Willesden Green



October 2019
Number 204 (1,044)

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,

Into Autumn—and there's still plenty to see and do locally, if you look hard enough—there are a few suggestions within these pages.

Our younger residents are out and about and leading the way; another brilliant star contribution this month, this time from Rian (pg 25).

If your young people have ideas for articles for The Courier and would like to contribute—or you would like to highlight their achievements, please do let me know, I'm sure all our neighbours would like to support their endeavours.

Any other suggestions for articles and events also greatly appreciated—we're here for you.
Keep warm!

Until next time,

Kaye

Our Regular Contributors

| | Page |
|-------------------------------------|-------|
| Safer Neighbourhood Team | 4-7 |
| Councillor's Comments | 8-11 |
| Memory Cafe | 12 |
| St Cuthberts Church | 13 |
| Dr Jane—Another Cancer Scare | 14-15 |
| Northwick Park Community Garden | 19 |
| Sudbury Court Horticultural Society | 27 |
| Kids' Page | 31 |
| What's On | 32 |

Articles:

| | |
|---------------------------|----|
| From Litter to Leicester? | 17 |
| Halloween | 18 |
| Tree Works—update | 21 |
| More Trains | 23 |

| | |
|-----------------------------------------------|------|
| ★ Why Walking to School is good for all of us | 25 ★ |
|-----------------------------------------------|------|

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:

The SNT would still ask that all residents register with OWL (Online Watch Link, web address www.owl.co.uk). We are sending nearly all of our crime alerts via the OWL system. It is completely free to register so if you want to be in the know then register on OWL, it is a fantastic neighbourhood watch tool!

Residential burglaries: The burglary figures are not bad at the moment. I would like to say I have the answer for why that is but I don't, it could be in some small way due to the increase in local neighbourhood watch and the various WhatsApp groups, maybe our patrols too.

At time of writing, 10/09/19, the residential burglary figures have decreased and we haven't had an aggravated burglary recently. Though the figures are low at the moment in this area there continues to be aggravated burglaries occurring across North West London involving white masked men breaking into people's houses through the front door, threatening the occupiers with weapons for the family jewellery – the households targeted are mainly Asian, and the offences have occurred in the evening after 1900hrs, and generally in hours of darkness.

I am going to reiterate advice and information I have put in previous Courier articles with regard to this as burglary and in particular aggravated burglary is one of the theft crimes that has a big impact on victim's lives.

It must be pointed out that although aggravated burglaries are quite rare, it is good practice to set your house alarm on a partial set in hours of darkness and also to double lock all doors to the outside. Install good quality locks on your windows and doors; doors to the exterior should be locked with at least two locks. A London bar is also advisable as re-enforcement of the lock stays.

If you hear your front door being smashed

In, get to an upstairs bedroom, lock it or go out into the back garden and ring 999 immediately, say your address and that there are burglars in your house. Alert your neighbours.

Keep an eye out on any persons sitting up in vehicles in the locality, especially if you don't recognise them from the area – particularly if they are a group of men sitting up in a vehicle for no apparent reason and paying attention to people's comings and goings. If you see anyone acting suspiciously, then consider ringing the police.

I know, from reading the various residents' WhatsApp groups that residents really are being more and more vigilant and communicating to each other various sightings of suspicious persons and vehicles. This is all good and a brilliant neighbourhood watch tool.

Other crime happening – in recent months I have written about the Catalytic Converter (CatCon) thefts: the issue of opportunist thieves, scrap collectors and general motor vehicle crime – these are still ongoing issues in our area.

What has your team been up to?

Your officers are carrying out a number of investigations, which require preparation for court and paperwork. When we are not doing this we are out on patrol. Here are some of what we have been dealing with over the past month:

Your team was instrumental in the recent arrest of a male who was wanted on a Recall to prison due to committing offences whilst on licence for a serious offence. This male has lived in and frequents the Northwick Park ward area.

On **14/08/2019** at about 1030hrs, whilst PC KENNEDY was off duty cycling to work, she saw two white males on the Harrow Road having just past the police station heading in the direction of the High Road. She

recognised the males- both are Class A drug addicts. She was aware that one of the males was wanted, so stopped and asked him to come into the police station for a brief chat, which he did surprisingly. A check revealed that he was wanted for a burglary and for a bench warrant from Harrow Crown Court, she then arrested him. He was charged with the burglary later that day, remanded in custody to appear before Harrow Crown Court the following day and received a prison sentence for burglary, not a very lengthy one though!

On the **15/08/2019** PC HOBDAV and KENNEDY had popped into Sainsburys Kenton when they were informed that a member of security staff had been spat on by a female who had exited the store earlier. PC KENNEDY reviewed the CCTV and recognised the alleged suspect, her address was later visited and she is currently under investigation for an assault (spitting) offence.

Officers from all the SNTs were required to police the Notting Hill Carnival on both days this year. Despite the sweltering heat there wasn't much to deal with in the way of serious in the group of officers we were with. We had a few arrests but the majority of our time (in my group) was making sure people had a safe time, and helping a few people who over-indulged and ended up getting really sick. We also may have been caught having a foot tap or so to the music and trying to ensure that the carnival went without incident. Working Notting Hill Carnival is very tiring for officers, as we do two very long shifts on the two days, average shift being 12 -14 hours.

Your team has been involved in a number of recent stops and searches in relation to reports of drug dealing in the vicinity of East Lane and Sudbury Avenue. We are working

with local businesses, trying to identify the group involved and getting some information to get some criminal behaviour orders on them.

Some of the current work we are dealing with is investigating a theft involving a couple who live in independent living accommodation and are disabled by way of having learning difficulties. We believe that a drug addict has befriended the couple and when he visited their address he took property off them, so we are working to find this male, and also with the couple to ensure that this does not happen again to them.

On **3/09/19** a newish Audi Quattro, stolen in a burglary on the 01/09 in the Stanmore area, was located by police on false plates on Holt Road. This car was seized for forensics and CCTV enquiries made. The white male in his 20s who parked the car walked to Oldborough Road and headed towards East Lane.

Your team, with the assistance of some Volunteer Special Constables, was involved in a traffic operation on the **7/09/19** on the Watford Road which led to the seizure of 7 vehicles and the drivers of the cars prosecuted for either no insurance or no licence, or both.

On **8/09/19** a newish Range Rover was spotted by some eagle-eyed residents in one of the Priory Roads, this car was on false plates and had been reported stolen, in a keyless theft incident. PC HOBDAV and PCSO Charalambous went to investigate the residents' reports of this Range Rover, the true identity of the vehicle established and it was recovered by police.

Your team is also dealing with a number of neighbor-related incidents involving abuse and racial abuse, these are being worked upon, the necessary evidence gathered. An

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

arrest occurred on **09/09/19** in relation to one of these victims – this resulted in one of the alleged offenders being bailed to an alternate address in South Brent, pending a possible prosecution as the CPS have to make the decision on whether there is sufficient evidence to prosecute.

Some other incidents that have happened on the patch, please read the crime figures for a full synopsis of recent incidents:

In late August a resident of Bengeworth Road witnessed an intruder in their back garden, another resident gave chase and the male ran off on Sudbury Court Road towards Sudbury Court drive.

Shortly before 7am on **30/08/19** a vigilant member of the public spotted some suspicious activity on Spencer Road with some males with weapons and balaclavas and police were called. There was a police chase whereby three of the group of four spotted were arrested. A number of cannabis plants were also recovered from the address in Spencer Road. The three males were arrested for a number of offences and this investigation is ongoing.

In another incident in the past month, men working on the road works on East Lane caught a guy going through their works van, police were called and he was arrested.

Overview of offences 10th Aug-10th Sep:

Burglary: (i) Sudbury Court Road (in 60s odds side) 17/8 1630 – 18/08 1000hrs, room in a HMO burgled, cash and jewellery stolen. (ii) Watford Road (in 190s, evens side) post box in communal hallway of block of flats damaged believed by intruder (iii) Church Gardens – flat in sheltered housing 16/8 0900 – 19/08 0900hr (iv) East Court (in 50s odds) – 03/09 1030hrs male entered rear patio door of house which is broken, forced entry to room and stolen cash and jewellery. (v) Watford Road (in 210s evens side) 05/09 1340hrs, intruder entered house in afternoon when occupier was asleep, stole cash, iphone, laptop.

Attempted Burglary: (i) Blockley Road (in 40s odds side) – 17/08 0149 male peering in window, cable wire cut (ii) Langham Gardens (low odds) 28/08 0935hrs – young black

male mid to late teens, interrupted breaking into the rear patio door of house.

Attempted Burglary Commercial premises: (i) Watford Road near John Lyon Roundabout – 09/09 1500hrs – 10/09 0845hrs, glass pane of shop front smashed in an attempted burglary.

Theft of motor vehicle: (i) East Lane (in 240s evens side) 21/08 2100hrs – 22/08 0900hrs, 66 Merc Sprinter, in keyless theft – this vehicle was stopped on 28/8 in Herts area and two males arrested (ii) Harrow Road (near 1000) 03 car stolen from road.

Attempted theft of motor vehicle: (i) Elmwood Ct - 10/08 2200 – 11/08 1220, attempted theft of moped (ii) Olborough Rd (in 20s odds side), 12/8 0240, attempted theft of moped (iii) Aspen Drive - 11/8 1900 – 12/08 1045, attempted theft of moped (iv) Harrow Road – 13/8 0001 – attempted theft of 18 plate Mercedes Van (v) Northwick Park Hospital – 29/08 1855hrs Yamaha R6 stolen.

Attempted theft from motor vehicle: (i) East Lane (in 250s odds side) male arrested after trying door handles of works vans. (ii) Carlton Avenue West (in 90s evens side) 29/08 1630hrs black leather rucksack stolen from delivery van when doing deliveries (iii) Amery Road 03/09 1425hrs – males in a van have pulled up to another van and stolen chainsaws from a works van (iv) Northwick Park Hospital 07/09 1400hrs – 08/09 1800hrs, van broken into and a large quantity of works tools stolen.

Crime Prevention Advice:

Burglary -

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

break in to houses.

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

Vehicle Crime -

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

Robbery -

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

Bicycle Thefts -

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

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

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 below for crime prevention tips

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



- **REWIRING**
- **EXTRA ADD-ONS**
- **MODIFICATIONS**

Free Estimates



020 8904 7923

Mobile: 07947 595 112



Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope you had a restful and pleasant Summer break and enjoyed the recent hot weather.



Consultation on Changes to Council Tax Support Scheme

We are two months into the 12-week consultation on the proposed changes to Brent's Council Tax Support Scheme and, to date, resident engagement is low. Members are asked to help encourage residents to take part, particularly those in our wards who will be directly affected. Brent wants to make the scheme simpler, fairer and focused more on support for people who are least able to pay Council Tax. The proposed adjustments to the scheme are designed to make claiming support easier, with a banded scheme that fits alongside the Government's Universal Credit system. The scheme is based on people's ability to pay, and some people's entitlement will change, but Brent will continue to support more than 27,000 residents. If you are affiliated to any organisations that work with people who are likely to be affected, please do let David Oates

david.oates@brent.gov.uk know and we can make contact with them to promote the consultation, which can be found on the Brent Council website.

The consultation closes on 10th October 2019.

Brent Community Lottery – Good Causes Launch

The Council is launching a new online lottery called the Brent Community Lottery. 60p from every £1 ticket will go direct to charities, voluntary organisations and other good causes. Players of the lottery can win a £25,000 jackpot, plus smaller prizes.

The Council will be holding a Good Causes Launch on Wednesday 9 October 1-3pm in the Conference Hall at Brent Civic Centre. You will be able to hear all about the new lottery, how it works and how the voluntary and community sector can directly benefit from participating.

If you would like to attend the 'Good Causes' launch, please register on the www.eventbrite.com website and search for 'Brent Community Lottery Good Causes Launch'.



London Borough of Culture (LBOC) Fund

As part of the London Borough of Culture 2020 programme, the LBOC team are administering a £500,000 fund for local individuals, voluntary and not-for-profit organisations, and community groups in Brent to lead their own cultural activities.

The fund is to support arts and cultural activities at locations across Brent that take place during 2020, including events, performances, workshops, exhibitions, talks,

walks, installations, festivals, carnivals, screenings and participatory projects across all art forms.

Projects funded through the LBOC fund must:

- be creative and/or cultural, and involve artists
- be open to the public
- take place in Brent during 2020
- create opportunities for people from different generations and/or backgrounds to come together
- involve opportunities for local participation and volunteering
- provide young people with roles and opportunities within the leadership of the project
- respond to one or more of the four LBOC 2020 culture questions

Amount: Individuals can apply for up to £3,000. Organisations can apply for up to £10,000.

Deadline: The final round will open on Thursday 16 January 2020 and close in March 2020.

www.lboc2020.com/2020culturefund
contact: titania.altius@brent.gov.uk

St Cuthberts Church – NCIL funding success

I'm sure we all know the wonderful community work at St Cuthbert's—from the Memory Café to the Toddlers Club, working in partnership with Daniel's Den—and lots more besides. St Cuthberts applied for NCIL Funding of £170,000 to refurbish the Community Hall. The aim of this project is to refurbish the community hall to increase the number of community events and activities in the area and to ensure it is fit for purpose.

The Project will include the following:

- Improvement of Toilet Facilities including provision of a disabled toilet and baby changing
- Refit the kitchen with modern equipment and ventilation
- Provide an efficient heating system
- New double glazed windows
- New ceiling and redecoration

We look forward to the new look St Cuthberts Church Community Hall.



Preston Road Community Library

Although it is not in our ward, we should congratulate the Preston Road Community Library for their recent award. Preston Community Library has been 'highly commended' in The Bookseller's prized Library of the Year Award 2019.

The volunteer run library, on Carlton Avenue East, is the first community library to be shortlisted for the nationwide award which typically supports professionally-run libraries with paid staff. The Bookseller celebrated "the tireless work of its volunteers" at the library and praised "its position at the heart of the community".

Preston Community Library is open for four days a week and is run by around 80 volunteers. Volunteer and Chair of Preston Community Library Philip Bromberg, said:

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

"We are extremely proud of what we've achieved, and honoured to have been recognised in this year's Library of the Year award."

In August, Brent Council's Planning Committee approved proposals to redevelop the library building and replace it with a brand new, modern library which will include 12 new much needed affordable homes. Library users will be able to enjoy a more flexible event space as well as 2,000 more books.

The fit-out of the library will be funded through a £268,000 grant from Brent Council's Community Infrastructure Levy which is a fee developers pay to contribute towards improvements in the local area.

Cllr Krupesh Hirani, Brent Council's Cabinet Member for Public Health, Culture and Leisure, said:

"The volunteers at Preston Community Library are doing a fantastic job and are really passionate about the work that they do so I am delighted that they have been recognised nationally by The Bookseller."

"I am hopeful that, with the promise of newly expanded facilities, the community library will continue to serve residents in the local area while also providing much needed council housing for those who need it most." The community library will move to Ashley Gardens for a short period whilst the site is being redeveloped. The 12 homes are part of the council's programme

to build 1,000 new council homes over the next two years for Brent residents.



EU Settlement Scheme

If you're an EU, EEA or Swiss citizen, you and your family can apply to the EU Settlement Scheme to continue living in the UK after 30 June 2021. If your application is successful, you'll get either settled or pre-settled status.

The EEA includes the EU countries and also Iceland, Liechtenstein and Norway.

You may be able to stay in the UK without applying - for example, if you're an Irish citizen or have indefinite leave to remain.

Sign up for email updates: the EU Settlement Scheme is open. You can apply now if you meet the criteria.

The deadline for applying is 30 June 2021.

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

Which status you get may depend on when you apply.

If the UK leaves the EU without a deal you will need to be living in the UK before it leaves the EU to apply. The deadline for applying will be 31 December 2020.

Brent's EU residents

We are aware that there are over 200,000 EU migrants living in the borough, so far we know that 67,000 have registered. We are one of the Local Authorities providing identity document scanning for those applying to the EU Settlement Scheme.

This service is available to resident EU citizens with a valid EU passport, and to their non-EU citizen family members with a biometric residence card issued by the UK. Although you can do this on line, if you do not have access to an Android device with near field communication (NFC), you can make an appointment to bring your passport or biometric residence card to us, where it can be scanned and verified for you.

What to bring to your appointment:

- ◇ your current valid EU passport or valid biometric residence card
- ◇ a mobile phone that can receive text messages or a device that can receive email

This service does not currently accept national identity cards. We will not need to keep your identity document and, in most cases, you will not be asked to send it anywhere else during your application.

Please encourage your neighbours, if they are EU migrants, to apply as soon as possible. I am informed that provided that you have all the right documentation the process can be completed within 15 minutes.

Northwick Park One Public Estate

The OPE Consultation team plan to hold public consultation events on **Thursday 10 and Saturday 12 October** at the social club in the centre of the development site. They will also be holding a preview event for community representatives and stakeholders on **Wednesday 9 October** should you wish to attend.

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

Anthea Dixon

Local Painter & Decorator

Does your home need a lick of paint?

- | | |
|----------------------------------------------|--------------------------------------------------|
| <input checked="" type="checkbox"/> Walls | <input checked="" type="checkbox"/> Woodwork |
| <input checked="" type="checkbox"/> Ceilings | <input checked="" type="checkbox"/> Wallpapering |

Contact me for a FREE estimate



anthea.dixon@gmail.com



07748956464



antheadixon.co.uk





SCISSORS



HAIRDRESSERS

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

Experienced Stylists
Competitive Prices - Free Advice
Try us for a Set, Blow-dry,
Cut, Colour, Perm or Highlights.
020 8904 1488

The Memory Cafe

Support for those experiencing memory problems



I have been much encouraged by the number of people coming to visit our café because they want help with setting up a new one. It is great to see the enthusiasm that is building for Memory Cafes; I think that they are a big idea and have the power for major transformation of society. Some ideas look good, but they don't have much scope. But Memory Cafes are so simple to run and have a disproportionate impact.

One of the things I love is when our choir gets going. The sound of singing is a glorious thing. I am currently speaking to Southwark Cathedral to see if we might be able to go and sing there again. It was great fun but quite challenging last time! The coach was very small and cramped and our driver

seemed to get lost quite a bit. We arrived late and the whole event was waiting for us to get there so it could start.

But despite the transport stress, our singing brought the house down. Our choir stands ready to cheer anyone up with our songs. We don't really do harmonies but we belt out the classics. Our choir master Francis is amazing and our pianist Anna is amazing too. Last week I got involved with the singing. I am usually dashing around making sure everything is OK. But I felt so happy after singing. Singing is life-affirming and it's something that many adults don't get the chance to do.

Why not come along and join in? Everyone is welcome in the choir – all you need to do is do your best.

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



I went to Edinburgh for The Fringe this year. Well, I go every year and I love it. It is one of those perfect holidays that is a combination of activity and inactivity. Each year, I see at least a few shows that have a great impact on me. This year, the best thing that I saw was a play called *Paradise Lodge*.

It has two actors and is the story of a music group that go into care homes playing the old wartime songs and entertaining people. There is a sub-plot of elderly people waiting to go into a home. I won't give any more away, other than to say that the play made me smile, sing, laugh and cry. It is truly wonderful. The play is written by it's star, who also looked after his mother-in-law in her dementia journey. So it is based on reality.

I am thrilled and amazed that they have

agreed to come all the way from Manchester to put the play on at St Cuthbert's (see page 26). I think our space here will be perfect and it will be a chance to get our community together again. We are so much stronger when we meet and enjoy each other's company and when we have an arts event.

So I invite you to come. No, I urge you to come, because the play is brilliant and it is only one hour long. We are charging £7 which is, I think, a reasonable price for a professional play using professional actors. The play got amazing reviews at Edinburgh and was one of the stand-out shows. So, please drop in and get your tickets before we sell out. I can't wait to see it again – and I wouldn't say that about many plays! I have a bad habit of falling asleep at the theatre, but not this time.

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



Another Cancer Scare

At time of writing we've had a new scare about Breast Cancer risk and HRT use portrayed in the media in an unnecessarily alarmist way. You would think this was new information, but this was a mish-mash of old studies from 1992 to 2018 of women all over the world, not balanced in their comparisons and using outdated treatments.

We have always known that taking HRT slightly increases the risk of Breast Cancer after five years of use post-menopause; we inform women of the data on Breast Cancer risk with HRT to help them make an informed decision, and we use an infographic to illustrate that risk.

There was no information here about any increased risk of dying from Breast Cancer, and there have never been any studies to show any increase in cancer deaths in women who have taken HRT. The overall

findings from this study are in keeping with our guideline recommendations which show a small increase in the risk of Breast Cancer with HRT. Yet the headlines referred to a doubling of risk compared to what was previously believed, and this is where the damage and scaremongering come in.

The numbers of women getting Breast Cancer because they take HRT is accepted as one extra case per 1,000 women per year. It is actual numbers of extra cases that is important and, at worst, if the risk were really double, that would mean one more case per thousand women per year.

There are far more powerful risk factors influencing cancer risk than taking HRT. If we look at women who are more than two stone overweight, in one year there are five extra cases of Breast Cancer per 1,000

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

women. We would do well to remember that when looking at the risks involved with HRT.

This study failed to consider far more important other lifestyle factors, such as alcohol intake and obesity.

The lead investigator of the study, when interviewed said she had done the study as she was worried about the upsurge in interest in HRT and wanted women to be properly informed.

As a menopause specialist I would confirm that HRT provides effective symptom control and improves quality of life, as well as offering long term benefits in regards to bone and cardiovascular health. I would also clarify that most of the hormones we use now in the UK are different to those in the studies and in years gone by.

Women undergoing HRT should continue

as usual with their treatment and attend regular mammograms, as well as being breast aware. This is just one broad study amongst the hundreds already conducted and does not indicate anything conclusive about one particular therapy.

Important studies from the Women's Health Initiative, which compares cancer rates in women who have taken HRT with women who have not, show no increased risk of dying from breast cancer if you have taken HRT.

So next time you read about a doubling of risk, look for the actual numbers involved. If the risk is pretty low to start, then a doubling of risk will still mean the number of women affected is still very low. To report otherwise is irresponsible.

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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



Ingrown Toe Nails

– Don't suffer in silence

Probably the most common issue we see at the centre is ingrown toe nails.

The good news is this uncomfortable and often very painful condition can be treated easily, effectively and in many cases permanently.

But what causes them and what can be done about them?

There are several reasons why you may develop an ingrown toenail. These include excessive nail curvature, trauma, nail plate problems and even improper pedicure or nail care treatment.

Thankfully, there are several things you can do at home to relieve your symptoms.

These include careful and regular cutting and filing, applying olive oil down the side of the nail to soften surrounding skin and wearing proper fitting shoes.

You can also bathe feet in warm salt water daily, applying gauze to create a barrier between the nail and skin.

However, most patients benefit enormously from professional care to ensure comfort and if caught early will preserve or restore a healthy nail appearance and structure.

We offer professional services including nail bracing, pedicure and if necessary surgery.

The benefit of using a medical expert is that you have peace of mind, full access to all available options and permanent cures to the problem.

When it comes to ingrown toe nails there is no reason you should, or indeed need to, suffer in silence any longer. And by visiting us you no longer have to.

We've been looking after people's feet and ankles since 1997 and treat a wide range of issues at our centre at the corner of Llanover Road.

We also offer custom made footwear, pedicure services and gait analysis and pride ourselves on the positive feedback we receive from clients – check out our five star Google reviews to see what we mean.

Thanks for reading,
Firoz

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

Nail
Bracing



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



From Litter to Leicester!



In the last edition of The Courier, we mentioned Tanishka who helps keep our streets clean with her friends. Her Dad has been so impressed by her efforts in the local streets, as well as a bit of tree-saving and other volunteering work she does, that he wrote to Leicester City Football Club— where she is a season ticket holder with him and her sister. They too were impressed, and the Club invited her to be the official mascot for the opening match of the new Premier League season versus Wolverhampton Wanderers.

Tanishka got to meet her heroes Kasper Schmeichel, James Maddison, Youri Tielemans and of course Jamie Vardy. She also got shirts signed by the entire Leicester City squad. She described her experience as "amazing and totally surreal".

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 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



UTOPIA
FINANCIAL PARTNERS LTD

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.**

HALLOWEEN

Some believe that the origins of Halloween date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1st.

This day marked the end of summer and the harvest and the beginning of the dark, cold winter—a time of year that was often associated with death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. So, on the night of October 31st they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

In addition to causing trouble and damaging crops, Celts believed that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on

the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

Trick-or-treat came much, much later!



MAIL BOXES ETC.®

here to help in Harrow

post, parcel & print centre

UK & WORLDWIDE DELIVERY

PACKAGING MATERIALS

BUSINESS & PERSONAL MAILBOX RENTAL

ARCHITECTURAL & POSTER PRINTING

BUSINESS CARDS, FLYERS & BOOKLETS

PRINTING & PHOTOCOPYING

SCANNING UP TO A0 / SCAN & EMAIL

SOLICITOR SECRETARIAL SERVICES

BINDING & LAMINATING

STATIONERY & FAX SERVICES

☎ 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.

Northwick Park Community Garden

www.northwickparkcommunitygarden.com



We kicked off the Autumn schedule of activities for the community garden with our cuttings workshop on 12th September at The Windermere Pub. It was great to see many familiar faces and catch up over a hot cuppa – thank you to everyone for joining. Inspired and immensely motivated to succeed, our secateurs are no longer left to rust in the shed but busy snipping away in the garden to multiply favourite plants and herbs for next year. It will be great to plant some of the cuttings we've potted at the workshop out in the community garden in the spring! Let us know how you get on taking care of them via email or post photos on our Facebook page.

If you have visited the community garden recently, you'll notice that we added some much-needed mulch to the planted beds – thank you to everyone who, with a big shovel and great determination tackled tons of wood chip on 14th September! We are planning to hold similar 'mini' ad hoc maintenance sessions over the winter to get together for a couple of hours (whilst dog walking in our case) at weekends. We'll publish more information shortly, which will certainly include details on the next Permaglitz, on our website.,

Our next workshop on Thursday 17th October, 7pm, at The Windermere Pub—will

focus on how to create a plant community of autumn salads and spring bulbs. This can be achieved by combining plants that play different roles, where each contributes to what the others need.

You will learn about how the autumn salads contribute to the fertility of the soil and support the growth of the bulbs. Some of the earliest plants to flower in late winter/spring are bulbs: snowdrops, crocuses, daffodils etc. They provide much needed nectar during the first part of the year to bees and we will be planting them to install them in the Northwick Park Community Garden next year. Workshop tickets can be purchased via the News & Events page on our website.

At time of writing, our lovely community garden supporter Sarah was very much looking forward to attending the 2019 London in Bloom RHS award ceremony on 20th September. We'll tell you all about it in the next Courier edition. Promise!

We look forward to catching up with you soon.

Thanks for the great support.

Eleri, Joanna, Rishil and Iris

Facebook, Instagram:

[@northwickparkcommunitygarden](https://www.facebook.com/northwickparkcommunitygarden)

northwickparkcommunitygarden@gmail.com

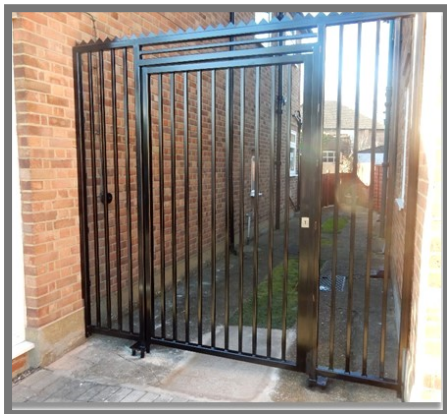
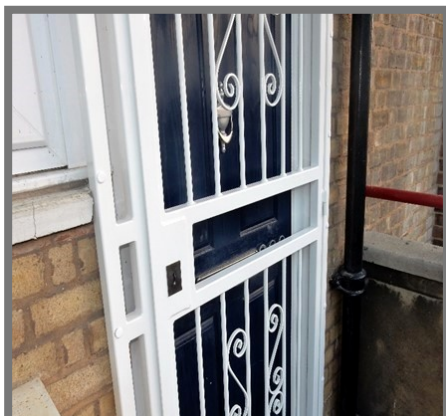
SECURITY GATES 4 YOU LTD

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

Tree work on our streets—update

Following many comments on the residents' WhatsApp group regarding the tree-work and removal being undertaken, I asked the officer from Brent to update us—

“We have changed our inspection and maintenance regimes under our current contract. A major part of this change is that we are attempting to spread work more evenly across the borough, by covering approximately a quarter of it in each year between 2018 and 2022. We have only managed, over the past decade or so, to do sporadic ad hoc work in the Sudbury Court Area—the current work, which covers the entire Northwick Park ward is more focused and, of necessity, more intensive. There will be some removals of trees, that are not suitable for retention in the long term, but many more are being retained and many are simply being pruned. We do not anticipate doing further routine work in the area for another 4 years once the current work programme is

completed. We stopped routine removals of stumps in 2014 and acknowledge this is not ideal, this issue has been debated internally and we apologise for not being able to resolve it yet. We do hope to return to regular stump removal eventually.”

Gary Rimmer

If I may add, having had many dealings with the Tree Officers at Brent since being involved with the SCRA, I have always found them to be very knowledgeable, and most definitely on the side of keeping trees unless absolutely necessary.—or unless a resident has complained about a tree in the street outside their property and asked for it to be removed.

Also, we will hopefully have some good news on tree planting next month

Kaye

THE CITY COUNSELLOR

**NAVIGATE YOUR
LIFE WITH CLARITY.**
WWW.THECITYCOUNSELLOR.COM

Wayne Martins-Brown
**ONE-TO-ONE, COUPLES & GROUP
COUNSELLING**

+44(0)7803 938 423
WAYNE@THECITYCOUNSELLOR.COM

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 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

HIGH QUALITY PAINTER & DECORATOR

*** LAMINATED FLOORS FITTED * TILING**

Free Estimates

DAVID PETER t/a O & D DECORATORS

07904 913443 Email: davidpeterdecor@gmail.com

More Trains

Good news for resident commuters for a change—some of you may have noticed that from the beginning of September, the Watford to Euston line is providing a 15 minute frequency during peak times.

From Ami Ibitson at TFL—

“A four trains per hour (15 minute frequency) service will operate on the line in the mornings between 07:30 and 10:00 and between 15:30 and 19:00 during the evening peak. A three train per hour service will continue at other times until brand new Class 710 electric trains are put into passenger service on the line.

The phased introduction of these additional trains is an important step in delivering the improved four trains per hour timetable we have promised our customers which will be in operation later this year.

Alongside the introduction of the additional peak time services, work continues to introduce our new electric trains as quickly as possible. As drivers complete the necessary training it will allow some services to operate a 15 minute frequency during the day.



Until all new trains are in service, frequency outside of peak times may vary so customers are being advised to check before they travel to confirm which services are operating.

The new trains continue to offer the convenience of walk-through carriages and air-conditioning but include additional features such as USB charge points, free Wi-Fi and improved real-time information screens. They will operate alongside some of the existing trains currently in use on the route.”

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.

Why walking to school is good for all of us



It's always great to see people walking to school, but whenever I see people taking a car to school, I always wonder if they really need to take a car. As I walk to school every day, I would like to share some reasons why others should try and walk too.

First of all, most people take cars as it's more convenient, however, every year, cars release about 333 million tonnes of

carbon dioxide, which is about 20% of the world's total CO₂ emissions. We can help reduce this number by walking more often. For example, a 5-minute car journey would only take about 15 minutes of walking. Not only is this good for the environment, but good for yourself too. If you are able to walk more often, you can take in more fresh air, which is proven to help aid concentration and it also helps to keep you energised. If you can walk with your friends, you can catch up with them too! This not only develops your social and communication skills but is a great source of exercise.

If you do live too far away to walk, an alternative is to take a bike. This is also a great way to exercise and it can get you to school just as fast as a car! Furthermore, it causes no pollution. But if you don't have a bike, you can also take a bus. Despite the fact that buses still cause pollution, it helps that there is one less car on the road. Buses are also free for people up to 18 and also makes you walk to and from the bus stops.

Walking to school is a great way to save our environment, as well as keeping yourself fit and healthy. Hopefully, there will be less cars on the road to school and remember; you can help further by walking to other places that aren't too far to walk!

-Rian Chotai

TUTORING

Services offered—from £15 p/h:

- ♦ all subjects from **primary to A-level**;
- ♦ **Law at degree and postgraduate level.**

Enquiries: 07506 10 77 99

About me:

- ♦ Highly experienced and DBS checked;
- ♦ **Working at a top international law firm**; and
- ♦ Graduated with a **2.1 Law degree** and **69% Commendation** on the **Legal Practice Course** and Masters in **Law, Business and Management.**

Paradise Lodge

By Steve Cooper

*** The Scotsman
"Astonishingly well-observed."

saintcuthberts



Paradise Lodge has recently returned from a successful month in the Underbelly at the Edinburgh Fringe

St Cuths Presents Paradise Lodge
Friday 25th October 7.30pm
Doors open 7pm £7

214 Carlton Ave West Wembley HA9 2QY





CALLING ALL GARDENERS

**Sudbury Court
Horticultural Society**
Your local gardening club

How quickly the season changes, after the balmy weather we enjoyed at Bank Holiday we suddenly notice a chill in the air, the shortening days, the wind rustling in the trees bringing the leaves tumbling down. Already a brown carpet of leaves is lining the hedgerow on the road up to Harrow Hill.

There is still much pleasure in getting out into the garden, escaping the news of parliamentary disarray – getting back to nature. All troubles can be left behind as you make a survey of your plot, taking stock and considering any necessary changes to the garden landscape. Some plants may have struggled and



would appreciate a more favourable spot in the garden. They can now be moved to a kinder place, still with time for them to settle into new surroundings before winter sets in. Autumn is also a good time to weed and feed the lawn. Some grass seed, mixed with earth and lawn fertiliser scattered over the lawn will ensure a healthy greensward in the Spring. Yes, Spring will come again! Most gardeners are optimists and planning ahead is part of the pleasure. So many lovely varieties of spring bulbs are now available that it is hard to choose, but some time spent in the next few weeks planting bulbs will pay dividends next year.

However, all this is talk of the future. Those of you who grow dahlias and chrysanthemums, michaelmas daisies and sunflowers are still enjoying a blaze of colour to round off the season. There are still some vegetables and tomatoes to harvest and SCHS members are now preparing for the Society's Autumn Show on Saturday 21st September (a

report to come next month). After that it will be time to look out the nut and seed feeders to attract more birds to your garden and this is a good time to put up a nesting box, to provide winter shelter and a familiar home when the birds begin to nest next spring. A bit of garden untidiness is also in fashion – a

hole at the bottom of that close-boarded fence will make a pathway for hedgehogs; a pile of logs in a spare corner will soon become a shelter for wildlife, a small pond in a shallow container may attract frogs to eat up those troublesome slugs.

To round off the gardening season, members of the

SCHS will meet on Saturday 26th October for the Annual General Meeting. This is always a happy occasion with reports and discussion, rewards and trophies for the prize-winners. You do not have to be a footballer to rejoice in winning silverware! Many of the Society's trophies were donated by worthy people when the Society was very new. We have the Comben trophy awarded each year to the most successful grower of fruit and vegetables and the Wakeling trophy which rewards the gardener, who over the three shows has gained most points in the flower section. Comben and Wakeling were the builders of the Sudbury Court Estate. The names of the winners have been engraved every year, except from 1939 to 1945 when gardeners were busy 'digging for victory'. Who will have their names added to the trophies this year? All will be revealed at the **AGM on Saturday 26th October 3pm to 5pm**, with tea and cakes of course!

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



NEW LIBRARY OPENING TIMES:

Mon, Tues, 3-6.30pm; Weds 3-8pm
Saturdays 12-5pm

We have loads of books for all tastes, study space and free Wifi

WELLBEING WITH YOGA

Mon, Tues, Thurs at 7pm
Sat at 9.30 am
Sun at 10am

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 please contact us (below)

OUR SHOP

Sudbury Town Underground Station

Mon, Weds and Fri—3 to 8pm
Sat— 1 to 4pm

We have loads of books, DVDs, CDs, Jazz & Classical vinyl records, pictures 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
Summer Crafts and Games 2 to 3pm
Homework Club—Saturday 2.30-4pm

OTHER ACTIVITIES, incl

Memory Lounge – inc. chair yoga or Tai Chi
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)

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





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)



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

What's small and cuddly and bright purple?
A koala holding his breath!

What happens when a cat eats a lemon?
It becomes a sour puss!

Why are elephants wrinkled?
Have you ever tried to iron one?

What do you get if you cross a fish with an elephant?
Swimming trunks!

Why do elephants never forget?
Because nobody ever tells them anything!

What day do fish hate?
Fry-day.

What do you call bears with no ears?
B!

Where do cows go on Saturday nights?
To the MOOO-vies!

RIDDLES

What has a face and two hands but no arms or legs?
A lock!

What is the easiest way to see double your money?
Put it in front of the mirror of course!

What has to be broken before you can use it?
An egg

What has a neck but no head?
A bottle

What goes up and doesn't come back down?
Your age

Everyone has one and no one can lose it, what is it?
A shadow



Did you spot the deliberate spelling mistake?
'lock' should be 'clock'.





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 • | 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—We have no events in October but urge you to keep free Saturday 30th November for our Christmas Sale with Santa's Grotto for the children. We shall open the Sale at 10.00am and are expecting Santa to arrive around midday! Phone 020 8908 1220 for more information on what we do or visit our website. www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—Well into rehearsals for Voices For Hospices at Harrow School Speech Room on **October 19th at 3:15 p.m.** Also enjoying preparing Handel's Coronation Anthems and Gounod's Messe Chorale for our November concert. Rehearsals take place on Monday, 7:45 at Harrow High School, Gayton Road, Harrow HA1 2JG. New members welcomed!

For further details go to our website www.harrowphil.co.uk.

HARROW HARMONY invite you to join our OPEN REHEARSAL. Friday November 1st. 7.30 - 9.45pm. South Harrow Methodist Church, Walton Avenue, Harrow HA2 8QU.

Music, refreshments and a warm welcome provided. 0208 861 4017 if you want more info, otherwise just turn up.

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 walks in the country and in town for pleasure and to keep fit. Anyone can join us. The walks are free but small donations are welcome. Further details can be found at www.stlukestrainingwalks.org.uk

BOX & unwind

EMPOWERING THROUGH THE
YIN AND YANG OF MOVEMENT

YOGA AND NON-CONTACT
CARDIO BOXING

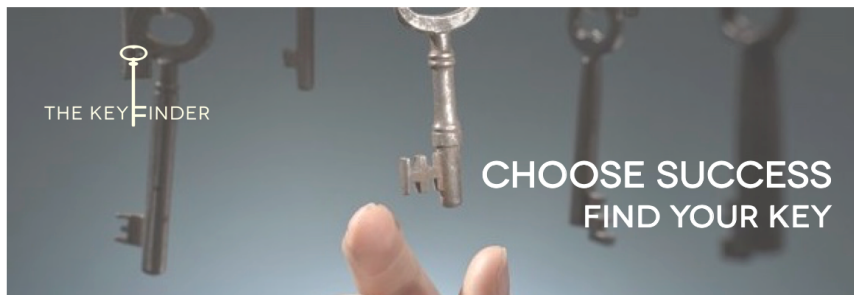
BOOK NOW

**NEW
CLASSES
IN YOUR
AREA**

BOXING FOR FITNESS
1-1 OR SMALL GROUP
PERSONAL TRAINING
SESSIONS AT YOUR HOME

WEDNESDAY'S (8-9 PM)
HARROW HIGH SCHOOL
GAYTON ROAD
HARROW, HA1 2 JG

✉ BoxandUnwind@gmail.com
☎ **Komal - 07905084999**
f [Facebook.com/BoxandUnwind](https://www.facebook.com/BoxandUnwind)
f **Facebook = Komal Standstrong**



“Life is really simple, but we insist on making it complicated”

What is coaching?

In general terms, coaching is about unlocking a person's potential to maximise their own performance. And, mostly, it's small incremental changes that make a huge difference – plus goal-setting, support, and accountability.

To find out about 1:1 Brief Coaching - please email: kaye@thekeyfinder.co.uk

“Since working with Kaye I have become a lot more confident . . this has enabled me to better manage the high levels of stress at the start of my new job. I have a much better professional relationship with my colleagues and, most importantly, with my manager. The improvement from my professional development feedback has been beyond expectation.”

- MP, Safety Design Engineer



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 | Furniture Repair | 22 |
| Appliance Service/Repair | 22 | Hair, Health & Beauty | 11,28 |
| Boilers/Heating, Plumbing | 5,12 | Hall Hire | 33 |
| Building Services | 9 | Home Carers | 24 |
| Car Sales, Servicing, Repair | 29 | Home Improvement | 10,33 |
| Chauffered services | 30 | Nursery, Pre-School | 22 |
| Cleaning Services | 10,31,32 | Painter/Decorator | 11/22 |
| Coaching | 33 | PC/Laptop Repair | 22 |
| Conservatories, Porches | 35 | Printer | 18 |
| Counselling | 21 | Property Maintenance | 10 |
| Dentist (private) | 13, 15 | Restaurant | 23 |
| Doctor (Private) | 14 | Roofing, Gutters | 33 |
| Estate Agents | 2,36 | Security Gates | 20 |
| Electrical Services | 7,12 | Soft furnishings | 22 |
| Financial Services | 17 | Tuition | 25 |
| Fitness | 32 | Windows, Double-Glazing | 31 |
| Foot Care | 16 | | |

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
November issue should be received by

10th October 2019

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

* **SCRA 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 Mail Boxes etc (0208 427 4477)

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 satisfy 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 between advertisers and their clients.

**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

Don't be Tricked, be Treated



HAPPY HALLOWEEN!

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. Website: www.propertyhubltd.com

