

The Community Magazine for the
Sudbury Court and Pebworth Estates

December
2023

The Courier

93rd
Year



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The Courier



December 2023
Number 254 (1,094)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Here we are—our last Courier of the year!

I've chosen a candle for the front cover this month—as a candle is a symbol for so many, of different faiths and beliefs—of light, remembrance, faith, hope, peace, comfort. So I offer it whatever your belief, and wish you a merry and peaceful Christmas holiday season and look forward to a happy and healthy New Year.

That's it from me for now; looking forward to hearing from you.

Until next time,

Kaye

Our Regular Contributors:

	Page
Safer Neighbourhood Team	4,5
SCRA Update	9
St Cuthberts	11
Sudbury Court Horticultural Society	15
Northwick Park Community Garden	17
Friends of Barham	19
Kids' Page	21

Features:

My Favourite Walk	7
Christmas Lights Competition	9
Out n About	12
Healthy Eating at Christmas	13,19



Courier deliverers

We'd like to take this opportunity to say a HUGE 'thank you' to our residents who, once a month, whatever the weather, deliver our Courier magazine to every doorstep on the Sudbury Court and Pebworth Estates.

And to Noura, who oversees the deliveries and fills in when people are away—always above and beyond.

I think it's true to say that we wouldn't have a magazine without all of your commitment.

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

07933 958 166

(available weekdays 10am-2pm; 4-6pm, or send a text and we'll get back to you)

Northwick Park Safer Neighbourhood Team (SNT)

PCSO Charlie Charalambous 7271NW
PC Finn Kennedy 2621NW (author of this article)
PC Bahadur Ryatt
Acting Sergeant Steve Hicks



Dear Residents:

What your team has been up to?

In November we have been deployed on various security patrols in the North West London area due to the ongoing tensions in the Middle East. In addition, there have been Halloween and Bonfire night patrols.

We have been liaising with the Housing and Council Anti-Social Behaviour (ASB) officers in relation to ongoing reports of ASB involving tenants and following up with visits to the addresses of known tenants.

We have also been working on various prosecutions and case files and conducting patrols, when possible, in both marked and unmarked police vehicles around the ward.

Ongoing Advice For the Winter Months:

As previously noted in these pages, we tend to see an increase in burglaries during the winter months as they are most likely to occur in the hours of darkness when residents are at work.

Reminders:

- Please remember to keep your house alarms on, even on a partial set when residents are indoors in the evening.
- Please LOCK those porch doors
- Keep a car on your driveway when possible.
- Leave a radio on in the house, near the front door, on a talking channel – gives the impression that there is someone in!

Opportunistic burglars frequently knock on residential doors to see if there is anyone at home, so please be aware of this, especially if you are not expecting any callers.

If you believe someone is about to break into a house please call 999.

Overview of offences 7th Oct—8th Nov:

Burglary Non Residential: (i) Northwick Park Hospital: 17/10 1710hrs – 18/10 0645hrs construction site building area within the hospital grounds broken into, tools stolen.

Attempted Burglary Dwelling: (i) Littleton Road (in 30s odds) 03/11 1816hrs, house fitted with an alarm, had a white male approach via the front and try to gain access to the rear patio doors, alarm activated and male fled the scene.

Theft of Motor Vehicle: (i) Carlton Avenue West (nr 188) 23/10 1830hrs Mercedes Amazon delivery van was stolen when engine left running by the driver and he was delivering parcels, later found nearby in Abbots Drive.

Attempted Theft of Motor Vehicle: (i) Watford Road (in 160s odds) 01/11 0130hrs Someone tried to steal 2016 Lexus RX 450H by removing the bumper and fiddling with the wiring, captured on CCTV; (ii) The Fairway (in 30s evens) 02/11 2100hrs – 03/11 0700hrs someone tried to steal 2019 Toyota Hilux by smashing window and fiddling around with internal wiring.

Attempted Theft from Motor Vehicle: (i) Nathans Road (low evens) 22/10 2055hrs male trying door handles of cars on resident's driveway.

Note from editor:

There are many different resources available to you with regards to crime prevention and online safety—please do educate yourself. A lot of information can be found on the websites listed below. If you are not internet savvy, perhaps ask a family member or neighbor to help.

We're all safer if we look out for each other.

The reporting methods: **999 for an emergency situation** – immediate risk to personal safety or that of property, if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume). **101 for a non-emergency situation** where a crime has been committed and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – www.met.police.uk

OWL—Online Watch Link

We use OWL to send alerts to residents about local crimes and other info of benefit.

Please register at www.owl.co.uk or download the OWL mobile app (search for "OWL crime alerts") - this is a FREE service.'

The various residents' WhatsApp groups receive the same alerts. (please email: membership@the-scra.co.uk for details)

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

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



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For further information visit: www.personalestateplanning.co.uk

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My Favourite Walk



One of my favourite local walks is Horsenden Hill/Paradise Fields. A short drive from our estate, towards the M40.

'Horsenden Hill is a site of ancient woodland, wildflower meadows and varied wildlife, in a place of historical interest with archaeological finds dating back to Neolithic, Roman, Saxon, Tudor, Victorian and more recent times. There is so much to explore; and children in particular love to find the Gruffalo Trail where these adorable creatures hide in the woodlands. The hill is open to visitors all year round, and suitable for families, walkers and four legged friends (although please keep them on their leash when cows are grazing). Horsenden Farm has an active Friends group who organise some of the Borough's most popular public events such as our annual Apple Day. We practice traditional woodland management techniques such as coppicing, hedgelaying, managing a tree nursery and restoring lost orchards. We run regular courses and volunteer sessions for anyone who wishes to learn and practice these skills.' (taken from the Ealing website.)

The picture on the right is one of my dogs (Tinker) accidentally discovering someone

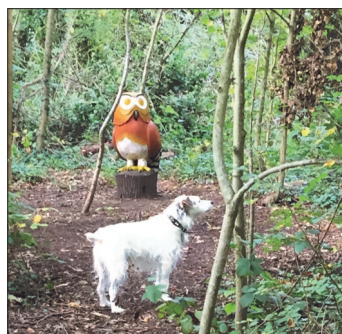
on the Gruffalo Trail . . . She wasn't quite sure whether it was friend or foe, so only looked at it from the corner of her eye before turning around and walking away!

What I didn't know about this lovely place on our doorstep was the Sensory Garden, the Farm Shop or the Perivale Brewery. There are also many events and open mic music sessions during summer months up at Horsenden Farm.

Please do check out their website to see what's on.

<https://www.horsenden.co.uk>

Please share your favourite local walks—email me editor@the-scr.a.co.uk



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SCRA Committee— Update - Pareet Shah, Chair

I hope you all enjoy a very Merry Christmas and best wishes for the New Year.

1. Rubbish on Parade:

Rubbish accumulating outside the shops, Watford Road near John Lyon Roundabout. We have been contacted by several residents and businesses regarding excess waste building up outside 201 Watford Road. Rubbish, often food waste, is being left around the bins. The bags are splitting and resulting in bad smells and attracting vermin, as well as causing an obstruction on the pavements. The SCRA, residents and businesses have reported this on numerous occasions to the council and are hopeful that a long-term solution can be found to prevent this repeated issue.

2. Traffic on East Court/Shelley Gardens:

An access gate to Wembley High/East Lane Primary on the alleyway between East Court and Byron Road has been opened to pupils. Planning conditions stipulated that this was to be restricted to students from certain year groups within walking distance of the schools. Unfortunately, the gate access is unrestricted, resulting in many children being driven down East Court, resulting in excessive traffic volumes on these narrow roads, with dangerous driving, inconsiderate parking and speeding. This has caused huge disruption to residents on Shelly Gdns, West and

East Court. We are in contact with our councillors to ensure that the school abides by the planning conditions.

3. Noisy October events:

Over 9-10 nights, a commercial enterprise held events on the grounds of the temple in Compton Avenue. The events were very loud and continued very late into the nights. Officers from Brent Council's noise team acted in confiscating equipment—we understand that future licences for such events will not be issued. We hope this is an end to the matter.

4. Annual Christmas Lights competition:

Every winter, the estate looks fantastic with the array of lights—we're really looking forward to this year's illuminations. (see below)

5. Courier advertising:

The Courier magazine is entirely funded by advertising revenue. Recently printing costs have significantly increased and advertising revenue has declined. We are concerned that without a steady stream of advertisers the magazine may become unviable to produce. If you run a business, please consider advertising, or recommend it to others who provide services in the area. This is a unique opportunity for local businesses to build a local reputation and customer base—with the added bonus of supporting this valuable community resource.



Christmas Lights Competition

Judging will take place during the second and third week of December. Winners will be published in the February Courier.

If you'd like to nominate your favourite display for consideration by our Secret Santa, please email:

chair@the-scra.co.uk before 10th December.

(the decision of Secret Santa is final)



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Tuesday,

Thursday, Friday)

I wonder what your memories of Christmases past are? I never went to church as a child, but I was always aware that there was something more important about Christmas. Brought up in London, each year my family and I would visit Selfridges to see Father Christmas and admire the ornately decorated windows. We would walk around the West End taking in the beautiful lights along Oxford Street and Regents Street, and crowd around the windows of Hamley's toy store to admire their fun displays. When my children were younger, we would go to Harrods when they welcomed Father Christmas with a parade through the street and then through the store, with bagpipes leading the way to the Christmas grotto. Very fond memories for both myself and my children for this time of year – fun memories filled with expectation. There has always been something special about the way in which London has celebrated

Christmas, elaborately lighting its windows and streets.

December is the darkest time of the year when the sun sets at 4.00pm. So some sparkle and joy is always welcome. But beyond the sparkle and joy, I have learned what is more important about Christmas than I was experiencing as a child - it's the importance of the light in the darkness, which is a core theme in this season, shared among Christians and in other faiths at this time too. The Christ child is described as the light coming into the world. Christians believe that God is now with us and he brings hope in all the darkness of life, a hope we don't even realise exists until it surprises us. The truth we will be celebrating this season is that God is able to be present with us and make his home in our hearts now.

Happy Christmas

Rev Trevor Goddard

**St Cuthbert's Church
Christmas dates 2023.**

Saturday, 2nd December 2023 10am to 1pm. St Cuthbert's annual Christmas fair. A time of fun, food and festive activities.

Sunday, 3rd December 2023 11am ADVENT Starts. Come and join us for the 4 Sundays leading up to Christmas day in the season of ADVENT.

Sunday 17th of December 2023 5:30pm Christmas carol service. Led by our wonderful Community Choir. This is a joyful occasion of traditional and contemporary music followed by mulled wine & mince pies.

Thursday, 21st December 2023 11am to 1pm. Memory café Christmas together. Come and celebrate Christmas at the final memory Café of 2023.

Sunday 25th December 2023 10am. Christmas day family service, all welcome. Come and celebrate Christmas together at our Christmas day service.

For full details please visit www.stcuths.org

Harrow Philharmonic Choir concert on **December 2nd** at Pinner Parish Church. Our Carol Concert will be at St. John's Church, Harrow on **December 16th**. (more info, last month's Courier.) All are welcome to join us.

We resume rehearsals for our new season in January on Mondays at 7:30 pm at Harrow High School, Gayton Road.

Wishing all A Happy New Year. We welcome singers to join us preparing for our upcoming concert on 13th April of Rossini's Petite Messe Solonnelle.

www.harrowphil.co.uk

Christmas Celebration - A Festival of Music for Choir and Audience

Saturday 16th December 5:30pm Harrow School Speech Room, Harrow-on-the-Hill, HA1 3HP (more info, last month's Courier)

Tickets: £22, under 18s £2 (ticket required)

www.harrowchoral.org.uk boxoffice@harrowchoral.org.uk

News from East Lane Theatre

It's not too late to book for GASLIGHT (see pg 5) Meanwhile, we are getting excited about our next production, VON RIBBENTROP'S WATCH, by Laurence Marks and Maurice Gran – 28th February-3rd March

We look forward to welcoming you. In the meantime, don't forget to pop in for a coffee and a chat to find out more about us any Sunday between 10 and 12 (the coffee goes on at 11). We are a really friendly group and we welcome anybody, with or without experience, who is interested in amateur theatre, onstage or offstage.

Check us out on www.eastlanetheatre.co.uk and you can also write to us via the website to introduce yourself or make an enquiry.

SUDBURY COURT ROAD
Community Christmas Party
23rd December 2023
11:30 – 3pm
All are invited, no RSVP
Contact :07799207294

Children's activities: Bounce Castle, Face painting, colouring and meet Father Christmas.

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Healthy Eating at Christmas

Festive lights, large gatherings, sharing your most treasured culinary traditions don't tend to mean healthier options, routine, and exercise. But it is important to still look after your health and feel good during this time. Foods high in fat, sugar and salt feel like treats, but can often leave us feeling tired and sluggish.

Here are some tips to enjoy Christmas foods **and** keep up healthy habits during the festive season:

A healthy breakfast. -Start the day with an oat-based breakfast. Having a good breakfast means you are less likely to pick at unhealthy snacks mid-morning or overeat at lunch time. Overnight oats, porridge or an oat-based muesli are particularly good choices as oats can help to lower blood cholesterol. Poached eggs with tomatoes, avocados and tomatoes is a great low carb option.

Snack before heading to gatherings. -We all know that large group gatherings are going to have plentiful amounts of food. Have you ever heard of the advice to never grocery shop on an empty stomach? The same applies here. With something in our stomachs, we're more likely to make sound and healthy decisions.

Healthier choices -Add plenty of fruit and vegetables to every meal, they contain fibre, vitamins and minerals and are generally low in calories. It can also be a great way to refresh leftovers.

Eat slowly -Really enjoy the taste of your food. Listen to your body and stop eating when you feel full.

Choose wholemeal options -Brown bread and wholemeal pasta when cooking, they are



a good source of fibre, will keep you fuller for longer.

Use herbs and spices -To add flavour to meals instead of salt and sauces.

Choose cooking methods -Steaming, grilling, and baking over frying.

Best oils -Switch to rapeseed or olive oil, unsaturated fats are excellent for roasting your turkey and potatoes. Not only do they give beautifully crisp results, they're also heart healthy, unlike the saturated fat in butter. As all fats are high in calories, still watch how much you use.

Indulge in fruit-based puddings -Incorporating fruit-based puddings into your Christmas feast will bump up your fibre intake so you are less likely to get blood sugars highs and lows. Including tinned or frozen fruit such as raspberries or satsuma segments. It's also a good idea to have a fresh fruit salad with cream as a light desert option following a big meal.

Careful with the Drinks -Holiday drinking can be more than usual and is an easy way to unknowingly drink way too much sugar. Enjoy them in small quantities but be careful not to overindulge. Try drinking a glass of water between any/all alcoholic or sugary

(cont'd on pg19)

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Sudbury Court Horticultural Society

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Facebook - Sudbury Court Horticultural Society UK

The Sudbury Court Horticultural Society has had an exceptional year in 2023, thanks to the hard work of its dedicated committee and the support of its members and the community at large.

One of the most remarkable aspects of 2023 was the sense of teamwork and camaraderie that developed among the committee and society members. The year began with a successful Plant Sale, led by our Trading Secretary, Jayshree, which brought in impressive sales. We also noted many more new members joining the society which brought a welcome boost to the society.

Both the Early Summer Show and Autumn Show saw increased participation and higher-quality exhibits. The Autumn Show, in particular, stood out with 44 exhibitors, including a record number of younger participants, showcasing a total of 222 exhibits. Notable winners were awarded cups and trophies at our AGM including N. Clayton, J. Harding, J. Groves, J. Brackley, B. Woodman, C. Lawson, J. Pattni, H. Stout, S. Lewis-Williams, S. Devani, and A. Devani. Congratulations to all our winners, we look forward to seeing you again next year.

Bucking the trend for horticultural societies nationally, our membership actually increased in 2023, with over half of our members coming from the Sudbury Court Residents Association partnership, highlighting the importance of the Courier and the SCRA

to the society. Members enjoyed coach outings to destinations like Beth Chatto, Saville Garden, and RHS Hyde Hall, all providing excellent days out for families and friends alike.

Unfortunately though, despite increased memberships and exhibitors at our shows - rising expenses, including higher coach and

fuel fees, increased hall costs, prize money, and printed materials, led to a financially challenging year. However, the society is in the process of applying for funding through Brent's "Together Towards Zero" grant, and hope to have some good news in the New Year.

Special acknowledgements go to David & Susan Friend, Diane, June and Tina at St Cuthberts Church for their outstanding hospitality and support throughout the year. We are also thankful to Kaye for her unwavering

support and patience extended to the society as editor of the Courier. Heartfelt gratitude is also extended to all our members for their dedication to the society's success.

Sudbury Court Horticultural Society had a remarkable year in 2023, marked by personal achievements, growing membership, successful events, and a positive outlook for the future. The continued dedication and support of its members promise more opportunities for next year and we wish you every success throughout the festive season and the new year!

Tim Manson, SCHS Chair
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workshops@northwickparkcommunitygarden.com



October/November have been exciting months for us as we prepare to take the Northwick Park Station Platform Garden under our wing.

The group managing it had decided that the time was right to hand it over, and we have now had the official induction to the space.

The platform flower beds provide much interest and colour for commuters throughout the year, so it's an honour to be asked to take these on. Thank you to Geraldine Auerbach and her grandson Lenz for their fantastic work creating these spaces and for trusting us to continue with them. The group also took on the station platforms at Preston Road and Rayner's Lane, which we haven't agreed to do yet If you were part of the group and think that we may not have your details, then please get in touch with us on

info@Northwickparkcommunitygarden

The space should be easier to manage, in some ways, than the community garden as it has a water supply and a storage area, and we have inherited some of the Garden group's tools. The station staff are lovely and very supportive of what's been done.

The beds are raised, so it is easier to manage than the community garden and it's been well cared for by the station garden group. The beds are already full of plants acquired from local garden centres for next to nothing. Such a skill!

We plan to turn the raised beds into a garden that uses permaculture principles,

where each bed is planted to create a guild to support the soil and provide a yield. For now, much of the existing planting is very appropriate for a permaculture garden, it needs to be tidied up, weeded, and mulched.



This commitment will require regular volunteers, and we will have to ensure that our fund-raising will also cover this space. We will also look for specific plants for the space, such as herbs and small fruit trees – a “wish list,” and aim to grow from cuttings and seeds wherever possible. Why not visit the space or think about something you could contribute to its upkeep? Volunteers and donations are always

appreciated.

We have also agreed to take some of the coffee grounds generated by the cafes at LNNW Hospital Trust as part of their sustainability initiative. These are ideal for adding to our compost heap in the garden. We don't want too much caffeine there, so we are limiting the amount we take on. We can increase that amount if there's a demand from the community though.

We wish you all a peaceful break over this festive season.

Northwick Park Community Garden Trustees

Best wishes, & happy gardening,
Eleri, Jo, Rishil and Iris

[Check our website \(see header\)](#)
[Facebook](#), [Instagram](#), [YouTube](#)

funded by Brent Council NCIL



SUDBURY COURT ROAD
Community Christmas Party

23rd December 2023

11:30 – 3pm

All are invited, no RSVP

Contact :07799207294

Jesus
Star of
Christmas



Children's activities: Bounce Castle, Face painting, colouring and meet Father Christmas.

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Friends of Barham Library



When Brent Council planned to and ultimately closed the original Barham Park Library in 2011, despite mass local protests, a few local people formed Friends of Barham Library (FOBL).

For years we ran a pop up library in the Wembley area until we succeeded in getting back into the Barham Park buildings in October 2016. We have been running the Community Library in our current premises (not the original library) ever since.

Sadly the new Brent Council plans show a café/restaurant in the part of the building we occupy. Brent Council Leadership agreed proposals that would see all the community users of Barham Park kicked out and replaced by commercial enterprises such as hotel rooms, shops, restaurant and offices.

None of this is in keeping with the Titus Barham bequest. The former owner of Express Dairies donated his home and gardens for the "recreation of the public" on his death

in 1937.

The Brent Council ideas are, of course, nonsense but while they waste money and time on them the Park and its Buildings continue to be run down and neglected.

A group of us have therefore formed Friends of Barham Park. The objective is to:

- Campaign for essential repairs to the Buildings and the Park
- Honour the Titus Barham bequest by ensuring that the Park & Buildings continue to be used for recreation.
- Act as the voice of local people in defence of Barham Park

Please join as a Supporter by confirming your support with your name and address to: friendsofbarhampark@gmail.com or in writing to FoBP, c/o Daniels Estate Agents, 438 High Road Wembley HA9 6AH

Thank You for your continuing support
All the best
Paul Lorber



Healthy Eating at Christmas

(cont'd from pg13)

beverages.

Hydration -Drink plenty of water to stay hydrated. Not drinking enough water can leave you feeling tired and unable to concentrate.

Walk it off -If the weather permits, take a stroll after your big meal of the day. Get outdoors for some exercise or if the weather doesn't allow, try some games indoors.

Christmas is a special time of year, so it is important to be realistic about food choices

and enjoy yourself.

Leave it in the past and focus on making positive changes in the future!

Resources-
<https://www.nhs.uk/>
<https://www.heartuk.org.uk/healthy-living/healthy-christmas>

Salma Mehar- NHS Dietitian



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Kids' Page



Hi,

We enjoy putting this page together for you—we hope you like it.

If you have a favourite joke—send it in to us and we'll share it.

Faizan (aged 10) and Saniya Zaidi (aged 7)

*Wishing you all a
Merry Christmas
and a
Happy New Year*



jokes

What do you call Santa's most impolite reindeer?

Rude-olph

Where do elves go to vote?

The North Poll

Knock, knock

Who's there?

Scold

Scold who?

Scold outside, let me in

Where do snowmen love to dance?

At a snow ball

Dr Mala is on a roll! THANK YOU for sending us more hilarious jokes:

Why did the banana go to the doctor?

Because it was not peeling well.

Why did the computer go to the doctor?

Because it had a virus!

riddles

I'm always on the dinner table, but you don't get to eat me. What am I?

Plates and silverware

What appears once in a minute, twice in a moment, but not once in a thousand years?

The letter 'm'

I have cities, but no houses. I have forests, but no trees. I have water, but no fish. What am I?

A map

facts

- White chocolate is technically not chocolate. The paler treat is made from cocoa butter-not cocoa powder, as real chocolate bars are.

- The US Secret Service uses code names for important people. One former vice president's daughter's code name was **Smurfette!!!**

- Point Pleasant, West Virginia, hosts a **Mothman festival** every year. Pizza has been sold depicting Mothman: His eyes are made of red peppers, wings from mushrooms and pepperoni for the body.



Did you spot the deliberate spelling mistake?
;elves' should be 'elves'.

ADVERTISER FINDER

	Page		Page
Accountant	8	Home Improvement	7,9,10,16
Boilers/Heating, Plumbing	10	Painter/Decorator	10
Building Services	9,10,20	Pre-school	5,16
Cleaning Services	20	Property Maintenance	7,9,20
Dentist (private)	6,8	Roofing, Gutters	16,20
Electrical Services	16	Soft furnishings	16
Estate Agent	2,24	Window cleaner	16
Estate Planning/Wills	6	Windows, bi-fold	14
Financial Services	6,8		
Hair, Health & Beauty	6,8,13		
Handyman	9,10,16		
Home Carers	23		

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