

GREENHILL MANOR RESIDENTS' ASSOCIATION

NEWSLETTER Summer 2019

C o n t e n t s	Page
About The Association	1
Telling the Police	2
Greenhill Safer Neighbourhood Safety	2
Health Watch Harrow	3
Impressions of Harrow	4
FIRE RISK	5
Tai Chi for Health Group	5
Harrow High School in W.W.1	6
About The Association	9
Your Councillors and MP	10
Your Current Committee	11
Useful Telephone Numbers	12

The Association was formed in 1989 and since then we have been able to influence the outcome of a number of proposals and have achieved several local improvements.

We are entirely voluntary and try to do our best for you. **Membership remains at £1.00 per household for yet another year!**

How do we communicate with you?

The hard copy newsletter is a point of contact with members and in the summer the newsletter is delivered to every house in our catchment area so any newcomers are aware of our Association. The newsletter is not emailed since some people do not have access to emails; others prefer to read a hard copy and do not have access to a printer. The good news is that Noor Mohamed is looking into opening up a website for us.

Telling the police

We are all responsible for reporting incidents such as drug dealing and anti-social behaviour to the police who rely on information from the general public.

In an emergency phone: 999 Non-emergency: 101

Metropolitan Police and request Harrow Police Station	(020) 8423 1212
Anti-Terrorist Hot Line	0800 789 321
Crime Stoppers (confidential)	0800 555 111
Greenhill Safer Neighbourhood Unit	(020) 8721 2780

Please use these numbers if you have anything to report. Alternatively you can report a crime on

<https://beta.met.police.uk/report/how-to-report-a-crime/>

for non-urgent matters, you can email <https://www.met.police.uk/> or SNTQA-Greenhill@met.police.uk

GREENHILL SAFER NEIGHBOURHOOD TEAM URGES SHOPPERS TO BE VIGILANT AND STAY SAFE

- Are you a prime target?
- Keep purses and bags closed and secure at all times.
- Carry bags in front of you or diagonally across your chest.
- Return cards to your purse or wallet quickly and zip it up or button it.
- Use a purse that's difficult to open. One that zips or snaps shut is best and keep it close
- Use a money belt if you're carrying a significant quantity of cash.
- Conceal your wallet in a buttoned or zipped pocket where it doesn't bulge
- Keep a list, separate from your wallet or purse, of contact numbers of family in case your phone is stolen.
- Keep a photocopy of airline tickets, passport, credit cards etc.
- Don't hang stuff on the back of a chair.
- Don't leave anything on the back of a pushchair
- Don't place your belongings out of sight on the floor.

Remember, having a zipped bag doesn't mean you're totally safe.

Thieves have been known to walk behind victims while slowly unzipping bags. Never underestimate a pickpocket.

Please, after reading this, do not feel afraid to go out, just be careful, most of these suggestions we probably do anyway without thinking.

HEALTHWATCH HARROW

Marie Pate, Operations Manager, spoke on Harrow Health Watch [HWH] after the AGM in May

- HWH listens to the public's views and experiences of local health and social care services
- It feeds back to the providers and regulators of these services
- It records and reports concerns, complaints and compliments
- It signposts people to the right support services
- It holds health and social care services to account.

In short the aim is to help the community to have a strong and coordinated voice in order to influence and challenge provision of the services in the local area. During 2018-9 HWH listened to stories about health and social care services in Harrow via social media, meetings, events and so on.



- 423 people commented on their surgery, many favourably but better communication is a need and there is a wish to see one particular GP.
- 377 people commented on Northwick Park Hospital, many favourably, but some having problems with communication especially on the telephone, a lack of information in letters and long waiting times and lists.
- 271 people commented on Mental Health Services, expressing a need to be better supported, listened to and involved. Further

there is a need for alternatives to medication, shorter waiting lists and referrals acted on sooner.

If you wish to get in touch ring 020 3432 2889 and they will get back to you. Or E-mail info@healthwatchharrow.co.uk.

www.healthwatchharrow.co.uk

Twitter.com/HealthwatchHarr

Facebook.com/Healthwatch Harrow

My Impressions of Harrow

My Journey began in Kampala, Capital of Uganda where I grew up and studied until 'O' levels. After working there, I decided to go to Nairobi, Capital of Kenya, where I worked for 5 years. In 1970, my family joined me in Nairobi, Kenya. In September 1972, President Amin of Uganda had a dream in which he was told to throw out all non-Africans from Uganda. He gave 3 months for the people to leave.

My arrival in the United Kingdom was on 13th November 1973. The following day I celebrated my arrival in the U.K. with Prince Charles who celebrated his 25th Birthday.

Finding a job was simple as there were plenty of Recruitment agencies. East Africa was under colonial rule until Independence in 1962/1964. Most of the lowly jobs like Bus Driving, Street Cleaning, coolies etc. were done by Asians and Africans.

In London I was shocked to see that bus drivers and street cleaners were the local people. They were friendly, not strict or masters as they were in Africa. It was an eye opener.

I have lived in Borough of Harrow since 1973 and 2019 is my 46th year. In December 1973 I did experience problems from some people due to my colour. But I explained to them that colour gives beauty to the Garden. After that very rarely did I come across the same issue.

When I started self-employment in the Computer field, my customers came from all backgrounds. From 1978 to 1987 I worked as Computer Programmer for many companies but did not encounter any discrimination. Since 1988 my Computer Business included going to customers at their homes for Computer Installations & Repairs. The welcome and warmth they bestowed upon me was wonderful.

The changes done to Harrow town Centre since 1974 have been tremendous. Sheepcote Road, Station Road from the Church to

Barclays bank, St. Johns and Lyon Road, St Ann's Road, all these roads, the driving was both ways. The Station Road then became one way from Barclays Bank to the Church.

Harrow town centre has been growing ever since I came to stay in Kenton in 1973. Harrow College, where I studied for my City & Guilds Diploma in 1974 is now Westminster University. In Kenton and Harrow many shops came and went, being replaced by new ones. The 2 Cinemas closed due to the VHS boom. The Granada became Golds Gym and the Odeon was replaced by Safari Cinema. The old Wealdstone Football club became Tesco. St Ann's and St Georges shopping malls got built. St Ann's Road got pedestrianised.

Harrow's skyline changed too due to high rise buildings. This caused Parking spaces to diminish. The remaining parking places now command high parking fees.

Many Roads in Borough of Harrow where parking was feasible have now become Permit Holders Parking. Welcome to Harrow!

Noor Mohamed

FIRE RISK

Fire safety is obviously a real priority. A fire in your home is a devastating experience. We must all be vigilant - fire can spread from an unattended flame in seconds.

Do you have a neighbour or know someone else who may be at risk?

Below is a list of considerations, if you have any concerns regarding those at risk you can contact the London Fire Brigade for a free Home Fire Safety Assessment.

Fire Risks - issues to consider/checklist

- Does the person have a smoke alarm? Does it have batteries and is it tested?
- Does the person have an evacuation plan should there be a fire?
- Are doors and windows accessible (especially when locked, are the keys accessible)
- Is the person safe in the kitchen - most fires happen in the kitchen (chip pans and unattended pots and pans)?
- Is hoarding an issue?
- Are there signs of exposed or unsafe wiring? Are electrical sockets or any extensions appropriately used i.e. not overloaded?

- Do they smoke (do they / can they dispose of smoking materials appropriately)? Are there signs of burn marks on carpets, furniture, and bedding or on the person?
- Does the person keep or store potentially flammable materials i.e. oxygen, gas, petrol or paraffin? Does the person use candles, are they appropriate, and is there an alternative? Does the person have an open fire, can they manage it safety (fire guards etc.) Is the chimney swept / cleaned regularly
- Does the person use electric or other portable heaters – are they safe and well maintained and away from potentially flammable materials. Does the person use an electric blanket, are there continence issues or do they use a hot water bottle as well? This risks both fire and electric shock. - Statistics show that fires caused by electrical appliances and electric blankets have the highest rate of injury, with 440 injuries for every 1,000 fires.
- Do children or grandchildren visit the property, are any lighters matches etc. in a safe place.

If you have any concerns about Fire Safety or if you would like to refer someone for a free Home Fire Safety Assessment, please contact the Safeguarding Adults Team at: seamus.doherty@harrow.gov.uk, and your request will be passed to the Fire Service ASAP.

Tai Chi for Health Group Celebrates its 2nd Anniversary at Harrow Recreation Ground



Left: Zhijun is conducting a tai chi session at Harrow Rec. Below Right: Harrow Tai Chi for Health Group celebrates its 2nd Anniversary on the 7th June at Harrow Recreation Grounds.

Tai Chi for Health Session takes place every Friday at Harrow Recreation Grounds at 9.30 am until 10.30 am. It is taught by Zhijun Wang who is a brilliant teacher, passionate and inspirational about this gentle form of exercise. Tai



Chi is different from Yoga as it is slow, gentle and a tranquil form of martial arts. Tai Chi once learnt can be practised virtually anywhere as long as you have a flat area. You need clothing which allows you to move freely and you need flat soled shoes. At Harrow Recreation Grounds, Tai Chi is performed throughout the year whether it rains or snows. When it is wet, it is carried out in a sheltered area. The session starts with a gently warm up and then Zhijun talks us through the 8 forms of Tai Chi. There is no pressure to perform the gentle exercise and we usually have 30 people turning up who are from different backgrounds and of varying ages. At the end of the session (10.30am) we are offered tea and biscuits. Often we are treated to home-made cakes and biscuits.

According to Matthew Rochford, the physical benefits of Tai Chi are:



- Blood pressure is more balanced - Less fatigue
- Less likelihood of falls (for the elderly)
- Increased white blood cell count (for the immune system)
- Increased breathing capacity
- Improved postural control
- Improved heart health in the elderly

Other research studies show according to Anna Sophia McKenney an improvement in diabetic control.

I would urge you to give it a go and I was advised by my GP to try it. I found since taking up Tai Chi over a year ago that my blood sugar has been stabilised and I feel energised after each session. It is free to attend and if you would like to learn more about these exercises, workshop and classes are available at a reasonable cost. You can contact Zhijun Wang by email: kingaiuuio@gmail.com

Hemuna Pather-Carr

Harrow High School in W.W.1

When War was declared in 1914 the school, the summer holidays were drawing to a close. As in previous years, plans had been made to take a party of boys to the Continent, and in 1914 the destination was to be Freiburg in Southern Germany. The ten boys experienced no difficulty in crossing from Belgium into Germany. German soldiers first became apparent at Metz. At Strasberg the group was held up to allow troop trains to pass. Troops were camped near to every bridge and tunnel. They were unable to obtain any proper food. When they arrived at Freiberg, they were told that food was scarce there and their German hosts had not expected them but put them up for the night. They

decided, when the German ultimatum to Russia was announced that they must return - and quickly. One of the boys wrote:

"We had been away for about four days, had slept properly twice, had had only two official meals, and travelled 2000 miles. At Charing Cross we discovered that the frontier had been closed two hours after we had crossed."

A party of German scouts who had been holidaying with the Harrow school, also left prematurely but without the same degree of haste. That the boys from the County School should have been engaged in such friendly activity with German boys at the outbreak of war perhaps explains the spirit which seems to have prevailed throughout the conflict. In the spring of 1918 the County School governors decreed that boys of German parents should not be admitted.

*In many ways the school pursued its normal course. The normal curriculum was maintained, and most of the extra-curricular activities were kept up. The headmaster, Ernest Young, maintained the winter recitals and lectures throughout the war. The popular novelist Marie Corelli opened the 1915 lectures with a talk on Byron. The names of the first eight members of the school to join the forces were listed in the school magazine, *The Gaytonian*, and by the time the war was over more than 160 had seen service. Two won the Military Cross, two the Distinguished Flying Cross, four the Croix de Guerre, one the Military Medal and one the French Medaille Militaire. Sixteen Old Boys gave their lives.*

The experience of the Old Boys was shared by many masters. The rapid turnover of staff presented the most serious educational consequence of the war on the County school. Already the school had lost many of its experienced teachers; by 1916 the school had lost more than half of its permanent staff. There would have been a greater upheaval had the premises been requisitioned as they were to be during the Second World War.

The school scouts assisted in the war effort in a variety of ways; they helped with the post, delivered handbills for the Derby recruiting scheme, dug allotments for servicemen and did various jobs at the Northolt military aerodrome. During the summer holidays 36 Harrow County boys, with Miss Baldwin as 'Camp Mother' went to Pershore in Worcestershire and picked 70 tons of plums. The County School scouts

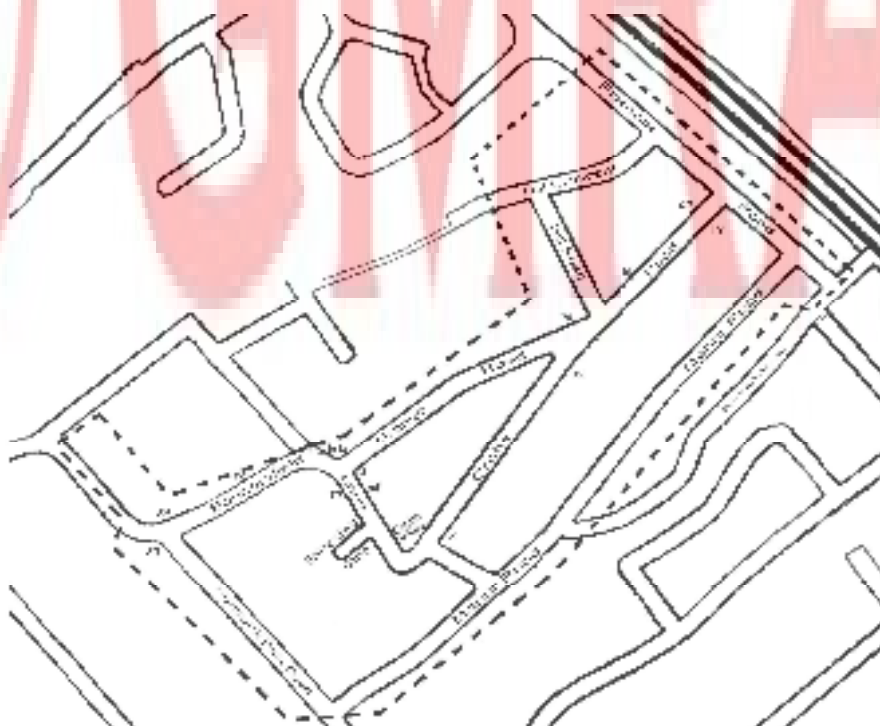
thus performed a great service during the war, receiving support and energy from the headmaster. Of the ten pre-war masters who joined up two were killed on the Western Front: Gordon Haswell at the age of 24 and Russell Wheeler in his early thirties. There were 19 permanent members of staff when the school received a general inspection in June 1920. Seven had been appointed that year and five in the previous year. Randall Williams, Young's successor as Headmaster, therefore had to start almost from scratch.

The war had an impact on the school and Randall Williams set up the War Memorial which is still a major feature of the school, and where, every year, senior staff, Old Boys and governors assemble to honour all those who have given their lives for their country.

(Adapted from Trevor May's 'A History of Harrow County School for Boys' and Harrow High's archives)

x-x

About the Association



The Association is a non-political, non-religious organisation run by your neighbours for the benefit of all residents in Greenhill Manor [see map], whether they are home-owners or tenants.

Your Greenhill councillors to deal with local matters

Susan Anderson - EMAIL sue.anderson@harrow.gov.uk
Mobile number: 07875094900

Keith Ferry - EMAIL keith.ferry@harrow.gov.uk
Mobile number: 07922227147

Ghazanfar Ali – EMAIL Ghazanfar.Ali@harrow.gov.uk
[Mobile Number: 07840 514852](tel:07840514852)

Your Member of Parliament

Gareth Thomas was re-elected MP for Harrow West at the last election.

Gareth Thomas lives locally, went to school in Harrow and have been Harrow West MP since 1997.

The constituency office is:
132 Blenheim Road,
West Harrow,
HA2 7AA
Tel: 020 8861 6300.

Surgeries are usually held on Fridays on a weekly basis.

gareth.thomas@harrowlabour.org

His Parliamentary address is
House of Commons, London, SW1A 0AA
Tel: 020 7219 4243
Fax: 020 7219 1154
thomasgr@parliament.uk

Your current committee

Chairperson	Hemuna Pather-Carr, 41 Northwick Park Road
Vice Chairperson	Margaret Bristow
Secretary	Helen Shorter, 55 Grange Road
Treasurer	Eddie Griffiths, 11 Northwick Park Road
Road Representatives	
Bonnorsfield Lane, Close & Croft Villas	<i>Position Vacant</i>
Crofts Road	Margaret Bristow, 118 Crofts Road
Francis Road	Bijal Vekaria, 35 Francis Road
Grange Road	Helen Shorter, 55 Grange Road
Hill Crescent and Road	San Thaker, 35 Francis Road
Manor Road	Mike Moran, 43 Manor Road
Northwick Park Road	Sylvia Farooqi, Northwick Park Road

A Road Representative is needed for Bonnorsfield Lane and Close and Croft Villas. There are six committee meetings a year, which usually only last from 7.30pm to 8.30 or so. Members' subs are collected once a year, after the AGM.

Newsletter Producer	Noor Mohamed, 71 Bonnorsfield Lane
Newsletter Editor	Peter Hamill, 19 Crofts Road

Useful Telephone Numbers

All MAJOR emergencies: Fire, Police or Ambulance	999
Harrow Council	
Civic Centre	(020) 8901 2600
Metropolitan Police – Urgent	999
Metropolitan Police, request Harrow Police Station	(020) 8423 1212
Anti-Terrorist Hot Line	0800 789 321
Crime Stoppers (confidential)	0800 555 111
Greenhill Safer Neighbourhood Unit	(020) 8721 2780
To report an electricity power cut	0800 783 8838
National Gas Emergency Service	0800 111 999
Water leak (Affinity Water)	0800 376 5325
Telephone Preference Service - to stop unwanted calls	0845 070 0707
Mail Preference Service	(020) 7291 3310
Harrow Energy Efficiency Advice helpline and Energy Saving Guidance	0800 838 650
Brent and Harrow Trading Standards Service Shoppers rights	(020) 8937 5555