

HARROW PEOPLE

February 2018 issue • www.harrow.gov.uk



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- Somersaulting to success
- The big clean app
- Teenage millionaire



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For advertising enquiries call:
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www.harrow.gov.uk

New Classified section INSIDE
 – See pages 27-28



Cllr Sachin Shah
Leader of the Council

We're passionate at the Council about making Harrow clean, and one of my favourite parts of our magazine is our "Rogue's Gallery" (page 10). It shows just what we've been doing in the courts to punish the individuals responsible for so much mess and public expense. You know the ones I mean – those people who don't care about our beautiful borough – who repeatedly dump rubbish in the streets – until we "remind" them of their responsibilities to the rest of us.

I know that 99% of Harrow people want the same thing as us – a clean and tidy Harrow. That's why we've launched a new way for you to help us make that happen. You can already report fly-tipping online. Now, our new mobile app makes reporting even easier. It's free, easy to use and available right now for iPhone and Android (find out more on pages 8 and 9). Thanks for helping.

Lastly: It's right on our doorstep – but how many of us have actually visited our very own medieval treasure, Headstone Manor? I went in December and, let me tell you, it's an absolutely fantastic day out for all ages. If you haven't been since its revamp – then you won't believe your eyes. Now I know what they mean by "history comes to life" ... and the café's pretty great too!

We're leading the world

Check out our visitors' book! It's proof that Harrow Council is fast becoming world famous for its pioneering work with children, with ministers from across the globe coming to learn from us.

Harrow's recently upgraded Children's Services are having a positive effect at home and abroad with ministers from across the globe coming to learn from our services. Our Outstanding residential centre The Firs has spread its magic touch as far as Bulgaria through a charity founded by JK Rowling; our child protection work is helping children on the other side of the world in Australia, and our schools are providing top class education.

The group of senior government ministers came from Sofia to Harrow – thanks to charity Lumos, which works to end the institutionalisation of children worldwide. They met staff at The Firs respite unit, rated Outstanding for eight consecutive years. Bulgaria's services for children with disabilities,



The Bulgarian delegation at The Firs

historically largely institution-based, are now trying to move more towards a model of community-based support.

Firs manager Eithne Staunton

said the delegation – including the deputy minister for labour and social policy – was a wonderful opportunity to influence positive change for children.

Just a week after the Bulgarians' visit, Australian Children's minister Jenny Mikakos arrived to see how Harrow Council's child protection work could help her Early Childhood Reform Plan in Victoria. She spoke to staff at the Multi-Agency Safeguarding Hub (MASH) about how their advances in

91% of Harrow's primary schools are rated as good or outstanding



with children's services



Jenny Mikakos with Harrow Council leader Cllr Sachin Shah, Cllr Christine Robson, Harrow Mayor Cllr Margaret Davine, Corporate Director for People's Services Chris Spencer, Divisional Director for Children and Young People's Services Paul Hewitt, Metropolitan Police Chief Insp Dawn Hargadon; below, visiting the MASH unit with Head of Children's Access Parmjit Chahal



information-sharing are helping to prevent abuse by identifying children at risk.

After her visit, the Australian Minister said it was great to see the "pioneering" unit in Harrow and praised its "strong culture of partnership between all the relevant agencies".

And now Harrow has been named as the place where you're most likely to get a high quality school place for your child.

We're both No.1 – and the most improved area. The report from the Education Policy Institute – a think-tank run by former Schools Minister David Laws, judges schools according to pupils' progress – and then looks at the number of good quality school places available.

It picks Harrow for having the easiest access to high-performing secondary places. Some 91% of Harrow's primary schools are rated Good or Outstanding.

'We have much to learn from [the MASH team], as we embark on our significant reform agenda.... I would welcome any opportunity to continue our relationship to improve outcomes for children' – Letter from Australian Children's Minister, State of Victoria, Jenny Mikakos MP

WHAT'S HAPPENING WITH...?

... UNIVERSAL CREDIT

Have you heard of Universal Credit? It's been in the news a lot recently and will mean big changes for people who claim benefits when it's introduced by the Government to our area from March. Universal Credit combines six benefits, including Housing Benefit and JSA, into a monthly payment. If you make a new claim, or already receive one of these benefits and have a change in circumstances, you'll be made to apply for Universal Credit. Search online for 'Universal Credit' to find out more.

... LIBRARIES

Harrow libraries are open and it is business as usual.

We are engaging with Carillion – which ran libraries not-for-profit on behalf of Harrow Council – and working alongside our neighbouring local authorities following the announcement that the company was in liquidation. We are confident we will ensure continuity in Harrow's library services for residents and staff.

The refurbishment of Kenton Library is going ahead as planned and is still on schedule to reopen on Thursday 1 March.



... PINNER WOOD SCHOOL

Pinner Wood School celebrated being back home in Latimer Gardens for the start of the Spring Term – just as the Council promised.

It put on a colourful early morning party in the playground – with vibrant street entertainers, explosive confetti cannons and musical numbers – before Council Leader Sachin Shah officially declared the school (re)open. Headteacher Sarah Marriott thanked staff and parents for their support, children for their resilience and the Council for its hard work in getting the school back.

It was closed in March after chalk mines in dangerous condition were discovered underneath. Now all the holes have all been filled and the land made safe.



... UNIVERSITY FAIR

On Monday 26 February over 30 Universities, including Oxford and Cambridge, will be coming to Harrow. Year 12 students can meet the universities at Whitmore High, 3.30pm to 6pm, on 26 February to talk about the range of courses available, funding opportunities, and to find out what uni life is really like. There will be a wide range of talks on studying Medicine and Dentistry; the application process to Oxbridge; degree apprenticeships; courses and careers in Science, Technology, Engineering and Maths; and student finance.


A photograph of the exterior of 'the beacon' building, a modern structure with large windows and a flat roof.

the beacon
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Dirty deli in the dock

Some people never learn... The deli owner who refused to pay a £100 fine for dumping rubbish in her own backyard must now fork out almost £7,000.

Jolanta Wrobel, owner of Miesko Polish Deli, was originally ordered to pay a £100 fine after council officers found waste – including rotting meat – strewn across the deli's backyard and car park. After cancelling the cheque for the fine Wrobel appealed but in court, further evidence of bad waste management was revealed.

Instead of overturning the fine, the Magistrates doubled it to £500 and ordered Wrobel to pay £6,316.54 to cover Harrow Council's court costs.



Here are some of the latest crooks to be caught red-handed by our eagle-eyed officers...

Spitting leaves bad taste

A resident was handed an on-the-spot fine of £100 for spitting paan out of his car window. Thanks to our borough-wide PSPO (Public Space Protection Order) we have the powers to issue fines to anyone caught spitting, littering, urinating or defecating on our streets. We've issued more than 8,000 fines in the last year – making people's filthy habits pay!

Dodgy builder fined £10k

A disgraced Harrow builder who fleeced thousands of pounds from a customer was forced to pay £9,326 by Brent and Harrow Trading Standards.

Thomas Joseph Cash, 27, of Driveline Paving & Surfacing, bullied his customer into handing over £3,000 in advance, then vanished – leaving their garden in a terrible state, lacking even the planning permission it needed.

The law caught up with Cash who was found guilty of six offences including using aggression, leaving unfinished work and not removing waste. If you want building works done always research the tradesperson and get references from satisfied customers.



Want to be better equipped to protect yourself? Chandresh Lad, Master Instructor at Harrow Choi Kwang Do School, runs self defence workshops for women teaching simple and effective techniques to help gain control of potentially dangerous situations.

Women learn basic kicks, punches and strikes to help them fight off an attacker and escape. "I want to give women

the confidence to take control of a scenario and walk away unharmed and safe from danger," Chandresh said. "Strength and skill are not priorities here. It's about realising an attacker's weakness and taking action.

"If someone's following you, they think you're an easy

"I want to give women the confidence to take control and walk away safe from danger"

target. You need to show them that you're not. That can be as simple as shouting, screaming or even turning around and looking them square in the face."

The workshops cover practical theory (awareness and prevention) as well as physical responses (kicks, punches and releases from grabs or holds).

The £15 two-hour workshops will run at Claremont High School in April, July and October.

● Find more information at www.HarrowCKD.com

What did you get for Christmas – a nice new iPhone, a smart watch, or even some nice jewellery? Make sure you keep it safe with our top tips:

■ If you're planning on going somewhere new, plan your route in advance

■ Keep to busy, well-lit streets, walkways and paths likely to be covered by CCTV

■ Only take licensed taxis or minicabs booked by phone or a mobile phone app

■ Keep your mobile phone, jewellery or valuables out of sight

■ Never leave mobiles, wallets or purses on the table in cafés, pubs or restaurants

■ Finally... If you are threatened with violence, don't risk your personal safety. Property can be replaced, you can't

If you are a victim of crime report it to the police on 101. You can even report a crime online – search "Met Police report a crime online".

'EXCELLENT IN ALL CATEGORIES' – ISI REPORT FEB 2013

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38 Cecil Park, Pinner, Middx, HA5 5HH
Tel: 020 8866 0660 admissions@reddiford.org.uk
www.reddiford.co.uk Reg Charity No: 312641



Private Fostering Arrangements

Harrow Council is committed to safeguarding children and young people living in the borough. At times children are unable to live with their birth parents or close relatives, referred to under the law for many different reasons. A child who lives with a family friend, a great aunt or cousin for more than 28 days is referred to under the law as a **Private Fostering Arrangement**.

Children under the age of 16 (18 if disabled) can be privately fostered. If you know of a child that is living in such an arrangement please inform us as soon as possible. If in doubt, please contact the **Duty and Assessment Team** on **020 8736 6942**.



For advice and information about Private Fostering Arrangements please contact the **Family Placement Team** **020 8736 6971**



Only in Harrow



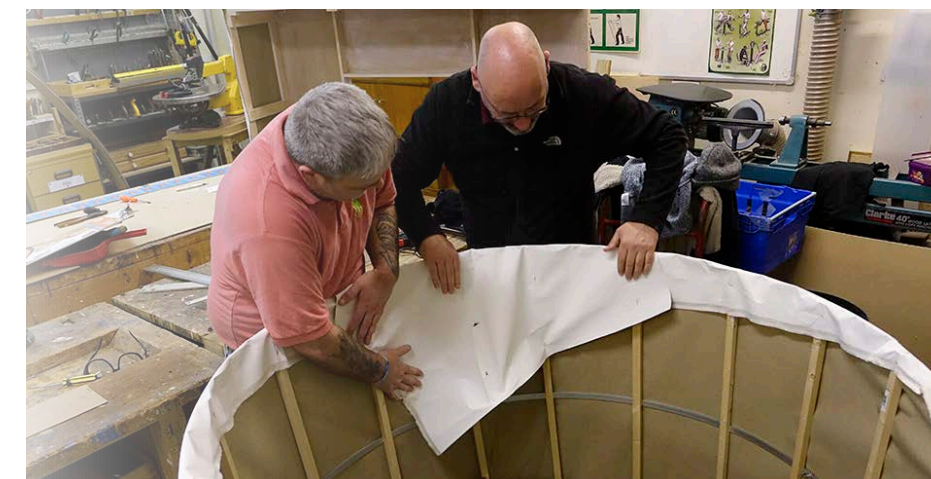
WISEWORKS

Wiseworks, a Wealdstone-based mental health centre, has been helping some of our most vulnerable people for more than 25 years tackle feelings of loneliness and helping them back into work.

The centre provides a range of support, from training and workshops to rehabilitation and counselling but that isn't all they do. For the past four years, Wiseworks and the local community have helped with Harrow's entry for the New Year's Day Parade in central London.

This year was an all time high for the team – with the Moulin Rouge-inspired float winning second place and a whopping £9,000 for the Mayor's charities – Harrow Women's Centre and Harrow Law Centre.

"The New Year's Day parade is a



great way to get involved and be part of the local community," said Simon Potter from Wiseworks.

"It showcases our skills, creativity and determination and is something we look forward to each year.

"It's a great opportunity for everyone to come together, make new friends and have some fun. Winning second place

is fantastic but seeing the float come to life on the day and the reactions on people's faces is the best part for us."

But to quite literally keep afloat, Wiseworks also offers a range of services to keep the centre up and running. From design and printing, photography and plant sales to a furniture recycling and repairs service – you name it they can do it!

NOW IT'S YOUR TURN

To find out more about Wiseworks, how they can help you and the services they offer, call 020 8863 8704.

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Harrow's Hakkaland wins fusion food title

Hakkaland in Harrow town centre has won the award for best fusion restaurant at the British Chinese Food Awards, seeing off Harrods eatery Chai Wu in the final three.

Business partners Amit Kadam and Steven Lee opened the business just over a year ago. "What we've achieved since then is amazing", said Steven, the talented chef behind Hakkaland's menu.

In that short time Steven's bold flavour combinations and dynamic use of spice have attracted many admirers. Dishes like Calcutta chilli chicken and tai pai paneer are now big favourites with those who pack their restaurant every night.

And they've also won celebrity endorsement, with Bollywood star Suresh Bhagwat and cricket legend Sunil Gavaskar among Hakkaland's many return customers.

The Indo-Chinese cuisine they come for is no foodie fad – it's born out of the heritage of Chinese migrants in Steven's native Calcutta.

"When my grandfather went there, about 50,000 Chinese people were living in Calcutta – it's still home to India's only Chinatown.

"They brought their tastes and their traditions, like wok cooking. They wanted to make Chinese

Wok wonders



food, but couldn't get the ingredients – they had to adapt."

From these origins, Indo-Chinese food has grown and developed to the point that it's now loved right across the subcontinent. "Indian people can eat great

curry at home any night they like. When they go out for a treat, this is what they want – now I'm the first person to bring this food to the UK."

● You too can sample Hakkaland's pioneering menu – see our voucher on page 28.



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courses for adults to help you get active and feel better

to find out more, search 'Learn Harrow' online, email learnharrow@harrow.gov.uk or call 020 8901 2691



**BUILDING A BETTER
HARROW**

**LEARN :
HARROW**

Fun, free and right on your doorstep

Four years feels like a long time to wait for something to be ready. Then again, if you're 1,200 years old, perhaps it isn't so very long, after all!

Headstone Manor, found right off Pinner View, in the heart of Harrow, has been going through the kind of makeover that only the very finest Grade I historical treasures ever get.

When you visit you'll be taken back in time as

guides in historic costume appear from thin air, telling tales of their lives in the Dark Ages, the Middle Ages and the Age of Enlightenment.

You can see what your ancestors saw and do as they did in the Great Barn, Granary and Manor. And once you're done with the interactive collection in the Visitors Centre, it'll be time to enjoy the Moat Café and the resculpted gardens.

Thousands of people have already visited the restored buildings, with more than 1,700 people celebrating the reopening at December's Frost Fair.

So before you travel half way across Britain for a country house day out, a slice of history and a breath of fresh air – remember you have all that sitting right here on your own doorstep, free of charge. You'll be glad you came!



Building a Better Harrow

Plus, there are all these fun activities to choose from:

Wonderful Wacky Windows

11 February | 11am – 3pm | Free
Fantastic activities for all the family, explore and discover the art at the Museum and make your own gothic stained glass windows.

Stylish Shadows

18 March | 11am – 3pm | Free
Silhouette portraits were a big hit in Georgian England. Find out how these portraits were made and have your own silhouette taken by lamplight!

Eggstatic Gnome Hunt

31 March – 15 April | Normal opening hours | Free
Pick up your trail from the Visitor Centre and see if you can find the naughty gnomes and win a prize!

Monthly Guided Tours

Behind the Scenes in the Manor – Sundays
Tickets £5 per person.
Visit headstonemanor.org for more details

Mini Museum Mondays

Moat Café and Visitor Centre
Free museum fun for the under 5s on Mondays from 2pm during term-time.

Tuesday Talks

Granary Learning Centre, 2pm – 3pm alternate weeks, tickets £4.

Super Saturdays

Granary Learning Centre
Free art cart every Saturday 10am – 4pm with activities changing each month.
February's activity is coin rubbing.



Up your street

Kenton Lane's not just for getting somewhere else – it's a thriving hub that's looking good...



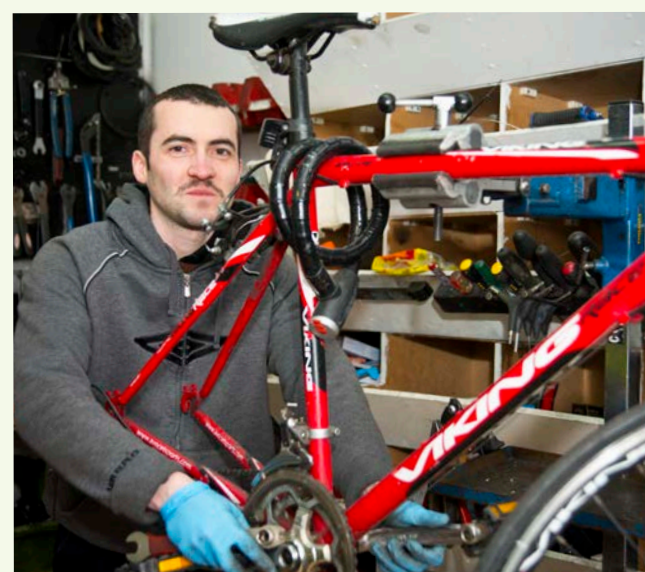
■ We're replacing the bins in Harrow. Here's number 200 being installed by Paul outside Kenton Library – "These new bins are larger and more robust – they're also pest proof."



■ Everything's freshly made at Kenton Lane Café and there's a real community buzz. "We're taking the grease out of the greasy spoon", said Sonal, who runs the café with her husband, Hetal. All your regular café favourites are here, and you can spice them up too – the masala chips pack a punch! Sam looks after the café's busy social media feeds. His current projects include promoting its own brand of chilli sauce and running the Tuesday business club.



■ Vasos's patch takes him from Kenton Station to Harrow cemetery, including all side roads - that's about four square miles. It takes six hours to sweep every day, starting from 6am. "About eight sacks' worth today. There are a lot of twigs from storm-damaged trees to sweep up. All the rest of it should have gone in the bin already!"



■ Ion is chief mechanic at Bicycles Cash & Carry. There's been a bike shop here on Kenton Lane for 20 years.

■ Kenton Library is undergoing refurbishment. When it reopens in March, this Grade II listed treasure will have a fresh new look and improved facilities, including study spaces and USB charging points. Visitors will also find original wooden shelving restored to its former glory.



“
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My Story



Akshay Ruparelia

We've said it before
and we'll say it again,
Harrow is the place to
be when it comes to business.
Meet entrepreneur Akshay
Ruparelia, a 19-year-old self-
made millionaire from Harrow,
owner of online estate agency
Doorsteps.co.uk.

It all started when Akshay and his
family moved to Stanmore.
The move made Akshay realise

that, while traditional estate
agents with their high overhead
costs charged high commission,
he could do it for just £99,
online and on his own – all while
studying for his A-levels.

"I genuinely want to make a
difference and do good by
people – helping families save
thousands of pounds while
making one of the most important
decisions in their life."

Since launching Doorsteps.co.uk
in December 2016, with just
£7,000, Akshay's business has
doubled in size with 2,000 homes
for sale. It is now the 14th biggest
estate agency in the UK – not bad

**'I want to help families
save thousands of
pounds while making one
of the most important
decisions of their life'
– Akshay Ruparelia**

for a teenager from Harrow.

Akshay believes his success is
down to hard work and good
customer service. "We've
received great feedback from our
customers.

"Growing a business can be
difficult but it's worth it in the
end."

NOW IT'S YOUR TURN

If you have a great business idea, want to expand, or test a new product, come to Harrow
Business Den on 14 March for expert industry advice, including Akshay. For more
information search 'Harrow Business Den' online.

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HARROW
STAR
Paul A
Mendelson

Hit screenwriter turns a new page

Last time Harrow's Bafta-nominated TV writer Paul A Mendelson gave a talk at a library – he quickly regretted his choice of venue.

"The attendees seemed to respond well to my stories about life as a lawyer, ad man, TV scriptwriter and, now, novelist," says Paul, who put Pinner on the map with 1990s sitcom *May To December*.

"But then most trotted off. It was only when my wife said, 'It's a library, you twit – they can just borrow your books' that it made sense. I said the next talk I give should be from Amazon's warehouse!"

Luckily, we've persuaded the 66-year-old – whose other TV hits include *So Haunt Me*, *My Hero* and *Losing It* – to give libraries another try. He's coming to Roxeth Library to talk about his two latest books – one for children and the other for grown-ups.

In The Matter Of Isabel is a modern comedy inspired by his first – and last – case as a trainee solicitor after graduating from Cambridge.

"That case had the perfect elements; a naïve lawyer who becomes the only hope for a sophisticated lady to win back her snatched child," said Paul, who also had a successful 18-year career in advertising before breaking into TV aged nearly 40.

"It taught me that a good lawyer can't get too emotionally involved. Being a comedy writer with romance in my soul, the crucial elements of the book are my own."

He has also written a children's novel, *Losing Arthur*, about a Hackney boy whose harassed single mum posts his imaginary friend to Scotland. Its inspiration? An advertising campaign he ran for Heinz spaghetti.

As Paul's own experiences influence his work greatly, it is no surprise that Pinner – where he has lived with his family for 35 years – starred in his TV work.

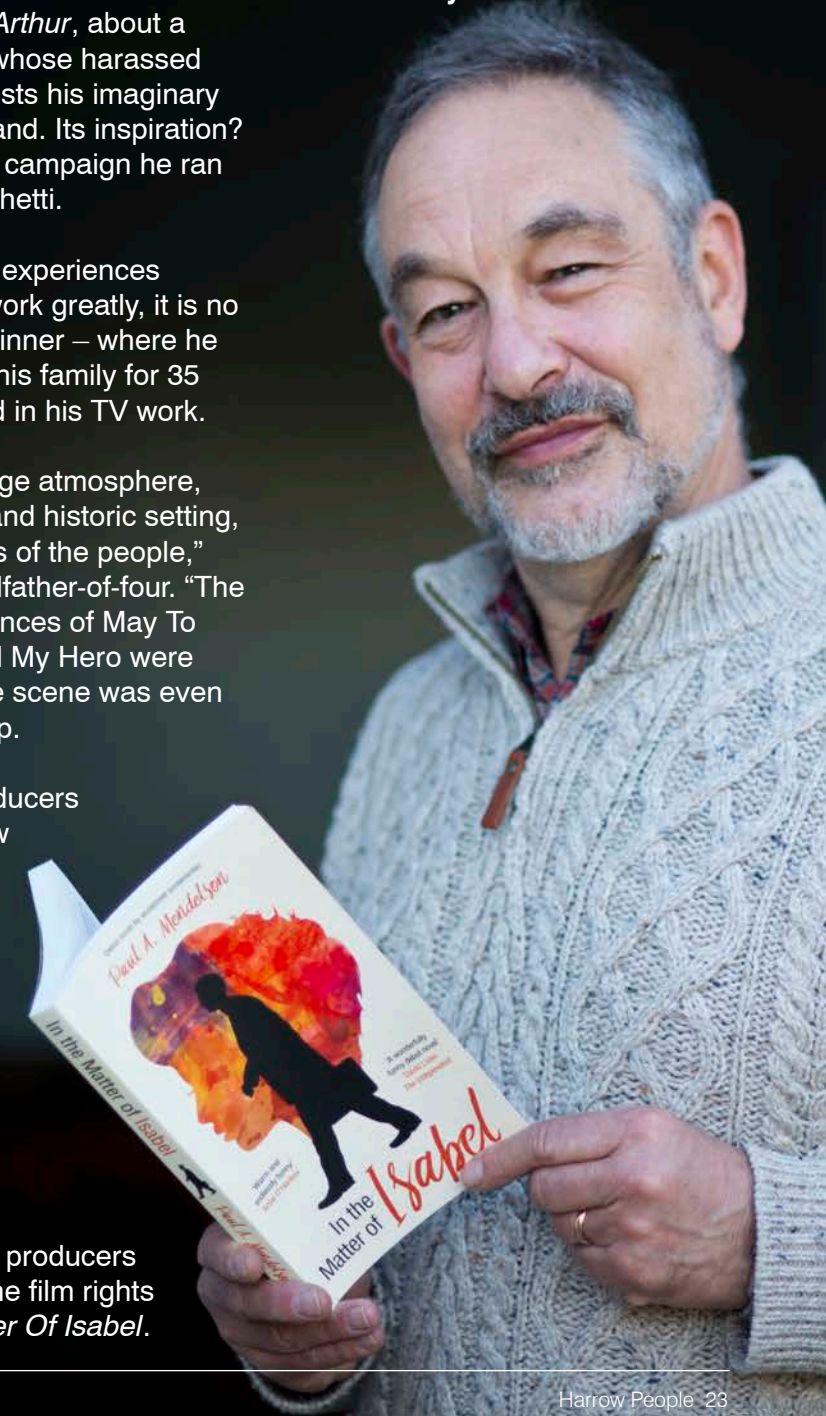
"I love the village atmosphere, the attractive and historic setting, the friendliness of the people," says the grandfather-of-four. "The location sequences of *May To December* and *My Hero* were shot here. One scene was even on my doorstep.

"American producers laughed at how funny, quaint and English it was to be 'living on location'!" Sadly, there's no more Harrow-based writing up his sleeve.

But Hollywood producers have bought the film rights to *In The Matter Of Isabel*.

So watch this space... or buy the book in the meantime!

● Paul is at Roxeth Library on 12 February, 11.15am-12.15pm. Admission free. Book in person at the library.



Garden waste collections



30,000
gardeners
can't be
wrong

harrow.gov.uk/gardenwaste

Sign up for 2018 now!



Harrow Council local election
3 May 2018



You can vote

If you come from -

- ▶ Britain
- ▶ an EU country
- ▶ a Commonwealth country and have leave to remain in the UK

You must register

Do it online at gov.uk/register-to-vote



WHAT'S ON

HARROW ARTS CENTRE

www.harrowarts.com

The Jungle Book

13 February | 2pm – 4pm | From £8
■ Immersion Theatre return with their wildest show yet, a brand new musical adaptation of a family favourite with the chance to meet Mowgli and his friends after the show.

Amazing Animation Workshop

13 – 16 February | 1pm – 4pm | Ages 7-12yrs | £65 for 4 days
■ Make your own creative animation in this four-day workshop with Gemma Burditt. As part of this workshop children will receive an award.



100% Dance

15 February | 7.30pm – 10pm | Free to perform/ £5 to watch
■ Got some moves that you want to show off? Take part in Harrow Arts Centre's urban dance show – it's an exciting opportunity for young people to showcase their talent. To sign up, email cathy.al-ghabra@harrowarts.com.

HEADSTONE MANOR & MUSEUM

www.harrowmuseum.org.uk

■ See page 17

HEATH ROBINSON MUSEUM

www.heathrobinsonmuseum.org

Creative Advertising Workshops

15 February | 10.30am – 12 noon | Ages 6+ | £7
16 February | 10.30am – 12.30pm | Ages 10-16 | £10

■ Come and get creative – can you do better than the people producing all those ads you see on TV or in magazines? We think you can!

Special Exhibition: Heath Robinson's World of Advertising

Runs until 18 February | Normal opening hours
■ Come and see examples of William Heath Robinson most memorable advertising commissions, from whisky to bread and steel fabrication to leather.

EXHIBITION



Painting with a Camera exhibition

1 – 29 March | Normal hours | Free | Harrow Arts Centre
■ Come on a journey to the dark side with artist Geoffrey Thomas who creates a "painting with a camera" by guided movement. Meet the artist on 2 and 22 March, 7pm – 10pm in the Backstage Bar.

HARROW LEISURE CENTRE

www.everyoneactive.com

Get active Harrow

Current sports clubs opportunities:
Harrow Blackhawks Basketball
Every Monday

4pm – 5pm | 5 – 10 year olds | £2.70
5pm – 7pm | 11 – 18 year olds | £4.00
Wednesday
5pm – 7pm | 11 – 18 year olds | £4
Harrow Allstars Netball – Girls Only
Every Saturday
9am – 10am | 8 – 11 year olds | £3.50
10am – 11am | 12 – 18 year olds | £3.50
Harrow Leisure Table Tennis
Wednesday – £4 per session
12 noon – 1pm | 50+ year olds
5.20pm – 6.10pm | 5 – 11 year olds
6.10pm – 7pm | 12 – 18 year olds
7pm – 8pm | 18+ year olds

Do you have an event to promote in Harrow? Email us at communications@harrow.gov.uk

HARROW LIBRARIES

www.ccslibraries.com

National Storytelling Week: Pippa Reid and Friends

3 February | 2pm – 3pm | Pinner Library
■ Interactive musical storytelling session. You are invited to bring along a short story to tell. Children aged 4+

Author Talk: Paul A Mendelson

Monday 12 February | 11.15am – 12.15pm | Roxeth Library
■ See page 21

Big Fish Tutors Workshops

Stanmore and Gayton Library | Various dates and times
■ Lots of fun workshops for parents and their children to learn together - including handwriting, reading and role play.

COMMUNITY EVENTS

VINTAGE TEXTILE PRINTING WORKSHOP

11 February | 2pm – 3pm | £35 | Sugarloaf Studios, West Harrow, HA1 4DX
■ Learn to print with authentic vintage Indian blocks. Create bespoke textile print designs on upcycled fabrics or on a 100% cotton bag. All materials and equipment provided, includes light refreshments. To book, search 'Susannah' at www.kazoova.com

CREATE & GROW

12 – 16 February | 10am – 4pm | Squires Garden Centres, Stanmore, HA7 3JF
■ Fantastic half-term fun for your little ones – including paint a terracotta bee plant/pen pot, a colouring competition and garden treasure hunt with a chance to win a prize. Call 020 8954 4628.

CHINESE NEW YEAR

16 February – 17 February | 12 noon – 5pm | St Ann's Shopping Centre
■ 2018 marks the start of the Year of the Dog in the Chinese calendar. To celebrate, there will be lots of fun for all the family – including a Chinese lion dance, story telling, arts and crafts, plus plenty more all for free. For more information, visit www.stannsshopping.co.uk/events

VALENTINE'S MINI RETREAT

17 February | 4.30 – 6.30pm | YMCA, Roxeth Hill, HA2 0JN
■ Explore the super-gentle practice of Yin Yoga, using blocks, candles and aromatherapy and find yourself easing into a state of deep relaxation and rest. For more information, email Isabelle@respirayoga.co.uk

QUIZ NIGHT IN AID OF ST LUKE'S HOSPICE

24 February | 7pm | £17 | St Gregory's College, HA3 0NB
■ An evening of brain teasers, head scratchers and conundrums. Light refreshments, pizza and a raffle with great prizes to be won. For more information, visit www.stlukes-hospice.org/quiz.

MEXICAN FIESTA 'CINCO DE MAYO'

1 – 31 May | 12 noon – 5pm | St Ann's Shopping Centre
■ Mexican themed bar, El Mexicana will host live food demos with sampling sessions and giveaways. There will also be a children's workshop where they can create their own Sombreros! For more information, visit www.stannsshopping.co.uk/events

HARROW WOMEN'S CRICKET PROJECT

Thursdays | 7pm – 9pm | Harrow College
Fridays | 8pm – 9.30pm | Kingsbury High School
■ Start the year right, with these free women's cricket sessions guaranteed to make you feel good and full of energy. Supported by Middlesex Cricket – All ages and abilities welcome. For more information, email khushali_23@outlook.com

BOOTCAMP

Every Thursday | 11am | Harrow Recreation Ground
■ A fitness boot camp class that mixes traditional calisthenic and body weight exercises, with interval and strength training. Visit www.ourparks.org.uk for details.

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What's on

Art and Craft Activity Club

★ **St. Luke's Pinner Parish Hall**
Pinner (Term-time and holidays)

Tue	Wed	Thurs
1.45pm – 2.45pm	11.30am – 12.30pm	11.30am – 12.30pm
3.45pm – 4.45pm	1.45pm – 2.45pm	1.45pm – 2.45pm
	3.45pm – 4.45pm	3.45pm – 4.45pm

★ **Northwood Methodist Church**
Northwood (Term-time and holidays)

Sat	Fri
10.30am – 11.30am	10am – 11am
1.45pm – 2.45pm	
3.45pm – 4.45pm	

★ **Mother toddler club**
Ages 1-4yrs

★ **After-school club**
Ages 5-11 yrs

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info@discogcodingacademy.com Call Gerard on: 07767300940
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 14 February - Classique Valentine's Special
 21 February - Sweet Sensations
 22 February - Dinner Party Delights
 28 February - Gourmet Galore
 1 March - Vegetarian and Vegan Made Simple
 7 March - Introduction to Baking
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For further details visit
www.harrow.gov.uk/CookerySchool



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Spring in his step



Sam with coach Jan Harley

Most young children love jumping – on bouncy castles or their beds. But for Sam Aqbarawi, it was never quite enough of an adrenaline rush.

So two years ago, aged 10, he joined Harrow Trampoline Club. Now he is one of its rising stars – and proud to have mastered an eight-somersault routine.

Sam came second in the 2017 London Region Championships finals before scooping the Club's Achievement of the Year award, and won the first of this year's regional events.

because I had a lot of energy and was always jumping about on garden trampolines or on a bed!" Sam said.

"I like the adrenaline I get and the freedom. When I started trampolining I didn't think I would do really well. Now I'd love to do it professionally."

Sam, a pupil at Rooks Heath, says the sport can be enjoyed by anyone of any age or ability because the basic skills are

so simple. "Above all, it's fun," adds Sam, who practises three times a week. "It also keeps you fit and can be challenging learning new skills."

Head Coach Jan Harley praises his dedication and commitment, saying: "Sam not only achieved his goals for the year but far exceeded them. He is a fantastic member of the club, always willing to help out with coaching and packing away equipment."

Harrow Trampoline Club is based at Harrow Leisure and Canons Sports Centre. Email enquiries@harrowtrampolineclub.co.uk

'I got into trampolining because I was always jumping about on the bed'
– Sam Aqbarawi

"I got into trampolining

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