

November 1918-2018 issue • www.harrow.gov.uk

INSIDE Poppies on parade An inspector calls High achiever

P THE POPPY APPEAL

arroucouncil

ONDON



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Inside this issue







The charity volunteers aiving us food for thought



For advertising enquiries call Dory on 020 8424 1290 Harrow People is published

Editor Simon Hornsby Design Sarah Kenning Photography Dermot Carlin and Lucy Baker



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five times a year by Harrow Council. It is distributed to every home in Harrow Comments, products and services published do not necessarily carry the council's www.harrow.gov.uk





Cllr Graham Henson Leader of Harrow Council

It is a privilege to turn much of this edition over to the immensely significant centenary of the Armistice that ended the First World War. The war took a terrible toll on Harrow people, 100 years ago - as our monuments and memorials show. It is an honour to remember their bravery and sacrifice and to tell their story.

War never changes, but great change did come from the horrors of the so-called "Great War" – including rights for women and workers, and a move towards a fairer society. While we honour the heroes of wartime, we also pay tribute to this year's Harrow's Heroes - our borough's wonderful volunteers.

Their values are Harrow's values, and the values our forefathers fought and died for. In 1918, it was the community spirit of post-war Britain that carried people through. Continuing that community cohesion is the best way we can honour the sacrifice of the fallen, each and every day.

WHAT'S HAPPENING WITH...?

... BOB CURRIE CLOSE

Harrow's newest road is named after the much-loved Roxbourne councillor and former Mayor, who passed away in February. As you can see, it's almost complete. This new neighbourhood is the latest in our programme to build homes on underused council land – in this case, replacing old garages with six family-sized houses. Three will be offered to people on the council's waiting list. The others are for shared ownership sale, and will help local families to get on the housing ladder.

. THE BIG GIVE

It's the season of giving, but helping your community isn't just for Christmas. Young Harrow Foundation's Big Give campaign has teamed up with three partners who will match donations to them – meaning your money works all year round to help young people in crisis.

Harrow Council, ES Broadcast and The Reed Foundation will be each be matchfunding every £10 donated on Giving Tuesday, 27 November. Charities have a week from that date to meet to reach their target – or they could miss out on the match funding altogether. Search online for Young Harrow Foundation Big Give to find out more about how your donations can transform lives.



OUR PARKS

Like you, we are always looking for ways to make the most of Harrow's spectacular open spaces. Which is why we joined up with Our Parks, a new initiative bringing free group exercise classes to the great outdoors, in partnership with local authorities.

Newton Park reopened earlier this year after a restoration programme that brought footpaths, bridges and wetlands. Now you'll soon be able to enjoy fun fitness classes with qualified trainers in the improved space. Check out ourparks.org.uk for updates.

Harrow tube stations are going step-free – with Harrow-on-the-Hill first to benefit, following a campaign from Harrow councillors, Assembly members and community disability groups (inset). Travelling will be a little easier for people in wheelchairs, passengers with prams and buggies, and anyone else struggling to use steps, by spring 2020. Prep is complete and work to install lift towers and bridges will begin in the new year.

Sudbury Hill station is next up, with work due to start in 2022.





<section-header>

the beacon Rayners Lane in the heart of HA2

the beau

Our fantastic local facilities are perfect for conferences, weddings and parties. Flexible hire and competitive prices.

> 020 8966 6501 Scott Crescent, Harrow Search Facebook for 'beacon Harrow'

Armistice Day

Our bravest boys



The Victoria Cross is the highest award for gallantry that can be given to British and Commonwealth forces. During the Great War, VCs were awarded to several men with strong links to Harrow.



Corporal **Charles Ernest** Garforth

Corporal Garforth, who grew up in St Kilda's Road, was recommended for a VC on three occasions in the space of just two weeks. Each time he showed exceptional bravery under enemy fire and through his actions saved the lives of comrades in peril. He was later taken prisoner, escaped and was recaptured three times before being repatriated in 1918. He died in 1973, aged 81.

Chaplain Theodore Bayley Hardy

The Rev Hardy was educated in Hatch End and received the VC while serving as an army chaplain. Despite being injured, he crawled out into the mud of no man's land to rescue wounded comrades under heavy fire. His VC citation reads: "He has by his fearlessness, devotion to men of his battalion, and quiet unobtrusive manner, won the respect and admiration of the whole division."





Captain William Leefe Robinson

Captain Robinson became something of a celebrity when he became the first pilot to shoot down a German airship over



Britain. His action was witnessed by thousands of Londoners - reports say that as they saw the zeppelin laden with bombs descend in flames, they cheered and sang the national anthem.

Capt Robinson was born in Karnataka in southern India and after the war came to stay with his sister in Stanmore. While here he fell victim to the Spanish Flu pandemic, which in the immediate post-war period claimed millions of lives globally. He's buried at All Saints Church, Harrow Weald.



Indians in the trenches

ndia contributed more soldiers to the First World War than any other dominion of the British empire. As many as 1.5 million Indians fought, at a cost of 70,000 lives. 11 Victoria Crosses were awarded to soldiers from the subcontinent.

Some boys as young as 10, who lied about their age, managed to board ships to the Western Front. Many are remembered at the memorial to Indian dead at Neuve Chapelle in northern France by just a single name.

Indian troops had a reputation



Armistice Day

for fierce and brave fighting, but heavy losses and the horror of the Western front took their toll, as letters home testify. A wounded

Outwhiskered! Contemporary postcard

Some boys as young as 10. who lied about their age, managed to board ships to the Western Front

Garhwali soldier wrote to his friend in India: "As when the leaves fall off a tree and not a space is left bare on the ground, so the earth is covered with dead men... the whole world is finished."

 Want to know more? Try For King and Another Country: Indian Soldiers on the Western Front, 1914-18 by Shrabani **Basu or Gordon Corrigan's** Sepoys in the Trenches.

Armistice Day



HELP BUILD A WALL OF PEACE

Do you have a message of peace to share on our Poppy Wall? Available at the Civic Centre and all Harrow libraries, before we collect them together in time for Remembrance Sunday. nust que our to keep proce - hormony hensh each Other



MAYOR GIVES THANKS

Mayor of Harrow, Cllr Kareema Marikar, addresses the congregation at the recent service of thanksgiving to commemorate the life of Theodore Hardy VC (see page 6) at St Anselm's Church, Hatch End.

War's most iconic images



he First World War was also the first propaganda war. One business, based on the Kodak site in Wealdstone, played a huge part in its success.

September more than 500,000 men had signed up. Women were encouraged to work for the first time, in farming and industries like munitions.

A mass recruitment campaign began in August 1914 - by mid-



Women's Land Army poster printed by David Allen and Sons in 1917. More than 110,000 women took on vital agricultural jobs when imported supplies were threatened by German submarines © IWM



Answering the call – troops on Graham Road in Wealdstone; below, a sign to the recruitment office in Pinner



Armistice Day

Posters were the main weapon in this war and many were printed in Wealdstone by David Allen and

Sons, which described itself as the 'Largest Billposting Company in the World'.

They printed a version of the famous Lord Kitchener recruitment poster and more - all invoking patriotism and a sense of duty.



This famous image was originally used as the cover of London Opinion magazine - it was not the official government recruitment poster © IWM

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Armistice Day

Lest we forget

There are many ways you can mark this year's Armistice Day in Harrow, with the Remembrance Day Parade and Beacon Ceremony the highlights for this 100 year anniversary

REMEMBRANCE PARADE AND WREATH LAYING

Sunday 11 November

10am, St Anns to Civic Centre ■ The 500 strong parade of dignitaries, veterans and forces personnel will be led by the Glen Trew Pipe Band. It will march from St Anns down Station Road to the Civic Centre and Harrow War Memorial, where there will be a wreath-laying ceremony. The two-minutes' silence will be observed from 11am. There will be rolling closures in surrounding roads throughout the morning.

All other veterans and serving forces personnel are welcome to join the parade, wearing their medals, or uniforms. Children, grandchildren and great-grandchildren of those who served are also invited to march with their family members' medals. In both cases, meet outside St George's shopping centre for 9.15am. If wearing a family member's medals, please wear them on the right.

Everyone marching in the parade will receive a specially commissioned badge, which has been paid for through kind donation by housebuilder and council partner, Barratt London.

Pinner | 10.40am

A wreath-laying ceremony will take place at the war memorial on the High Street, which will be closed to traffic all morning. At the



Women's Army Auxiliar Corps in WW1

6 November | 2pm-3pm | Headstone Manor Museum By 1921, approximately 57,000 women had served in the Women's Army Auxiliary Corps (WAAC). This talk follows the women from enrolment to workplaces overseas, through to the Spring Offensive, Armistice and de-mobilisation.

Beyond the trenches: WW1

10 November | 11.30am and 2.30pm | £9 | Bentley Priory Museum

A concert by Tonic Choir, featuring First World War period and specially written songs.

A day to remember: Community Takeover Day 11 November | 12pm-4pm Harrow Arts Centre A day of remembrance featuring heritage activities,

music and dance performances and family workshops.

WWI centenary exhibition

On now until 18 November | Museum opening times | Heath Robinson Museum First World War illustrations and wartime correspondence.



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For a prospectus, or to visit the school, please contact: The Admissions Secretary, Reddiford School, 38 Cecil Park, Pinner, Middx, HA5 5HH. Tel: 020 8866 0660 Email: admissions@reddiford.org.uk Established. 1913

www.reddiford.co.uk Registered Charity Number: 312641



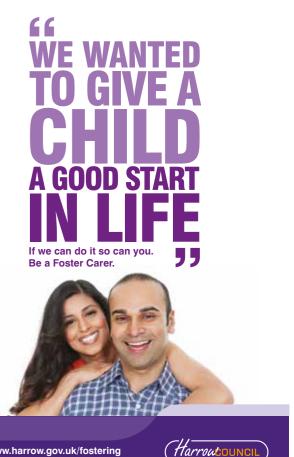
same time, West House in Pinner Memorial Park will host a service of contemplation.

BEACON LIGHTING

6.30pm Harrow Arts Centre

On the evening of Remembrance Sunday, we will light a beacon to signify the light that came out of the darkness of war. The beacon will be lit at 7.05pm, the same time at which the First World War was officially ended by the signing of the Treaty of Versailles. At the same time, church bells will ring out in Harrow and across the country in celebration. Refreshments will be provided at the Arts Centre. Arrive early to enjoy HAC's Lest We Forget programme.





Visit: www.harrow.gov.uk/fostering Free call: 0800 0641000 Email: fpuduty@harrow.gov.uk

Harrow People 11

How it works

CHONDE YOU People in Harrow are so generous we've so much food in stock but we'd never say no to more You've got a few tins at the back donations! We of the cupboard – would Harrow help more Foodbank appreciate them? than 2.000 families

each year.

PATRICK: When people in crisis call, I reassure them and walk them through what they need to do. To get our help – people need a referral.

Care in a crisis

Harrow Foodbank are this year's Harrow's Heroes Team of the Year. They provide emergency food, supplies and other invaluable support to those in need. Here's how...

Contact Harrow Foodbank on 020 8416 7344 or visit harrow.foodbank.org.uk

JOHN: When someone comes in You can also with a voucher, trained give your time volunteers like me are join Isabelle, Terence on hand, to help people and the rest of our friendly award-winning overcome the cause team. You'll get full of their crisis. Harrow training and hours Foodbank that suit you. relies on public donations of non-perishable food, and cash too. We really need a van, so Each food parcel is nutritionally balanced. we can get all It probably contains things like pasta, that donated soup, cereal and fruit juice. We cater food to more for dietary restrictions and also people. provide toiletries and baby items.

People get referrals from someone like me, when they come into the Citizens Advice Bureau or Job Centre. We talk and I give them vouchers to take to the foodbank.

Harrow's Heroes

And the winners are...

Here's our fantastic winners who picked up trophies on the night...



Extraordinary Achievement Mick O'Beirne and Michela Cogan (joint winners), presented by Robert Hazard



Health and Wellbeing Infant Feeding Team Peer Supporters, presented by **Cllr Paul Osborn**



Bringing People Together

Carole and Nigel Reid, presented by Harrow Mayor Cllr Kareema Marikar

Stars in our eyes

ore than 200 volunteers and members of the community came together at the spectacular awards evening - and each hero had a truly wonderful and inspiring story to tell. Simply put, Harrow wouldn't be such an amazing place without these incredible people who give up their time and go above the call of duty to make a difference. to our residents and the community. So this evening was our way of saying thank you to them.

The Infant Feeding team scooped both the Health and Wellbeing Award and the judges' Volunteers of the Year award, for supporting local mothers, babies and families with breastfeeding. Their work has been recognised nationally by UNICEF, making Harrow one of the



Outstanding

Young Person

Jade Perry, 9th

Headstone Brownies,

presented by Teresa

Bennett of Pertemps

Harrow Borough Commander Detective Chief Insp Simon Rose, who presented the Clean, Safe and Green Communities award praised Harrow's Heroes, saying: It's something an awful lot of other boroughs could learn from."



Clean, Safe and **Green Communities**

Mayur Bhatt, presented by Harrow Borough **Commander Detective Chief Insp Simon Rose**



Guests were entertained

by West Harrow Choir,

host Terry Frisch and

Sapnay (see page 17)

best places in the UK for access to

Michela Cogan was joint winner

category for her work securing

in the Extraordinary Achievement

the first-ever "DNP" manslaughter

conviction. Collecting her award,

she said: "Harrow Council has been

so courageous in standing beside

us, supporting us all the way

breastfeeding help.

Lifetime Achievement

Elizabeth Butterfield, presented by David Culliton of Bugler



Team Award

Harrow Foodbank, presented by Harrow Council Interim **Chief Executive Tom Whiting**







Improving Lives

Norman, Vivien and John from Citizens Advice, presented by **Cllr Sue Anderson**

Harrow's Heroes



Supporting Vulnerable People

Harrow Care Plus, presented by Harrow Council Leader Cllr Graham Henson

My Story

eeding your baby is the most natural thing in the world. Or is it? For many new mums it can seem impossible and terrifying.

That's why Harrow Infant Feeding Support team is there. This year's Harrow's Heroes winners offer advice sessions with peer supporters, so new mums can get help from women who know exactly what they're going through.

Alison Spiro, who set up the first group 10 years ago in South Harrow, says the peer supporters are at the heart of the group's success: "They're not experts, but they listen to the other mums and that's key. Being supported to feed your child brings benefits that last a lifetime."

Specialist Health Visitor Alison expanded the group to other areas to make sure all mums had a group within walking distance and now there is a group somewhere in the borough every week day.

First-time mum Rachita, who visited at the Hillview group with 12-day-old Mia, was getting advice from peer supporter Julie Peris. She said being able to breastfeed was very



important to her: "Everyone says breast is best. I'd struggled a little in hospital and I had to use a bottle more, and I just wanted to get back on track. It's been good to get additional advice and they've talked me through different techniques." Search online

for 'Breastfeeding in Harrow' for more details.

Peer supporter Charnjit Bains helps Harriet and baby Amos; above Himanshu Anand supporting his wife Kavita

Find a group near you: Monday: Pinner Centre, HA5 1AA Tuesday: Hillview Children's Centre, HA2 0LW Wednesday: Cedars Children's Centre. HA3 6LS Thursday: Stanmore Park Children's Centre. HA7 4FZ Friday: Kenmore Park Children's

Centre, HA3 9HZ

Bollywood dreams

rom local stars to international superstars -Sapnay are dancing their dream to conquer the world of dance.

HARROW

STAR

of Dance

The Britain's Got Talent 2016 semi-finalists started off in 2004 and have gone from strength to strength, teaching Bollywood, bhangra and



Artistic director. Ash Oberoi

street dance styles to children and adults across London; dancing alongside Jay Sean and Bolllywood star Shahrukh Khan: and performed on The One

Show.

Their choreography and style dazzles audiences, putting them in high demand to perform at weddings, parties and corporate events.



Ash Oberoi, artistic director for Sapnav said: "It was a challenge in Britain's Got Talent because we had to work really hard with the choreography and the dancers to bring it to competition standard. But it was satisfying and rewarding to get to the semis.

"Sapnay means 'dreams', and this dance journey has been like a dream. We want to go bigger and better, find ways to bring new things into what we currently do that will allow us to push the boundaries but still stay true to ourselves."

• www.sapnay.co.uk or follow Sapnay on instagram and twitter @sapnayuk or 'Sapnay' on facebook.



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Harrowcoun



MENTAL ARITHMET

U.C.MAS (UK) LT

For kids aged 4 - 12 years



taly from seed to plate, that's our philosophy." Paolo Arrigo is the driving force behind Seeds of Italy – a truly unique Harrow

enterprise. Tucked away on the Phoenix Business Park, his warehouse and shop is a full-on celebration of Italian flavour.

"Everything is regional, authentic, traditional", he explains, "nothing you can buy here is available in any supermarket."

He sells Tuscan honey, Calabrian chillies, Neapolitan pasta, even fresh eggs from Parma, but grow-ityourself goodness is the core of the business. A vast wall of seed packets dominates the shop - Paolo has 800 varieties. "If you can't eat it, why bother growing it," he says.

When Paolo first imported seeds, he had a small stand in his father's deli. "It was sheer luck I



SEEDS OF ITALY

picked Franchi seeds - I just liked the packets. It's the oldest family-run seed company in the world, and I'm now the sole UK distributor."

He's worked for British Airways and the United Nations, but kept coming back to food. "It's central to Italian life.

> "All countries have food inspectors, but in Italy we have armed food police. If you're caught selling dodgy Parmesan, you go to jail!"

Only In Harrow

Paolo's is a diverse business – he hosts cooking demonstrations and film nights (including The Godfather, naturally), and each year Seeds of Italy even creates a garden for the Hampton Court Flower show (inset) this year winning a silver gilt.

Now you can enjoy Italian home-grown food too. See page 25 for an exclusive offer.

Rogues' gallery

Our officers are always on the lookout for bad behaviour, ready to bring to justice those who make Harrow less safe ...



FLY-TIPPERS PAY UP!

In June a filthy criminal was caught in the disgusting act of fly-tipping in Rayners Lane. He was caught on camera brazenly dumping a large pile of carpet offcuts and then leaving the crime scene. Thanks to a local business who contacted us and provided footage, he admitted to the crime and paid his £200 fine!



home but what officers found at this Edgware property was the stuff of nightmares. Tenants were living alongside rats and cockroaches, with



sewage leaking on to the street. There was dumped and overflowing rubbish, a leaking roof and a broken sewage drain.

Owners Milegate Ltd defied warnings to clean up so we took them to the cleaners - they've been made to pay £9,000 by the courts.

In the last 18 months... 20 council home sub-letting busts 17 Right to Buy applications turned down



HOUSING FRAUD...WE'RE ON THE CASE!

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operations...



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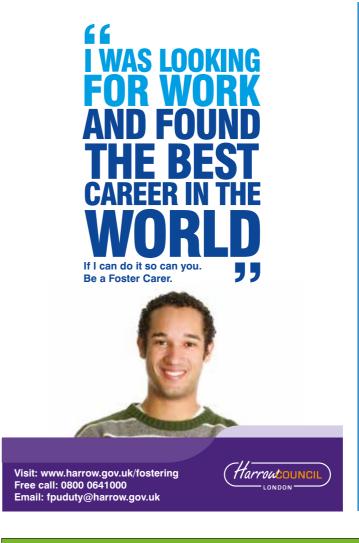


passport

records...

and seize computer equipment

A REALINE



Harrow Adult Substance Misuse Service Advice, support and treatment for drug and alcohol problems

Harrow Recovery Centre is a fully integrated, recovery-focused service delivered by WDP, in partnership with Build on Belief. Our specialist teams include substance misuse workers, doctors, nurses, volunteers and peer mentors.

Together we offer a high quality and professional service that supports individuals and their families to receive assessment, advice and treatment for their drug and/or alcohol problems.

At Harrow Recovery Centre you can access:

- Information, advice, support and assessment
- One-to-one key working
- Needle exchange and harm reduction services
- Substitute prescribing
- Comprehensive group programme
- Debt and housing advice

You can come in person or contact us by phone: WDP Harrow, 44 Bessborough Road Harrow, HA1 3DJ







Sancroft Community Care Ltd: 10984989

Support for you and your family

- Access to detoxification and inpatient rehabilitation care
- **Specialist women's services**
- Health assessments and Blood-Borne Virus (BBV) testing and vaccinations Counselling

0300 303 2868 harrow@wdp.org.uk This email address should not be used to send confidential information

Contact your local service to find out how to make a referral www.wdp.orq.uk

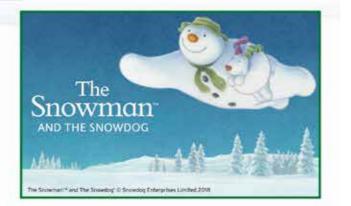
HARROW'S CHRISTMAS PARTY SATURDAY 24TH NOVEMBER 12 NOON - 6PM

Free family fun all day

- Santa's Grotto
- Meet The Snowman[™] and The Snowdog at intervals
- Meet Peter Rabbit[™] at intervals
- Stage Performances from 12pm to 6pm
- * Switch On at 5pm followed by Firework Display
- * 5.15pm to 6pm After Party with Santa









An inspector calls...

here's no such day as a typical day if you're the Inspector responsible for all the neighbourhoods in Harrow.

Every day brings its own challenges – big and small, serious and quirky – and Inspector Tanya Sprunks is ready to face them all with her team, based in Peterborough Road.

Having joined the police force 30 years ago, aged 19, Inspector Sprunks has seen the force change drastically.

"I'd wanted to be a police officer since I was five years old but I was told I was too short," she jokes. "It's only when I joined and won the Baton of Honour for my work that I felt I was taken more seriously.

> "Things have changed a lot since my time, and now people are worried about police resourcing, which means we need to reassure the community."

One day, Inspector Sprunks could be meeting community and Council leaders in Harrow to discuss street drinkers, fly-tipping, CCTV and improving safety in the boroughs' schools and religious places. The next day will be about

Community Safety

leading the Police Emergency Response Team – where she is first in line to deal with 999 emergencies.

"I'm positive about change in Harrow – it's where I've lived and worked for more than 7 years. I'm passionate about the diverse community here and my team understand the issues affecting people."

With the new tri-borough merger starting on 12 November with Harrow, Brent and Barnet, things will be busier. Inspector Sprunks keenly points out that periods of change are uneasy, but there will be other officers from Brent and Barnet in Harrow and bases will be covered.

With winter fast approaching and as part of Operation Autumn Nights, Inspector Sprunks says she wants everyone to get involved in making the community a safer place.

 Stay informed about Days of Action by following @Harrow_Council on Twitter

'I'd wanted to be a police officer since I was five years old but I was told I was too short' - Inspector Tanya Sprunks

Are you looking after someone else's child?

That might make you a 'private foster carer'.

It's important that you're registered with the council.

We're here to help, and can offer you advice and support, so please get in touch by calling

020 8736 6971



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> Are you looking for good quality furniture or electricals?

Or do you have some you want to donate?





READER OFFER

Get five packets of seeds for £10 with this voucher

Offer valid at Seeds of Italy, Unit D2, Phoenix Business Park, Rosslyn Crescent, HA1 2SP until 31 December 2018

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hindu priest

WHAT'S ON

HARROW ARTS CENTRE

www.harrowarts.com

Bring Your Own Baby Comedy

8 November | noon-1.30pm | £12 ■ The UK's top baby-friendly comedy club is back, but this show is all about you, the parents. For parents with babies under 12 months.

Stephen K Amos: Bouquets and Brickbats

30 November 8pm-10pm | £17.50 Highly acclaimed stand-up comedian Stephen K Amos comes to the Harrow Arts Centre with his brand new tour, Bouquets and Brickbats. For ages 16 and up.

Pantomime: Beauty and the Beast

15-27 December | Various times | £18 Immersion Theatre

returns to Harrow Arts Centre with their most spectacular pantomime yet, Beauty and the Beast. Ages 2+.

HEADSTONE MANOR & MUSEUM

www.harrowmuseum.org.uk

Toddlers takeover day

19 November | 11.30am-2.30pm | Free

Under-fives will be taking over Headstone Manor as security guards, archaeologists and more.

Winter lights

9 December | 11am-3pm | Free Make a sparkly candle holder for winter.

HEATH ROBINSON MUSEUM

www.heathrobinsonmuseum.org

Young Innovators Club 11 November | 11am-12.30pm | £7

INDIAN MUSIC CLASSES

Learn how to play the Harmonium, Sitar, Bansuri, Tabla, Indian singing or Kathak dance

You will learn to compose and perform music from our experienced teachers. Also you can take accredited qualifications in your chosen subject(s).

PRSSV Sangeet College has been teaching Indian performing arts in Harrow since 1989. Our students regularly perform at Harrow Arts Centre as we believe that a key aspect of learning is through performing.

Call us to book a taster session, enrol for next term or join our new Sangeet Choir.

Tel 020 8574 1202 | Email sangeetcollege@prssv.com

Follow PRSSV on Facebook | Twitter | Instagram | www.sangeetcollege.com

A fun way to learn physics/ engineering basics and problemsolving skills using K'nex, card, umbrellas, knotted string and anything else A ST COM the imagination comes

up with.

The Snow Queen

22 December | 3pm-4.35pm | £10

Quantum Theatre presents Hans Christian Andersen's Christmas classic The Snow Queen. When Gerda's friend Kay is taken by the Snow Queen, no one knows what has happened but heartbroken Gerda decides to find out.

HARROW LIBRARIES

www.harrow.gov.uk/libraries

Adult Colouring Session

5 November and 7 December | 11am-noon | Free | Kenton

Who said colouring was just for children! Take a break and have a go at colouring some intricate and beautiful designs!

A history of Christmas

10 December | 11am-12.20pm | Free | Stanmore Library

Historian Nick Dobson presents an informative and light-hearted look at this festive time of year. Taking us back to how it all started and how Santa Claus came about to the commercialised celebration we have today, Nick's talk will be illustrated with pictures, readings and carols. Advance booking required.

BENTLEY PRIORY MUSEUM

www.bentleypriorymuseum.org.uk

The Royal Air Force Today' By the RAF Presentation Team Friday 9 November | 11am-noon

Wednesdays, 6.30pm & 8pm, Fridays, 12.30pm or Saturdays, 9.30am | £12 per class | Pinner A great way to relax, unwind, and de-stress. Weekly classes. Booking required. Visit www.juliana.yoga

Harrow's Christmas Party

Cinderella

operational experience, as well as dramatic video footage depicting the modern RAF's contribution to air power.

Harrow Apollo Male Choir **Festive Concert**

Join the talk from the RAF

Presentation Team, who will

share stories from their personal

9 December | 3pm-5pm | £15 The choir perform festive favourites in the museum's spectacular ballroom. Enjoy a mince pie and mulled wine during the interval. Booking required.

HARROW LEISURE CENTRE

www.everyoneactive.com

Sk8 Friday

2, 16 and 30 November | 6pm-9pm, 9.30pm-2am* | From £7 Roller-skating disco which is great fun for the whole family. Fully licensed bar. *Late entry starting at 9pm is for adults only. Email Sk8citylondon@gmail.com.

Trampolining

Stay active and have fun with Harrow Trampoline Club. Sessions run throughout the week and are suitable for ages 2 and up. Email enquiries@harrowtrampolineclub. co.uk for more information.

Soft Play

Come on down to the leisure centre and check out their soft play area – it's great fun for children aged up to 6 and is now available for birthday parties.

Northwood (Term-time and holidays) Fri Sat 10.30sm - 11.30am 10sm - 11am 1.45pm - 2.45pm 3.45pm - 4.45pm ree the chid's potential and you ,

1.45pm - 2.45pm

26 Harrow People



COMMUNITY EVENTS

Yoga with Juliana

24 November | noon-6pm | Free | St Anns Road Get ready for Harrow's big Christmas Party! There will be live performances all day, photo opportunities with the Snowman and Snowdog, Santa's grotto and the lights switch-on at 5pm followed by fireworks. Visit www.harrowtowncentre.co.uk

15 December, 3pm and 7pm; 16 December, 11am and 2.30pm | From £7 | Ryan Theatre, HA1 3EJ The HillPlayers present this traditional family favourite. Go to www.hillplayers.co.uk for tickets.

Harrow Choral Society's **Christmas Concert**

15 December | 7.30pm | £18 | Harrow School Speech Room This Christmas concert's mix of old and new songs in a superb historic setting will

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

get you in the festive spirit! Readings from celebrity guest, BBC's John Sergeant. Book at www.harrowchoral.org.uk

London's New Year's Day **Festival concerts**

29 and 30 December | 7.30pm St John's Smith Square 2 January | 8pm | LICF (London International Choral Festival), Westminster Central Hall Enjoy beautiful concerts in music venues across London at a special discounted price! Tickets on sale at £10 (RRP £15), until 10 December. All proceeds go to Rainbow Trust, supporting families with seriously ill children, and Firm Foundation, a charity supporting the homeless in Harrow. For more information email mayor@ harrow.gov.uk

Puss in boots

12-19 January | £9 | St Edmund's Hall, HA6 1QS Bring in the new year with this festive treat about one of the most cunning cats in literature. Boxoffice@arrowplayers.org.uk



170,000 people

That's how many Harrow residents read this magazine. That makes us more popular here than ITV London News and the Evening Standard.

Want to reach this market too? See rates and further information at harrow.gov.uk/ratecard

Data from 2017 Residents Survey

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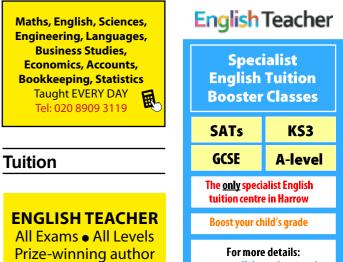


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Nurseries



POPPY WALL

Share a message of peace this Remembrance - at the Civic Centre and in all Harrow libraries



Pole position

ade Spencer Smith is already used to high achievement. Holder of the girls' under-15 indoor pole vaulting record, this season has seen her twice vault a personal best of 3.9 metres, win gold for England

South at the 2018 School Games and get a call up to team GB.

We caught up with the 16-yearold Harrow star as she trained at Brunel University under the supervision of coach, and former British champion, Ellie Spain. "I'm here three days a week", Jade says. "There's also gym sessions, gymnastics and sprint training."

So, why pole-vaulting? Jade started aged just 10. "It was after a sprint session at Harrow Athletics club – I saw the poles lying around and just wanted to give it a go. When you're little, you don't really think about it... now I'm older, I realise it's probably quite dangerous."

Jade was selected to represent her country in Hungary at the European Under-18 Championships in July. "It was fun", she says, "and a great experience". Jade once again hit her personal best, finishing fifth overall.

> So, is she dreaming of the Olympic glory one day? "Yes, definitely. Not the next one, but maybe the one after that – Paris 2024." This rising star's one to watch!











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