

# HARROW PEOPLE

July 2019 issue • [www.harrow.gov.uk](http://www.harrow.gov.uk)

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- Book some e-time
- Buzzword: Women's football

*Harrow*COUNCIL  
LONDON





# Our Home Library Service brings the library to you [harrow.gov.uk/libraries](http://harrow.gov.uk/libraries)



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For advertising enquiries call Dory on 020 8424 1290

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[www.harrow.gov.uk](http://www.harrow.gov.uk)



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**Cllr Graham Henson  
Leader of Harrow Council**

We're surveying our residents this month – so if you get a call asking for your views, please do help us out. We already know that, like us, caring for the vulnerable and community safety are among your top priorities. So this month we continue our series detailing the work of the council's adult services – which are mainly paid for through council tax.

And I'm proud to say the Mayor of London and the Home Office are continuing to support our work to keep our young people out of trouble.

On a lighter note, there's also a literary theme to this issue of Harrow People – from books that come to you in your home, to a place in Harrow where a great read can definitely be "Found"! And if you're planning a summer break – we'll show you how to take our libraries with you, wherever you go.

And lastly – I've been thrilled this month by the exploits of England's footballers at the Women's World Cup. But did you know we have a top women's team right here in Harrow? Things are buzzing at the Hive – maybe I'll see you there soon.





In the second of our articles on adult social care, we look at a recent trend in the way care is provided and paid for, called ‘personalisation’.

**P**ersonalisation is all about empowerment – it puts the decision-making in the hands of the person receiving care, together with the money that the Council would traditionally have spent on their behalf.

It gives those that need help, and their families, more control and it’s also better for the taxpayer.

Last year, we made direct

payments to 1,376 local people totalling £22,987,000. This figure excludes payments to people with learning disabilities, which we covered in the last *Harrow People*.

A personalised budget can be especially beneficial for people with dementia, because designing care that’s tailored to their needs is the best way to help dementia sufferers maintain their independence. A traditional day care centre, for instance, as well as being costly, might not provide the stimulation someone with dementia needs and their condition may deteriorate more quickly.

We visited Harrow Council’s new dementia hub in Wealdstone to meet local people living with the range of conditions we know collectively as dementia. They explained just how important it is that care is personalised. “I arranged for a carer to help



# Hub with a heart

The fact [the carer] was the same person every day was invaluable... she knew every aspect of my wife’s needs

my wife, Nina.” Neville told us. “The fact that it was the same person every day was invaluable. My wife couldn’t speak, walk or feed herself, but the carer knew every aspect of her personal needs. Nina recognised her and immediately relaxed.”

We’ve met many carers at the dementia hub recently, including Neville, Bob, Corinne, Alan and Johndillai. Many spoke about the devastating effects of dementia,

its impact on their families and, for those that don’t qualify for council help, the huge financial cost of care.

The dementia hub and Annie’s Place in Pinner both provide a weekly free drop-in service, activities for dementia sufferers and a chance for their carers to take a break.

● Find out more by searching for ‘dementia Harrow’.



## Adult social care funding



£67,863,000

Total Adult Social Care budget 2018, of which...



£22,987,000

... provided personalised care plans to 1,376 people\*

\* Not including people with learning disabilities

**Harrow dementia hub provides a weekly drop-in service with activities for dementia sufferers and their carers**





# WHAT'S HAPPENING WITH...?



## ... DRUG TESTING

Harrow Council will be helping more people successfully overcome addiction, and helping more children stay safely at home with their families – after successfully trialling a quick and cheap new drug-test technology that uses fingerprints.

Intelligent Fingerprinting is a world-first portable technology that analyses tiny traces of sweat from fingerprints. It allows people to prove they're clean with no fuss in 10 minutes, giving people the satisfaction of showing clear test results right away. It was trialled by Harrow's Children and Family Care service as part of a programme to help families stay together by beating addiction.



## ... LIBRARY OPENING HOURS

Your local library opening hours are changing. Last September Harrow Council asked library users when they used their library most.

We listened to your feedback and, from 1 September, you'll be able to visit more of our libraries on a

Sunday. Check online or look out for posters in your local branch to find out more.

See our library guide online at [www.harrow.gov.uk/libraries](http://www.harrow.gov.uk/libraries) to find out about events in your branch over the summer holidays.



## ... BUS TIMETABLES

Transport for London wants to make some changes to the bus routes between Harrow bus station and Northwick Park Hospital – but wants to hear from you first.

What do you think about routes 186, H9, H10 and H14? You can have a say online until the end of the month.

Visit [harrow.gov.uk/buschanges](http://harrow.gov.uk/buschanges) to have your say.

## ... THE LOCAL OFFER

Harrow's Local Offer provides information about services and support available for children and young people aged 0-25 with special educational needs or a disability.

It includes things like education,

childcare, health, transport and preparing for adult life.

The Local Offer is published by all local authorities to show the provision "they expect to be available across education, health and social care" and is made by listening to and talking to parents, carers and young people.

Visit [www.harrow.gov.uk/localoffer/](http://www.harrow.gov.uk/localoffer/)

## ... HARROW HALF MARATHON



Up for a challenge? Get your running shoes on and make your mark on Harrow's biggest sporting event – the Harrow Half Marathon on Sunday, 15 September.

Traffic-free and chip-timed, the course features well known landmarks, stunning views, parks and countryside. Whether you're up to the full course, the Family Mile, or want to cheer the runners along the route, everyone is invited to be a part of the action.

The event made history last year as London's first race to completely ditch single-use plastics. This year organisers are looking for ways to become even more sustainable.

Visit [www.harrowhalfmarathon.co.uk](http://www.harrowhalfmarathon.co.uk) to find out more.

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Your library card can be used in any Harrow library, or in any borough that is part of the London Libraries Consortium, like Brent and Ealing.

1



If you're not already a library member, pop in to your local library and ask for a form. You'll need ID and, if you're under 16, a parent or guardian must join for you. You can also join online at [www.harrow.gov.uk/libraries](http://www.harrow.gov.uk/libraries)

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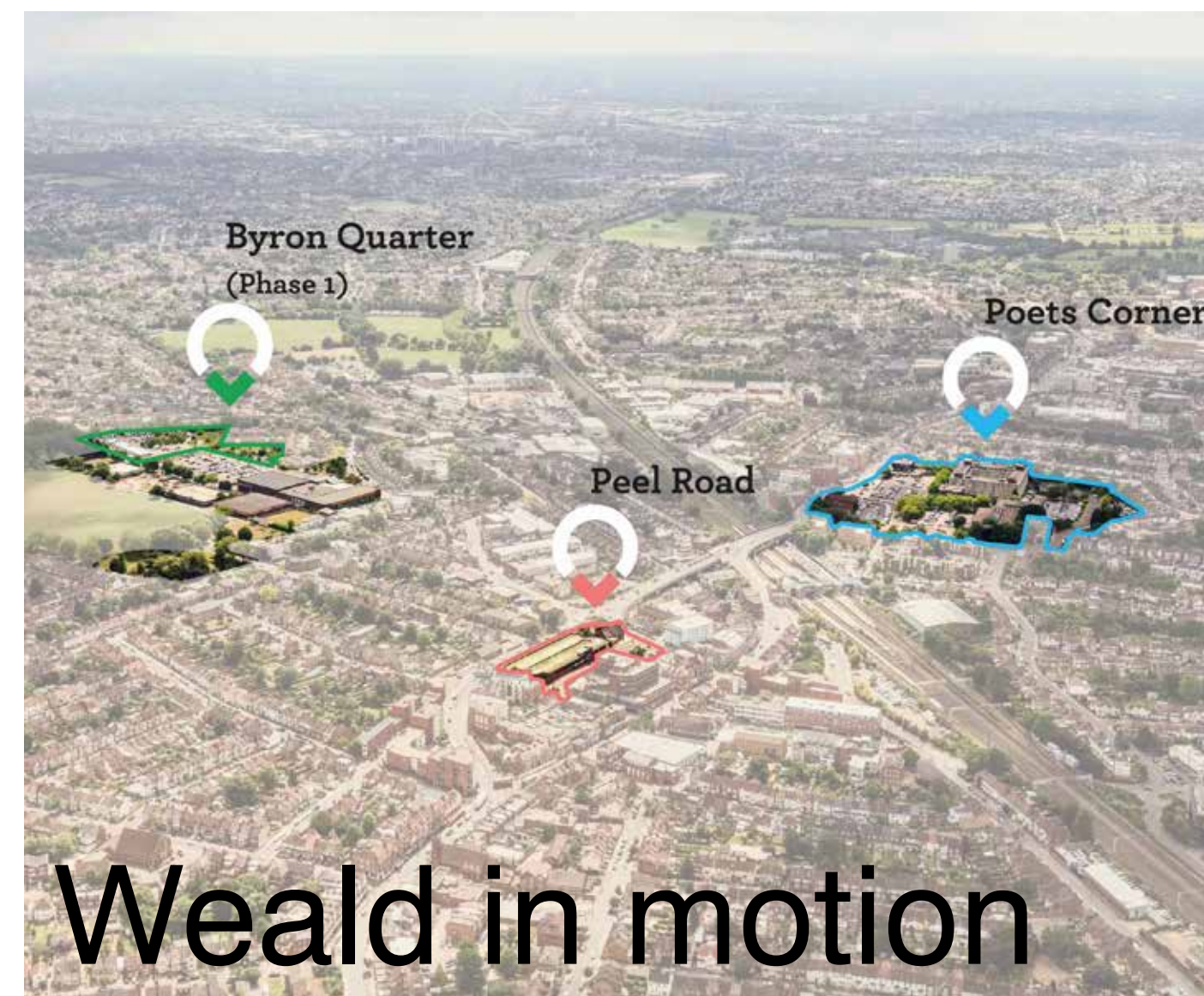
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**Opening Times**

MONDAY	Away sipping and reading
TUESDAY	9:00 am until 5:00 pm
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FRIDAY	9:00 am until 10:00 pm
SATURDAY	9:00 am until 10:00 pm
SUNDAY	10:00 am until 4:00 pm



Sign up for our monthly newsletter by emailing [info@brookspinner.com](mailto:info@brookspinner.com)



**R**egular readers of Harrow People will know that the council has big plans for Wealdstone – and in particular, the three council-owned parcels of land in the map above.

In a few years, these three areas are set to be transformed into thriving communities – great places where local people want to live, work and shop. Together they represent 100,000 square feet of development space – a truly vast amount, with equally vast potential.

There's already been years of surveying, viability work and extensive consultation with

communities and the public. Now we're seeking an experienced development partner to provide the technical resources, experience and financial capabilities to turn our vision

for Wealdstone into reality. That means homes, commercial space and a smaller civic centre.

Our partner will need to be in it for the long haul, and ambitious for the people and places of Wealdstone.

For now, these sites still host an outdated council building, an underused car park and a neglected patch of tarmac that was once used for driving-test practice.

By next spring, though, the council expects to have chosen its partner – and to get to work on building a better Wealdstone.





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## Rogues' gallery



### KITCHEN CON

Imagine forking out thousands for a designer kitchen and being left with this. That's what happened after kitchen con artist Adahm Sheikh struck in Harrow. The fraudster touted for business in supermarkets under the name "Amazing Kitchens", took clients' money and then left them high and dry. When pursued, Sheikh came up with a litany of excuses including being hit on the head with a cricket ball. It didn't wash and Harrow Council, along with Trading Standards, took him to court where he was jailed for 98 weeks and fined £60,000.

We're always on the lookout for bad behaviour and ways to make Harrow safer and better. Here are some of the rogues we recently brought to justice...



### BLOCK BUSTED

A rogue housing management company have to pay out thousands after letting out a dangerous, rat-infested dump. Buttercup Buildings Ltd ignored numerous warnings from the council to fix a block of flats blighted by rodents,

leaks, mould and exposed wires. The block was banned from use, but when the landlords refused to bring it into a decent state, we took them to court. They were fined £1,500 and made to pay costs, bringing their bill to over £5,000.



### ROTTEN LUCK

Our eagle-eyed officers thought something was suspicious when they spotted a man removing waste from a shop in Hatch End. They questioned Otman El Haddad and found he didn't have the required waste carrier licence. Apparently his friend said it would be fine to use his instead! He was wrong. When he failed to comply with a penalty notice he was taken to court, pleaded guilty to illegally removing waste and was fined £630.







Found's knitting group make jumpers for Africa; far left, manager Teresa Davenport

# Lost and Found



**F**ound on Shaftesbury Circle is a special place – charity shop, cafe, community hub – a lot that's good happens here, and it might just be the friendliest place in Harrow.

"We like to build relationships with people." Found's manager, Teresa Davenport, says.

"When things are affordable, that dignifies people. We offer help too. We're a bit like triage at the hospital – we patch people up and refer them on, maybe to Firm Foundation or Harrow Food Bank." In the café behind the shop we meet Found's knitting group, making jumpers for children in Africa.

'If you want fast fashion, you could always buy a dress here, wear it once and donate it back again'

Beyond that room, two more bursting with donations. A constant cycle is at work, deriving maximum value from everything that comes through the door.

"About 90% of what we get we use. In fact this shop saves about half a ton of textiles going to landfill every week. If you want fast fashion, you could always buy a dress here, wear it once and donate it back again!"

■ Not far from Found is Hope Place. A three-bedroom property owned by local homelessness charity Firm Foundation. The charity uses it to help rough sleepers transition to a normal life.

"Maybe the person needs help with managing money, or drugs and alcohol, offending or mental health," says charity manager Julian Saunders. "They can live here for up to two years, but they have to stick to the plan."

"We gave one of the rooms to someone recently who was fleeing violence and

was so psychologically damaged and afraid that they kept a chair up against the door for the first few weeks.

"But with talking therapy and other help, they were able to move on with their life. Now they have a job and are doing really well."

Firm Foundation offers a drop-in service in central Harrow throughout the week. They provide showers, haircuts, food and a chance to chat. Find out more at [firmfoundation.org.uk](http://firmfoundation.org.uk) or call 020 8426 5515.





# Everybody knows a hero!

In September we will celebrate all the amazing people who make Harrow a special place to live and work – those whose little acts of kindness make a big difference.

It may be something as small as a simple thoughtful gesture, or something big like incredible courage in the face of adversity, a battle against the odds to make a difference or even improve the lives of a whole community.

Harrow's Heroes celebrates and awards these

amazing people – and now it's your chance to nominate a team or individual for this year's awards.

**Nominate  
your hero by  
30 July**

From our volunteers, scouts, mentors, and litter-pickers to our teachers and emergency services, there are thousands of selfless local people who make a huge difference – often without the recognition they deserve. So what are you waiting for? Fill in the form and post it back to us, or do it online by searching for "Harrow's Heroes 2019".



**Geraldine Fay from The Infant Feeding Team and 2018 Volunteer of the Year winner said:**

"Winning the awards was very emotional. I had not even thought about the possibility of winning one let alone two, so we were all very stunned and incredibly excited."

It makes me feel that what we do is truly valued, not just by the families we help, but more widely in the community and by the Council. I really enjoyed the whole evening. The atmosphere was superb and it was such a treat. In my eyes it was the 'Oscars for volunteers' and we definitely felt like stars!"

## 2019 Harrow's Heroes

Nominations are now open for our annual awards celebrating the amazing work of people across the borough.

We want to hear the stories behind the fantastic people who help make Harrow a special place to live and work – and give them the recognition they deserve.

From volunteering, acts of kindness, to changing or saving lives – if you know someone, or a team, who make a big contribution to their community, nominate them today.

Winners will be announced at a grand ceremony at the Kadwa Patidar Centre in Harrow on September 19, when awards will be presented.

**Deadline for nominations is Tuesday 30 July 2019.**



You can also fill in this form online at [harrow.gov.uk/harrowsheroes](http://harrow.gov.uk/harrowsheroes)

### Nomination form

The nominee(s) must live in Harrow or work for an organisation that serves Harrow residents. If they are volunteers, they must have been doing volunteer work in the last six months. See website for full terms and conditions

#### Who are you nominating?

Their Name

Their Age

☐ 25 and under☐ 25 to 65☐ 65 and over☐ Is this a team?

Organisation and/or address

Their Email

Telephone

**In no more than 30 words please explain why you are nominating this person/team**

**Harrow's Heroes 2019 community awards**





In no more than 250 words, please explain what the nominee does  
To help you fill in this section, below are some examples of things you can tell us about.

- Has this person inspired someone?
- Have they made an outstanding contribution?
- How long have they been volunteering?
- How have they made your neighbourhood better?
- How do they stand out?
- Have they overcome personal barriers?
- How do they help the community?
- What difference have they made?

How did you hear about Harrow’s Heroes?

Your contact details

Name

Email

Telephone

Signature

Date

Please return this form by 30 July 2019

Once completed, please email the form to harrowsheroes@harrow.gov.uk or post to Harrow’s Heroes Award 2019, Communications, Middlesex Floor, East Wing, Civic Centre, Station Road, Harrow, HA1 2XY. If you have any questions about the awards or would like help filling in this form, email harrowsheroes@harrow.gov.uk or call 020 8424 1857.



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A symbol of strength, marriage and spiritual power – the Red Dot, known as the bindi, is one of the world’s best-recognised accessories worn by Hindu women.

And the red dot is also the symbol of one of Harrow’s strong, successful Asian women – and her business – a UK brand of handcrafted luxury jewellery with an Indian heritage.

Founder Shalini Gupta-Patel was inspired as a child by her mother’s love for antique style jewellery, especially Indian gold. But it was only a decade ago, when she saw that prices for finely crafted pieces were beginning to soar, that she felt her true calling.

“I started a jewellery course,”

“I took a flight to India, just me and my notebook... and put together my first collection”  
– Shalini Gupta-Patel

Shalini told us, “and it excited me in a way my previous job in IT didn’t! That’s when I decided that this was my future. I got home and I started planning how I could create this niche in the industry.

“Before I knew it, I took a flight to India, just me and my little notebook. I spent two months going to markets, workshops, making contacts and testing manufacturers and put together my first collection.”

With her own spin on Indian workmanship and ancient techniques, Shalini’s luxurious but affordable jewellery quickly earned a burgeoning customer base and a huge social media following.

Soon enough it was time for a shop of her own – so in 2016 she set up where she grew up – in Pinner.

Amid the brightly coloured raw silk fabrics and Rajasthani paintings in her shop, Shalini tells us: “The most important thing is believing in yourself, and if you’ve got the perseverance and determination, you will end up in the right place!”

● Search ‘Red Dot Jewels’ online – see p28 for 10% off their prêt collection.



# 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.

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# One sexual health service

Contraception, tests and treatment for sexually transmitted infections

Funded by Harrow Council: Harrow has launched an integrated sexual health service for residents called One. It delivers online and community-based face-to-face services including:

**FREE tests  
and treatments  
for STIs**

**FREE  
contraception**

**FREE  
community  
outreach and  
support**

Most STIs are treatable but may have no symptoms so check and be sure

**nwlondonsexualhealth.nhs.uk**

**NHS**

**one**  
sexual health service

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## Harrow Young People's Substance Misuse Service

Funded by Harrow Council: Compass-Harrow offers a free and confidential service for young people and families who need drug and/or alcohol support.

So, if you need help:

- ◆ with your own or someone else's alcohol, drug or other substance use
  - ◆ because you are affected by someone else's alcohol, drug or other substance use
- contact Compass-Harrow:

020 8861 2787 / 07860 438 473

adminharrow@compass-uk.org

This email address should not be used to send confidential information

www.compass-uk.org

Compass

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\*2015-17 DECREASE. SOURCE: PHE ANNUAL EPIDEMIOLOGICAL SPOTLIGHT ON HIV IN LONDON: 2017 (PUB: DEC 2018)



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## WHAT'S ON

### HARROW ARTS CENTRE

www.harrowarts.com

#### Summer Music Camp

25 July-31 July | 9.30am-5pm,  
£160 per child | Ages 7-12

■ Five-day extravaganza of music, singing, dance and crafts. Learn African drums, street dance and crafts, led by puppet maker Joni-Rae Carrack. Optional breakfast and board games club.

### HEADSTONE MANOR & MUSEUM

www.headstonemanor.org

#### Alice in Wonderland

19 August | 6pm-8pm | £12

■ Immersion Theatre's larger than life musical adaptation of a classic. For ages 2+.

#### Guided Tour

21 July | 2.30pm | £5

■ Take a step back in time and discover the history of Headstone Manor. Hear the stories and secrets of the people who made it the fascinating place it is today.



Summer Music Camp at Harrow Arts Centre

#### A Midsummer Night's Dream

29 July | 6pm-8pm | £12

■ Set in Great Britain just before the start of the Great War, this magical and romantic comedy sees Shakespeare's characters transported to a time of peace and prosperity. For ages 2+.

### BENTLEY PRIORY MUSEUM

www.bentleypriorymuseum.org.uk

#### Aviation Creations

20 July-31 August\* | 11am-3pm | included in admission price

■ Summer craft activities for all ages across the museum's galleries. Make your own aviation-inspired mobile or a cardboard cockpit. \*Excludes 17 August.

#### Bader's Big Band Concert

17 August | 2pm-3pm | £14

■ A fun afternoon of upbeat music with Bader's Big Band. The concert will mark 75 years since Glenn Miller conducted a concert at RAF Bentley

Bader's Big Band

Priory. Booking required. Tickets include admission to the museum.

#### Battle of Britain Commemorative Day

14 September | 10am-5pm | £7

■ Themed entertainment for all the family, including a Spitfire flypast\*, historical re-enactments and outdoor games. \*weather permitting. Booking required.

#### Battle of Britain film screening

15 September | 11.30am and 2.30pm | £14

■ A special screening of the 1969 film to mark its 50th anniversary, at the museum where some of the film was shot.

### HEATH ROBINSON MUSEUM

www.heathrobinsonmuseum.org

#### Exhibition of Tim Lewis moving sculptures

■ Showing until 1 September, included in museum admission price, this fun exhibition features more than 20 interactive moving mechanical sculptures and kinetic artworks.





# WHAT'S ON

## Creative Critters

26 July | 1.30pm-3pm | £7

■ Little ones can create their own animals from recycled rubbish like boxes and bottles. For ages 4-8.

## The Tempest – Play in the Park

25 August | 6.30pm-9.30pm | £15

■ The magician Prospero is marooned on an island with his daughter Miranda. With the assistance of a powerful air spirit, he conjures up a storm to shipwreck his enemies. Bring your own picnic rug/chair.

## HARROW LIBRARIES

[www.harrow.gov.uk/libraries](http://www.harrow.gov.uk/libraries)

## Summer Reading Challenge

13 July-8 September

■ Inspired by the 50th anniversary of the first moon landing, this year's Summer Reading Challenge at Harrow libraries is called Space Chase. Children aged 4 to 11 will

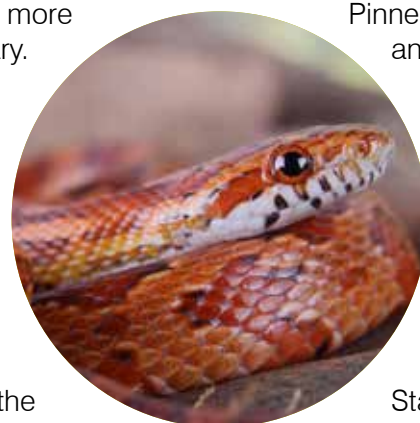


Aviation Creations

be sent on a mission to read throughout the school break – stickers are given out along the way. Find out more at your local library.

## Snakes Alive!

■ These fun and slithery sessions offer an up-close-and-personal visit from some friendly cornsnakes and the



chance to learn some fascinating snake facts. Ages 5- 11. Booking required.

Pinner: 30 July, 2pm-3pm, and

27 August, 2pm-3pm;

Roxeth: 22 August, 11am-12 noon

## Poetry Open Mic – 'Seasons'

24 September

| 2pm-3.30pm |

Stanmore Library

■ Judy Karbritz invites you to consider the theme 'Seasons'. Read a favourite poem, or one of your own, or just listen. Booking advised. For adults.



Harrow's 1st Folk Music Festival  
Saturday 10th and Sunday 11th August 2019  
SEE FULL LINE UP AT:  
[www.folk-on-the-hill.co.uk](http://www.folk-on-the-hill.co.uk)

## COMMUNITY EVENTS

### CONCERT IN THE PARK

Sundays at 2.30pm to 4.30pm. Free. Pinner Memorial Park.

■ Enjoy beautiful concerts at this friendly summer event organised by the Pinner Association:  
28 July, Harrow Steel Band  
4 August, Fats Rollini Jazz & Blues Band  
11 August, Big Stardust Band  
18 August, Simply Gray  
Email [band.concerts@pinnerassociation.co.uk](mailto:band.concerts@pinnerassociation.co.uk)

### NATIONAL PARK CITY FESTIVAL

Saturday 20 July, 10.30am-1.30pm, Headstone Manor Park. Free entry.

■ As part of celebrations for London National Park City Festival, come along and explore Yeading Brook and its wildlife. There will be lots of fun activities for all the family, including a nature safari, crafts, storytelling and plenty more. Find out more

and register for the event on Eventbrite.

### KIDS' FUNFAIR DAY

4 August, 11am-6pm, Canons Park, free entry

■ Fairground rides, bouncy castles, fun dog contest, food and games stalls, plus lots more activities. For more information, visit [www.canonsparkfriends.org](http://www.canonsparkfriends.org)



There will be food stalls and entertainment. Email [lorna@fohwrg.co.uk](mailto:lorna@fohwrg.co.uk) for information.

### HEALTH DAY

1 September, 12pm-5pm, Harrow Weald Recreation Ground. Free entry.

■ Looking for new ways to be healthier for you and your family, but don't know where to start? Come along to this Health Day and try one of these activities to see what you enjoy – Tai Chi, tennis, Pilates, yoga, dance and a boot camp, as well as healthy walks and healthy eating. DJ Donald Bunting will also be appearing. Email [lorna@fohwrg.co.uk](mailto:lorna@fohwrg.co.uk) for more information.

## HARROW LEISURE CENTRE

[www.everyoneactive.com](http://www.everyoneactive.com)

### Everyone Active sports clubs

Looking for a new after school sports club for your teenagers? Check out these fun and friendly activities. Email [mobasharmahmood@everyoneactive.com](mailto:mobasharmahmood@everyoneactive.com).  
Netball (juniors): Tuesdays, 5pm-6.30pm, ages 11-16, £3.50;  
Netball: Wednesdays, 7.30pm-9pm, ages 18+, £4.20;  
Badminton: Saturdays, 1pm-3pm, ages 5-16;  
Basketball: Mondays, 4pm-7pm, ages 5-10 & 11-17, £4.20 (£3 for under 11's).

### MUSIC AND DANCE CLASSES

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National Theatre Live  
**ONE NIGHT IN DUBLIN**  
TUE 23 JULY 7.30PM

National Theatre Live  
**THE LEHMAN TRILOGY**  
THU 25 JULY 6.45PM

**DREAMBOYS**  
THU 8 AUGUST 7.30PM

SUMMER YOUTH PROJECT 2019  
**THE WIZARD OF OZ**  
THU 22-24 AUGUST 6.45PM

**FREEDOM '19**  
FRI 30 AUGUST 7.30PM



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Funded by Harrow Council: 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.

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

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

0300 303 2868

[harrow@wdp.org.uk](mailto: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.org.uk](http://www.wdp.org.uk)







Getting withdrawal symptoms from this summer's sporting smash hit, the Women's World Cup?

Well you don't have to wait four years for another dose of England's new favourite spectator sport!

London Bees are in the second tier of English women's football – and play right on your doorstep at the Hive, which they share with Barnet FC. Manager Lee Burch is already leading pre-season training, with some new signings to integrate into the squad, and his sights set on success.

"I want this to be the best team the Bees have ever had," he tells us. "The league's getting better all the time. Everyone is investing and improving – if we stand still we'll get caught." Of course the Bees are well known for



their industrious playing style, their teamwork and their sweet end product!

But after last year's mid-table finish, Burch is stressing another quality in the team.



"I want the players to have fun – it is a game after all. We're all in football because we love it. From enjoyment comes quality and

creativity. It starts the moment you arrive in the car park."

You can't help but be impressed with the Bees' set-up. The ground boasts facilities the envy of clubs at least twice their size.

"We had the heads of medical at Barcelona and Benfica down here the other day", General Manager Ricky Bartlett told us. "They were blown away with the kit we've got in our new medical centre."

**'The league's getting better all the time. If we stand still we'll get caught'**  
Bees manager Lee Burch

**'We can definitely do well this season if we find that winning mentality'**  
– Sarah Quantrill

Now also open to the public, that includes some truly state-of-the-art MRI imaging equipment.

Goalkeeper Sarah Quantrill, is certainly passionate about the team – and the game. She commutes three times a week from Norwich, where she works full-time, to be the Bees' number 1.

"We can definitely do well this season, if we can get our fitness levels up and find that winning mentality." It's something she knows plenty about, having been part of Millwall Lionesses' 15-month unbeaten spell under Burch. "It's a great feeling in the dressing room when you go on a run like that."

● If any extra motivation were needed, it's Burch and Quantrill's old club up first for the Bees. They play the Lionesses on Sunday 18 August. Show the Bees your support – you can buy tickets at [www.londonbeeswsl.com](http://www.londonbeeswsl.com)

Keeper and Player's Player of the Year Sarah Quantrill; left, Bees ladies in training; and the ground shared with Barnet FC





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