

# GREENHILL MANOR RESIDENTS' ASSOCIATION

www.gmra.org.uk



## **NEWSLETTER: Autumn 2023**

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### **Chairperson's Report**

*Dear Residents,*

*We are coming to the end of 2023 which was a mixed year in terms of litter and fly tipping and reporting of drug takers. We managed to have*

*the streets looking clean due to the volunteers. I therefore want to thank in particular Godfrey O'Callaghan and Simon Dunkerley who have cleaned up litter on a regular basis in inclement weather.*

*I just wanted to remind residents that Tai Chi is done on a Friday (9.30 to 10.30) at the Harrow Recreation Ground and it is free. I have been enjoying the gentle exercises which help with balance and movement for over 4 years. Membership has now attracted around 50- 60 residents. Tai Chi has benefited people who suffer from diabetes according to a recent study.*

*According to Dr Pau Lam it helps to control sugar levels for type 1 and Type 2 diabetes. Another recent study in China showed that Tai Chi may slow Parkinson's symptoms for several years and the Charity for Parkinson's has also stated that Tai-Chi is a low -intensity physical activity that can help to lift one's moods and help one live well. So please give Tai Chi a go!!*

*I am attaching a short festive poem written by my husband (Wayne Carr) which tries to express the spirit of Christmas at this trying time.*

*I would like to take this opportunity to wish one and all residents a merry festive season and a healthy and prosperous 2024.*

*Hemuna Pather-Carr*

### **Festive Greetings 2023**

By Wayne Carr

After what has been  
a warring, disputatious year,  
it's more than time  
for Christmas spirit to appear  
and with its giving, festive cheer  
embrace us one and all  
amidst Winter's drear  
and conflict's pall,  
underlining  
in its tale of a saviour's birth  
how inestimable  
PEACE ON EARTH

## **Community Roadwatch**



Speeding cars are a matter of concern to a lot of local people. Many roads are badly affected, for example, motorists can avoid the town centre by driving from Kenton Road to Station Road via Northwick Park Road, Manor Road and Francis Road.

The police set up a team together with local residents to record the speed of passing cars. Those who speed are given a warning but the event serves to remind drivers of their need to observe the limit.

Sheepcote Road has been the focus several times recently. Pictured with PCSO Pedro Vas are Cllr. Ali and ex

councillor Sue Anderson but members of our committee also took part.

## **A New Met for London**

The Metropolitan police are holding public meetings both to explain the latest plan of the new Commissioner, Sir Mark Rowley, and to find out from local people their views and needs.

The police prioritise things that matter most to people like tackling anti-social behaviour, working on specific types of crime and keeping the community safe.

One goal is to keep serious violence low, prevent violent crime and to respond promptly to incidents.

The plan aims to ensure that victims of crime calling for help are satisfied with the police response, by, for example, better support and assistance for victims of crimes such as burglary, domestic violence and sexual offences. The first public meeting in Harrow was held at Harrow School on July 26<sup>th</sup>. Some of the people present thought that the police do not publicise their successes enough. If the police response to a call for help

is poor, it is useful to know what else they are working on. OWL, the Online Watch Link, recently reported on a big and successful operation against drug dealers which will have taken a lot of time and effort to set up.

The recruitment of 500 more PCSOs [Police Community Support Officers] should mean that the police are more often seen and linked more closely to their local community.

Communication is key to building trust. The police in Harrow will commit to provide public updates after every police operation that has been completed by explaining what has been done, why that area was the focus and what the result was. There will be regular public meetings open to all where residents can raise any concerns that they have. These concerns and their response will be put out on social media and OWL so residents know where focus is.

*For those of you who have online access the document A New Met for London will be in the Resources section of the GMRA website.*

## **Traid**

Traid is a charity retailer shaking up high street fashion. In the UK they collect, sort and sell quality second-hand clothing in their London stores. This practical action gives clothes a new lease of life so drastically reducing waste. Further afield, they fund organic cotton farming and support garment workers to make fashion fairer for everyone.

Traid has recently formed a partnership with Harrow council to provide services for the community in the area that will save good clothing from being thrown away and put it back to good use.



Traid collect from your home. Bags left on the pavement may not be taken by the intended charity or spoilt and the contents spread about. They will collect a bag of clothes and may take small electrical items as well, like toaster or hairdryer. If you have internet access, look up:

Website: <https://traid.org.uk/book-a-collection/>

Email them on: [reuse@traid.org.uk](mailto:reuse@traid.org.uk) or Telephone: 020 8733 2595.



## Bad news for the fly-tippers

Dear Watch Member,

Harrow Council is installing 15 new CCTV cameras in the borough's top hotspots, according to their website. 10 cameras have been installed already in Harrow. They'll stay in these areas for as long as necessary to address the issue and will be deployed to new locations once instances reduce.

Where there is evidence, fixed penalty notices of £400 will be issued to offenders.

For more information on how to submit a request for a CCTV deployment please visit Harrow Council's website at: <https://www.harrow.gov.uk/news/article/11258/new-cctv-cameras-catch-fly-tippers>

## **Keep your neighbours happy**

Do **NOT** put wet wipes or nappies down the toilet



Be a hero –  
help us stop  
blockages

Did you know that helping to keep sewers flowing smoothly is in your hands? Join the millions fighting blockages by ‘bunging it in the bin’.

Thames Water works around the clock to keep your sewer network flowing smoothly, which includes removing blockages.

If you spot a blocked or overflowing drain in your area, please tell us.  
Go to [thameswater.co.uk/reportablockage](https://thameswater.co.uk/reportablockage)



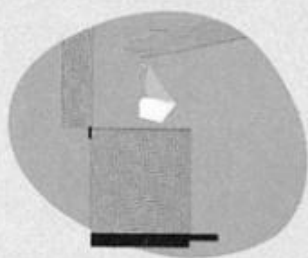
AW/Thames/22

# It's easy to be a blockbuster

We clear around 75,000 blockages from our sewers each year. Many of these are caused by wet wipes, sanitary items and cotton pads that can't break down. When they're flushed down the loo, they ball up with cooking fats and oils, blocking pipes. This can then force raw sewage back up drains, plugholes and toilets – right into your home. Yuck, right?

The solution is very simple: put sanitary products and wipes where they belong – **in the bin**.

## Help keep life flowing Bin it – don't block it



Bin all wet wipes,  
sanitary towels,  
tampons and kitchen roll



Only flush pee, poo  
and paper – never  
nappies



Collect fats and oils  
in jars before  
binning them

Find out more at [thameswater.co.uk/binit](https://thameswater.co.uk/binit)

**Our commitment to you:** We'll always make an appointment with you before we visit, turn up within the agreed appointment slot, and give you 24 hours' notice if we have to cancel; respond to written queries and complaints about your service within 10 working days; and protect your property from flooding from our sewers. If we fail to achieve this level of service, we'll pay you as part of our Customer Guarantee Scheme. To view our compensation policy, visit [thameswater.co.uk/compensation](https://thameswater.co.uk/compensation) or call us and ask for a copy.

## **Community Litter Pick**

A Community Litter pick was held on the 28th October. Two volunteers from the impressive Harrow Litter Pickers Facebook group joined us. We were able to create a large pile of litter - bags and other discarded items. Councillor Dan Anderson also joined in and it was useful to show him some of the issues we report or deal with. It was also good to have company on an often-lonely activity clearing up others' thoughtlessly discarded litter.



Left to right Paul Sheehy, Godfrey O'Callaghan, Hemuna Pather-Carr, Richard Stiles, Cllr Dan Anderson. Photo courtesy of Casey Dalton.

[www.facebook.com/groups/harrowlitterpickers](https://www.facebook.com/groups/harrowlitterpickers)

*More volunteers are needed. Equipment is provided.  
If you can help, please contact Godfrey on 07712341677*

## **Your Member of Parliament**

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

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

Surgeries are usually held on Fridays on a weekly basis.

gareth.thomas@harrowlabour.org  
Website: [www.harrowlabour.org](http://www.harrowlabour.org)

His Parliamentary address is  
House of Commons, London, SW1A 0AA  
Tel: 020 7219 4243  
Fax: 020 7219 1154  
[gareth.thomas.mp@parliament.uk](mailto:gareth.thomas.mp@parliament.uk)

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## **Your Councillors in Greenhill**

### **Councillor Dan Anderson**

Work: Group Office: (020) 8424 1897  
Work: [dan.anderson@harrow.gov.uk](mailto:dan.anderson@harrow.gov.uk)

### **Councillor Aneka Shah-Levy**

Work: Group Office: (020) 8424 1897  
Work: [aneka.shah-levy@harrow.gov.uk](mailto:aneka.shah-levy@harrow.gov.uk)

### **Councillor Ghazanfar Ali**

Mobile: 07940 506944  
Email: [ghazanfar.ali@harrow.gov.uk](mailto:ghazanfar.ali@harrow.gov.uk)

They hold a surgery at Greenhill Library in central Harrow on the 3<sup>rd</sup> Saturday of every month from 10am-12am.

Greenhill Library also has an information point staffed by council workers to help with accessing council information, paying bills etc.

## **About GMRA**

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

## **The GMRA website – [www.gmra.org.uk](http://www.gmra.org.uk)**

The GMRA website is paid for by you from your subs and is our own community website. Our webmaster Noor Mohamed manages it and updates it. It is a useful tool and you will find things of interest on there. It has a contact form for getting in touch with the committee or telling us you would prefer to pay subs direct to the bank. Related material mentioned in newsletter articles might well be found under the “Resources” which can be found under the “Services” tab. You will also find an archive of past newsletters dating back to 2015, security advice, committee member and councillors’ details and information for new residents. You may have information that you think is useful and would like to submit. Please take look and get to know the site.

Can not recall GMRA website URL, just search with 2 words together:  
**‘GMRA Harrow’** on any search engine.

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## **GMRA Membership & Contact**

By Post: Hemuna Pather-Carr, 41 Northwick Park Road,  
Harrow, HA1 2NY

By E-Mail: [gmra@gmra.co.uk](mailto:gmra@gmra.co.uk)

Via web page: <http://gmra.org.uk/contact-gmra.html>

## **Membership Fees**

***Membership fee can now be paid via bank transfer. Details on website.***

## **New Boundary 2023**

New Boundary is fully updated and available to see on the website.

## **Your current GMRA committee**

Chairperson	Hemuna Pather Carr, 41 Northwick Park Road, HA1 2NY
Deputy Chairperson	Deputy Chairperson - Volunteer needed
Secretary	Helen Shorter 55 Grange Road
Treasurer	Eddie Griffiths 11 Northwick Park Road
Webmaster	Noor Mohamed 71 Bonnersfield Lane
<b>Road Representatives</b>	
Bonnersfield Lane, Bonnersfield Close & Croft Villas	Simon Dunkerley 11 Manor Road
Crofts Road	Elvira Miranda 5 Grange Road
Francis Road	Muhib Anish
Grange Road	Helen Shorter, 55 Grange Road
Hill Crescent, Hill Road, Richards Cl.	Sat Bains, satbains108@gmail.com
Manor Road	Godfrey O'Callaghan 14 Lowndes Court Email: gdo@btinternet.com
Northwick Park Road	Sylvia Farooqi Northwick Park Road
Garth Court	Shilpa Nathwani Gareth Court

Please visit the Greenhill Manor Residents Association website:  
[www.gmra.org.uk](http://www.gmra.org.uk)

OR  
 Search: GMRA Harrow

## Useful Telephone numbers

All <b>MAJOR</b> emergencies: Fire, Police or Ambulance	999
Harrow Council switchboard or <a href="http://www.harrow.gov.uk">www.harrow.gov.uk</a> <i>also on Facebook, Instagram, TikTok, LinkedIn, Twitter</i>	020 8863 5611
<b>Metropolitan Police – Urgent</b>	<b>999</b>
Police UK website for reporting or information	<a href="http://www.police.uk">www.police.uk</a>
Metropolitan Police, request Harrow Police Station	(020) 8423 1212
To report a crime that has occurred but not urgent	101
Anti-Terrorist Hot Line	0800 789 321
Crime Stoppers (confidential)	0800 555 111
Greenhill Safer Neighbourhood Unit	(020) 872 2780
To report an electricity power cut	0800 783 8838
National Gas Emergency Service	0800 111 999
Water leak (Affinity Water)	0800 376 5325
Blocked Drain (Thames Water)	0800 316 9800
Telephone Preference Service – to stop unwanted calls	0845 070 0707
Mail Preference Service	(020) 7291 3310
Harrow Energy Efficiency Advice helpline and Energy Saving Guidance	0800 838 650
Brent and Harrow Trading Standards Service Shoppers rights	(020) 8937 5555

Get to know the police website for advice, reporting crimes, local crime reports  
and much more:  
**[www.police.uk](http://www.police.uk)**