

GREENHILL MANOR RESIDENTS' ASSOCIATION

www.gmra.org.uk

Newsletter: Summer 2025

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Error in the last newsletter the school St Jerome, which enthusiastically picks litter was mistakenly named St Josephs.

Chairperson's Report

Dear Residents

Thank you to everyone for coming to the Annual General Meeting, my eighth, and thank you to the committee for their efforts throughout the year.

GMRA exists to inform residents about issues of concern, including developments likely to have an impact on us. Councillors come to GMRA committee meetings, which is very helpful as we can bring up issues flagged by residents and learn of new plans. The newsletters are published 3 times a year to provide information.

Committee members go to Harrow Safer Neighbourhood meetings and keep in touch with the police both through this and small local meetings. The police prefer to be told of happenings of note either via <https://www.met.police.uk/> or dialling 101 or in an emergency 999.

Fly-tipping is another area of concern. Please notify the council of this as soon as possible when observed. Litter picking helps our area look more attractive. Please contact Godfrey O'Callaghan on 07712341677 or gdo@btinternet.com If you are able to volunteer for litter picking.

As a voluntary organisation, GMRA depends on volunteers to help run the association. Please get involved or enthuse your family or neighbours to get involved. There are vacancies at present for 3 road representatives for Bonnersfield Lane and Close and Croft Villas, for Crofts Road, and for Francis Road. There are bimonthly committee meetings, one annual public meeting, newsletters to hand out and membership subscriptions to collect once a year. Despite all the changes in Harrow and the many blocks of flats being built, the association aims to create a sense of community. For that we need you to take an interest and join in!!

Hemuna Pather-Carr

Contacting the Council

The following website addresses have been released

Anti-Social Behaviour ASB@Harrow.gov.uk

Report Crime / Anti-social behaviour to the Police (when safe to do so)

<https://www.met.police.uk/ro/report/>

Fly tipping <https://www.harrow.gov.uk/streets/fly-tipping>

Abandoned Vehicles <https://www.harrow.gov.uk/streets/abandoned-vehicles>

Street Cleaning (Overflowing Street bins / broken glass etc)

<https://www.harrow.gov.uk/streets/street-cleaning>

Reporting Anti-social behaviour (Not criminal offences)

Children's Access Team: 020 8901 2690

Homelessness Prevention Team: 020 8424 1093

The emergency duty social worker: 020 8424 0999

Safeguarding officer: 020 8420 9453

Environmental and street hazards (out of hours): 020 8863 5611

Call the police - 999 for emergencies only, or 101 for non-emergencies.

Council Tax, Business Rates, and Housing Benefits 020 8901 2610
(Monday to Friday 9am to 50)

Developments Update

According to the BBC news 9.1.25, government targets require 2,294 new homes to be built in Harrow. These will be mostly in the 'Intensification Area', which is Wealdstone and Harrow town centre and the corridor between them. Since 2021 613 on average have been added per annum

Developments by the council on land they own include presently the Byron Quarter and Poets Corner.

The Byron Quarter is the old driving centre by the Leisure Centre, which is tarmacked and subject to fly tipping. According to My Harrow News 14.2.25, the development was approved 6.2.25. Developer Wates will start in mid 2025 to build 149 new homes [of which 44 affordable, that is, 27%] with the first occupants in by Autumn 26. There will be 78 flats and rows of 2&3 bedroom houses



Poets Corner, the old Civic Centre on Station Road, is planned to provide approximately 1,100 new homes, including 100 new council homes.

Phase 1 of the development by the council and Wates consists of 89 homes. The buildings will be stepped so that the taller towers are in the centre and those on the outside nearer to neighbouring properties will be lower.

According to Harrow online 23.3.25 'Reacting to the plans, residents expressed concerns on social media over the absence of critical infrastructure such as GP surgeries, shops, schools, and adequate parking. Some referred to ongoing problems at other recent developments in Harrow, citing traffic and congestion issues caused by inadequate parking provisions.'

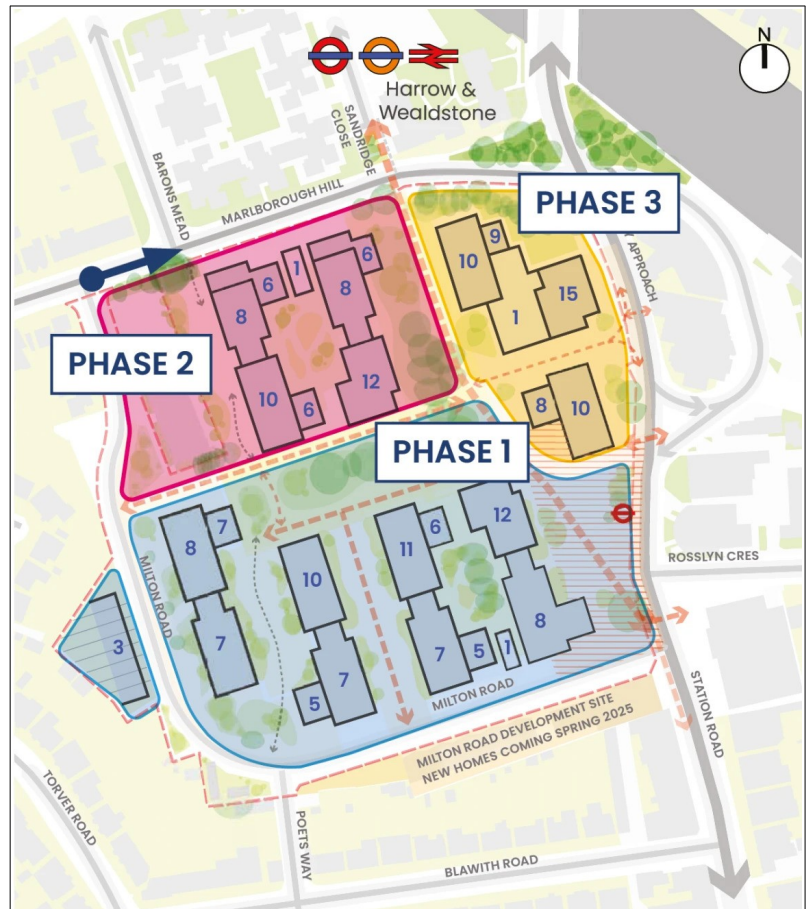
One of the largest developments in Harrow is on the Kodak site, now Eastman Village, developed by Barratts.

Closer to our roads are the developments of Tesco, Halfords, Buntings, the Cumberland Hotel behind the Victoria Hall and the Lindal Hotel.

Tesco and Notting Hill Genesis have recently [Harrow Online 10.6.25] submitted revised plans for Greenmead Place commonly known as 'Tesco Towers'. The plans revise the previous 560 homes to 480 and the 15 storeys to 13 which will result in 10 blocks, including 153 affordable homes. There has been considerable local opposition during this consultation period.

The development of Buntings garage in Bonnersfield Lane is to provide a 5 storey building of 22 flats and a commercial unit, 6 three storey houses and parking, bin space etc. It appears to be nearly finished.

Lindal Hotel – Hindes Road, opposite Tesco. Karparsi Properties and KJDMS Limited have been given the green light to knock down the Lindal Hotel and adjacent flats on Hindes Road and replace them with a new part-three, part-four, and part-five storey block. The hotel has been neglected since it closed down in 2019.



Committee News



Simon Dunkerley

Very sadly Simon Dunkerley has died suddenly. Simon, who lived in Manor Road, was GMRA road representative for Bonnersfield Lane and Close and Croft Villas. His sensible views and local knowledge were much appreciated at meetings. He was also a keen litter picker.

He will be sorely missed.

The Chair, Hemuna, and committee sent their condolences to his widow and family.

Get walking for good health

Harrow Health Walks and mental health benefits

Shinelle Sutherland, from Harrow Council responsible for Harrow walks and Katherine Saminaden from Mind in Harrow talked about walking as a way to feel better, think more clearly and to connect more deeply – whether with ourselves or with others or with the world around us.

Walking is one of the most accessible forms of movement. It does not require special equipment, a gym membership or even a plan. And yet it has the power to transform our mental health.

Walking, especially in green spaces, has been shown to reduce anxiety, lift depression and improve our mood. It can increase blood flow to the brain, release endorphins – those feel good chemicals – and help regulate our stress hormones.

Have you ever been stuck on a problem at work, home or personally and found your thoughts racing around? What has happened is that you are building up cortisol, a hormone which enhances stress. Going for a walk can help to shift our thought patterns as the movement helps our body to release endorphins, flushing out excess cortisol. Often taking a break and thinking of something else can help with stress.

- One study found that walking just 75 minutes a week – about 10 minutes a day – can reduce the risk of depression by 18%
- Walking 5-7,000 steps a day can significantly lower depressive symptoms
- Walking 2-5 minutes after eating can help to regulate blood sugar

It is not just the movement but the noticing. When walking just to walk, we can notice the beauty around us – bird song – or feel the breeze on our face. These sensory experiences ground us in the present moment. They interrupt the cycle of overthinking and bring us back to ourselves.

When we walk, especially without distractions, we enter a state of mindfulness. We become more aware of our surroundings, our breath, and our thoughts.

Mindfulness has been shown to

- Improve memory and focus
- Improve your mood

Walking can change the structure and function of the brain. It can increase blood flow to the brain. It boosts dopamine and serotonin, the brain's natural mood stabilisers

There are so many opportunities for walking in Harrow, for example, in the parks, on the Hill, Bentley Priory Nature Reserve.

Harrow Health Walks can be found on the internet and the section on the council website is very clear and comprehensive.

Mind in Harrow runs a free walking group every 2 weeks and is a safe place for people to have conversations, while enjoying beautiful scenery.



Shinelle Sunderland and Katherine Saminaden

These aren't just walks. They're lifelines. They're ways to feel better, think clearer and connect more deeply.

Harrow Health Walks

www.harrow.gov.uk/walk Email: publichealth@harrow.gov.uk
[currently no phone number available]

Mind in Harrow Walking Group

Te: 020 8426 0929

Email: c.weber-gray@mindinharrow.org.uk

Don't forget

Headstone Village Show – Harrow's Diamond Anniversary Special Bank Holiday Monday 25 August, 12 – 5pm, from £2.50.

Headstone Manor & Museum The annual show goes 1960s-themed to celebrate Harrow's Diamond Anniversary, with performances, cultural food stalls, pop-up exhibitions, and more.



On the Celandine Trail

*Were you in the know that walking
promotes health in your inner being,
you too would allow your footsteps
follow mine as we cross Pinner Park,
pass Daisy's alluring seats,
lakeside view and inviting treats
till we find the exit, cross the road,
turning left, walk down until, bottom reached,
we pass hedging and round the bend
see an unlocked metal gate, little guessing
what awaits inside as we cross into Sylvania
dressed in green serene, tree embowered;
the river Pinn, here a brook gurgling on your left
with allotments to the right; above, bird song
and branching tracery holding panes of light.
Beyond broad meadowland leading to a wooden bridge
and a walled garden graced with seated quietude
amidst flowered beds and nearby,
if in luck, an open cafe while sensing
we've already supped a dram in Nature's store.*

Wayne Carr



Your Councillors

Cllr. Dan Anderson

Dan.anderson@harrow.gov.uk 020 8424 1897

Cllr. Ghazanfar Ali

Ghazanfar.ali@harrow.gov.uk 07940 50944

Cllr. Aneka Shah-Levy

aneka.shah-levy@harrow.gov.uk 020 8424 1897

Councillors hold a surgery at Greenhill Library in central Harrow on the 3rd Saturday of every month from 10.30-12 except August.

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

Your Member of Parliament

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

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

Surgeries are usually held on Fridays on a weekly basis.
gareth.thomas@harrowlabour.org

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

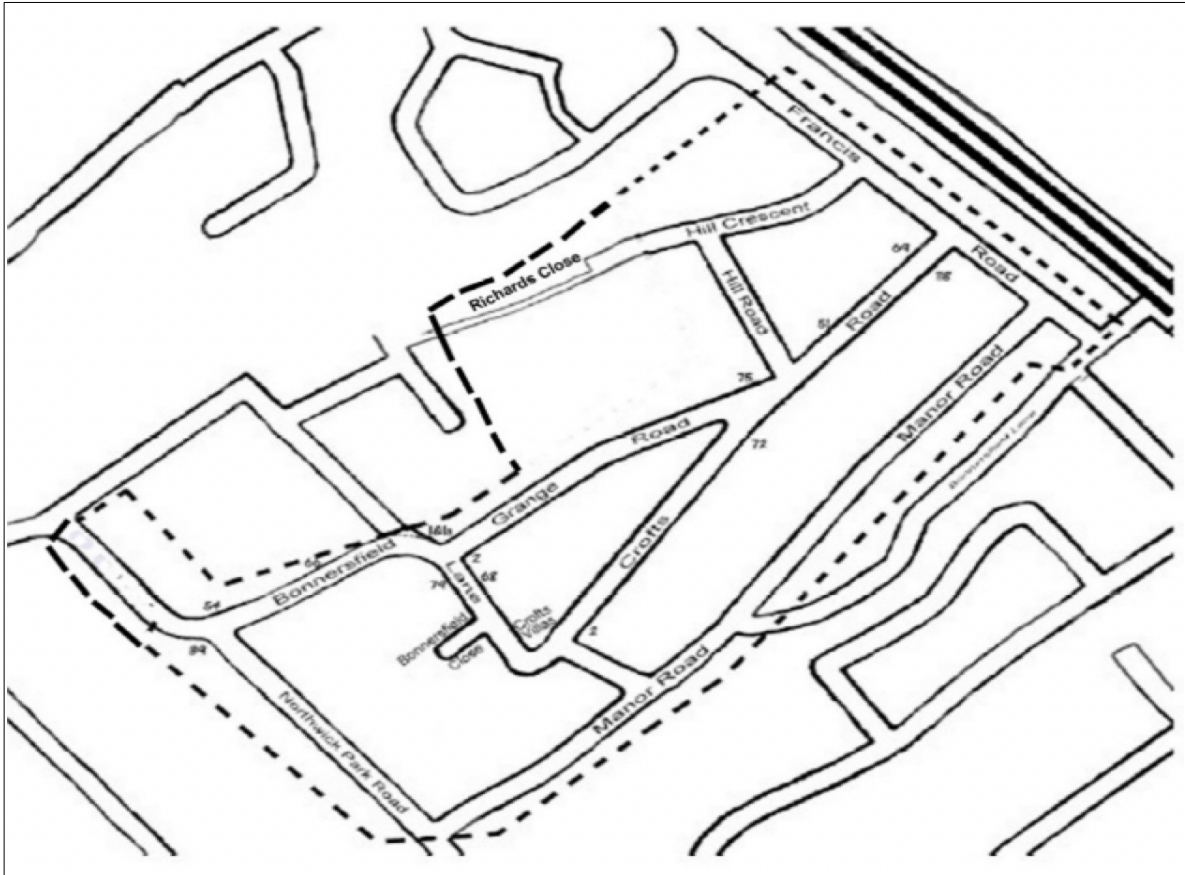
GMRA Membership & Contact

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

*Email: gmra@gmra.co.uk
web page: <http://gmra.org.uk/contact-gmra.html>*

About the Association

Showing 2023 boundary



MEMBERSHIP

There are 3 newsletters a year, Winter, Spring with details of the Annual General Meeting and Summer. The Spring newsletter is free to all households. If you wish to join and missed your representative's call, you can still pay your membership online [now £2] but, if you do so, give your name and address and use your address as reference.

A/c Name: Greenhill Manor Residents Association

Fee: £2 via Natwest bank

Sort Code: 54 21 41 Account No: 29203791

Reference: your address

GMRA's costs will increase considerably now a commercial printer is used. If you are willing to receive the newsletter by email, please give your address via the contact on the website.

Your Current GMRA committee

Chairperson	Hemuna Pather Carr, 41 Northwick Park Road
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

Road Representatives

Crofts Road – <i>Volunteer needed</i>	Come and join us
Crofts Road – <i>Volunteer needed</i>	Come and join us
Francis Road – <i>Volunteer needed</i>	Come and join us
Hill Crescent, Hill Road, Richards Close.	Ellen Ramsaran 13 Crofts Road
Grange Road	Helen Shorter, 55 Grange Road
Manor Road	Godfrey O’Callaghan 14 Lowndes Court email: gdo@btinternet.com
Northwick Park Road	Sylvia Farooqi Northwick Park Road

A volunteer is needed to represent Francis Road, Bonnersfield Lane and Crofts Roads. There are committee meetings every two months and an Annual General Meeting in the spring. Collecting membership moneys once a year is a good way to talk to and get to know your neighbours. Come and join us!

Useful Telephone numbers & emails

All MAJOR emergencies: Fire, Police or Ambulance	999
Harrow Council switchboard or www.harrow.gov.uk <i>also on Facebook, Instagram, TikTok, LinkedIn, Twitter</i>	020 8863 5611
Metropolitan Police – Urgent	999
Police UK website for reporting or information	www.police.uk
Metropolitan Police, request Harrow Police Station	(020) 8423 1212
To report a crime that has occurred but not urgent Anti-Terrorist Hot Line Crime Stoppers (confidential) Greenhill Safer Neighbourhood Unit	101 0800 789 321 0800 555 111 (020) 872 2780
To report an electricity power cut https://www.ukpowernetworks.co.uk/power-cut#	0800 783 8838
National Gas Emergency Service https://www.nationalgas.com/emergency-contacts	0800 111 999
Water leak (Affinity Water) https://myonlineaccount.affinitywater.co.uk/ReportaLeak/Index	0800 376 5325
Blocked Drain (Thames Water) https://www.thameswater.co.uk/contact-us/report-a-problem/report-a-problem-online	0800 316 9800
Telephone Preference Service – to stop unwanted calls https://www.tpsonline.org.uk	0845 070 0707
Mail Preference Service https://www.mpsonline.org.uk	(020) 7291 3310
Harrow Energy Efficiency Advice helpline and Energy Saving Guidance https://www.harrow.gov.uk/benefits/help-cost-living/2	0800 838 650
Brent and Harrow Trading Standards Service Shoppers rights https://www.brent.gov.uk/business/trading-standards	(020) 8937 5555

Get to know the police website for advice, reporting crimes, local crime reports and much more: **www.police.uk**