

In this issue

- ▶ AGM minutes and Nomination form on page 11
- ▶ Being Crafty
- ▶ Happy Birthday St Luke's
- ▶ Southwark Cathedral
- ▶ Charity Runs

Date for your diary
SKPPRA
Summer Party
Sunday
9th July

Come and join us at our Annual General Meeting

Friday, 19th May at 7pm
Annunciation Church Hall

It's that time of year again when the SKPPRA members meet to learn and discuss what has happened over the past year and to let the committee know their thoughts and ideas.

Please note that we are trying out a Friday for our AGM.

We will have a variety of guests to update us on local issues and to answer your questions. We hope to learn more about Brent Council's plans for the Preston Community Library as well as other projects.

We will meet a representative from St. Luke's Hospice who are celebrating their 30th anniversary this year. And not to forget, catching up with everybody over a glass of wine or even a cup of tea or coffee!

www.skppra.co.uk



Southwark Cathedral

One Friday in Lent I attended Choral evensong in Southwark Cathedral. This was a 'first' for me, but I wanted to experience something of the life of the building. This was an occasion for the male voices of the Cathedral Choir. They walked slowly to their positions to the sound of the organ, but then sang unaccompanied with a precision and musicality that I found quite moving.

Southwark Cathedral is not grand like St Paul's. There are no queues and no entrance fee. The full name is The Cathedral and Collegiate Church of St Saviour and St Marie Overie. It became a cathedral in 1905, but a Monasterium on the site was mentioned in the Domesday Book of 1086. Over the centuries parts of the structure decayed and were rebuilt. The Nave as we see it today was completed in 1897 to the design of Sir Arthur Blomfield who was asked to produce as near as possible a replica of the 13th-century Nave. It is a very fine space and, like the rest of the building, is sensitively lit. It was explained to me that the Cathedral continues to perform the functions of a parish church. This means that its history is revealed with a particular intimacy.

There is a sculpture of William Shakespeare at rest, and many other carvings. The 1215 Retrochoir behind the Altar is the earliest surviving example of Gothic architecture in London. With a lower ceiling and with four chapels it is a comfortable space. Yet it was used for heresy trials in the reign of Queen Mary I and for some years provided winter quarters for farm animals!

On the South side there is a window by Leifur Breidfjord commemorating the Diamond Jubilee of Queen Elizabeth II. *cont. on page 14*

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It's Official – Being Crafty Is Good For You!

Did you know that there are many physical and mental health benefits to taking the time out to make something by hand?

People who participate in arts and crafts are less likely to experience a decline in brain function or mild cognitive impairment compared to those who don't.

Other benefits include:

Arthritis and Tendinitis Prevention – keeping the hands moving encourages the movement of the fluid between the joints which in turn keeps them supple and agile. Activities like knitting and crocheting can be a great workout for the fingers, hands and forearms.

Mental Focus – keeping the mind in the 'present' helps to shut out unwanted chatter.

Stress, Anxiety and Depression Reduction – Crafting is a great way to de-stress and has been proven time and time again that it reduces the symptoms of depression and anxiety whilst also giving an outlet for creative expression.

There are many arts and craft courses available in and around Brent as well as a whole host of free online tutorials. Finding the right arts and craft has never been easier!

Susan

PS: You can prove the idea to yourself by attending the local knitting class at the Preston Community Library every Monday afternoon. Having knitted several Twiddle Muffs (as reported in the last issue) I am now knitting little rabbits in time for Easter. It's great fun.

Trixi

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Happy 30th Birthday St Luke's Hospice

This is a very special year for St Luke's as we are celebrating our 30th birthday. Over the last 30 years we've cared for and supported thousands of people in the last year of their life helping them to live well, knowing their loved ones are cared for and supported and to die with dignity in the place of their choice. But this has only been possible with the support of every one, making a donation, organising a fundraising event or volunteering in our shops - thank you.

We keep losing our volunteers... while that may sound like bad news, it's actually a success story as many of them leave because they've developed skills with us that enabled them to get a job. It does mean that we are constantly recruiting volunteers, especially in our charity shops - so if you know anyone who'd like to volunteer in our shops and has four hours a week to give to an amazing cause please nudge them to check our website info@stlukes-hospice.org. We've recently received our inspection report from the CQC who gave us a 'Good' rating - the report is a fantastic read and the inspectors' words and the feedback they've included from patients and family members reflects the exceptional care we provide - a wonderful endorsement and we are proud of it.

Mary Ellis' story is inspiring - she is an amazing lady and her journey dispels the myth that hospice care is only about the last days of someone's life. We absolutely are about helping people to die well in their last few days - but hospice care is about so much more than that, it's about helping people coping with a terminal illness to live well and Mary's story is a powerful example of how our Woodgrange Day Care Centre and amazing team of therapists work with people to understand what they want to achieve and then work with them to make it happen. Mary sums this up very well when she says *"I cant' believe what I've been able to do this year."* [cont. page 14](#)

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Minutes of the SKPPRA Annual General Meeting held on 17 May 2016

Present Michael Rushe (Chairman), Clare Stringfellow (Minutes Secretary), Trixi Leschinsky (Editor), Sagar Patel (Treasurer), Noel Hehir (Social Secretary), David Merrigan (Website Manager), Sean Mendis (Honorary Secretary), Linda Green (Committee member), Iris Fenn (nominated Committee member) and approximately 60 SKPPRA members.

Guests Jemini Shah (St Luke's Hospice), Jeanine Leon Soon (SNT), Michael Maurice (Preston Ward), Cllrs Patricia Harrison, Matthew Bradley (Brent Council).

1. Welcome by the Chairman Michael Rushe opened the meeting.

2. Minutes of the last AGM 19 May 2015 The minutes were accepted as correct by the residents in attendance. Acceptance of the minutes was proposed by Anne Rushe and seconded by Linda Green.

3. Matter arising A resident referred to point 4.3 of the minutes of the last AGM on the Council's work on filling potholes. The majority of potholes have been filled in Windermere Avenue. A few remain which require attention by the Council. This has been noted by Councillor Matt Bradley.

4. Updates from our invited guests - Part 1

Apology received from Police Constable, however email update received by the Chairman and read out to meeting attendees. (refer to point 4.3)

4.1 St Luke's Hospice

Jemini Shah from St Luke's thanked SKPPRA for the £200 cheque emphasizing that contributions like these are vital in maintaining the level of care St Luke's provide for people whose illness is no longer curable, at the patient's home or at the hospice.

4.2 Preston Community Library & Hub for Adult & Children

Linda Green informed that the 'Wembley High' class moved out of the building at the start of Spring, therefore the library can utilise the whole building and is open to the public also during weekdays. New opening hours are Monday from 3–7pm, Friday from 3–7pm and Saturday from 11am–5pm. The library offers a variety of classes and groups, such as ESOL classes through a qualified teacher on Saturdays, a youth forum to support essay & CV writing skills on Mondays (by appointment only), and provides other knowledge-based support to the community. A cinema club runs on Saturday night for grown-ups and a children's film once a month on Sunday mornings. Linda advised, in response to a resident's question, that donations of 'good condition' books are still needed and welcome. The library is looking for new volunteers as it is intending to expand the activities on offer. Volunteer Coordinator, Marilyn Segall, can be contacted on 07711 629122 or residents can refer to a member of staff at the library.

4.3 Safer Neighbourhood Team (SNT)

Jeanine Leon Soon advised the SNT supports residents who experience problems with crime. Residents are advised to contact the SNT for non-urgent matters by dialing 101. For urgent matters, residents need to dial 999. In terms of police presence, Police Constable Nicky Dolbear and Police Sargent Vicky McLadys are covering the South Kenton area. Vicky McLadys has been assigned to the area only recently and has already actively engaged with Preston Manor School, Preston Manor Lower School and Preston Park School to discuss residents' parking problems during school drop off and collection times. Michael Rushe read out the email received from Nicky Dolbear. It mentioned the plot of land opposite the Windermere shops parade. The plot was previously used as a rubbish dump but has now been boarded up. The lowest number of burglaries has been recorded in the area, compared to the previous year. Jeanine advised that SmartWater pens tend to be handed out for free to residents in 'high profile' burglary areas (i.e. hot spots). Once burglars pick up pen marks on their fingers, they cannot wash it off. SmartWater pens must be registered so that stolen items can be traced back to original owners.

4.4 Ward Councilor for Kenton

Michael Maurice informed of the scheme currently out for public consultation by Brent Council concerning traffic in the Draycott Avenue and Woodcock Hill area. Single (i.e. 3 hour parking restriction from 2pm onwards) and double yellow lines will be implemented in autumn. This is likely to have a knock on effect on the availability of parking spaces in the South Kenton area.

5. Reports from SKPPRA Officers

5.1 Chairman's report

The association's 'Summer Party' will be held on Sunday 3rd July between 2 – 5pm in the Windermere Pub garden. Residents can access the garden directly from Windermere Avenue, without having to go through the Pub. Last year's Christmas party for road stewards was not well attended. Alternative arrangements may be made this year. The Committee is offering its support to a local Asian charity organisation called DHASOL (Dharmaj Society of London) that will be based in the Tenterden Pavilion & Sports Ground at Preston Road. Following restoration, it will provide a community centre. An outdoor gym was installed in Preston Park by the Council in April. Instructor-led exercise classes are offered on Wednesdays (12.30– 1.30pm) and Saturdays (10.30 – 11.30am). For more information, visit the Council's website (www.brent.gov.uk/outdoorgyms).

In general, park maintenance is falling below previous standard which will be raised with the Council. It was brought to the attention of the Committee that parking meters may be installed in front of the Windermere shops parade. According to the Council, there is no plan for this. The plan by the Council is to implement double yellow lines at the roundabout at the top of Windermere Avenue where it meets Grasmere Avenue. The public consultation by the Council relating to on-street parking in Controlled Parking Zones (CPZ) does not apply to the SKPPRA area as it is within the Wembley Event Day Parking zone. The Committee is continuing its efforts and hopes to persuade the landlords of the privately rented accommodation above the Windermere shops parade to join the association and closely work with SKPPRA to resolve the dumping issue at the back of the properties by South Kenton station. Residents are encouraged to discuss local matters with members of the SKPPRA Committee who work closely with the Council to resolve any issues. SKPPRA counts on residents' contribution, the yearly subscription of £3, collected by road stewards and also payable online at www.skppra.co.uk, to continue promoting the general interests of local residents. Expressions of gratitude to David Merrigan for his great work on the website and to Donald Leon Soon for his eye to detail and reviewing the association's accounts for a number of years. Both have resigned from their posts due to personal commitments. SKPPRA is looking for a new Website Manager and a new Accounts Scrutineer.

5.2 Treasurer's report

Sagar Patel advised that subscriptions are down significantly compared to previous years and as a result, road stewards are working hard to encourage residents to support the association. Funds cover expenses such as public liability insurance, SKPPRA website hosting and the annual summer party. AGM attendees commented that more awareness needs to be raised of the association and its events.

5.3 Newsletter Editor's report

Trixi Leschinsky informed AGM attendees that the two local estate agents, i.e. Salter McGuinness and Bryan Maher, are handing out a SKPPRA welcome letter to anyone buying a property in the area. The Committee will further engage with the estate agents about a letter for renters. The translation of the letters into foreign languages widely spoken in this area, as suggested by an AGM attendee, is given consideration. Local advertising channels will be further explored (e.g. www.streetlife.com) to promote SKPPRA events and inform of open positions within the association.

6. Election of Officers

The committee were elected *nem com*. Iris Fenn and Jeff Toogood have joined the Committee at the start of the year. Jeff Toogood applied for the position of Chief Road Steward via email following the Committee meeting on 9th May 2016. Acceptance of this was proposed by Noel Heir and seconded by Trixi Leschinsky. Iris' acceptance on the Committee was proposed by Trixi Leschinsky and seconded by Michael Rushe.

7. Updates from invited guests – Part 2 7.1 Brent Council

Cllr Matthew Bradley advised he will investigate the issue (as mentioned by Michael Rushe in 5.1) regarding the lack of maintenance of Preston Park. The Council is taking the potential traffic increase in the South Kenton area (mentioned by Michael Maurice in 4.4) into advisement as an issue during the public consultation. The new arrangements planned for the Woodcock Hill area are likely to increase traffic along Carlton Ave East. As for parking at Windermere Court, there are plans for double yellow lines to be installed which will affect local residents. Any residents who are concerned about this should contact Michael Rushe in the first instance. Residents are encouraged to report any fly tipping issues by using the 'cleaner Brent APP' on Google and take a photograph of fly tipping incidents on public property in the area. On a related note, the Council is working to resolve the fly tipping issue behind the Windermere shops parade. The status of who owns this piece of land is disputed. Matthew will put forward the recommendation of an AGM attendee and whether big metal bins can be installed at the site. AGM attendees made Matthew aware of loose paving slabs at the side of the corner shop at Wiindermere parade There are also issues with the recently installed pavement on Grasmere Avenue. Paving stones around trees are coming loose. Residents reported a high increase in large trucks parked in the area, using up two car parking spaces. An overnight parking restriction applies to commercial vehicles (over 5 tons in weight) on all roads in the borough, between 6:30pm and 8:00am. The restriction is enforced by the Council's Civil Enforcement Officers - contact 020 8290 8300. Matthew re-enforced Jeanine's previous point re SmartWater pens. Everyone ought to use the pen and display the relevant stickers. This can deter burglars. As for property building at back of gardens, no residential units can be built in the back garden. Residents are encouraged to report anyone who attempts this to the planning department at www.brent.gov.uk/services-for-residents/planning-and-buildingss-control/planning-enforcement. The reported drains issue lin Ennerdale Gardens will be looked into.

8. Any Other Business

8.1 Open Day of Preston Park Bowls Club on Saturday 4th June from 2pm.

AGM Friday 19th May 2017 at 7pm

An important event for the purpose of talking to your committee, making decisions for our area and attending to the business of running SKPPRA for the benefit of all residents. Please stay afterwards for our social get-together, a chat over a cup of tea or coffee and biscuits or perhaps a glass of wine.

Please try to be there about 10 minutes before 7pm so that you can be seated and we all are ready for the AGM to start on time.

Notice is hereby given that the AGM 2017 for the South Kenton and Preston Park Residents Association will take place at The Church of the Annunciation, Windermere Avenue on Friday, 19th May at 7pm

Nominations are requested for the posts of Chairman, Treasurer, Secretary, Minutes Secretary, Website Manager, Newsletter Editor, Chief Road Steward, Social Secretary, Committee Members and Honorary Auditors. Please use the form below to send your nomination(s) to
Trixi Leschinsky, Editor, 9 Allonby Gardens, Wembley HA9 8QX
by 12th May 2017

**South Kenton and Preston Park Residents Association
Nominations for Officers/Committee 2017/18**

I hereby nominate (name and address of the person you are nominating)

.....

for the position of

Proposed by (your name and address)

.....

Seconded by (name and address of the person who supports your nomination)

.....

.....

Signature of person nominated (to indicate consent)

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Update on our two Charity Runners

Jeff is training for the London to Brighton Trek which takes place the 24 - 25 June. The British Heart Foundation's website informs the participants that this is their most famous trek – *“going from the nation’s capital, heart trekkers will take in some beautiful scenery before arriving at Brighton Racecourse. You’ll be walking day and night on various terrains - training will be key to your success in this ultimate challenge event.”*

As mentioned in the last issue, Jeff is raising funds for **The British Heart Foundation** “...because my daughter had major heart surgery in 2009.”

Dave has completed his 10k run coming 28th, in 53.57. He raised £910 for the **Stroke Association**. He says “I ran in aid of the Stroke Association because I had a stroke 3 years ago.” Dave is now in training for The Great North Run half marathon in September for the charity **Different Strokes**, a charity that helps younger stroke survivors.

**Please donate to help them raise funds. Go to
www.justgiving.com/David-Merrigan3 and
[www.justgiving.com/Jeff Toogood](http://www.justgiving.com/Jeff>Toogood)**

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St Luke's Hospice - cont. from page 6

There are many ways to raise funds for St. Luke's and one of the best known is our Midnight Walk - our 10th this year - which takes place on Friday 30 June and as we light up the night with our first glow in the dark walk. There will also be the option of a 5-mile or 9-mile route and we look forward to seeing you there with family and friends.

Once again, thank you for your continued support - you make the care we provide possible. *Robin Webb, Chief Executive, St Luke's Hospice*

Southwark Cathedral - cont. from page 3

Perhaps the most impressive single feature is the High Altar Screen, dominating the East End with its two rows of statues. During Lent this was partly obscured by an art installation by Liz Harrison consisting of long thin sheets of randomly corrugated aluminium, suspended both in front of and behind the Altar. This seemed to explore the frailty of the human condition, inviting the viewer to stop and think. To visit Southwark Cathedral, travel by Jubilee Line to London Bridge Station. Come out at the Duke Street Hill exit; cross the road towards St Olaf House and turn left down Tooley Street. It's just a short walk to the back entrance. There are many other things to see in this area. Perhaps I will mention them another time. DMP 9/4/17

SKPPRA Committee for 2016/17

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