

# The Brent Magazine

Issue no.151

Spring 2017

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Free for people who live and work in Brent

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## Large print edition

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# Working in Brent

In the past few months, we've seen many people start off their 2017 on a high note by finding local employment. Brent is a great place to work, and with the regeneration in the area, especially in Wembley Park, we'll be seeing even more job opportunities in the future.

In saying that, we were dealt a blow by the news that the Department for Work and Pensions (DWP) plan to close two job centres; one in Willesden, and one in Kilburn. We are urging the DWP to reconsider their closures in Brent and have written to the Minister for Employment and the DWP stating just how important these resources are.

The government has committed new funding for apprenticeships, and there will be more companies offering apprenticeships going forward. Apprenticeships give young people the best of both worlds: gaining real, on the job experience while earning a salary and studying for a nationally recognised qualification. It's the perfect way to start your career,

and helps to grow our local workforce here in Brent. See our special feature on page 43.

Brent is well and truly open for business and there are hundreds of businesses doing great things in our area including Park Royal's own Joe and Seph's, a gourmet popcorn business that has taken not just the UK but the world by storm. We spoke to owner Adam Sopher to hear his success story first hand, see page 41.

I also caught up with The Polish Bakery who were victorious at the West London Business Awards: winning three categories, including Company of the Year.

Brent really is a first class place for businesses to set up, and we already have an existing pool of fantastic, potential local employees. And, I'm passionate about increasing opportunities for this to happen.

**Councillor Muhammed Butt**  
*Leader of Brent Council*

# News Update

## Holocaust survivor tells his moving story

More than 200 people from all faiths and backgrounds came together on Thursday 26 January for this year's Holocaust and Genocide Memorial Service at Brent Civic Centre.

The service, in remembrance of the Holocaust in World War II and other genocides including Bosnia, Cambodia, Darfur and Rwanda, included a poignant speech from Holocaust survivor, Manfred Goldberg, 87, who shared his moving story with a captivated audience.

"When we arrived at the ghettos in Latvia, we were divided into work groups. One day, a group of young children were taken from the camp, my brother included. 70 years on, there is still no trace of him whether he survived or was murdered."

Mr Goldberg also told of the horrifying scenes he witnessed every day; "Many were being killed on a daily basis that the chambers couldn't even cope."

In a twist of fate on 26 April 1945, thousands of Jews were killed as

they marched out of camp, but an American Army tank rescued some including Mr Goldberg and his mother who were then reunited with his father, who had fled to London."

A one minute silence was held during the service, to remember those affected or lost due to genocide.

## Kingsbury schools are cleaner and greener

Kingsbury's streets are starting to look cleaner, greener and brighter thanks to six schools whose pupils love where they live.

Kingsbury Schools Together, a group of six schools in the Kingsbury area, have joined forces to create an eco-project with the aim of encouraging others to reduce, re-use and recycle waste in Brent as much as possible.

As part of the project, these environmentally-savvy pupils are embarking on local litter picks, with the help of Veolia, as a way to raise awareness in their communities of the responsibility everyone has to keep Brent clean, green and litter-free.

## £2million to tackle homelessness in Brent

A decision to commit £2million to tackle homelessness in Brent was made by the Council's Cabinet earlier this year.

Following a successful application for just under £1million from the government, Cabinet decided to match that amount to fund homelessness prevention and relief outcomes for hundreds more single people, who the council has not been able to help before.

Cllr Harbi Farah, Brent Council's Cabinet Member for Housing, said: "Far too many Londoners are either homeless or at risk of losing their homes - this is unacceptable. Like most boroughs, government cuts to our funding have made it harder to help people as quickly as we'd like.

"This new money will make a big difference and will be a big boost to our voluntary partners, who do excellent and essential work under incredibly challenging circumstances."

## Brent Mayor visits Bangladesh

The Mayor of Brent, Cllr Parvez Ahmed, recently met with Abdul Hamid, the President of Bangladesh during a privately funded trip to his country of birth.

## Stars swap Hollywood for Cricklewood

Filming for an upcoming, British-American drama film called *Disobedience*, took place in Cricklewood recently.

The film stars Rachel Weisz and Rachel McAdams and is a big screen adaptation of Naomi Alderman's acclaimed novel.

## The toxic trade in fake beauty products

Shoppers buying make-up and beauty products usually expect them to improve their health and appearance but illegal products can cause allergic reactions and even cancer and organ damage.

Brent residents are being warned to be careful when buying cosmetics as London Trading Standards have revealed details of businesses which have been prosecuted for selling unsafe products.

During 2016, 15 London businesses and 17 individual company directors were fined a total of £168,579. Examples of dangerous products were a skin lightening soap called Faiza Beauty Cream that contained toxic mercury.

For consumer advice go to [www.brent.gov.uk/tradingstandards](http://www.brent.gov.uk/tradingstandards)

## **FA apply for more full-capacity matches at Wembley**

Wembley Stadium has applied to amend the cap on the number of full capacity events in preparation for Tottenham Hotspur Football Club to use the Stadium as their home ground for the 2017/18 season.

Extensive consultation is being undertaken with local residents and businesses. You can view the application and make comments on our website at [www.brent.gov.uk/wembleyplanning](http://www.brent.gov.uk/wembleyplanning).

## **Record crowd to see Wembley heavyweight bout**

Wembley Stadium will host a record crowd for a boxing match this spring, when Anthony Joshua MBE looks to defend his IBF title against Wladimir Klitschko and win the WBA Super and IBO Heavyweight crowns.

90,000 spectators will head to the national stadium for the bout on Saturday 29 April, setting both a new record for the stadium and a post-war record for a boxing crowd in the UK. Cllr Muhammed Butt, Leader of Brent Council, said:

"We have been home to the national stadium for nearly a century and this record-breaking boxing match builds on our international reputation for hosting such cultural and sporting events."

Brent Council has teamed up with the Mayor of London, Transport for London and Network Rail to ensure fans get home smoothly from the fight, which will equal the all-time British record of 90,000 when Len Harvey fought Jock McAvoy at White City in 1939.

## **Rogue builders try to scam elderly couple out of 40K**

Homeowners in Brent are warned that rogue builders are operating in the borough. Trading Standards investigated complaints that bogus callers are knocking on doors, offering to carry out building work which is often unnecessary and usually overpriced.

In one case an elderly couple from Wembley were quoted £20 to replace a few missing roof tiles and were soon facing demands for £40,000 after their roof was stripped of all tiles.

General advice is not to use builders who knock on doors. To report a rogue builder or for advice, contact the Citizens Advice Consumer Service on **03454 04 05 06**

## **Park Royal bakery rises to the occasion**

The Polish Bakery celebrated a fantastic victory at the West London Business Awards winning three categories, including Company of the Year.

"It was completely unexpected!" said Managing Director Agnes Gabriel-Damaz. "Since starting our bakery in 2003, we've focused on creating traditional, healthy baked goods.

"Our sourdough bread is made with all natural ingredients; no artificial preservatives or additives. We care about our customer's health and are inspired by their feedback. We are extremely proud to be recognised."

The Awards took place in the same week as the decision by MPs to approve triggering article 50. Agnes said: "It is a difficult and uncertain time for businesses, but we have to accept it and we're staying positive for the future."

## **Unacceptable cuts to Job Centres**

In January, the Department for Work and Pensions (DWP) announced the closure of Job Centres across the country. Brent is poised to lose two centres; one in Willesden, and one in Kilburn.

Reacting to the news, Cllr Shama Tatler, Cabinet Member for Regeneration, Growth, Employment and Skills stated: "We are urging the DWP to reconsider their closures in Brent. I've written to the Minister for Employment and the DWP stating just how important these resources are.

"Cutting our provision in half is completely unacceptable, especially as claimants will still be required to visit a job centre every two weeks.

"The loss of our centre in Kilburn is a particular blow, as it leaves a gap in provision in the south east of the borough, with the nearest Job Centre Plus now in Marylebone. We will keep fighting against these cuts to ensure there is support our residents need to find employment."

## **Nigerian comedy star meets the Mayor**

Basketmouth met up with the Mayor of Brent, Cllr Parvez Ahmed and Cllr Muhammed Butt, Leader of the Council, ahead of his Wembley comedy show, Lords Of The Ribs recently.

The comedy star, who has hosted concerts featuring the likes of Jay-Z and Beyoncé. Basketmouth recently made history as the first African comedian to sell out at the SSE Wembley Arena.

## Young people celebrated at Jack Petchey Awards

More than 80 young people from across the borough gathered in Brent Civic Centre recently for the Jack Petchey Awards

The event celebrated the achievements of young people in Brent aged 11-25 who received medals, certificates and a cheque for £250 each.

Cllr Parvez Ahmed, Mayor of Brent, presented the awards at the event, and said: "As Mayor of Brent, it was a real privilege celebrating the varied achievements of our young people.

"They are an asset to our borough, with successful futures ensured.

"Thank you to the Jack Petchey Foundation for continuously rewarding and celebrating their accomplishments.

## Landmark legal case costs trailer rogue £6k

A man who left old trailers and cars on a residential street for a decade, causing misery to neighbours, has been fined £6,000 by Harrow Crown Court. The vehicles were stored illegally without number plates or permits on a public highway.

Mr Saiyed Hanif of Orchard Close, Alperton, was fined by Harrow Crown Court after the judge upheld a Community Protection Notice (CPN) from a previous case brought to magistrates by Brent. It is the first time in the UK that a CPN has been upheld at Crown Court level.

## Children's charity scoops £160k grant

A children's mental health charity that provides emotional and therapeutic support to schools in Brent has won a grant worth almost £160,000.

Place2Be has been awarded the cash injection from City Bridge Trust, the City of London Corporation's charitable funder.

Established in 1994, Place2Be has pioneered a whole school approach to supporting mental health, including a range of services to support children, teachers and parents or carers.

The charity aims to address mental health issues in children before they escalate into more. For more information about Place2Be visit [place2be.org.uk](http://place2be.org.uk)

## The craic's good in Cricklewood

More than 100 people, made up of local older Irish residents, business people, parish priests, nuns (Sisters of Mercy and St Joseph's of Peace) and Ashford Place clients, attended the first 'Cricklewood Irish Gathering' earlier this year.

The event aimed to recognise and celebrate the impact of the Irish community in the wider NW2 community over the years.

Irish Ambassador Dan Mulhall attended the event and talked about the great contribution that Irish people in Cricklewood have made locally but also to Ireland: "I am delighted to pay tribute to the huge contribution of Irish people to Britain over many decades, but in particular in Cricklewood and Brent."

London-Irish artist Bernard Canavan summarised the history of immigration to Cricklewood starting back in the early 1900s.

## Heads together for mental health awareness

Stephanie Ware from Brent Mind is taking on the 2017 Virgin Money London Marathon with Heads Together. Heads Together is a campaign spearheaded by The Duke

and Duchess of Cambridge and Prince Harry, which aims to change the national conversation on mental health from one of stigma to support.

Stephanie decided to take on this mammoth running challenge and raise money for Heads Together because she has experienced depression and anxiety.

Stephanie says: "I use sport and physical activity to fight my depression and anxiety head on. Being able to push my body to the limits physically as well as mentally takes me out of my comfort zone."

## Green light for hundreds of new homes in Wembley

Plans have been approved for 590 homes to be built on land next to the home of football, Wembley stadium.

Cllr Margaret McLennan, Deputy Leader of Brent Council, said: "This is a huge development and we're proud that, once completed, Wembley will have over 11,500 new homes, with around 32 per cent affordable housing across the Wembley Masterplan area."

# NEWS IN BRIEF

## Has your heating gone off the boil?

The Mayor of London has recently launched the Better Boilers scheme, which will provide free replacements or repairs of inefficient or broken boilers for up to 500 Londoners.

The scheme is open to homeowners on benefits, and aims to replace faulty boilers with ultra-low emission appliances. Find out more at [london.gov.uk/betterboilers](http://london.gov.uk/betterboilers)

## Grime doesn't pay for fake washing powder seller

Boxes of counterfeit washing powder has been recently seized by Brent Trading Standards.

The clean sweep of the shop revealed large 8kg packets of fake Ariel washing powder. Shoppers are warned that it may not be effective and could cause skin irritation.

## Have your say on on-street parking

Residents and businesses are all being encouraged to have their say on how on-street parking is managed in the borough.

This includes considering whether new Controlled Parking Zones should be introduced, reviewing the existing Controlled Parking Zones to see if they are effective, and introducing parking and loading restrictions where needed. Visit [www.brent.gov.uk/parking](http://www.brent.gov.uk/parking) to have your say.

## Independent living nailed down by cash injection

£20 million has been committed by the council for a programme which will deliver high quality homes to enable people with care needs to live more independently.

The New Accommodation Independent Living (NAIL) programme will deliver at least 529 new homes for people who need care as an alternative to residential and nursing care by the end of 2018/19.

# What is Private Fostering

Have you, or someone you know made an arrangement to look after someone else's child for more than a month?

*If so, you could be fostering privately!*

Brent Council has a responsibility to ensure that all children in Brent are being cared for properly and that carers are supported.

If you know of, or are caring for a child who is being privately fostered please let us know.

**Call 020 8937 2749**

[www.brent.gov.uk/privatefostering](http://www.brent.gov.uk/privatefostering)



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- Can you spare 10 hours a week?
- Are you friendly and caring person?
- Would you like to be rewarded for helping your local community?

If the answer is yes then call Novus and ask to become a homesharer on **0330 0882225**

## Anthony & Tom

We matched student nurse Anthony, 23, with Tom, 93. They share a four-bedroom house in Hatch End, North-West London. Tom, who has lived alone since his wife Mary died 11 years ago, says: 'Homeshare has made a real difference as Anthony keeps me company.'

Anthony says: 'It wouldn't be feasible for me to live in London any other way.' Despite their 70 year age difference, they are very respectful of each other, they eat together a few times a week and Anthony liaises with the family when needed.

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### Location

Sudbury Neighbourhood Centre  
809 Harrow Road  
Wembley  
HA0 2LP  
(located behind Sudbury Methodist Church)

### Transport

Free car parking is available at the Centre  
Trains: Sudbury & Harrow Road (Chiltern Railways)  
Sudbury Town (Piccadilly Line)  
Buses: 18, 92, 182, 204, 245, 487, H17, N18

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## Safer Brent

# Up in smoke

Illegal shisha venue owners in Brent are feeling the heat due to a council-led clampdown

A dedicated task group has been put together to smoke out venues in Brent that continue to break the law. From noise nuisance, to antisocial behaviour and violence – illegal shisha venues can have a serious impact on those living nearby.

*The Brent Magazine* spoke to two residents living on the same street as an illegal shisha bar in Wembley, who explained that the situation has become so difficult, they are looking to move.

Both residents wanted to remain anonymous, fearing the repercussions of speaking out.

"I can't bear it," one resident said. "My family and I don't even stay in our house at the weekend now - we go and stay with family so that we don't have to put up with noise and horrible behaviour of revellers from the shisha café."

"I don't care if they want to kill themselves smoking this thing – it's their health, not mine", the other Wembley resident added. "But I do care when bottles are being smashed, cars are being vandalised and people are urinating in my street, because of this bar."

## People are scared

"People are scared of saying anything, these people can be really intimidating. Last month I was approached by two men, who stood in front of my car and refused to move. I was on my own and they were banging on my car and trying to get in. They were filling up balloons with laughing gas and when I finally managed to drive away, they strolled back into the bar. This is a regular Friday night."

Smoking shisha can have the same health risks as cigarette smoking and illegal venues have been found to create smells, noise nuisance, and increase the risk of anti-social behaviour.

*The Brent Magazine* also spoke with a resident who is now enjoying living in a shisha-free street.

Wanting to remain anonymous, he said: "People and communities affected by this kind of thing need to come forward and tell the council or police officers what's going on. It's no use having a moan to your neighbours or hiding away in your houses. Communities should come together because we are all affected by it."

The illegal shisha venue he refers to, Zayna Egyptian Café and Shisha Bar, closed down in 2016 after receiving several warnings and large fines for breaking a number of laws.

“We can live again”, he continued. “Instead of dreading the weekends, I can look forward to enjoying them again and feel safe living where I do. I know it feels like a long process when you’re living through it and sometimes you can’t imagine it getting better, but we need to do our bit to help ensure these illegal cafés are shut for good.”

Councillor Tom Miller, Cabinet Member for Stronger Communities, gave a stern warning to illegally operating shisha cafés, saying:

“Brent Council takes a zero tolerance approach to any shisha venue that is breaking the law. This taskforce and our activity to date shows that we are listening to the concerns of residents and taking the issues extremely seriously.

“We are putting the safety and wellbeing of our residents first by cracking down on these venues, and are encouraging residents to come forward and let us know if an illegal shisha café is operating, and causing distress near them.”

Councillor Harbi Farah, Cabinet Member for Housing and Welfare Reform, added: “Our message is clear: we will not tolerate illegally operating shisha cafés causing anti-social behaviour to residents and other businesses nearby. We are determined to stop this from happening. Anyone found to be doing so will face prosecution and run the likely risk of being shut down for good.”

If you have any information about shisha venues you believe are operating illegally, please contact [foodsafety@brent.gov.uk](mailto:foodsafety@brent.gov.uk)

### THE STORY SO FAR

- 43 prosecutions
- £114,029 in fines and costs
- Three venues permanently closed

## Happy and healthy

# Small steps **BIG BENEFITS**

Half the adult population of Brent do no activity. Maybe we’re too busy or we simply can’t face the thought of doing it. Sitting down at work or at home, watching TV or playing computer games all promote poor health. Here, we give you a few ways you can improve your health

**Building activity into your day keeps your heart healthy, helps to maintain a healthy weight, reduces your risk of serious illness and strengthens muscles and bones. It can also reduce your stress levels and lift your mood.**

To get these benefits adults need to be active for at least 150 minutes each week, children and young people aged five to 16 need to be active for at least 60 minutes each day, and those under five need three hours of activity a day.

It’s not just about feeling stronger, fitter and more energetic.

You can also get a great sense of achievement if you decide to learn or take up a new sport activity, for instance. Read Franco’s story on page 21.

Being active means getting your heart rate up, feeling warmer (perhaps even breaking into a light sweat) and making your lungs work harder.

And being active can and should be fun. If we don’t enjoy it,

we won’t keep it up. Walking, bowling, roller skating, swimming, cycling and dancing are all great ways to be active.

### Get active for free

Activity doesn’t always have to cost you money. There are many fun, easy ways you can get more active for free.

- Join a walk leader in one of our parks
- Turn up and tone up at an Our Park fitness session in the borough
- Walk, jog or run in free weekly 5km timed circuits with Gladstone parkrun
- Swap the living room for the garden. Gardening is a great way to be active and get outdoors – you could even have fun growing your own veggies too!
- Go for it when you do the housework! Even doing the housework counts as being active

- Play basketball or football on one of the many multi-use games areas
- Go for longer walks with the dog, or go twice a day – you’ll both benefit!
- Walk or cycle instead of driving or taking public transport
- Park further away from the shops and walk, or get off the bus one stop early
- Take the stairs wherever you can
- Clean the car by hand using a sponge rather than taking it to the car wash. Good for you and your wallet and you might even get the kids to help!

Don’t worry, you don’t have to do it all at once. As long as you get your heart rate up for 10 minutes or more, it will count to your 150 active minutes a week. Just 30 minutes a day will keep you on target.

[www.brent.gov.uk/heartbeats](http://www.brent.gov.uk/heartbeats)

## OUTDOOR GYMS

Work out at one of our **13 outdoor gyms.**

Soon, no Brent resident will live more than a mile away from one.

Find your nearest at  
[www.brent.gov.uk/heartbeats](http://www.brent.gov.uk/heartbeats)

## Get active at one of Brent’s three sports centres –

Willesden, Bridge Park and Vale Farm

Did you know...you can get reduced prices at Brent’s sports centres with the B.Active scheme? For a small one-off payment they give regular users 25 per cent off. And, Senior citizens (60+), people with a disability, people on income support and full-time students aged 17 and over get 40 per cent off normal process for many activities.

Want to swim for FREE? You can if you’re under five or over 60. And, during the school holidays if you’re under 16 you can swim for free too!

There are also lots of other private gyms in the borough which often have membership discounts, and fantastic community facilities such as The Yellow Pavilion, Charteris Sports Centres and community halls which hold a wide range of free or low cost fitness activities.

For all your local sporting information, visit

[www.brent.gov.uk/sports](http://www.brent.gov.uk/sports)



## Happy and healthy

# Going the distance

The Vitality North London half marathon is coming to Brent on Sunday 12 March and residents Franco and Matt have been training hard as they look forward to taking part in the event for the first time

## Franco’s journey

Franco Genovese, 48, Wembley, started running in March last year after attending the FREE parkrun event in Gladstone Park with his 12-year-old son. “Although he ran ahead and I finished breathless a considerable distance behind him, I was captivated by the atmosphere. The run was timed and there were photos and results publicised on the website etc. I had a recorded time to compare future runs to, and a chance to improve my fitness. In the next few months I lost 1.5 stone in weight and I improved my 5k time from 34 to 23:38 min. It is a personal achievement knowing I can now keep up with my son (and beat him on a good day).

“In July 2016, I entered my first 10k and ran with 13,000 runners, racing by the iconic sights of central London. This was my first big running event and I ran this with a work colleague, which really spurs you on.

“I then joined Queens Park Harriers. This has brought my

participation and enthusiasm to another level. Being part of a team and a running community can be encouraging and rewarding.”

“I train on a Tuesday at Willesden Sports Centre and go on long runs on Sundays with the Queen’s Park Harriers. I also enjoy 5k or 10k running events and I am going through a ‘collecting medals’ stage. There is something special about receiving a themed medal and sharing your experience with family and friends. I also do other exercise to help my running, such as swimming, body pump and spinning each week.”

“Work can be quite restrictive, as I often spend a long time sitting at a computer and running gives me a sense of freedom. It’s so good when I notice my fitness levels improve and when my progress encourages others. My partner has now started running too.

“I also enjoy treating myself to running outfits and trainers. I had no idea that there are so many different types of trainers for different people and different races.

“My selection of running music is so varied with tracks from the 80s, 90s, dance music, reggae, Motown and Little Mix – a recent revelation to me. I have playlists entitled 5k, 10k, and half Marathon, which have been specifically chosen to play to my average running times. If I finish running before the music stops, I know I have had a good run.”

“Running is for all ages and abilities. You can run on your own or be part of a club and at your own pace. You will want to naturally try and improve as you become drawn in to the ‘buzz of running’. Find a local park run to begin with.

“I would seek advice regarding suitable trainers and have a gait analysis to measure your degree of foot pronation. I need custom-made insoles in my trainers. It is important to not over-train and listen to your body and have rest days.”

## **60 seconds...**

**with Matt Kitching (26)**  
Willesden Green

### **How's the training going?**

Training is going well so far. I'm a member of the local Queens Park Harriers running club so the training sessions keep me running regularly!

### **How did you get into running?**

I did bits of sport at university and once I'd graduated I wanted to retain the social and health

benefits. Running is very easy and accessible as anyone can do it, anywhere and anytime!

### **What is the most rewarding thing about running?**

You can definitely see the results of your effort – the more you train, the more your times improve... and the easier it is to breathe!

### **Favourite music tracks to run to?**

I rarely listen to music when I run as I'm often part of a group, but when I do it has to be something up-beat and positive!

### **What words of advice do you have for anyone looking to take up running?**

It will only become a habit if you enjoy it, so run as part of a group or community. There are lots of local clubs and Parkrun events, and the social side of running can make the effort all worthwhile

### **Anything else you'd like to tell us?**

Come down and support on the day! The atmosphere at half marathons is great, with so many people giving it their all. If that doesn't inspire you to reach for your trainers, nothing will!



## **Happy and healthy**

# **A life behind bars**

Three-time British Olympic gold medallist Ed Clancy OBE talks about life on the road, Huddersfield FC and what it's like to cycle with the kid from Kilburn, Sir Bradley Wiggins

**Ed Clancy OBE, who won his third consecutive gold medal as part of the British team pursuit at the Rio Olympics last year is looking forward to competing in the Tour Series which speeds through Wembley Park in May.**

### **Punchy and aggressive**

Ed explains what it's like to ride on the Tour Series: "All lapped races are punchier and more aggressive than a typical road race. The tour series is no different from that point of view. Although the team element to the Tour Series means that it's more tactical than most circuit races and a successful team needs to have all the riders willing to play their part."

"My favourite memory from a Tour Series would have to be Aberystwyth 2014.

I remember it being a pivotal point in the series that year. There was no way we were the strongest team there but we still managed to win by riding tactically well.

Good to see Felix English my teammate win his first tour series

too. Fortunately all my teammates have always been easy to work and get along with – which always makes life much easier."

And is he looking forward to riding a round on the circuit at Wembley even though he hasn't seen the route?

"It's a new venue, but the organisers Sweetspot have a solid track record for providing great courses for us to ride, and with Wembley Stadium being the backdrop for it I can't see it being anything but an instant classic for the series. I'm really looking forward to riding it."

Speaking about the Olympic Games, Ed tells us what it takes to win a gold medal: "Attention to detail in all aspects of your cycling and lifestyle...training smart, latest sports science, nutrition, equipment, recovery, rest, sleep quality. It's about looking at all aspects and not any one thing. I've also been lucky that British cycling and also my road teams have always supported my Olympic ambition on the track."

## A shared experience

When asked about cycling with Sir Bradley Wiggins, a local hero, Ed says, "The great thing about team pursuit is you get to share the experience with lots of people; coaches, sports scientists, technicians, mechanics, there's a big team behind it. I've been lucky that I've got on well with all my cycling teammates including Brad. He was always good fun, motivated and keen to train."

Ed is looking forward to making it to Wembley, especially as he missed out on seeing his beloved Huddersfield FC win a dramatic penalty shoot-out in the League One play-offs at Wembley in 2012, because he was at a training camp for London 2012. "I have seen it since, although it would have been great to see that match in the iconic Wembley stadium."

Ed's advice for young and aspiring cyclists wanting to reach the top level: "Same advice I would give to anyone who wants to do anything – do what you enjoy and makes you happy. That way you won't see it as a test or a chore, it's also important to think big and aim high. Much easier to be motivated by big dreams than small ones."

WEMBLEY **Park**

## Tour Series 2017 comes to Wembley for the first time

The 2017 Tour Series will be coming to Wembley Park on Tuesday 16 May. This FREE event enters its ninth season of unique team based racing, to be televised on ITV4.

The Series brings together the very best in British professional teams and male and female riders, competing in front of packed crowds as a part of a full day of cycling activities culminating in the one-hour elite circuit races.

Up to ten teams will battle it out in the Series for the overall title and be crowned the fastest and best team in Britain. During the Wembley round, you'll be able to see double the action as there will also be a Matrix Fitness Grand Prix women's race taking place on the same circuit, just before the men's race.

That means you'll be able to see a host of cycling stars, including a number of Olympians, race around a truly iconic circuit that starts and finishes outside the London Designer Outlet and takes in Wembley Stadium and Olympic Way.

This festival of cycling is a fun day out for the whole family and not one to be missed! There will be food and drink stalls aplenty, a promo zone and a range of community based activities to get involved in on the day.

For more information visit [www.wembleypark.com](http://www.wembleypark.com)

# People of Wembley Park

Wembley Park has launched a new project called the People of Wembley Park, which highlights the stories of local people.

With the aim of celebrating people who live in, work at, and visit Wembley Park, the 'People of Wembley Park' project documents multiple areas of local life – from street vendors to artists, entrepreneurs to managers; including people who have been in the area for generations and those who have arrived more recently.

The vast and interesting range of stories that were featured in our launch received an overwhelmingly positive response - and now we want to hear yours.

**Jason** "My guide turned to me and said, "Look around you – this is your classroom." Jason is in his third year studying international football business at UCFB.

**Rey** "It's our members that make the club what it is." Personal trainer and founder of Be Smart Get Fit.

**Shilpa** "My inspiration comes from my mother." Shilpa owns and runs fashion label House of Bilimoria, Based in Wembley.

**Aygul** "I just love the way science shapes people's lives." Head of community management & support at the award-winning start up Todoist, and works from home in her Tipi apartment at Wembley Park.

To read their full stories and find out about the other "People of Wembley Park" visit [www.wembleypark.com](http://www.wembleypark.com)

**Take part.** If you or someone you know would like to be involved, please get in contact through the Yellow Pavilion, Wembley Park's community space: [yellowpavilion@wembleypark.com](mailto:yellowpavilion@wembleypark.com)

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

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WEMBLEY **Park**

Cleaner & greener

# Wise up to waste

Tips on how to recycle your food or garden waste

All food waste – everything from fruit and vegetable peelings, tea bags, coffee grounds, meat, bones, fish and eggshells - can be recycled using your food waste service which is much more environmentally friendly.

## How can I recycle food waste?

If you live in a house, maisonette or small block of flats, simply pop your food waste into the small green container and leave it out for the council to collect each week. If you live in a larger block of flats, look out for the communal food waste bin – a large grey metal container or a brown wheeled bin.

If you need additional food waste containers, you can request this online at

[www.brent.gov.uk/recycling](http://www.brent.gov.uk/recycling) or email [recyclemore@brent.gov.uk](mailto:recyclemore@brent.gov.uk)

If you have space at home and want to compost vegetable peelings and garden waste, you can order a compost bin from [www.getcomposting.com](http://www.getcomposting.com)

## What about grass cuttings and garden waste?

To sign up for or renew your garden waste collection service for 2017/18, visit [www.brent.gov.uk/gardenwaste](http://www.brent.gov.uk/gardenwaste) or call 020 8937 5050.

## What goes in what bin? And what bin goes out on what day?

If you are unsure what you can recycle or which bin you should be using for your waste, help is on the way.

Our recycling and waste service information leaflet will be delivered through your door this March, containing lots of information about your recycling and waste service.

Also, keep an eye out for the handy calendar of all bin collection dates for the coming year.

To read this information online, visit [www.brent.gov.uk/recycling](http://www.brent.gov.uk/recycling)



### > TIP 1

If you are looking to reduce the amount of food waste you produce, why not visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for great tips and ideas.

### >> TIP 2

When using your food waste container, please wrap your food in caddy liners, newspaper or paper liners. Do not use plastic bags, as if you do, this means the waste has to go to landfill instead.

### >>> TIP 3

New subscribers to the garden waste service will receive a new bin within 10 working days, so if you want to use the service from the start in April, sign up by mid-March. Remember, you will only receive a bin if you are a new subscriber.

### >>>> TIP 4

You can download a collection calendar for your collections throughout the year by entering your postcode and selecting your property in the Find Your Collection Day search facility at [www.brent.gov.uk/recycling](http://www.brent.gov.uk/recycling)

### >>>>> TIP 5

Recycleopedia is an online recycling tool to help you find out which items you can and can't recycle, and which bins you will need to use. [www.brent.gov.uk/recycleopedia](http://www.brent.gov.uk/recycleopedia)



# The Kingsbury Kid

## Remembering George

When the young George Michael went to Kingsbury High School, he might never have imagined that one day he would perform at a sold-out Wembley Stadium, under the iconic twin towers he passed as a kid

**The occasion - a tribute concert to the late Freddie Mercury in 1992 – with all the proceeds going to AIDS research. Funnily enough, George started out busking on the London Underground with a repertoire that included Queen’s ‘39 and now he was the superstar belting out Somebody to Love alongside Queen in front of 72,000 spectators.**

The historic venue became a second home to the pop idol who performed there with his first band Wham!, at Live Aid and then as a solo artist; he was given the honour of doing the first gig at the rebuilt Wembley Stadium in 2007.

Despite selling over 100 million albums in a career spanning almost 40 years and all the glitz and glamour, George forever remained grounded and it is only after his sad passing on Christmas Day last year at the age of 53 that his philanthropist ways were revealed – a secret £15,000 donation he gave to a woman he saw on Deal Or No Deal who wanted IVF treatment –

tipping a barmaid £5,000 after finding out she was a student nurse with debt problems – and even helping out in a homeless shelter.

George had a humble upbringing – his father was a Greek Cypriot restaurateur who moved to England in the 1950s and married Lesley Angold, a dancer, who died in 1997.

In one of the most personal songs he ever wrote, *Round Here*, George echoes back to his childhood in Kingsbury with his mother:

*‘I hear my mama call in Kingsbury Park*

*Just me and David and a football that glowed in the dark*

*Waiting patiently to make my mark Round here.’*

He certainly made his mark.

We will forever miss our George Michael, who left us with a myriad of hits that will continue to be played in clubs, bars and homes across the globe.

**R.I.P George Michael**

# Tackling stereotypes

With nearly 16 years of coaching in the back of the net and fresh from being honoured for her work in football, *The Brent Magazine* caught up with QPR coach Manisha Tailor MBE

**My passion and love for football stems from my twin brother and my dad,” said Manisha, who received an MBE in the New Year’s honours list for services to football and diversity in sport.**

“We are a very sporty family! As children both my brother and I played football at school – it was a huge part of our life.”

In a heart-breaking and bittersweet twist of fate, it was Manisha’s brother who inspired her to quit her job as a deputy head teacher and pursue a career in football.

“At the age of 18, he became depressed to the extent that he was sectioned and became non-verbal. To watch the person you are born with suffer every single day cannot be put into words. It’s painful beyond belief. However, Manisha recalls the day she returned home from work...

“I saw my brother smile. He then walked over to my football equipment and said “football...Manisha”. I paused, took a deep breath and tried to

absorb what he had said. Although a little confused, I immediately knew that there was a connection and that was between me, my brother and football.” The decision was then made. Manisha decided to pursue a career in football to help find a trigger for her twin’s recovery from mental illness and use her story and experience as a carer to help others.

“Just because I’ve been through this experience, it doesn’t mean others have to and my purpose is that others in our wider society are made to feel included and provided with a sense of belonging through the power of the game. Football truly has the power to change lives.”

Manisha initially began by setting up lunchtime and after-school provision for both boys and girls and in 2002, and pioneered the first football club in a Hindu faith school in Brent.

“To gain the interest and change the mindset of girls and parents on how football is perceived, I began to use my lunch-hour to play

outside with the children. Both girls and boys were now participating in a game that was previously seen as 'not being for Asians' and certainly not one that females would take part in."

From there, Manisha set up the first mixed football club for both girls and boys in Brent and in 2006 the mixed gender school team became Brent Cup finalists. She was then asked by FA to participate in their national Football Needs You campaign to help increase the number of volunteer coaches at grassroots level in the UK.

### Girl power

"Many black, asian and minority ethnic (BAME) girls and parents saw the campaign which led me to start a girls-only club. I felt being actively involved with the community to promote the sport was vital to gain interest from the girls as well as their parents, leading by example to break down stereotypes and barriers key.

"Throughout my time in Brent I liaised with The Rachel Yankey Football Programme and Wembley Learning Zone to implement football education, with the view of targeting those from vulnerable groups and those who were working below the local authority levels in numeracy and literacy."

As well as being a successful coach and mentor, Manisha is also director of her company Swaggarlicious

which aims to promote the power of participation in football.

"The greatest piece of advice I was given was to have an open mind and be willing to learn. Have integrity and always do things that are in line with your morals and beliefs."

Visit [www.swaggarlicious.com](http://www.swaggarlicious.com) for more information about Manisha and her work. Get in touch if you are a young person looking for work experience opportunities.

### Keep active!

Manisha has been playing football since she was eight years old and recognises the importance of keeping active for improved health and well-being. "Sport is for everyone and there are so many fun ways in which we can keep active.

Nowadays, many people take part in Zumba, walking football or yoga to name but a few. So there really is something for everyone. Why not consider exercising with a friend? Taking a walk rather than the car or bus? Improve your well-being through socialising with others and, most importantly, having fun."



## My community

# Flexible care and the working dad

A single dad with three boys aged six, five and three, Mustapha was struggling to work his shifts as a bus driver and care for his children, often having to take unpaid leave from work

**That's when he found Hani Noor who, like 40 other Brent childminders, is part of Brent's award-winning Flexible Childminder Pool.**

Mustapha's youngest son Adam, is now looked after by Hani from Monday to Friday, while his older brothers Zakariya and Hashim are at school. Adam is three years old and therefore entitled to 15 hours of free early education and childcare and as his dad Mustapha is in work, this entitlement will increase to 30 hours from this September.

Depending on Mustapha's shift patterns, all three boys spend part of their weekends with Hani; playing together and enjoying trips to the local allotment. Mustapha describes finding Hani as a 'godsend' because without her, he would have been forced to give up his job as a bus driver.

Mustapha explains: "I recently became a single father and I didn't know what to do. I was in distress

as I thought I would have to quit my job as I have no other family to support me and I work shifts. The good thing about Hani is that she can work with my timing as sometimes I start at 6am. My boys love going to Hani's, even when I'm off they say 'can we go to Hani's place'. She goes the extra mile for the boys. She takes them out and they have a lot of fun, she even helps with homework."

Many families in Brent are now making use of this nationally-recognised scheme to find childcare when they need it most. Flexible childminders in the pool offer childcare at short notice, at unsociable hours (for example, before 8am or after 7pm) and some childminders even offer overnight care and care at weekends.

The scheme has already benefited a lot of families in Brent including Mustapha and his three boys. Other families have used this scheme to support them when they've had

medical emergencies, needed to work overnight shifts or attend interviews at short notice. All childminders in the pool meet quality standards and are supported by the council. Like all childminders, they are regulated and inspected by Ofsted to ensure they are delivering high quality care.

To find out more about Mustapha's story, how our Brent Flexible Childminder scheme could help you, and the 30-hour childcare offer for three and four year olds, please visit [www.brent.gov.uk/cfis](http://www.brent.gov.uk/cfis)

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working in partnership

## Housing

# Licensed to rent?

Many privately rented properties in Brent need to be licensed. After a successful consultation, the scheme could now be extended to more parts of the borough

**Our licensing scheme means that we can help make sure privately rented homes and all Houses in Multiple Occupation (HMOs), are safe and provide a good standard of accommodation.**

If you are a landlord or managing agent of a privately rented home in Brent and don't have a licence then you need to check that you aren't breaking the rules.

### What is an HMO?

HMO stands for Houses in Multiple Occupation and is a term used to describe a residential property which has shared areas such as kitchens and bathrooms, used by tenants from more than one household.

You can find out more about HMOs on our website at [www.brent.gov.uk/licensing](http://www.brent.gov.uk/licensing)

### Other types of property that need to be licensed

All privately rented properties in the Harlesden, Wembley Central and Willesden Green wards must have a property licence.

### Protecting private tenants

Brent Council regularly carries out unannounced visits to properties in Brent, often after it is contacted by tenants who are worried that their home isn't correctly licensed. In 2016 more than 60 landlords and managing agents who didn't have a licence or who breached the conditions of their licences, were prosecuted. This is done to improve safety and housing conditions for tenants. Cases that go to court can result in fines of many thousands of pounds and even prison sentences.

### What the council is doing next

At the end of last year a consultation took place to get views on proposals to extend private rented sector licensing to all or more parts of Brent. More than 1,200 responses to the consultation were received with a large majority supporting the plans, which will be discussed at a council meeting in spring.

**How do I apply for a licence?**

You can apply for a licence online, or get advice and help. Ring 020 8937 2384/2385, email [prslicensing@brent.gov.uk](mailto:prslicensing@brent.gov.uk) or go to [www.brent.gov.uk/prslicensing](http://www.brent.gov.uk/prslicensing)

**Report an unlicensed property**

You can find out if a property is licensed or report an unlicensed one by ringing 020 8937 2384/2385 or go to [www.brent.gov.uk/reportaproperty](http://www.brent.gov.uk/reportaproperty)

**YOUR SHOUT**

“Licensing can put some landlords off but the benefits to tenants are there so long as the system is monitored and enforced.”

**Leroy Simpson, Harlesden**

“Knowing it is harder to be thrown out of their rented homes gives tenants more stability and helps them feel safe.”

**Noel Blackman, Harlesden**

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**St Luke's turns 30!**  
Join our birthday celebrations

St Luke's is celebrating 30 years of providing free hospice care to thousands of people in Harrow and Brent. Join the year-long celebrations to help continue this care for future generations in our community.

**There are lots of ways you can get involved!**

**1. Light up the streets of Brent and Harrow at St Luke's midnight walk**

Join 1300 women as they light up the night for the hospice's 30th birthday, with UV paint and plenty of pink on a sponsored walk around Brent and Harrow. Walkers can choose between a 5-mile or 9-mile route option. The event is on Friday 30 June at 10:30pm at Harrow Leisure Centre. Registration is £20 until 31 May, £25 thereafter and £35 on the night. Entry includes a pink t-shirt, a free light up gift, water en-route, a midnight snack and a goody bag on completion. Book your place by calling 020 8382 8112 or visit [stlukes-hospice.org/midnightwalk](http://stlukes-hospice.org/midnightwalk)

**2. Listen to wonderful music in beautiful and historic venues**

Enjoy watching spectacular performances from a variety of musical genres at 4 beautiful venues across Harrow as part of St Luke's Summer Proms. Tickets start at just £10.

**Concert dates:**

- Saturday 1st July** Little Big Band picnic in the park at Arc House
  - Thursday 6th July** Pop-up Opera present Domenico Cimarosa's Il Matrimonio Segreto (The Secret Marriage) in The Great Barn at Headstone Manor
  - Saturday 8th July** North London Military Wives Choir at Harrow School Speech Room
  - Saturday 22nd July** London Handel Players at the church of St Lawrence, Little Stanmore
- Find out more and book tickets at [stlukes-hospice.org/summerproms](http://stlukes-hospice.org/summerproms) or phone 020 8382 8023



### 3. Run Wembley!

Join a flat, safe, timed run, on a multi-terrain course through Wembley with runners of all abilities on **Sunday 14 May**.

You will receive lots of support from the experts at Sudbury Court Running Club and there will be food and entertainment to enjoy at the finish line. Visit [stlukes-hospice.org/runwembley](http://stlukes-hospice.org/runwembley)



**For all event information and the different ways you can get involved in St Luke's birthday celebrations, visit [www.stlukes-hospice.org/events](http://www.stlukes-hospice.org/events) or phone 020 8382 8112**

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## Put a classified ad in *The Brent Magazine*

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The next issue will be distributed in early June, copy deadline 26 May 2017.

For more information please contact us at:



**Brent**

**020 8937 4817 [advertising@brent.gov.uk](mailto:advertising@brent.gov.uk)**

## Community

# More than words

2016 was a busy year for Brent's libraries, as they continue to offer more than just books

Not only was Wembley Library named as the third busiest library in the UK with 1.38m visits during 2016, but the number of books borrowed was also up by two per cent, bucking a national trend. Brent's libraries issue the equivalent of 3.1 books a year to each person in the borough. The number of e-magazines, e-newspapers, e-audio and e-books issued in 2016 is twice the London average, too!

And it's not all about reading either. Brent Libraries offer events, craft clubs, games clubs, talks and more.

The Library at Willesden Green even has its own art gallery, museum and performance space. Its new café, the Delipod, is run by Willesden Green couple Peter Howson and Serena Hadi. The café serves freshly-made hot and cold food, juices and coffee, all made each day on-site.

"The café is designed to be a great place to hang out, work or meet," said Peter. "All customers have access to the library's free Wi-Fi so they can pop in here to read or study and use their laptop with a

freshly squeezed juice, a coffee or a fresh wrap. We see ourselves as a really welcoming community space." Serena agrees and said: "I think it's nice that people have a place to go within the library where they can get something to eat or drink before or after attending exhibitions or events. We've even started holding some of the Brent Museum's community events in the café as it is a nice relaxed atmosphere while still being close to the museum."

The Library at Willesden Green's art gallery, on the ground floor, is also a thriving space where people can meet in an inspiring surroundings and see some high quality art created by local artists, including Svetlana Atlavina and Pedro Perez.

Svetlana from Wembley Park displayed her work *Contested Space*, an artistic study of travel in London: "I've enjoyed exhibiting here very much. The space is bright and open and I was impressed by how good my work looked in the gallery. There is good lighting and the acoustics worked perfectly for my video installation.

"My work is quite personal as it was largely inspired by the death of my son's colleague in a cycling accident. It led me to do research about how travellers behave in London whether on foot, bike or in a car. My findings helped shape the artwork.

"This is my first solo show and I was really nervous but the team at the Library at Willesden Green have been incredibly helpful in guiding me through the process. It's been a lot of work but a very rewarding experience."

Pedro Perez, from Harlesden, displayed his photography in an exhibition called Side Show. His photography technique is rather unique as he takes his shots on a 1930s Leica camera.

Explaining how he began as a photographer, Pedro said "I only took up photography in 2012 as just a hobby. I used to walk past a photography shop on my way to work and the Leica always caught my eye as it is such an iconic shape. I promised myself that I'd buy one someday and around three or four years ago I finally plucked up the courage and did.

"I like to capture moments, and I never take posed photographs.

My favourite subject matters are parades, protests, marches and carnivals. Anything where there are people. I particularly like photographing older people who I think have their own special energy.

"I began to share my photos on Facebook and people started to tell me that I had a good eye and ought to try exhibiting. I didn't really think I was good enough but then my wife read about this gallery in *The Brent Magazine*. It's close and convenient so I decided to give it a go. I showed my work to the gallery curator, she liked my work and it went from there. The exhibition was very successful and I sold eight pieces.

"It took some organising but it was nice to actually see my work up on the walls. I also loved reading all the positive comments in the visitor's book. I am now in the process of organising a second exhibition of my work in another London gallery."

If you think you would like to exhibit in the gallery, either as an individual or a group of artists email [libraries@brent.gov.uk](mailto:libraries@brent.gov.uk) or call **020 8937 3400**.

# QUINTAIN

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## Business

# Business is popping in Brent!

Park Royal based Joe & Seph’s Popcorn is a luxury food business that sells its delicious flavours all over the world. *The Brent Magazine* caught up with business founder Adam Sopher

The idea came from my Dad; he’d go to America on business trips and bring back popcorn. It was nothing like popcorn here; the flavours were all so different, it was a fantastic treat.

From there, Adam started making his own creations using natural flavourings and air popping the corn rather than frying.

“In October 2010, we decided test the idea: Dad, Mum and I took our sweet chili popcorn to the BBC Good Food Show. It was a roaring success; we sold out before the end of the event! From then, our business took off, with our first stocklist in Selfridges.”

Adam and his family are Brent residents and he says that the borough was a great place to set up the business. He says, “Brent is the perfect base for us. It has great connections to the rest of London, and people in Brent want to work in the food industry, so has a great pool of employees. Of course, setting up your own business has

challenges. Cash flow is always hard, especially when you’re starting out. We also had to turn recipes made in our own kitchen into ones which worked large scale. We had to keep trying until we made the quality of popcorn we wanted.

We’re already in 19 different countries with 40 flavours, but we want to keep growing. Last year, we made the first Marmite popcorn, and we have exciting new flavours coming out this Easter, including a chocolate trio!”

So what advice does the local entrepreneur have for other Brent residents looking to start their own business? “If you have an idea, go for it! Plan well and stick with it. Network as much as you can – you’ll be surprised how many people are willing to help. If you don’t ask, you don’t get!”

If you’re thinking of starting your own business visit [www.growthhub.london](http://www.growthhub.london) for lots of helpful and practical advice.

# FREE CHILDCARE

Did you know that some two year olds and all three and four year olds can get 15 hours of early education FREE?

Good quality childcare can help your child make friends and improve their speech and language. It is also good preparation for school and allows them to take part in exciting new activities.

For more information on FREE early education for three and four year olds and to see if your two year old is eligible, contact us on [neg2@brent.gov.uk](mailto:neg2@brent.gov.uk) or visit [www.brent.gov.uk/neg](http://www.brent.gov.uk/neg)

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## Employment

# Learn while you earn in Brent

In a job market where experience is increasingly important, apprenticeships, graduate schemes and internships give young people a direct route into companies to help forge lasting careers

In 2016, Brent was named by the government's Index for Social Mobility as one of the best boroughs in the country for helping young people realise their full potential.

Graduate schemes offer jobs to former students keen for a move into skilled work. Whilst apprenticeships allow on-the-job learning, internships are short term placements that inform a prospective employer about your skills and performance.

### Three Brent residents share their thoughts on gaining work experience...

#### BAJRAM FERIZOLI Tutor, Stonebridge Park

"One of my younger brothers went into a management apprenticeship at John Lewis and he learnt so much and developed a lot. I believe we need strong role models to pass down the message of obtaining skills, knowledge and experience which apprenticeships offer."

#### BHAVINI GOYATE Theatre administrator, Monks Park

"I got my job through an internship. People who are already established in the industries are always willing to help and can be so well connected. It's a matter of an email and you never know where you'll end up."

#### VAISHALI PATEL Graduate (BSC, MBBS) Medicine, Wembley

"My younger brother's passion for wanting to go into further education and gain work experience was driven by seeing how much I was learning and challenging myself at university."

Ready to start your career? You can find local apprenticeship roles through our Brent Works Service. Find the current vacancies at: [www.brent.gov.uk/brent-works-jobs](http://www.brent.gov.uk/brent-works-jobs) or contact the team today on [brent.works@brent.gov.uk](mailto:brent.works@brent.gov.uk).



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## Education

# Top marks for Brent schools

Brent schools More parents than ever before are choosing schools in Brent and exam results show why

In January, the Department for Education (DfE) released the validated results for GCSE and A Level performance. Brent was above the national averages for both.

For GCSE performance, the DfE has changed the way that results are measured. The new measures are based upon student progress and attainment in eight GCSE subjects.

Brent scores show schools are above average on both progress and attainment, with pupils out performing others nationally.

Brent also beat the national average for A Level performance, doing especially well in Tech Level courses with an average DfE point score of 34.25, compared to the national average of 30.76.

So it's no coincidence that our secondary schools have never been more popular, with more parents than ever choosing them over schools in other areas.

Cllr Mili Patel, Cabinet Member for Children and Young People, said: "In Brent, we are committed to

ensuring that every child and young person has access to a great education at a good local school so I am very pleased to see these fantastic results.

"These results are a testament to the hard work of the teachers, governors and support staff in schools across Brent who work tirelessly to provide our young people with the best possible start for their future careers."

You can find out more about all our schools and their performance at [www.brent.gov.uk/schools](http://www.brent.gov.uk/schools)

### TOP OF THE CLASS

#### STUDENTS ACHIEVING A\*-C IN ENGLISH AND MATHS AT GCSE

Brent:	63.8 per cent
National average:	63.3 per cent

#### A-LEVEL AVERAGE SCORES

Brent:	30.73
National average:	30.44

My community

# Everything's rosy for Roe Green

An award-winning conservation group in Brent seem to be growing trophies in their garden as they scooped their eleventh national prize

**The green-fingered residents of Barn Hill Conservation Group have won an Innovation Award from the Green Flag Award Scheme. It's a national award that recognises high quality green spaces in the UK.**

The Roe Green Walled Garden was anything but 'award-winning' when the group began taking care of the garden in 1989. They worked tirelessly every Thursday to restore it to its original beauty; and now it is one of the best gardens in the capital alongside nearby Fryent Country Park - 100 hectares of sheer beauty with more than 800 species of wildlife including 80 recorded birds, 21 butterflies and 500 wild flowers.

Kim Williams has been a member of the group for more than 10 years and could not think of a greater group of people to spend her time with. The Sudbury resident worked along side a group of 16-18 year olds and the rest of the 'Barn Hill family' to make the award winning stumpery in the garden.

"The young kids taught us how to use a smart phone and we showed them how to use tools in a safe way. It is great to have both age groups working side by side in the garden and producing some lovely work," said the 59-year-old.

"If you haven't seen the garden and Fryent Country Park you have not lived. It is absolutely breathtaking. We are so lucky to have such a magical place like this right here in Brent. We would love more people to come down and help out and enjoy themselves here."

The Roe Green Walled Garden is one of just 15 parks in the UK to win the award; recognising the improvement they made to the borough and its community.

"Research has proved that quality parks and green spaces play a vital role within their local communities. Roe Green Walled Garden is a perfect example of this," said Paul Todd, Green Flag scheme manager. "Congratulations to everyone involved, a worthy winner of the

Special Innovation Award," he went on to say, "everyone should get down there and see what amazing green space is right on your doorstep. You will not be disappointed."

If you want to get involved, bring your work boots and get stuck in with the friendly faces of Barn Hill Conservation Group at Roe Green Walled Garden every Tuesday, Thursday and Saturday from 10am to 2pm and over in Fryent Country Park every Sunday from 10am to 12.30 pm carrying out conservation project work. For more information visit [www.bhcg.btck.co.uk](http://www.bhcg.btck.co.uk)



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# Time to clear the air

Getting a breath of fresh air isn't as easy as it used to be, but here in Brent, things are looking up

**Air pollution is one of the most significant challenges facing London right now, and presents a whole host of problems, including serious health complications and significant damage to the environment.**

But here in Brent improving air quality is a top priority. In a move that will significantly help in making a cleaner, greener and healthier place to live, the A5 Edgware Road corridor has been announced as one of the Mayor of London's new Low Emission Bus Zones.

The move will make a real difference on local roads, including Chamberlayne Road, where residents have been campaigning hard for cleaner air.

"This is such good news," said 61-year-old Danny Maher, CEO of Brent-based resource centre Ashford Place, situated just off the A5, on Ashford Road.

"Anything that will reduce air pollution and generate cleaner air is positive in my book, and now we need to do our part too, by working with the council to reduce car usage, supporting school projects promoting environmentalism, and cleaning up our streets."

The new, greener buses will all meet Euro VI standards and are expected to reduce toxic emissions along the routes by a whopping 84 per cent. This marks a big step forward in tackling air pollution, not only in Brent but London as whole.

"Greener buses in Brent will really help our efforts to tackle poor air quality", said Cllr Eleanor Southwood, Cabinet Member for Environment. "But we need to continue to encourage everyone to understand the positive or negative effect their actions have on the air we breathe."

"Among the actions we are taking as a council are measures to encourage people to make fewer journeys by car and to walk or cycle instead, using our planning system to ensure new builds are energy efficient, and working with schools to mitigate issues with the school run."

"Everyone has a part to play when it comes to improving air quality."

## PLAY YOUR PART!

- 1 • Think of more 'air-friendly' forms of transport: choose public transport over using your car where possible, and think about carpooling journeys. Even better, take up cycling and walk where you can, as this will improve your health as well as the air quality in your local area.
- 2 • Don't be an idler: switch off your engine when stationary, loading or waiting at the roadside. By turning off your engine, you improve air quality, reduce fuel costs and comply with the law.
- 3 • Be energy efficient: you can help prevent pollution from your home by turning off lights when they are not needed and ensuring your home is well insulated, so that less energy needs to be used up.
- 4 • Recycle your way to cleaner air: you can reduce air pollution by making sure you recycle your waste and help reduce toxic methane gas escaping into the air.

## YOUR SHOUT

**Janey McAllester, Kensal**  
"Pollution affects us all. Drivers need to be aware they and their passengers are breathing in a lot more pollution inside their cars than walking or cycling. The less time we spend in cars, the better for everyone. We want to encourage more cycling and work with the council to help people cycle and walk more."

**Souraya Choukeir, Queen's Park**  
"Air pollution is not something you can see so people are often not aware of how bad it is or of the harm it does. But there are things that we all can do to reduce it and protect ourselves from it, such as switching to cleaner, non-diesel vehicles, driving less, and, where possible, walking on less polluted side streets."

**IMAAN SYED**, nine years old, from Mount Stewart Junior School, Kenton, won our No Idling Competition in which pupils from schools in Brent were asked to design a logo for the campaign. Congratulations and well-done to everyone who entered.



# Council budget at a glance

Council tax bills are set to rise by around 84p a week to protect crucial local services. Here, we outline why...

## So where does our council funding come from?

Around a quarter of our funding comes from central government, another third from business rates, and the largest share from the money residents pay in council tax bills.

As the government money to local authorities decreases, councils including Brent are having to rely more on the income from business rates and council tax.

## Why are the cuts Brent is facing so deep?

The population of Brent is changing more than nearly anywhere else in the country.

There are around 34 per cent more people in Brent over the age of 80 than there were six years ago, and also around 10 per cent more children under the age of 10.

Both of these things are great news, but both also mean that there is more and more demand on council services while we have less money to go round.

## So does this rise in council tax mean that there won't need to be any spending cuts on services we value?

Unfortunately not, no. Putting up our share of council tax bills by 3.99 per cent will bring in about an extra £4 million a year.

By the end of 2017/18, the council will have had to save £150m from its budget since 2010, so in comparison the £4 million extra income through a tax rise is relatively small.

It's still important though, as without that extra income, we'd have to make £4 million of additional cuts next year to balance our books as required by law.

## The Challenge

By 2018 Brent would have had to save £150m from its budget since 2010. However, a 3.99 per cent council tax increase would raise £4m to help protect services from cuts.

## Where do we receive our funding from?

In 2017/18, the percentage our funding comes from is:

Central Government (down 5% on 2016/17 figures)	18%
Business Rates	36%
Council Tax	46%

↓ By 2018/19 funding from central government is expected to have reduced by more than 50% since 2010

↑ Our population aged 80 and over has risen by 34% since 2011

↑ The under 10s population has increased by 10% since 2011

↑ £150m savings made by the council from 2010/11 to 2017/18

↓ £4m to be raised by council tax increase

## So what do we spend the council budget on?

Here's a rough breakdown of how much money we spend on all the different services that you all use. This excludes most of the money spent on schools, welfare benefits and council housing where we don't have much direct control over how much we spend on these areas, as so much is controlled by government.

## A few of the things we did last year with the council tax you paid us

### Adult social services

- 3,974 elderly and vulnerable adults receiving social care from the council

### Children and families

- 45,093 pupils being taught in Brent schools
- 840 new school places created in 2016

### Recycling and disposing of rubbish

- 117,929 households have their rubbish collected
- 17,855 flytips cleared up
- 41% of rubbish sent for reuse, recycling, recovery and composting

### Creating jobs and transforming Brent

- 1,922 planning applications were processed between 1 April and 31 December 2016

### Maintaining parks and open spaces

- 110 allotment plots across 22 sites
- 985 parks and open spaces maintained

### Cleaning and looking after streets

- 26,514 streetlights maintained
- 315 miles of streets and pavement maintained

### Libraries and leisure centres

- 1,620,336 leisure centre visitors
- 2,413,902 library visits

## Nobody to turn to

When a vulnerable person is struggling, they feel they have no one to turn to. That's where The Brent Community Multi Agency Risk Assessment Conference (MARAC) comes in

The Brent Community MARAC brings together a range of information from different organisations across Brent – the London Ambulance, Fire Service, Brent Police, Registered Social Landlords, Drug and Alcohol practitioners, Adult Safeguarding Team, Housing and Mental Health, as well as others, to protect vulnerable individuals whose personal safety is at risk.

Examples of vulnerable individuals that can be referred to the programme are those who are victims of anti-social behaviour, financial abuse, fraud or have an addiction. Cllr Tom Miller, Cabinet Member for Stronger Communities, said: "The Brent Community MARAC has been cited as a very effective process in protecting vulnerable people. When a person who needs help is identified, the Community MARAC puts an intervention plan in place to improve the life of that person and keep improving it."

### Mary's story

Mary\* is a 62-year-old woman who was living alone, suffering from depression, anxiety and social phobia. She also has chronic arthritis which made daily life hard and, on top of that, was being exploited by local drug dealers. Mary described her life as 'hopeless', one in which she had nobody to turn to and one she 'couldn't see a way out of'. That's when the Community MARAC got involved. They organised a house move for Mary to get her away from the area in which she was being taken advantage of.

After the move, her motivation began to increase. A plan was put in place to help Mary beat her addiction to drugs, increase her health and wellbeing and reduce the likelihood of repeat victimisation.

Following this intervention, Mary said: "Now everything is perfect. It's all I ever wanted and needed."

\* Name has been changed to protect the person's identity

If you know a vulnerable person that you feel would benefit from MARAC intervention, please call the community MARAC coordinator on **020 8937 1058**

## Knitting the community together!

A weekly knitting and crochet club is proving to be the fabric of the local community in Kingsbury. *The Brent Magazine* caught up with Inge Buttler, the enthusiastic and talented volunteer who runs the club

"I was widowed a few years ago and my kids don't live in England so volunteering was a good way to keep in regular contact with people," says Inge. "I know many of the club members feel the same way."

Inge began volunteering for Brent Libraries by teaching computer skills classes at the Library at Willesden Green, but a couple of years ago she decided she wanted to try something else too and chose a knitting and crochet club.

"I'm a pensioner now but still like to be active and to contribute to the community and I've always enjoyed handicraft so this club seemed like a good way to spend my time. I find volunteering in the library really rewarding and enjoyable."

Most newcomers to the group know nothing about knitting and crochet when they join, but Inge is on hand to instruct them on everything from basic first stitches to following complicated patterns and producing lovely knitted and

crocheted accessories, including toys and clothing.

"It's also wonderful to be able to teach people a creative and useful new skill," she says. "A lot of people, particularly young people find it very difficult at first.

"I think being used to computers and having everything ready-made means people don't develop the patience to try, try again, fail, but then keep on trying until you get it right. But they will get there if you teach them well and show them the rewards patience and perseverance bring."

"We all like to talk! One of my favourite things about running the club is getting to know the members and hearing their stories.

Brent libraries are always looking for volunteers to help run clubs and activities.

If you would like to volunteer, or are interested in joining a club or class, please contact our library team on **020 8937 3400** or email [libraries@brent.gov.uk](mailto:libraries@brent.gov.uk)

## Attention all landlords

# Properties wanted

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# Arts & Culture

>> Theatre >> Music >> Dance >> Comedy >> Exhibitions  
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### UNTIL SUNDAY 26 MARCH

#### WE ARE THE LIONS: THE STORY OF THE GRUNWICK STRIKE 1976-7

Led by Asian women the Grunwick strike challenged stereotypes, changed trade unions and inspired others to stand up against injustice. Visit this moving exhibition to find out more. The Library at Willesden Green. 9am-8pm Monday to Friday, 10am- 5pm Saturday and Sunday. Free.

### MARCH - VARIOUS DATES

#### SUPER HEROES AND CRAZY MONSTERS ART ATTACK!

Wembley library gets the cultural treatment with not one but two artists in residence: spoken word artist and visual artist, so expect poetry, drama, creative writing, painting, print work and craft at these free workshops. Exciting events celebrating cultural diversity for children and families. Wembley Library. Free.

[www.brent.gov.uk/events](http://www.brent.gov.uk/events)

#### BIG BEAR FUN WITH THE BOOKSTART BEAR!

Enjoy a colourful bear craft activity, a lively story, sing funny nursery

rhymes and get a hug from VIP guest, the Bookstart Bear...plus giveaway books. Ealing Road, Kingsbury Library, Harlesden, Kilburn, The Library at Willesden Green and Wembley Library. Free. [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

### TUESDAY 14 MARCH

#### THE ART OF WRITING

Discussion with authors Sue Hampton and Leslie Tate. Whether you're a reader, writer or both, this session will open up new perspectives on character, voice and stylistic variation in the novel. The Library at Willesden Green. 6-7.30pm. Free but space limited so please book in advance at [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

### THURSDAY 16 MARCH

#### IN CONVERSATION WITH JOURNALIST, AUTHOR AND FAMILY MAN TIM LOTT

Talk with author and *Guardian* journalist Tim Lott. Kilburn Library. 6.30-7.30pm. Free but space limited so please book in advance at [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

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**WEDNESDAY 29 MARCH**

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**SOCIAL CARE IN KINGSBURY...  
200 YEARS AGO**

What would life have been like if you were poor, and in need, in the early 1800's? Find out at this talk with Philip Grant, from Wembley History Society. Kingsbury Library. 11am-12noon. Free.

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**THURSDAY 6 APRIL**

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**WOW SAID THE OWL**

Puppet show for under 5s. *Wow!* Said the Owl explores the wowwow world of colours with a curious little owl who is determined to stay awake to see what daylight brings. The Library at Willesden Green. 11am and 2pm. £5 in advance, £7 on the door. Book in advance at [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

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**THURSDAY 6 APRIL**

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**JOHN DEE: SCIENTIST OR  
SORCERER?**

Astrology, magic and alchemy, all practices scorned by science today were believed and trusted by princes and politicians in Elizabethan England. One man called upon these ancient arts to guide Elizabeth I through the most momentous events of her reign. His name was John Dee. This talk will glimpse into his world of secrets and sorcery. The Library at Willesden Green. 6.30-7.30pm. Free.

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**VARIOUS DATES IN APRIL**

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**EASTER EGGS AND BUNNIES**

Welcome Spring with this festive craft workshop for children aged 5-11. Ealing Road Kingsbury Harlesden. Kilburn Library. Willesden Green and Wembley library. 2.30-3.30pm. Free.

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**WEDNESDAY 12 AND FRIDAY 14  
APRIL**

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**FAMILY CRAFT WORKSHOP: LUCK  
AND PROTECTION IN ANCIENT  
EGYPT**

Find out about different amulets that were believed to bring luck in Ancient Egypt then create one of your own! The Library at Willesden Green. 2.30-4pm. Free.

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**THURSDAY 20 APRIL**

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**CITYREAD LONDON: A TOUR OF  
ELIZABETHAN LONDON**

Take a virtual trip around London 400 years ago. See familiar landmarks, but be prepared to experience the sights of a city very different to modern London! The Library at Willesden Green. 2-3pm. Free.

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**SUNDAY 23 APRIL**

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**JOURNEY OF A SISTER**

How to build confidence, self esteem, self-identity and self-love. Join the author Cezanne Taharqa for discussion about the topics raised in her self-help novel. Harlesden Library. 6.15-7.45pm.

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**TUESDAY 25 APRIL**

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**BLACKAMOORES AND TUDOR  
ENGLAND – THE UNTOLD  
HISTORY OF AN INFLUENTIAL ERA**

Current research proves that the population of Tudor England was considerably more diverse than we have been led to believe. There was a notable population of African people living and working in Tudor England, providing skills and trades. The lives of these people are often omitted from the mainstream teaching of the Tudor period. Join the historian Onyeka, as he examines this vital research and evaluates the importance of this untold history. The Library at Willesden Green. 6.15-7.45pm. Free but space limited so please book in advance at [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

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**FROM WEDNESDAY 3 MAY**

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**CELEBRATING GANESHA IN  
BRENT**

Brent Museum is paying host to an ancient statue of the elephant-headed god Ganesha on loan from the British Museum. This beautiful sculpture is over 800 years old and originates from Eastern India. The Library at Willesden Green. 9am-8pm Monday to Friday, 10am-5pm Saturday and Sunday. Free. A variety of events will be held throughout the exhibition.

[brent.gov.uk/museumarchives](http://brent.gov.uk/museumarchives)

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**TUESDAYS**

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**CREATIVE WRITING COURSE**

Eight week course with experienced teacher and writer Hud Saunders. This fun and inspiring course will provide stimulating and thought-provoking exercises and prompts to get you started along with lots of constructive advice. Ideal for both beginners and experienced writers. OffSide Books (The Bookshop), 92 Willesden Lane, Kilburn, NW6 7TA. 7-9pm. Total for eight weeks: £160. [info@offsidebooks.com](mailto:info@offsidebooks.com)  
**020 7624 9340.**

## SATURDAY 1- THURSDAY 13

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### APRIL TAKEOVER 2017

On 1 April 2017, the Tricycle Theatre will launch its most ambitious TAKEOVER to-date, with 13 days of free performances, workshops, screenings and events, taking place in different venues and spaces across Brent.

TAKEOVER will also be the culmination of many months of hard work as the Tricycle's five Young Companies and its Community Company each prepare to present their own brand new theatre production as part of the 13 day extravaganza. Tricycle Theatre. All events and performances are completely free and can be booked at [www.tricycle.co.uk](http://www.tricycle.co.uk)

## THURSDAY 23 MARCH

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### COMEDY AT THE TRICYCLE

Comedy night featuring Andy Zaltzman, Bilal Zafar and Annie McGrath. Tricycle Theatre. 8pm. Tickets £12/£10 conc. Box Office 020 7328 1000.

## SUNDAY 5 MARCH, SUNDAY 2 APRIL, SUNDAY 7 MAY

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### UPFRONT COMEDY

"The most enterprising black comedy promoters in the country" (*The Guardian*) Upfront is celebrating its 25th anniversary with diverse comedy shows for diverse audiences. Tricycle Theatre. 7.30pm. Tickets £15/£12 conc. Box Office 020 7328 1000.

## FRIDAY 31 MARCH

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### LEXI'S MIDNIGHT RUNNERS

Late night screenings for the night owls of NW10: Goodfellas. Lexi Cinema. 11.30pm. 020 3011 5523.

## WEDNESDAY 1 MARCH-MONDAY 10 APRIL

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### ART IN THE GALLERY BAR

Prints and Poetry by Susan Whitmore. Lexi Cinema.

## WEDNESDAY 12 APRIL-MONDAY 29 MAY

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### ART IN THE GALLERY BAR

New pastels by Mick Collyns Lexi Cinema.

## SUNDAY 16 APRIL

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### EASTER MATINEE

Fun for the family: Beauty and the Beast. Lexi Cinema. 020 3011 5523.

## MONDAY 6- SUNDAY 19 MARCH

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### TOGETHER – MARIA KALETA

Drawings and digital graphics printed using different medium: Plexiglass, Artbloks, prints on Hahnemuhle Photo Rag and other mixed media, exploring signs of 'Identity' of the contemporary urban society. Gallery at The Library at Willesden Green. 9am-8pm, Monday to Friday.

## MONDAY 20 MARCH -SUNDAY 2 APRIL

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### TAINTED VISIONS – MARYAM HASHEMI

Solo show of paintings in acrylic on canvas and watercolour focusing on dreamy and colourful type of work exploring nature based themes that are also autobiographical. Gallery at The Library at Willesden Green. 10am-5pm. Saturday and Sunday.

For more information on stadium events visit [wembleystadium.com](http://wembleystadium.com)

## STADIUM EVENTS

### NORTH LONDON HALF MARATHON

12 March 2017

### ENGLAND V LITHUANIA

26 March 2017

### CHECKATRADE TROPHY FINAL

2 April 2017

### SARACENS V HARLEQUINS

8 April 2017

### EMIRATES FA CUP SEMI-FINAL

22 and 23 April 2017

### JOSHUA V KLITSCHKO

29 April 2017

### SSE WOMEN'S FA CUP FINAL

13 May 2017

### NATIONAL LEAGUE PROMOTION FINAL

14 May 2017

### LEAGUE ONE PLAY OFF FINAL

20 May 2017

### NON-LEAGUE FINALS DAY

21 May 2017

### EMIRATES FA CUP FINAL

27 May 2017

### LEAGUE 2 PLAY OFF FINAL

28 May 2017

### CHAMPIONSHIP PLAY OFF FINAL

29 May 2017

### THE STONE ROSES

17 June 2017

### JEFF LYNNE'S ELO

24 June 2017

### ADELE

28 June-2 July 2017

## VENUES

### Ace Café

Ace Corner, North Circular Road,  
London NW10 7UD  
The Library at Willesden Green  
95 High Road, Willesden,  
London NW10 2SF. 020 8937 3400

### Lexi Cinema

194B Chamberlayne Rd,  
London NW10 3JU  
020 3011 5523  
www.thelexicinema.co.uk

### Tricycle Theatre

269 Kilburn High Rd,  
London NW6 7JR 020 7328 1000  
www.tricycle.co.uk

### SSE Arena

Arena Square, Engineers Way,  
London HA9 0AA  
020 8782 5566  
www.ssearena.co.uk

### Wembley Stadium

Wembley, London, HA9 0WS  
0844 980 8001  
www.wembleystadium.com

### Willesden Sports Centre

Donnington Road,  
London, NW10 3QX  
020 8955 1120  
www.1life.co.uk/  
london-borough-ofbrent/willesden-  
sports-centre/home

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## Arts and culture

# Spine tingling art at Wembley library

This spring, Wembley Library will play host to not one but two artists in residence, as part of the UK-wide SPINE Festival 2017.

Poet and spoken word performer Joshua Idehen and visual artist Hannah Jones will be delivering workshops to schools – covering poetry, drama, creative writing, painting, print work and more.

As a poet, Joshua has performed at a host of cultural festivals. As a musician and songwriter his work has been nominated for a Mercury award. He has delivered spoken word and creative writing workshops at schools and universities for over five years.

Hannah however works primarily with print and mixed media, and facilitates frequent workshops with schools to improve students' confidence and visual literacy.

Speaking to *The Brent Magazine*, Joshua and Hannah told us: "We're experimenting with different ways to make visual art and poetry complement each other, using a couple of our favourite artists as a launch pad to build workshops. As a young child you love scribbling and

drawing and this is a great opportunity for Brent's school children to really get creative with some tips from us."

And it's not always obvious what type of art you might end up really enjoying. "I hated poetry to begin with! I wanted to be a film reviewer but when I went to university, drama and script writing modules were taken up and the only module left was poetry. At school you tend to have some really bad poetry experiences, so I came loaded with preconceptions," says Joshua, "but after my teacher suggested I go to a poetry event and I really enjoyed it, it was eye opening. For me it was a way of expressing myself and connecting to an audience that I didn't know was possible. After two poetry events I had the bug and it took off from there."

Hannah said, "Depending on what background you come from it might not always be obvious what would appeal. I think these workshops are a really great chance for people to come and experience the different ways that you can explore art and perhaps build a career on it."

'Super Heroes and Crazy Monsters art attack' workshops are on at Wembley Library throughout March 2017. For details of dates and times see [www.brent.gov.uk/events](http://www.brent.gov.uk/events)  
Funded by the Arts Council London and produced by the performance poetry organisation Apples and Snakes.

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## Your guide to what's on in Brent during

# Spring 2017

To get your event listed for free on this page, email [tbm@brent.gov.uk](mailto:tbm@brent.gov.uk) with 'What's On' in the subject box. In no more than 50 words, tell us what your event is, where and when it takes place and if there is a cost or not. Please also include a picture or your event if you have one (maximum file size 1Mb).

## CHILDREN

### HARTBEEPS BABY AND TODDLER MUSIC CLASSES

The most original baby and toddler classes on the planet. Our award winning multi-sensory classes are set to a soundtrack of over 100 nursery rhymes and lullabies, brought to life with bubbles, costumes, lighting effects and exciting props! The Cricklewood Club, Edgware Road, NW2 6JP and Birchen Grove Garden Centre, NW9 8RY. Tuesdays and Wednesdays. 9.45am-12.30pm. £42 for six prebooked classes, £9 drop-in per class - your first class is free. [claire@hartbeeps.com](mailto:claire@hartbeeps.com) 07989 307 580.

### FUNFIT FAMILIES

Fun active games and multi-sports for all ages. Come and get moving with us! The Library at Willesden Green. Thursdays. 5-6.15pm. Free. [hello@sportattheheart.org](mailto:hello@sportattheheart.org) 07857 992 633.

### SPARKLE AND BOOM!

Creative classes for primary school aged children. Activities include: drama games, dance and movement, singing and voice work, puppetry and mask making, story telling and story making. The Library at Willesden Green Performance Space. Thursdays. 4-5pm. Free. 07857 992 633 [hello@sportattheheart.org](mailto:hello@sportattheheart.org)

### CHILDREN'S HORTICULTURE COURSE

Learn about the science of horticulture by taking part in lots of fun practical activities in the garden. For children aged 7 to 11. St Raphael's Edible Garden, 162 Pitfield Way, St Raphael's Estate, Stonebridge, NW10 0PW. From Monday 3rd- Friday 7th April. 10am -12noon. Donation of £24 to cover accreditation and materials. To apply for the course call 020 3441 1335 or to find out more please visit [www.sufra-nwlondon.org.uk](http://www.sufra-nwlondon.org.uk). [admin@sufra-nwlondon.org.uk](mailto:admin@sufra-nwlondon.org.uk).

### **CODE GREEN: SCRATCH COMPUTING CLUB**

Coding club for children 8-11. The Library at Willesden Green. Wednesday 8 and 22 March. 4-5pm. Free. Reserve your place at the library as space is limited.

### **CHATTERBOOKS**

A free reading club with fun crafts for children aged 6-11. Kilburn Library. Wednesday, 29 March and 26 April. 3.45-4.45pm. Free.

### **ACTIVE 4 LIFE: MULTI-SPORTS CLUB**

Fun multi-sports for primary school aged children. Led by enthusiastic and experienced coaches, this friendly environment is the perfect way to introduce your child to a variety of sports activities designed to get them and keep them active 4 life! Roundwood Youth Centre, Longstone Avenue, Harlesden, NW10 3UN. Tuesdays. 4.30-5.30pm. Free. [hello@sportattheheart.org](mailto:hello@sportattheheart.org) 07857 992 633.

### **JUNIOR COURSES**

Want to get your child into Football or Trampolining? We offer 10 week courses that go on throughout the year. Bridge Park Community Leisure Centre, Brentfield, Harrow Rd London NW10 0RG. Football – £29 for 10 weeks. Trampolining – £35 for 10 weeks. 020 8937 3730.

### **MAGGIE THE DRAGON AND FRIENDS: HEALTHY TEETH, HEALTHY ME WORKSHOP**

Join Maggie the Dragon, Al the Alligator and Flossie the Flossisaurus and find out how they keep their breath, teeth and mouth fresh by brushing at this dental health event. Kilburn Library, 42 Salusbury Road, London, NW6 6NN. Monday 27 March. 10.30-11am. Free.

### **ACTIVE START FOR LITTLE STARS**

Fun active games and multi-sports for children under 5. Charter is Sports Centre, Charteris Road, Kilburn, NW6 7ET. Saturdays. 10-10.50 am. £2.

[hello@sportattheheart.org](mailto:hello@sportattheheart.org)  
07857 992 633.

## **COMMUNITY**

### **DE-CAF CRICKLEWOOD**

Our aim is to provide people who live with dementia, their carers and families an opportunity to gather in an informal, relaxed and friendly atmosphere and meet other people in similar circumstances. Ashford Place, 60 Ashford Road, London, NW2 6TU. Tuesdays. 2-4pm. Free. Contact Danny Maher 020 8208 8591.

### **CUBAN VIBES SALSA**

Get active with Salsa every Monday – it's fun, it's a friendly social environment and a great way to keep active and fit. Cricklewood Railway Club, 327 Edgware Road, London, NW2 6JP. Mondays. 7.30-12pm. 1 class for £7, 2 classes for £10. Discount for students with ID and Senior Citizens. Carlton Thomas 07904 082 080. Marilyn George 07908 106 922.

### **FIX8 ROLLER DISCO**

Weekly Rollerskating sessions for members of the Brent community looking for a fun way to keep active and burn some calories. With trained Marshalls to assist beginners and DJs playing the best club and disco classics. Crystal Club, 1 Poppin Building, South Way, Wembley, HA9 0HB. Tuesdays. 8-12pm. £8 Entry, £2 Skate Hire. [info@fix8rollerdisco.com](mailto:info@fix8rollerdisco.com)

### **ST PATRICK'S DAY CELEBRATION**

Evening of entertainment with Irish music, readings and songs. Free entertainment with free refreshments. Kingsland Hall, Wembley Park United Reformed Church, The Broadway, East Lane, Wembley, HA9 7NN. Friday 17 March. 7-8.30pm.

[gracekybrown@gmail.com](mailto:gracekybrown@gmail.com)  
020 8902 4211

### **EASTER WORKSHOP**

Evening of free entertainment with music, readings and songs and free refreshments. Kingsland Hall, Wembley Park United Reformed Church, The Broadway, East Lane, Wembley, HA9 7NN. Friday 7 April. 7-8.30pm. Free.

[gracekybrown@gmail.com](mailto:gracekybrown@gmail.com)  
020 8902 4211

### **WEDDING FAIR AT THE DRUM**

Meet all of your wedding suppliers at our first ever wedding fair, and find your make-up artist, photographer and venue under one roof! The Grand Hall, Brent Civic Centre, Wembley. Saturday 25 March. 10am-6pm. Free. Get your FREE ticket now!

## **SELF DEVELOPMENT**

### **SPRING INTO LANGUAGE!**

#### **SPANISH TASTER**

Free Spanish class with Brent Start. Develop your basic conversational skills and learn some new phrases. The Library at Willesden Green, Tuesday 21 March, 6-7.30 pm, Free but space limited so please book in advance at

[www.brent.gov.uk/events](http://www.brent.gov.uk/events)

### **SPRING INTO LANGUAGE!**

#### **FRENCH TASTER**

Learn some basic French. The Library at Willesden Green. Thursday 30 March. 5.45-7.45pm. Free but space limited so please book in advance at [www.brent.gov.uk/events](http://www.brent.gov.uk/events)

## HEALTH AND WELL-BEING

### HEALTHY FUN DAY

From well-being seminars to Zumba, from healthy cooking demos to healthy lifestyle information, there will be something for all ages and much more! Park Lane Methodist Church, Park Lane, Wembley, HA9 7SG. Saturday 11 March. 12-4pm. Free.

### GP NETWORKS

GP Networks is part of a new Peer Support Service working in mental health and well being. Peer support workers offer confidential one-to-one support within the community plus signposting to additional services. Daily. 9am to 7pm. Free. Contact Georgina or Joy at [gpnetworks@hestia.org](mailto:gpnetworks@hestia.org) for more information or a referral form. Brent residents who are registered with a GP can be referred or can self refer.

### FREE MONDAY MORNING MEDITATION FOR HEALTH AND ABUNDANCE

This is a women only weekly group focusing on health and wellness. We will incorporate breathing and relaxation exercises, guided visualisation and meditation. 1 Verney Street, NW10 0AY. Mondays. 9.30-11.30am. Free. Vanessa **07985 387 021**.

### BRENT START: HEALTHY EATING WORKSHOP

In these workshops we will be learning what it really means to eat healthily. Kilburn Library, Thursday 6 April, 4-6pm, Free but space limited so please book in advance.

### WEIGHT LOSS GROUP

Come and join this eight week workshop to lose weight through reprogramming your mind using cutting edge tools such as Mindfulness and Hypnotherapy. Ark Academy secondary school, Bridge Road, Wembley, HA9 9JP. Tuesdays. 7-8pm. £10 per session. [nitima@akanista.com](mailto:nitima@akanista.com)

### KNOW YOUR BLOOD PRESSURE

Free blood pressure tests and health advice from the Stroke Association. Wembley Library, Brent Civic Centre, Engineers Way, Wembley, HA9 0FJ. Friday 17 March, 21 April and 19 May. 11am-2pm. Free.

## OVER 50s

### HOP-IT! HELPING OLDER PEOPLE WITH IT

hOp-IT! gives guidance and advice on how to use your computer. 181 Mortimer Road, NW10 5TN. Monday to Friday by appointment. 9am-5pm. Free. [hopit@eldersvoice.org.uk](mailto:hopit@eldersvoice.org.uk) Livio **07835 126 560**.

### CROCHET

Crochet class for older people. Please bring a spool of wool and a crochet hook with you. 181 Mortimer Road, NW10 5TN. Tuesdays. 10.30am-12noon. £2.50. John Plank **020 8206 7509** [johnp@eldersvoice.org.uk](mailto:johnp@eldersvoice.org.uk)

### GENTLE YOGA

Gentle Yoga classes for older adults. Please wear comfortable clothing and feel free to bring your mat with you. 181 Mortimer Road, NW10 5TN. Wednesdays. 10.30-11.30am. £3.50. John Plank **020 8206 7509** [johnp@eldersvoice.org.uk](mailto:johnp@eldersvoice.org.uk)

### MOVEMENT TO MUSIC

Gentle moves to the sound of music. 181 Mortimer Road, NW10 5TN. Fridays. 10.30am-12pm. £3. John Plank [johnp@eldersvoice.org.uk](mailto:johnp@eldersvoice.org.uk). **020 8206 7509**.

### ZUMBA GOLD

Zumba Gold classes for older people. 181 Mortimer Road, NW10 5TN. Mondays. 11am-12pm. £3.50. John Plank **020 8206 7509** [johnp@eldersvoice.org.uk](mailto:johnp@eldersvoice.org.uk)

### WEPT SEWING CLASSES FOR SENIOR CITIZENS

Sewing classes for senior citizens including dressmaking, pattern cutting, nursery cot set, bag making, cushions/soft furnishings and other craft pieces of your choice. The Works Ujima House, 388 High Road, Wembley, HA9 6AR. Thursdays. 11am-3pm. Free. Vanessa: [wept.project@gmail.com](mailto:wept.project@gmail.com) **07906 432 493 0300 898 1890**

### THURSDAYS @ 2

A new social club for older people! Featuring a fascinating range of talks, craft, quizzes and more, plus light refreshments. The Library at Willesden Green. Thursday 23 March and 20 April. 2-3pm. Free.

### BRENT PENSIONERS FORUM

Brent Civic Centre/ Yellow Pavilion. First Wednesday of each month. Coffee morning last Tuesday of each month. 10am-12pm. Vi Steele (Chair) **020 8795 3151**.

## SPORT

### BOXING AND FITNESS CIRCUITS

SPORTIVATE youth fitness sessions organised by Sport at the Heart and The Space Gym. Get out, get fit and make friends. The Space Community Gym, 71-73 High St, Harlesden, NW10 4NS. Saturdays. 1.30-3pm. Free for those under 25.

hello@sportattheheart.org.  
07857 992 633.

### FOOTBALL – QPR IN THE COMMUNITY AND SATH

Free football training for young people organised by QPR in the Community in partnership with Sport at the Heart. Capital City Academy Outdoor Astro turf, Doyle Gardens, NW10 3ST. Tuesdays. 6-8pm. Free.

hello@sportattheheart.org  
james.mclynn@qpr.co.uk

### FUTSAL

SPORTIVATE Futsal sessions for young people delivered by QPR in the Community and Sport at the Heart. All welcome to come and try something new! Roundwood Youth Centre, Longstone Avenue, Harlesden, NW10 3UN. Thursdays. 3.30- 5pm. Free.

### FLY GIRLS AND WOMENS RUNNING COMMUNITY

A women's wellbeing Wembley Stadium walk/ run for beginners to improve their health and fitness. All ages are welcome from over 14s to senior citizens. Meeting point outside Brent Civic Centre for the Wembley Stadium Run. Sundays. 9-10am. Free.

### GIBBONS PARK

Come along and join us for free fitness sessions in the park including circuits, boxing, jogging yoga and some fun and games. Suitable for beginners. Gibbons Park, Bridge Road, NW10. Fridays. 4-5pm. Free.

Alastair 07956 478 393  
Ricky 07914 760 048

### ZUMBA FITNESS WITH ALISON

Zumba Fitness is a fun-filled dance based exercise class which is guaranteed to get you moving and burn calories. St Mark's Kensal Rise (Church Hall) Bathurst Gardens, London, NW10 5HX. Mondays. 7-8pm. £7 for drop -in classes, £36 for six classes prepaid.

zumbafitnesswithalison@gmail.com  
079 0337 7553.

### YOGALATES

A fusion of pilates and yoga perfect for beginners, to help you stretch, tone and de-stress. This class is women only. The Library at Willesden Green Performance Space. Thursdays. 6.30-7.30pm. £3. Drop-in no need to book.

### BHANGRABLAZE FITNESS CLASS

BhangraBlaze is an fun calorieblazing workout which uses basic but powerful moves of the bhangra style of dance. Suitable for all ages and levels of fitness. Oakington Manor Primary School, Oakington Manor Drive, Wembley, HA9 6NF. Wednesdays. 7-8pm. £5 pay as you go or £40 to book the 10 week block. Genna Panchani genna.panchani@bhangrablaze.com 07949 648 867.

### FREE FITNESS IN BACK 2 FITNESS

An eight week programme for inactive women, with an instructor to push you through the paces and get you back into exercise. Vale Farm Sports Centre, Watford Rd, Wembley HA0 3HG. For more information please contact the Community Development Manager quote Back2Fitness. 07949 648 867.

### SWIMATHON

We will be teaming up with Marie Curie in aim to get more swimmers taking on a Swimathon challenge! Vale Farm Sports Centre, Watford Rd, Wembley HA0 3HG. Friday 7 and Sunday 9 April. info@swimming.org.uk 08453 670 036.

## GARDENING

### GREEN FINGERS GARDENING WORKSHOPS

Gardening workshops delivered by Willesden Town Team The Library at Willesden Green. Wednesday 15 March and Wednesday 19 April. 11.30am-12.30pm. Free.

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