

No. 258

March 2024

# Villager



## **The Pinner Association Open Meeting/AGM**

In the Villager Hall, Chapel Lane, Pinner, Wednesday 17 April 2024 at 8pm

Invited speaker Alex Dewsnap, MD of London Borough of Harrow  
followed by the AGM and open forum

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Magazine of the Pinner Association



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# THE Villager

No 258 March 2024

Magazine of The Pinner Association

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# The Pinner Association

## Why we exist

Working in partnership with residents and local government, we aim to conserve and enhance the quality of life in Pinner, now and into the future.

## What we do

We have specialist teams focused, among other things, on planning, the environment, health, transport, parking, flood protection and the High Street and other conservation areas.

We publish The Villager three times a year, in March, July and November, to keep members informed. Between editions, you can find key information on our bulletin boards at Sainsbury, Marks & Spencer, Pinner Station and the Memorial Park, as well as on our website, **[pinnerassociation.co.uk](http://pinnerassociation.co.uk)**.

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# THE Villager

MAGAZINE OF THE PINNER ASSOCIATION

March 2024

## FROM THE EDITOR

Of the many things that irritate me about today's politics, the one that frequently reaches the top of the pile is MPs' insistence on talking about 'ordinary people'. I have never met an 'ordinary person'. This job confirms to me every time that people are extraordinary, with skills, dedication, passions and inspirations that constantly surprise and delight. The fact that their extraordinariness is not public knowledge does not make them ordinary. This magazine is, among other things, a celebration of the wonderful variety of people who live in our village and their stories. I look forward to meeting many more of you.

### Ahh, poetry

I make no secret of the fact that reading and writing poetry is one of my great loves in life. And it's a love that I like to share. Consequently, I have agreed with West Lodge, Cannons Lane and Pinner Wood Primary Schools that the Pinner Association will sponsor a poetry competition for their pupils. I look forward to sharing the results with you in the July edition. And, yes, I know that this part should have been written in rhyming verse, but sometimes life is just too short.

### Potholes Redux

Several fine candidates this month. Pauline Hochfelder was in touch about a powerful specimen from Buckland Rise, but the prize this month must surely go to Margaret Wetton of Latimer Gardens. This short road, beside Pinner Wood School, can truly be called the Road of a Hundred Potholes. Even the mini roundabout



*Latimer Gardens*



*Latimer Gardens*

is cracked from side to side. They do have the questionable advantage of being over the old mineworks, the apparent cause of the large hole appearing in the school playground recently, but, for a road in the conservation area, it clearly leaves a lot to be desired.

But, at least, some of us are having our pavements renewed.



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### **A Winter's Rant**

The Romans had it right, starting their year at the beginning of March. As I write this, January is confirming that it is the worst possible month to kick off the year, just as winter gets into full combat mode.

Granted, there are days when winter is just an irritating younger brother, nagging to be noticed, stopping you doing what you want. Bad as this is, though, it is nothing compared to when it really loses its temper, bangs on your door, rages around the house, beats up the trees in the garden, scattering leaves and debris in fits of rage.

Then the snow softens everything, rounding sharp corners with a soothing nursemaid's hand, bringing calm under slow white purity, as if to deny ever having had those tantrums. These are the Christmas cards days, though my youthful urge to run out and play with this magical stuff has eased to the pleasure of looking from indoors, insulated by double glazing.

It doesn't last of course. Within a day the wheels and feet of the world have created a grey slush that freezes overnight to create ankle-breaking ridges and looking-glass smooth sheets that make every excursion a black run.

Then, gradually and very unwillingly, winter eases its grip. This is no smooth, modest withdrawal, but the final child-in-the-supermarket level tantrum, flinging wind, floods, mayhem at random until, exhausted, we stagger into the dubious arms of March, still temperamental, unpredictable but offering glimpses of the possibility that we may, one day, be warm again.



*Ellie with Ellie, Plant Manager*

### **Harrow Garden Centre**

In late January, many of us enjoyed a morning at the Harrow Garden Centre, off Headstone Lane. After welcome tea and coffee, we had a very informative talk by Head of Plants, Ellie, someone with a deep and wide knowledge. The 20% discount on purchases that the Pinner Association had negotiated for the day was well used.

*Phil Lawder - Editor*



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## VIEW FROM THE CHAIR

This is my last view from the Chair. After one year of being Acting Chair and three years of being the Chair of The Pinner Association, I have reached my constitutional limit. Thank you to everyone that has helped and supported me in this time. I'm proud that we have restarted the volunteer gardening group from the Peace Garden, changed the Act of Remembrance to be more inclusive and made donations to more groups. Even when I am no longer Chair, do stop me and have a chat

Our AGM will be held on the 17 April at 8pm in the Village Hall. Our speaker this year is Alex Dewsnap, Managing Director of Harrow Council. (I hope that we won't discover two days before the AGM that he is leaving, like the Chief Executive last year!). It's your chance to ask him questions on anything that concerns you.

Your Committee have been busy updating our current constitution. Our Secretary, Ruth Boff, tells you about these changes later in this issue, on P 78.

We have started planning for this year's Concerts in the Park. The dates will be 28 July, 4, 11 and 18 August. Details of who are playing will be displayed on our social media outlets and notice boards later this year.

We were very pleased that the Planning Inspector has dismissed the appeal against the refusal by the London Borough of Harrow to give prior approval for the installation of a 20-metre-high telecom mast and three large equipment cabinets on the grass open space in Albury Drive. This was on the grounds that 'the proposal would harm the character and appearance of the area'.

Over recent years, the festive lights on Bridge Street have been switched on to celebrate Diwali. Last November, we arranged for Councillor Ramji Chauhan, Mayor of Harrow and the Dhol2Dhol drummers to attend to mark the start of the festival.



*Dhol2Dhol Drummers*

We were very relieved that Pinner's Act of Remembrance was dry. We did have some rain on the morning of the service, but this didn't stop the people of Pinner turning up. It was wonderful that the Jain nuns from the Jain Vishva Bharati temple were able to join us this year. Because of the on-going troubles in the Middle East, the Metropolitan Counter Terrorism Branch contacted me to make sure that we were aware of the potential problems. Special thanks must go to Sharon Pink, who was a key person in helping make it happen. Thanks must also go to The Queen's Head, Cafe Amici, Turquoise Kitchen and Robsons Estate Agents for their sponsorship. Lastly thanks to the Pinner, Pinner South and Hatch End Safer Neighbourhood Teams for attending.

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*Christmas lights*

Mayor Ramji Chauhan again visited Pinner to switch on the Christmas lights on the High Street. We were delighted to have West Lodge School choir sing a few Christmas songs, and some of the pupils danced for those that turned up. A massive thanks must go to Jenny Allsop of West Lodge School, who organised and prepared the pupils.

The Rotary Club of Pinner were busy again with their Santa sleigh across selected routes around Pinner. Having helped one night, it was wonderful to see the adults joining the children to welcome Santa on his rounds. One of the questions asked was “Where are Rudolph and the other reindeer?” The answer was very easy; they were being rested for their big night. Congratulations to Pinner Rotary who collected over £6,000 for charities such as Harrow in Mind and Purple Community Fund.

*Julie Waller – Chair, Pinner Association*



*The Mayor with Cllr Jean Lammiman and John Hinkley, Vice-Chair of the P.A.*



# SOLD IN YOUR AREA

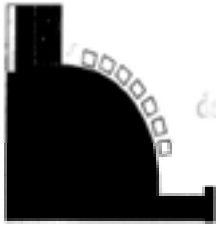
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## A PINNER DIARY

So awful has been the news on so many fronts in recent weeks that the Diary's first paragraph has to have some cheering news, so here it is. Official! Harrow is the second-best place in the country to live, measured in terms of crimes reported per 1000 residents. Perhaps unsurprisingly, Dorset did better, but, given the propensity of some to bang on about rising crime for their own reasons, it was surprising to read that seven other London boroughs featured in the Top Ten. If these results derive more from failure to report rather than police shortcomings, we have only ourselves to blame.

Our own Safer Neighbourhood Panel, on which the PA is represented, has long wrestled with poor quality statistics. Recently, we finally achieved the luxury of having simple bar charts breaking down each major category of crime in our two wards on a monthly year-by-year comparative basis, enabling intelligent discussion of the issues and trends identified. Sadly, the Panel's latest agenda seems to have lost them, in favour of a mish mash of graphs and maps that tell them far less. Obviously, the presentation of information is decided at a level well above that of our excellent local team, who deserve better. When the quality of information deteriorates, it is hard to avoid asking what it is that somebody wants others not to know.

Something else we were not apparently meant to know about was the reduction in frequency of 183 buses from eighth an hour to six, that occurred in November. Whilst it was trailed in the consultation about the new Superloop bus route from Harrow to North Finchley, and the Pinner Association among others argued against it in its response, the reduction was sneaked in without publicity. The new route and all its associated changes were introduced without any modification to the original proposals, which makes one wonder why TfL wasted our money consulting at all.

Indeed, in their haste to introduce the new route, they fitted its on-bus announcement software on the 183 vehicles as well, so that eastbound 183 passengers were greeted on boarding with an announcement "183 to North Finchley" at every stop. Confusion all round and raised blood pressure for the poor drivers being told repeatedly "It says Golders Green on the front", which indeed it did. It got worse, as the indicator at Harrow Bus Station told everyone that all the eastbound 183s were going to North Finchley and that all the Pinner bound 183s were terminating at Harrow.





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No misinformation saga, of course, would be complete if it omitted Harrow Council. Last August they postponed without notice the long overdue resurfacing of High View, eventually citing planned gas pipe renewals in the autumn, and promising resurfacing in December. Well, December came and December went, but the resurfacing team did not, and as yet, halfway through February, but we understand that they will have surfaced, and resurfaced, in early March.

By contrast, Cadent, who carried out the pipe renewal, could not be faulted. Reportedly, all High View households were told what would happen and when, and things actually happened close to or on schedule, in the face of challenging weather in the shape of heavy rainfall filling up the newly dug holes to overflowing. In addition, whenever any of the inevitably heavy lorries or other equipment blocked or impeded access or egress, the problem was resolved without protest and usually with a ready smile.



Back with the Council, who, heralded by a flourish of trumpets on Nextdoor from the ubiquitous Councillor mentioned in the last Diary, is rolling out a series of new street signs. In these financially straitened times, one might have expected street signs to be replaced only if damaged or deteriorated, but the numbers suggest otherwise. One cannot criticise the quality of the design, but couldn't someone at least have put the right post code on them? Apparently, there is another North Way in Edgware, so perhaps they have got ours.

By a happy coincidence, Pinner Local History Society has been advertising a talk on 2000 years of Road Signs, the earliest presumably dating from Roman times. It is a salutary thought that, if we had 'stopped the boats' then, we might still be going round in circles. The flyer features our treasured sign at Pinner Green showing "London 13 Miles". The word 'mile' derives from the Latin for 1000 steps, and for years I marvelled at the size of Roman steps, until Google put me right, explaining that a Roman step included the intermediate stride on the other foot.

Normally the Diary gets typed in one or at most two sessions on an iPad, sometimes with the TV on in the background. Suddenly, despite a full head of hair being a distant memory, I am distracted by an ad for Caffeine Shampoo. Why on earth does one need caffeine to wash one's hair? Does it carry a warning "May cause sleeplessness"? Might I have used it in earlier days to stay awake at meetings at work, or latterly the Pinner Association Committee? Enough of such seditious thoughts - time for a tea break.

Suitably refreshed, we move on to one of those strange mysteries. Reader Susan Taylor tells us that she came across an intriguing plaque near Sandown on the Isle of Wight. Who is the gentleman called Albert? It is clear from the photo that he was an emigré from Pinner a few years ago. So, does any reader





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remember a friend, neighbour or member of a local group who moved to Sandown some time ago, known as and probably called Albert? If there is more than one response, we really shall have a problem.

Next, a fond farewell to somebody who was always willing to try to resolve problems, Pmilip, who left Pinner Library in December after many years to “pursue other interests”. Those who work on the front line in our public services have a thankless task trying to satisfy ungrateful customers, often while being hindered by recalcitrant technology. Somehow, Philip never seemed to be fazed by either and invariably found solutions in the face of “computer says no”, and somehow it came as no surprise when he renewed our borrowed books for six weeks just before leaving, so that we had one thing less to worry about over Christmas. He leaves Pinner with our gratitude and best wishes.

By contrast, those who wrap our food seem determined to make accessing it as hard as possible. Sainsbury’s long life tomato juice, an Eavesdropper staple, has for years had a simple plastic screw top. No longer! One is now required to “push down at the front and lift at the back”, neither being identified, the front being so tightly integrated with the rest of the pack that you need a full set of PPE to avoid getting smothered with the stuff. And for this privilege, you now pay £1.25 a pack as opposed to 80p a couple of years ago.

At least it appears not to be Sainsbury’s fault that entry to the Station Car Park now costs over a fiver at weekends, after thirty-seven years of free parking. There seems to be a new operator, and it is not clear if the new charge is their own initiative or TfL’s. Either way, it does nothing to encourage people to use the Met Line at weekends and has been sneaked in without consultation or pre-publicity. Your Committee is on the case.

Another unwelcome development is the removal of our second preference vote in the upcoming Mayoral and GLA election. The system at least allowed you to vote for the party or person you really wanted to represent you, as well as who stood the best chance of blocking your least favoured candidate. Now many voters will inevitably vote for negative rather than positive reasons, or worse, not at all, and the GLA, which has hitherto had a refreshing diversity of views expressed, will degenerate into the confrontational spectacle we see at national level.



In this context it is doubly sad to record the passing of John Nickolay, who represented Pinner South for twenty years until 2018, and always sought solutions rather than confrontation. His major interests were Transport, Highways and Parking, and he was a most assiduous attendee at the Pinner Association Committee. He also served a distinguished year as Mayor of Harrow. Perhaps the finest tribute came from the PA Committee member who said that in sixty years of enfranchisement the only Conservative he had ever voted for was John.

As a granddad, one is always up for new experiences, and attending older grandchild’s first High School concert was

certainly one of those. Mixed emotions for sure, apart from pleasure in grandchild's small part. Certainly, some regret that not a single child seemed able to sing without amplification, that Harrow's finances apparently allow for no teaching of oboe, bassoon or any brass instruments, and that the huge preponderance of solo pop songs made the occasion more like a karaoke night than a concert. However, huge pride in the way that youngsters from massively diverse backgrounds are developing into cohesive units. Given the wholehearted abandon with which these kids surrender to pop culture, any militant 'isms' don't have a chance.



It was reassuring to hear at the Pinn Medical Centre Patients' Association AGM how carefully each day's trawl of PATCHS emails is analysed to ensure that each appointment is allocated to the person and level best qualified to investigate the condition described. However, there remains a minority of patients unable to access PATCHS, either because they are not online or they lack the knowledge or confidence to use the system. It was therefore equally reassuring to hear at a Harrow community health seminar that, under the Equalities Act of 2010, one is entitled to book an appointment other than online. This needs to be borne in mind if any local GP practice tries to tell you differently.

The recent gales left Pinner relatively unscathed, but the fall of a large tree in Joel Street in January gave Pinner sightings of the Rarely Spotted 282 on diversion and gave rise to social media hopes that it might have destroyed a ULEZ camera. Back in the 1950s, the Daily Telegraph satirist Peter Simple invented the character of J. Bonington Jagworth, leader of the Motorists' Liberation Front, assisted by his Marxist deputy, Royston Cylinder. Little did he realise how prophetic he was. If you can find a second-hand anthology, grab it, and be amazed at how many of his outlandish inventions have come to pass.

*Eavesdropper*

*In 1991, when Eavesdropper took The Diary on, he expected it to be for a few issues. July's will be his 100th in a row, and he has conveyed his wish for it to be his last. We therefore need a new diarist, so please contact the Editor if you are interested. No commitment to do a hundred is required!*

## PINNER PEOPLE

### BERYL JONES

After the last *Villager*, your editor received a call from a lady called Beryl Jones. At 94, she has an impressive sixty years of volunteering under her belt. I quickly invited myself round and, over tea and biscuits, she told me her story, a remarkable one which I share with you in her own words.

'I think that my need to help people is rooted in my childhood in Wales. I remember a particular winter morning after a heavy fall of snow in our mining town in the South Wales valleys in the 1930s. My father opens the front door.

Immediately, an out-of-work miner detaches himself from a small group and rushes over, pulling at his cap. "Have you any work for me, governor, can you give me a job?" My father tells him he can clear the snow from the garden paths, and he'll be given one shilling and a lunch of bread and cheese. It is a long garden.

My mother and I take the food out to him. The miner looks at the wedge of cheese, takes up the knife and cuts it in half, putting half in his pocket. When he sees me watching he says, "I will eat that piece later". Young though I was, I felt that this was unfair. Why should we be comfortably off and others in such want?

My daughter Cathy was born in 1959, severely and multiply handicapped with an uncommon syndrome called Rubinstein-Taybi, a mental retardation with multiple physical anomalies and that she was brain-damaged by the Rhesus factor.

Terms like 'learning difficulties' were not used in those days. It was 'mentally subnormal' then, either mild or severe, and the choice was to look after her myself with very little support from Social Services, or place her in Leavesden, the mentally subnormality hospital, which was like something out of Dickens. It was also known as the Asylum for Incurable Imbeciles.

I joined the Harrow Society for Mentally Handicapped Children, and also the Harrow Society for the Disabled, serving as their Treasurer for some years. I was also Assistant Secretary of the Kingfisher Disabled Swimming Club.

The severe children were classed as ineducable. On a few occasions, I was asked to befriend a new mum and ask her to tea, so that she could see how I coped with Cathy. When Harrow built Whittlesea Special School, Cathy got a place there. Transport was





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provided, but not from the house. I had to push her in her wheelchair a good way down the road and wait in all weathers for the bus. My husband could get to his desk in the city in less time than it took Cathy to get to school.

In 1968 I had the idea of setting up a Toy Library of simple educational toys. It would be a great thing if we mums could encourage our children to master such toys. I recruited two other mums, and, with a donation from Harrow Society and donations of toys from some big London stores, we got started. We were allowed to use a room and cupboard first in the church in Hinds



*The Toy Library team*

Rd then by one in South Harrow. By 1974, the Harrow Society had built their own place, Gateway House, in the North Harrow car park, and we moved in there.

Northwick Park Hospital opened in 1970, and Cathy was one of their first patients. I happened to mention the Toy Library to their paediatrician, and he felt it would be a good thing to set one up in the hospital, manned by volunteers, and he asked me to run it.

In 1977, I took a Volunteer Social Worker course at Harrow Tech and also studied Maketon, the sign language.

Down through the years, I had many differences of opinion with Social Services, and have been punished for it. The Medical Officer for Middlesex once told me not to fight battles I could not win. When the government first brought in the Mobility Allowance, I applied on behalf of my daughter, and was turned down. The criteria were that if a person could stand and take their weight on their feet and could move their legs, they could walk. My submission was that incoordination of movement and impairment of balance should also be taken into account. I appealed to a Medical Board and was turned down again by two very unpleasant doctors, whose report described Cathy as 'this cretinous freak'. This was the language that was used in those days. They put it in writing and sent me a copy. I appealed again to a Medical Tribunal, chaired by a QC, and argued with two high-ranking men from the DHSS and two doctors of 'high standing'. This time they found in my favour. Not only did I get the allowance, but many other people who had been turned down now qualified.

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When Cathy was twenty-three, Harrow built Bedford House, a home for multi-handicapped adults at Pinner Green, and I was offered a place. I loved Cathy and did not want her to go and be put away, but after much thought I decided it would be for the best. I was fifty-two and my husband was five and a half years older. The last line of a poem I know says, 'Love is proved in letting go'. She settled in well, and I was around to help. I set up the Friends of Bedford House, just a small group to assist staff in an emergency and to send each resident a birthday card. We attracted attention and a very good organiser and fundraiser joined us. I stayed on the committee but took a back seat.

I had always been interested in massage, believing touch to be comforting and soothing, and took short evening courses in shiatsu, Indian Head massage and reflexology. I heard that the Red Cross needed therapeutic care volunteers, joined, took their training and started work for them in 2003 at their centres in Ruislip and Uxbridge. We treated carers, and they enjoyed the therapy and the chance to get together. Then, about fifteen years ago, I was asked to join the Red Cross team at Northwick Park, treating patients on the ward as a free service.

I helped the Red Cross at other events, and in 2005 went up to London to help at the Horticultural Hall at the time of the bombings on London Transport and to man the telephone helpline. Ten years later, I attended the service at Saint Paul's, a very moving moment.

Cathy died 19 years ago and her father two years later. I then moved to my present address in Pinner. I wanted to take on more voluntary work. The doctor who had looked after Cathy had been so kind, I thought I would see what I could do at the hospital and asked for a clerical sit-down job. I worked in several departments until, just before the pandemic lockdown, the Red Cross discontinued their therapeutic care, because of the costs of insuring each volunteer. They gave me a medal in thanks for my work.

I took on more clerical assistance to fill the Red Cross day, and was sent to Urology and Orthopaedics to help there. I am still doing voluntary work at Northwick Park, but only one morning a week and it is a sitting down job.'

A remarkable career for a remarkable lady.

*Editor*

## PUTTING PINNER ON THE (WEATHER) MAP

There are few good reasons to watch the news nowadays, but a small compensation is to see the BBC London weather report with Pinner at the heart of the forecast.

As many people notice this locally and tell us that they enjoy seeing our village featured prominently on the bulletins, PA member Sharon

Pink had a chat with the BBC and asked how they choose which places to feature. They told her: "BBC London covers London and a wide area, so it's important that weather maps reflect this. Locations are chosen to provide a good geographical spread and are changed from time to time, when there's a weather-related story in a particular area." But Pinner seems constant, and why not?

So now we know - and here's BBC weather presenter Kate Kinsella showing us she knows the sunniest place in the region.



BBC



## ALTERNATIVE PINNER

### FROM BANKING TO TAI CHI

I was never drawn to the Eastern martial arts. To be honest, I found them all a bit, well, silly. But then I came across Tai Chi, a more gentle form, with clear benefits to our everyday lives. So, to find out more, I spoke to Ged Hawley, local Tai Chi teacher and the man behind the LaughingMonkTaiChi.com website.

We met at Starbucks, which, as an icon of American consumerism, might seem a strangely inappropriate setting for our conversation. However, we settled down and Ged explained to me how he, a treasury expert with several big banks, decided to change direction and become a Tai Chi teacher.



“I had always been interested in the martial arts, ever since Bruce Lee burst onto the big screen with his high kicks and punches. Being someone who had never considered himself athletic, I found karate was, as well as a great way to learn self-defence, fantastic for overall fitness and self-confidence. As time progressed, though, I realised that this high intensity-high impact exercise was not something I could maintain in the long term. The career was also an issue, limiting the time that I could devote to this. OK, I’d done very well, but I always felt that there was a life after work and, with retirement age not that far away, I needed to seriously think this through. That’s when I saw an advert for a Tai Chi class.

Initially, it was just about getting out of the house to do something, away from the work-commute-eat-sleep routine, to figure out what this slow-moving exercise was all about that also claimed to be a martial art, and to meet people who weren’t bankers! At the beginning, my practice and attendance at classes was a bit ‘stop-start’. Then the instructor closed the class and moved to another (less accessible) location. My mother passed away, and, at the same time, I was asked to take on a significant challenge at work. But that’s the thing with Tai Chi; it slowly gets under your skin, and the more the pressure and disruption in my life grew, the more I had this sense that I needed something that was not what was happening in my everyday experience. I found Tai Chi to be particularly useful in dealing with the stresses of a challenging job and busy life. In an odd sense it made a space in my life for me to forget about everything and just think about what was happening in this class.

Then, in 2019, it became apparent that my father was entering the last stages of life; nothing specific, but he was clearly slowing down. So, I gave up my job to help look after him. Whilst I didn’t think of this as retirement, I also didn’t assume a return to work. It was a great decision, something I will never regret.

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After my father died, there was the funeral, a will to execute and house to sell. So, there was no immediate thought of returning to work. When I started to look at the job market, Covid struck, and there I was (like lots of others) locked down at home. All this time, I'd kept practising Tai Chi, and lockdown permitted me to take courses and private classes. In the right weather, Tai Chi is a wonderful thing to practise outdoors.

It was then that I thought that, if ever there was a time to start my own classes and see this as a chance to change career, then this was it. Plus, the teaching aspect was something that, ironically, I had been doing all my life. There are a lot of teachers in my family, so I guess that I have the gene. And my approach at work had often been to teach and bring others with me when dealing with any task. I began teaching outdoors, given the great weather in 2020, and this got a good response. As a result, when the restrictions lifted, I launched a range of classes around this area."

"So," I asked, "what is it about Tai Chi that makes it so helpful?"



"The idea behind Tai Chi is that all movements are done slowly. The aim is to learn a sequence of movements known as the form. As well as the challenge of learning this sequence, the aim is to be as precise as possible, what I call the 'Torvill and Dean challenge'. But there is also an 'intention' behind the movements. Tai Chi is a true mind-body exercise, where there is a recognition that the mind thinks first, and the body follows. As the practitioner improves, so the mind thinks less about the next step and more about relaxing and breathing. The breath sets the tempo of the practice.

An integral part in all of this is the application of an idea called Wu Wei. This is best translated as the art of not forcing something, of understanding the ability to spot what is not working and find a different way. (More about this in the next edition of *The Villager* – Ed.) By focusing this thinking on a set of movements, we can, with practice, get to a point where the body can work without the conscious mind, a kind of walking yoga, if you like, or moving meditation.

If you have a busy life, then Tai Chi helps create space in which you can really relax and let go. As we get older, and balance and posture become more challenging, Tai Chi can help you to rebalance and feel more confident in your daily movements."

Having been going to Ged's class for about a year now, I can endorse that. It is one of the few moments in the week when I can switch off and both physically and mentally rebalance. This is especially true on those moments in the summer when we take the class outside and practise in the Memorial Park.

*Phil Lawder*

*To learn more about Ged's work, go to his website at [laughingmonktaichi.com](http://laughingmonktaichi.com)*

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We will be holding an auction on Tuesday 30th April with a specialist Asian art section, which we will be taking consignments for up until the 27th April. A wide range of specialist and antique auctions are held on a regular basis.

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## DO OUR VILLAGE SHOPS HAVE A FUTURE?

Our shops are an important focal point of life in Pinner, but in this digital age, are we taking them for granted and are we in danger of losing them? In the couple of years that Steve Brown and I have been writing the Talking Shops column for this esteemed journal, this question has preyed on our minds. Triannually, we trawl the village, introduce ourselves to newcomers, celebrate anniversaries and other achievements with longer-established traders and, in trepidation, phone the agents for news on the long-term vacancies. That list doesn't seem to get any shorter.

High Street vacancies in the UK in the first quarter of 2023 stood at 13.8%, although the figure for Greater London was lower, at 10.1%. A simple survey of the 157 shops in Pinner (don't go out and count them, you'll arrive at a different figure each time) and the number of vacancies, 13, shows that at 8.3% we're actually lower than the regional average.

With around 25 (16%) Food & Beverage outlets, soon to be 26 with the arrival of Esquires in the old HSBC (see Talking Shops), and 23 (15%) hair, nail and other beauty salons, we are very much in line with national averages, a clear shift from providing goods to providing services. These ubiquitous users have sprung up in recent years with a corresponding fall in the number of banks, building societies and fashion retailers. Second-hand shopping is growing, with 35% of consumers saying they will be rifling the charity shops for bargains to fight rising costs, and 44% will be selling their unwanted goods. Is there room for even more than the five charity shops that we already have?

This has all come about, of course, because of the phenomenal increase in online shopping from 2% of total sales in 2005, rising to 27% in 2020 and predicted to be over 50% in the next 10 years.

Surrounding large centres are the other major challenge for our local shops. With the exception of a handful of household names – W H Smith, Boots, Specsavers, - national retailers are not drawn into smaller centres like Pinner. With Harrow, Watford, Brent Cross, Westfield and the West End on our doorstep, and with much of the building stock unsuitable anyway, there is no benefit for the big fashion brands to open in Pinner. Indeed, where is the attraction for a retailer to open a bricks and mortar shop anywhere, with all the infrastructure costs that come with that, when it is easy to design a website at a fraction of the cost?

The attraction of these larger centres has diminished of late, with the demise of Debenhams, House of Fraser and particularly John Lewis from Watford. For the fashion shopper, we do have the fine James Lakeland, Passion Boutique and LOVi London. For a wider choice, though, people must still travel away from Pinner or buy online.

The draw of the internet very much depends on what you are buying, of course. If it's a pair of shorts or a book that's one thing, but if you want a cup of coffee or a haircut then that's another. And surely that's the key to it. Retail has always been a dynamic market, and the most successful are the fleetest of foot, identifying a trend and delivering the



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right product to their shops first and at the right price. Nothing in that has fundamentally changed, except that today consumers have a much wider choice and often need not leave the comfort of their own armchair to achieve their objective.

### **Does the landlord have a role to play?**

Essentially, landlords are investors who have chosen land and buildings rather than stocks and shares. Ideally their investment, let's say a small shop in Pinner, should be let on a long lease to a secure tenant, so that they can sit back and enjoy a rental income and, hopefully, some capital growth. However, it rarely works like that; leases are getting shorter, rents have been in decline and, if the property falls empty, then the responsibility for vacant rates, repairs and insurance can amount to a significant outgoing rather a comfortable income stream. Not a particularly attractive proposition compared to buying shares in, say, Amazon or Tesla.

So, what can landlords do to help protect the town centres as, surely, their interest is aligned to that of their tenant, the retailer, despite being apparently on different sides of the fence?

It is easier in the case of a shopping mall or a parade of high street shops, where a single landlord can make unilateral decisions for the good of his or her investment, but in Pinner ownership is fragmented, and individual landlords have little influence. Nevertheless, they can accept a lower rent and flexible lease, allow a temporary tenant a short term 'pop-up' let, and lobby the local authority, alongside the retailers, to provide clean and safe streets, improve off-street loading access for delivery vehicles, lower parking fees (well done Harrow for introducing the one hour's free parking) and reduce business rates, a particularly contentious issue. Successive governments have promised to level the playing field, which currently penalises the physical shop occupiers against the internet operators, who often escape tax altogether.

In 2022-23 Local Authorities in England collected a total of £22.9bn in business rates. Councils retain 50% and the other half goes to Central Government, which uses it to fund grants to Local Authorities. The current system is cost-effective to administer, with a high percentage collection rate. Let's see what reforms are introduced after the next general election, but we cannot stop the advance of technology, and shoppers and retailers must embrace it to survive. Currently, the only generation where the majority prefer to shop in store is the Baby Boomers (the post-war generation). Three out of five of Gen Z (born between 1996 and 2010) say they would rather shop online.

Napoleon may or may not have called us a Nation of Shopkeepers, but if he were around today, he should more accurately call us a Nation of Shoppers. As long as the retailers provide the right offer in the right environment, we'll be there.

In these uncertain times one thing is for sure, we must use our shops or we will lose our shops.

*Max La Frenais has lived in Pinner for over 35 years and is a founding partner of leading retail property consultancy KLM Real Estate.*

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## RESTAURANT REVIEW

### HOT STUFF



What can one do when confronted by icy weather and sky-high energy bills? Run for the hills? But that is towards even colder weather.

Naturally, it had to be a curry, there being some incomprehensible opposition to McDonalds. But where? Between Pinner, Eastcote and Hatch End we are stuffed full (literally) with Indian Restaurants. But, some while ago, we had been with friends to Social Dhaba in Hatch End and the food was simply excellent. So, with my spirit of adventure undiminished by age (or anything else), we went.... to Social Dhaba with the same friends!

The start of our exploit was inauspicious. Having dropped the other three right by the restaurant, I went to park our 21-year-old, worn-out car in the car park behind the parade. But I found myself instead in a narrow, ill-lit, rutted, potholed, alley. Doing a three-point turn with parked cars every which way, whilst peering through rapidly misting windows was - even if I say so myself - the finest bit of driving I have done in over 50 years. So why did I not feel good about it? Because I felt so stupid about taking the wrong turn.

It was in this relaxed frame of mind that I entered the warm, cosy restaurant, to be met by smiling, bobbing, friendly staff and by my wife (Daryl) and friends who were, unsurprisingly, more interested in food selection than in my trials and tribulations.

Up first were crispy papadums with a selection of unusual (to me) dips - coriander, fiercely hot chilli and a yoghurt flavoured with something which was not cucumber, but which tasted good. Things seemed to be looking up.





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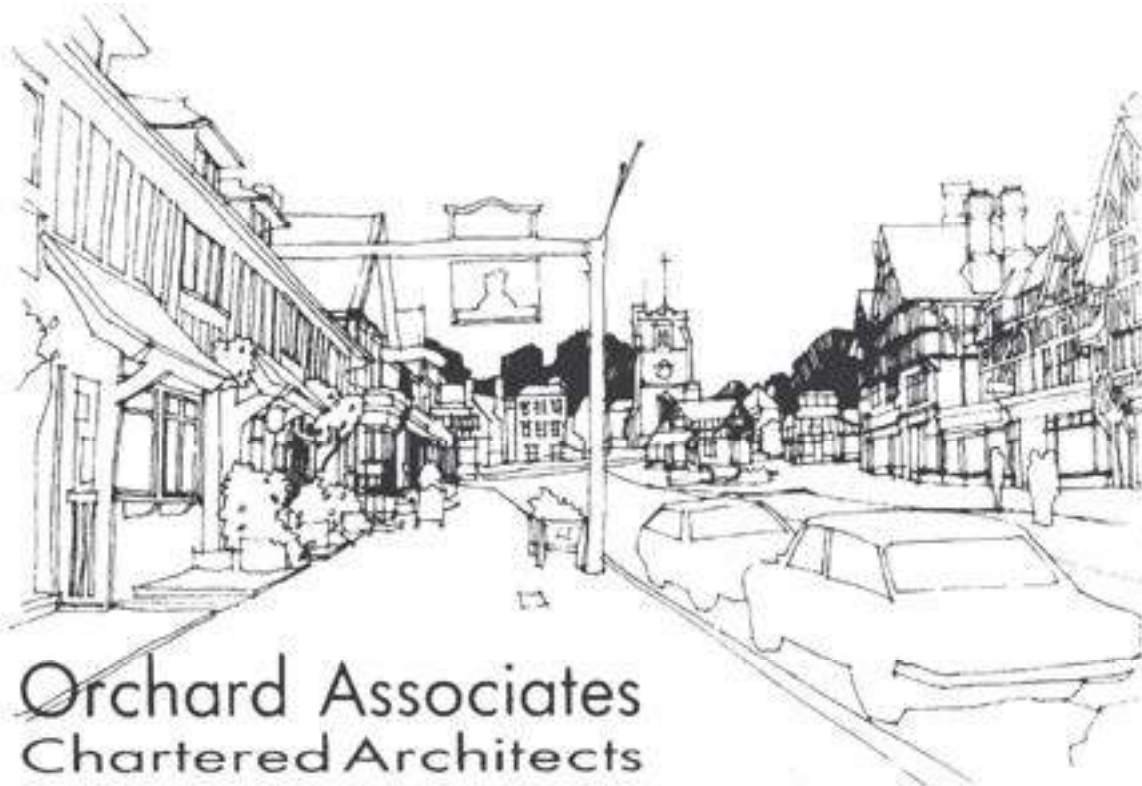
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And then not so much. The other three had all ordered onion bhajias to start and found them much more spicy hot than is usual. This was a particular disappointment to Daryl, as she LOVES onion bhajias, but not very highly spiced food. I noticed, however, that she did finish the dish and she thought that the flavour was delicious behind the heat. The others concurred, as did I, having sneaked a mouthful.

My starter was Bhel Puri - proof positive that living on the edge still beats strongly in me. An enormous portion of puffed rice with wonderful flavours, not over-hot and much appreciated by the whole table.

Unfortunately, the smoked aubergine main, chicken biryani and lamb korma all proved again to be too spicy for their recipients, though the flavours were again excellent. Those still awake may just have spotted a trend here.

Even more unfortunately, just after the mains had been served, I managed to knock over a full glass of beer, drenching all and sundry. Within a minute at most, there were at least four staff wiping the liquid up with paper towels and a mop and moving the long-suffering and unsurprised Daryl to a dry seat at the table. This was typical of the great service all evening.

Incidentally, my Handi Lamb was spicy and superb as was the Jeera rice and, because the portions are large, a number of leftovers now populate our freezer, so I have much to look forward to.

The restaurant was full and buzzing, but nevertheless the dishes arrived in a well-paced manner, and genuine smiles never left the faces of those serving it all up.

The meal is quite expensive, about £35 a head for two courses without drinks) but there is compensation in the extra meals from the doggie bags (I would advise against giving this food to a pet for a number of self-evident reasons) and I am sure starters and mains can be shared.

Would I go again? Definitely. Although on this occasion, the food was spicier than expected, I fully accept that we should have asked for milder versions when ordering. The flavours were all excellent - well above the normal curry house standard - and combined with such friendly, efficient service, Social Dhaba is well worth another visit.

Whether the others will risk taking me is another matter entirely.



*Peter Jacob*

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HOUSE OF COMMONS

## THE PEACE GARDEN

It is one of those clear, crisp days that can delight in early winter, before the cold becomes too intense. In the Peace Garden, tucked away in the top right-hand corner of Pinner Memorial Park, above the playground and a world away from it,



a team of seven Pinner Association volunteers are working, wrapped against the chill. Even though little is still growing at this time of year, the team of Christine Cox, Christine Wallace, Brenda Jakes, Catherine Leedham, Kathy Fry, Garry Scanlon and Philippa Wells have much to do. A long battle with ivy that had encroached in every corner, clambering up trees and smothering other plants, has been finally won; several show me their scratches from untangling the ivy from spiky berberis. The team are now delighted to be working on clear beds, rediscovering plants that had been hidden.



Three hundred new bulbs have been planted. By the time that you read this, many will be showing, to give a colourful spring offering to all who come to visit, to wander round or just to sit. They are also reviving the scented garden by the entrance from West End Lane. Volunteer Christine Cox proudly shows your editor what they have achieved. We walk the gravel path that runs around the perimeter of the garden, as she points out many plants and shrubs that my ignorant eye would have missed, discrete bursts of colour, even at this time of year, among the more mature plants. "It's taken us two years to get the garden back to this state," she explains.

In the centre, a circle of rose beds, flanked by high obelisks, surround a weeping ash, giving the sense of a temple, which feels appropriate. The Peace Garden was established, under the leadership and drive of Joanne Verden, to mark the 50th anniversary of the end of the Second World War. A space that had previously been a walled garden for the owners of West House was transformed in 1995. This fits well with the history of the Memorial Park itself, which was bought by the people of Pinner in 1948 as a permanent memorial of those who had fallen in the war. (The memorial shrine can be seen in the Quiet Room in Daisy's.)





A more recent addition is The dove set into the ground was designed by the pupils of Nower Hill School. Each year, there is a memorial service around this dove, and a wreath is laid on it.

Every Wednesday, the volunteers are out cutting, tidying, planting and planning, so that we can all enjoy the quietness and beauty of this secluded part of the park. The work sessions include a well-earned break for discussion and cake, a suitable reward for the effort of ensuring that this special corner remains a place of uplifting contemplation and peace.

*Editor*



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## FRESH AIR AND FUN ON A BIKE

Post-pandemic, many of us are taking more care of our mental health, getting some fresh air and enjoying the local area on a bike. With extreme climate events coming closer to home, we're looking to travel sustainably as well.

Breeze for women and Guided Rides for men and women, are British Cycling's answer. Their website [letsride.co.uk](https://letsride.co.uk) allows people to search on their postcode for a ride near them. Local volunteers help people get active with free, fun, friendly rides exploring our green spaces and quieter streets. They find that people are looking for places to go and a bit of guidance on cycling.

Led by trained ride leaders, the rides range typically from 5-30 miles and could be local to Pinner and Harrow, into central London or out to the Chilterns. The essential café stop allows riders to ask questions and make new friends.

Breeze rides leave from Pinner (Heath Robinson Museum), Eastcote and Hatch End. Mixed rides with Harrow Cycle Hub usually leave from Harrow Civic Centre, or sometimes from Hatch End.

Rides are at a pace to suit everyone, and no one is left behind. Leaders plan routes on minor roads and through parks, so that riders can build their confidence. The letsride descriptions cover distance, terrain and what kind of bike is suitable.

Cuckoo Hill Road resident Raakhi Patel explains why she got involved. 'I wanted to gain confidence in cycling on the road, and the Breeze rides started very close to my house. I love discovering new coffee shops! You also get to go down pathways that you would not normally find, and so see the area in a new light. I enjoy meeting new people. My confidence has grown and I'm able to go on longer and more challenging rides, including completing the Ride London 100 last year.'

Regular rider Beverly Peter, from Moss Lane, tells us, 'I liked the fact that the rides were women-only and not too fast, and an excellent leader helped me overcome my fear of cycling. Riding in a group is sociable; I always look forward to seeing the people I have got to know on the rides.'

To find out more, create an account on letsride and join local groups to receive notification of rides; use the following links.

### Women-only rides:

<https://www.letsride.co.uk/groups/breeze-harrow-1>

<https://www.letsride.co.uk/groups/breeze-hillingdon>

### Mixed rides:

<https://www.letsride.co.uk/groups/harrow-cycle-hub>

<https://www.letsride.co.uk/groups/inspiring-adventure>

So, dig out that bike, pump up the tyres, oil the chain and make sure the wheels turn! Local bike shops in Rayners Lane – Cycle King - and North Harrow – The Bike Shop - will be happy to help with repairs, large or small.



*Veronica Chamberlain*

## LOOKING BACK

Seventy-five years ago, in *The Villager* on March 1949, the then Editor was looking even further back, to a Harrow-on-the-Hill handbook of 1850, which stated, with an eccentric use of capital letters:

‘Letters posted in London before 9 o’Clock in the Morning are delivered to Harrow before 12 o’Clock. Letters posted before 3 in the afternoon are delivered before 6 o’Clock and those posted before 8 o’Clock at Night are delivered at 8 o’Clock the next morning.

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## PINNER PEOPLE

### ANKIT GROVER

Pinner comedian Ankit Grover likes making people laugh – and he is brilliant at it.

Ankit, who lives in Pinner, is building a big following for his Hindi language stand-up routine and his online videos show how he delights audiences.

By profession he recruits staff for Amazon, but the sound of laughter has always been an important part of his life.

He said: “I’d always enjoyed cracking jokes and making people laugh. Then, in 2017, back in India, in Delhi, where I was working, I went along to an open mic evening. I was one of about eight rookie comedians that evening. I won that night.

“When the pandemic came, closing off any opportunity to perform live, I teamed up with Salman Malik, a Pakistani comedian, and we did a free Zoom comedy show. That helped me to hone my skill.

“Amazon then transferred me to London, so I have been able to perform both in the UK and back in India.”

Ankit has successfully supported several leading Indian comedians on tour here in the UK, and recently performed his solo show to a capacity crowd of 150 at Pinner’s own PADCA Hall.



Does he get nerves before stepping on stage into the spotlight? “I just make sure that I really know my material, especially the first part, leading up to the first laugh. Once we are there, the audience is with you, and it rolls on.”

Ankit, 40, is Punjabi, and part of his comedy is based around his marriage to his wife Tithiparna, who is a Bengali. Ankit explains that, while Bengalis are seen as quite sophisticated, Punjabis are considered loud and rather more rough around the edges.

So, will we see Ankit performing in English as well? “It’s not impossible. I have done a gig in English, back in 2021. It went fine, but I recognise that English is not my first language, so it demands work to really understand the subtleties that make things funny.”



## CONNECTING WITH NATURE AT WEST LODGE

Back in September of last year, West Lodge School hosted the first ever YES Fest. YES, in this context, stands for Youth Eco-Summit, designed for nine- and ten-year-old pupils. Children attended from twelve schools, travelling from as far afield as Lancashire and Yorkshire, as well as from boroughs around London. They were encouraged by Simon Braidman of Harrow Nature Heroes and the brains behind the development of Wood Meadow in Pinner in West End Lane, and by storyteller and nature connection facilitator Chris Holland, and a live link was set up to the Eden Project in Cornwall. After a day of activities, listening and learning, every child left with a small plant to nurture and grow. The schools will all stay in touch through the year, to share ideas and inspire each other to take action that helps the environment.



As a result of their focus on sustainability, West Lodge pupils have started to monitor the invertebrates in the River Pinn, under the guidance of Steve Bolsover, who set up the Harrow Nature Conservation Trust and is responsible for Harrow's Streams, an organisation that focuses on knowledge and care of our watercourses. Steve brought along a microscope, so the pupils were able to establish that there is pollution in the Pinn, caused by washing machine effluent. Monthly monitoring continues, testing ammonia levels.



The results have been presented to our local MP, David Simmonds, at a meeting shared with Pinner Park and Cannon Lane Schools. In partnership, the three schools are now looking at setting up Ground Control, a nature corridor from Headstone Manor Park to Pinner Memorial Park.



Jim Dees, Headteacher at West Lodge, and a geographer by training, is a strong advocate of nature connectedness, ensuring that our suburban children are truly in touch with nature and caring for it in this precarious world.

## BIRD OF THE SEASON

### BLACKCAP, A CHARMING SUMMER VISITOR

By the end of March, our first summer visitors have arrived, and April will see the arrival of nearly all the others. Meanwhile, those birds that spent the winter here avoiding the colder places where they breed will have started on their return journey.



*Blackcap pair*

One of the more common summer visitors, more often seen and heard around Pinner nowadays, is the blackcap (*Sylvia atricapilla*), flying in from the Western Mediterranean and the west coast of Africa. During the Covid lockdowns their singing was particularly prominent. The blackcap is a warbler, and warblers are known for their songs more than their looks. Blackcaps are one of the largest U.K. warblers and about the size of a robin, with grey-brown plumage above a paler grey chest and abdomen. The male, the songster, has a distinct black cap, whereas the female has a cap of surprisingly bright brown. The majority will be on a territory by the end of March. They inhabit woodland, or groves of trees and scrub, but with a shrubby understory, and often use smaller trees nearby to act as song posts. They are fairly easy to see in early April, before the vegetation becomes too thick.



*Garden warbler*

I often hear them singing and then see the male fly onto a prominent low treetop where he sings loudly. The blackcap song is described as rich, fluty and unhurried. The closely related garden warbler is more skulking, but also with a rich song that sounds as though the bird is hurried and unable to stop. Both can be thought to be nightingales (especially the garden warbler) and can be heard singing late on an early summer evening.

Blackcap nests are hidden in brambles and similar thick vegetation and usually only a single clutch of eggs is laid. Incubation lasts 11 days, as does the period till the young fledge. The young are fed on insects, grubs etc, but fruit and insects are the major food sources away from the breeding period. By midsummer, the birds have stopped singing and started feeding up for a moult of their feathers and to fatten up for migration.

Most British-bred birds migrate south. However, many stop around the Mediterranean without undertaking the hazardous crossing of the Sahara Desert. Blackcaps are also seen in southern Britain in the winter, often with parties of tits. These are believed to be winter migrants to our shores from continental Europe in general. The ready supply of food at bird tables is considered a factor in attracting them here and supporting them through the winter. These behaviours differ from most other warblers, that migrate across the Sahara, and could give the blackcap an advantage that explains their increasing numbers.

In Pinner, blackcaps can be heard in our gardens, parks, allotments and many other sites.

*Ian McNeil*

Pinner RSPB group, that meets second Thursday of the month in the church hall.



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## TALKING SHOPS

### MARSH ROAD:

On P 75 of this edition, you can read about the Council's proposals for the new cycle lane in Marsh Road, so that's a good place to start our ride around the shops, restaurants and cafes of Pinner.

There's been a **Launderette** at **145 Marsh Road** for over 50 years and it's been in the Martin family since the late 1960s, when the parents of current owner, Jeff Martin, bought the business. Put simply, it's a self-service launderette with a loyal customer base, as well as non-regulars who use the service for larger loads and large items such as duvets.

This year, a card payment facility will be added to the machines to make it easier for the customer who doesn't carry cash.

The Covid pandemic hit the business hard, and this was followed by the energy crisis. However, this latest challenge has presented new customers who find it more cost-effective to use the laundrette (this is happening across the country).

With 60-70% of customers coming by car, the cycle lane proposal, with its loss of car parking spaces, will present another huge challenge. As one who is at the forefront of the traders' campaign, and not one to beat about the bush, Jeff says that the proposals are "terrible for the Marsh Road shops and bad for traffic through Pinner". As Jeff DIDN'T say, "Let's see what comes out in the wash!"

Another retailer who is most definitely against the original proposals is **pharmacist, Salil Gor**. With so many elderly and disabled customers, easy access and parking directly outside is vital to his business.

Chris Zepetes has owned **Ideal Fish Bar** for 28 years but has recently sold the business - we'll meet the new owner in time for the next edition of Villager. In the meantime, Chris has retained the freehold of the shop and flat above, so has strong views about the Council's traffic scheme as a property owner. "The proposals are badly thought out and will be bad for businesses that rely on parking."



*Peking Garden*

On the opposite side of Marsh Road, **Peking Garden** is another takeaway business that relies on ease of parking. Divya Ghai bought the business seven years ago from its sister restaurant of the same name in Moor Park (the two businesses are now completely independent).

On a number of fronts, Peking Garden is different from your average Chinese Takeaway: all meat is Halal and no pork; an extensive vegan menu was launched last year (still not sure about the idea of vegan duck!); there's a special dim sum menu,

and they've got their very own delivery app. If you don't fancy a takeaway, Divya has recently introduced a few tables and chairs (but it isn't licensed).

What are the bestsellers? Sweet and sour chicken balls; beef in black bean sauce; crispy beef; aromatic crispy duck and a special mention for the Ho Fun Noodles!

We'll give the last word (for the time being) on the traffic scheme to Divya: "Sometimes we have to take collection orders out to people in their cars because they can't find a parking space. So, I really wouldn't want to see a reduction in the number of parking spaces in Marsh Road."



*Yasemin and Mustafa*

Staying in Marsh Road, Pinner Kebabs has been refurbished and changed its name to **Pinner Kebab Gozleme Burger Coffee Bakery**. The business has been owned for more than 10 years by Mustafa and his wife Yasemin. The café has had a complete makeover and perhaps the biggest change is the introduction of gozlemes, Turkish savoury pastries, and other Turkish specialities. This is Yasemin's domain – all are homemade by her each day. I strongly recommend the Feta & Parsley or Mince Meat Gozlemes and the lovely Pogacas. These great brunch offerings are available until 3pm. The kebabs are available from 11.30am to 10pm (though they are closed on Mondays) - chicken shish and chicken doner are still the favourites!

Mustafa and Yasemin live locally with their three young children – it's a family business that deserves our support.

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A newcomer to Pinner, at 116 Marsh Road, is **Sam's Barber**, whose owner is called Sam! He came to the UK from Kosovo in 2010 to stay with a friend for six months. He was soon joined by his wife and, following the birth of their two children, decided to stay.

Sam started sweeping the floor of his uncle's barber shop in Kosovo's capital city, Pristina, at the age of thirteen. By the time he was sixteen, he was cutting his friends' hair under the watchful eye of Uncle Xhavit. Then he was allowed to charge them half price, and when he reached eighteen, he was working full time there. Soon he opened his own barber's shop in Pristina, which he ran for five years. One of the youngsters that Sam trained in his shop came to the UK and soon opened his own place in Bromley. When Sam decided he wanted to give up his job at Bucks County Council, driving lorries, as well as his weekend job at a barber in Harrow, his friend Adem became his business partner and helped him open his new shop. With three chairs (including a special one for kids), a fantastic cutting-edge design and the oldest, smartest till in Pinner, Sam was off and running on 7th April, 2023.



*Sam's Till*

His two kids are often in the shop at the weekend and, of course, they insist on sweeping the floor! So, a nice story about hard work, family businesses and true friendship.

Before progressing to the centre of Pinner, we pop over to **Cannon Lane**. We were very sad to hear, just before Christmas, of the death of Guy Deakin, owner of **Smart Guys Dry Cleaners**, whose success in winning the National Laundry and Dry Cleaning Award we reported last March. He will be greatly missed. His son Zak had taken up the reins of the business and is running the shop.

#### **BRIDGE STREET:**

From Pinner's newest hair professional to the longest established. John Cummings has been running **Rumours** since 1986 (38 years), firstly in Marsh Road and, from 2016, in its current home at 30 Bridge Street. Having started working in Petros in Eastcote at the age of sixteen and then worked in Stanmore for five years, John was determined to open his own business. The current salon has fourteen chairs, and John is supported by ten members of staff, many of whom have been employed for more than 25 years. And, of course, a lot of his loyal customers have been with him since the start.



*Kalona range at Rumours*

In addition to Rumours, John has his own hair care and styling product range, Kalona, which he manufactures in his own factory and distributes throughout the UK and abroad. The full offering is available in Rumours.



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All in all, a great achievement in being one of Pinner's oldest independent retailers alongside running a successful manufacturing business!

Next door, **The Three Wishes** has firmly established itself since opening in November. The pub is being managed by Australian, Cathy Stewart-Cos, who moved from Melbourne 22 years ago, a long time after her great-great-grandfather had settled there, having served in the Merchant Navy. Cathy has been running pubs in Shepherds Bush and Fulham for several years, but is enjoying her time in Pinner. The pub is open from 11am to 11pm from Sunday to Thursday and until midnight on Friday and Saturday. With several TV screens, live sport (especially football) has proved to be a big draw. As you'd expect, Friday and Saturday nights are the busiest, keeping the eight members of staff on their toes. I'm not sure what this says about the drinkers of Pinner, but the bestsellers are Guinness and Madri (the Spanish lager brewed in Tadcaster). Gin and vodka also sell well.



*Inside The Three Wishes*

There is no kitchen at The Three Wishes, but Cathy tells us that they allow people to bring their own food or have takeaways delivered to the pub. A welcome and popular addition to Pinner's food and beverage offering.

On the opposite side of Bridge Street, two long-term vacancies remain (the former **Harris & Hoole** and **Foxtons**). At least the building work on the flats has been completed, so let's hope the retail units are occupied soon. We are told that negotiations are well-advanced on the Harris & Hoole unit, so, unless the lawyers drag things out, it should have been let by the time you read this...

Better news at the former Oxfam shop at 19 Bridge Street, which has been taken by **Screwfix Collect**. Bearing in mind our comments about the future of shopping elsewhere in this issue, it is interesting to have a retailer, historically so dependent on on-line shopping, with plans to expand into the bricks and mortar environment.

Here is a retailer bucking the trend with imaginative ideas and a good product and embracing the latest technology. We are delighted they have chosen Pinner for one of their first in-town units. They are also trialling Screwfix Sprint. Imagine your plumber not having the right washer in his van. Rather than having to go off to buy one, Screwfix can have one delivered to your house by scooter within the hour. Pretty amazing - I wonder which delivery franchise they are going to use, Uber perhaps or maybe Deliverscrou or Scruber?!

The former HSBC bank on the corner of Love Lane and Bridge St has been taken by

**Esquires Coffee**, an ‘ethical coffee chain with a community spirit’. We’ll have our next coffee morning with the editor there and report back on what that means.

**HIGH STREET:**

Moving onto High Street, it’s good to welcome a new occupier of the former Café Sombra. **Le French Corner** run by Dinesh and his French wife, Marion has relocated from Bread of Life in Bridge Street – great to report that Dinesh’s brothers, Steffan and Teddy, are trading so well (especially their wholesale business), that they needed extra space and had to sacrifice the café.



*bank to coffee shop*



*le French Corner*

So, Dinesh and Marion have opened their little outlet that is “between a coffee shop and a restaurant”. It is open throughout the day and into the evening on most days. The French influence is obvious – freshly baked Croissants, Croque Monsieur, Les Tartines Savoury, La Raclette, La Tartiflette, not to mention the Cheese and Charcuterie Platters. Make sure you leave room for the Crepes that are available throughout the day.

The landlord (Cara from Lines) seems pleased with her new tenant. She particularly likes the décor which is inspired by “old France - most definitely NOT Paris” and the hand painted French shopfront sign. Cara has every reason to be impressed – she designed and supplied almost everything! My personal favourite is the “Strawberry Thief” wallpaper by William Morris in the loo! So well done

Cara and bonne chance to Marion and Dinesh!

As reported before Christmas, Chin Chin (which opened in November 2021) has expanded by opening a cosy bar, **CO YO CHO** where the Hand in Hand bar was before. Our educated readers will know that Co means cocktail, Yo means yours and Cho means chopsticks!

Under the watchful eye of Chin Chin manager, Chanakya Sharmar, it is open Tuesday to Sunday and is busiest on Friday and Saturday nights when a DJ is in the house until 1.30am. Pan Asian nibbles are available, but the real speciality is the wide selection of cocktails. If 1.30am is too late for you, how about Happy Hour, which is from 4pm to 7pm, Tuesday to Thursday – we tried out the “3 for 2 Shooters” and recommend the B-52!

Co Yo Cho has seating for up to forty and tables can be reserved in advance. Or why not go all out and hire the whole bar?

Further down High Street, more rumours that a Sri Lankan restaurant (not the one that previously professed interest) has taken on the old **Tummies/Victory**.

Next door at 8 High Street, **Richard Trusselle** (a French Huguenot surname) opened his high-class jewellers shop in 1991, taking over the established business of John Michael jewellers (formerly Gemma).

Richard's father ran Maitlands, the jeweller in Watford, for 40 years, and Richard started working there at the age of sixteen. He then did an apprenticeship with a Hatton Garden jewellery manufacturer, sorting diamonds and pearls, before studying gemology for three years at Sir John Cass College. This



*Display at Richard Trusselle*

led to Richard becoming a Fellow of the Gemology Association of Great Britain.

But his aim had always been to open his own store, so he jumped at the chance to set up in Pinner. The shop, a traditional high class independent jeweller, sells high quality items some of which are second hand/vintage. In addition, a wide range of other services such as repairs, cleaning, valuations, re-stringing and engraving are offered. For the last thirteen years, Richard's colleague, Georgina, has been involved in all areas of the business and has established the website enabling sales worldwide.

Richard is concerned that footfall has dropped significantly in recent years but confidently says that "customers still like to see and feel jewellery that they are buying, so we plan to be here for many years to come!"

There is news that next door, **10 High Street** has been let – music to our ears. Not such good news opposite at 7 High Street, where it's sad to see another vacancy as The River Spa has closed.

**FoodieWuudies**, by Barter's Walk, was run for 10 years by husband-and-wife team Kev and Bev. Following Bev's untimely death last year, Kev decided to close the business, as the lease came to an end. We wish him well for the future. If the new occupier is half as good it'll be worth visiting.

*Steven Brown and Max La Frenais*



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## **THE NHS, SOCIAL CARE, THE PINN MEDICAL CENTRE, THE PMCPA AND YOU**

The NHS has started to refine how it is organised and managed, to become more effective and efficient in an ever-evolving backdrop. As one of its by-products, the framework for the management and organisation of the NHS has been under extensive review both nationally, regionally and locally. Here is a very brief scan of the latest developments.

### **Regional focus – NHS North West London Integrated Care Board**

The ICB looks after the efficiency and effectiveness of all health provision, both Primary and Secondary Care, across the region. Primary Care is the first point of contact a patient has with any clinical services before they are referred on to hospital. Secondary Care, generally, is the sector to which you are referred following initial contact, for example, hospitals.

The **NHS NW London ICB** succeeds the **Clinical Commissioning Group (CCG)**, now abolished. The ICB is responsible for developing a plan for meeting the needs of a population of 2.1 million Londoners. It manages the budget and arranges for the provision of health services in **Harrow, Hillingdon, Ealing, Brent, Hounslow, Hammersmith & Fulham, Kensington & Chelsea, and Westminster**.

The ICB ensures that national imperatives are addressed within our region and marries this with local knowledge of particular concerns. It allocates resources to meet both national and regional targets and collects statistical data, including public opinion, on the effectiveness of its provision.

### **Local focus 1 – Primary Care Networks (PCNs)**

A **PCN** is a group of general practice surgeries, committed to working together professionally, whose clinicians work together to deliver national, regional and local targets in primary care. They are not necessarily geographically based. The PCNs report to the ICB.

There are five PCNs in Harrow - **Healthsense, Harrow Collaborative, Health Alliance, Harrow East, and Sphere**. Each unit is a family of surgeries working collaboratively. The **Pinn Medical Centre** is part of the **Healthsense PCN**.

The Healthsense PCN includes Enderley Road surgery in Harrow Weald, the two Kenton Bridge surgeries, Roxbourne and Simpson House surgeries in Rayners Lane and South Harrow and the Ridgeway surgery in North Harrow. Surgeries share clinical objectives from shared circumstances, simply because of their geographic proximity.

### **Local focus 2 – Harrow Borough-based Partnership (HBP)**

The **HBP** brings together a wider network of professionals from health, housing, social care, the Local Authority and its wider services and Harrow's voluntary and community sector.

### **Patient Voice**

I mentioned earlier the importance of collecting information that confirms (or otherwise) the implications of the hard data; in other words, the true opinion of the people. This is always problematic. This must be accurate, truthful and correct, free from unfair



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*In attendance: Robin Grant, Jane Cohen, Kumail Merali*



negativity and be as plentiful as possible. While complaints and brickbats are not to be ignored, personal evidence must be appropriately expressed in a way that allows lessons to be learned.

In the new structure, there is a brave attempt to incorporate this via the **Citizens' Forum**. Each branch of care – for example, cardiac, diabetic, or geriatric care - could periodically call a public meeting to present ICB policy and explain action plans, and to invite reaction and responses 'from the floor'. It may well be early days, but it is already felt not to be comprehensive. My personal view is that it will never be successful enough to be of too great a service to the NHS.

It is here that **Patients' Associations** are valuable. Each surgery, by law, must have a specified and specific link to its patient body. Patients' Association complements the contribution of the Citizens' Forum, but the strength of any Patient Association is in the numbers it represents. Presently, the PMCPA has 500 members from a potential 20,000 patients. The community needs you to join us. There is no financial cost and if you wish, no time commitment, but you will be able to be part of this developing dialogue – as little or as much as you want to - between the NHS, Harrow, and the Pinn Medical Centre. Please contact our Membership Secretaries: – raj@pinnpatients.org or binoy@pinnpatients.org or email me at kevin@pinnpatients.org or call or text me at 07870 487878.

Our Trustees run services in digital inclusion, a mobility class, a yoga group and we have a patient transport service. Please contact me if you are interested in using these services.

I would like to bring your attention to two Harrow health initiatives in particular.

**Hypertension**, more commonly referred to as **high blood pressure**, is a silent killer capable of swiftly announcing itself as a stroke or a heart attack, or it may be a slow and deliberate destroyer of any organ within the body. It can be present in anyone – not just the elderly. It puts vital organs under great stress, the effects of which often cannot be felt or known about. It can result in lasting or terminal damage. It is good practice to have your blood pressure measured regularly. Over the last few weeks in Pinner, in Lidl and the library, the hypertension team have been offering blood pressure tests. Their message is to get your pressure taken without delay either by yourself or by a health professional.

The second initiative is separate, but linked - it is the result of the damage hypertension can cause. Factually, Harrow is the worst performing area within the NW London ICB in the **rehabilitation of stroke patients**. This affects us all because poor provision in care at home slows the timely and appropriate discharge of patients from hospital, restricting beds for others. Extra funding has been found to change this and we need you to help improve the Patient Voice in this revamped initiative to impart greater impact.

If you have any ideas for more services we could provide, please do so using the above contact information.

*Kevin Mahon, Chair - PMCPA*

## PINNER POLICE STATION

For a century and a quarter, Pinner Police Station has surveyed Bridge Street from its commanding position at the corner of Waxwell Lane. With the exception of the tiny shop at No. 60, between Tyres & Exhausts and The Oddfellows Arms, it is the oldest building in Bridge Street.

In the eighteenth century, there is known to have been a cage or lock-up for detaining suspects (usually drunks) at the foot of Bridge Street; probably where the railway embankment now is. This was moved to a position adjacent to the workhouse in 1825 but later went out of use. Calls for a proper police station began as early as 1859. In 1893 it was said that there had been nowhere to detain suspects for ten years. It was in that year that the freehold site for the Station was acquired.

As was usual in those days, the Station Sergeant and his family lived on the premises, their quarters being on the first floor. On the ground floor was an inspector's office, charge room, parade room, waiting room, lobby, lamp room and storeroom, while in the basement were the cells, lavatories, coal store and boiler. Outside, the stable can still be seen, originally having an ambulance shed attached. The original blue lamp is another rare survival.



*Police Team ca 1900*

The police station was designed by John Dixon Butler, the most accomplished and prolific of the Metropolitan Police Surveyors. It is in Domestic Revival style, to reflect its original semi-rural location, in contrast to many of Butler's more formal London police stations and court houses. It was built by Fassnidge & Son of Uxbridge in 1898-9, opening on 1st May 1899. This was fortuitous. A few days later, a major riot occurred at the annual Headstone Races, a traditional event for farmers that took place in a field north of

where Southfield Park was later built. Troublemakers from London had been attending in greater numbers for some years. A dispute arose after the third race and fighting ensued. The Secretary was forced to flee on horseback and the mob then turned on the Starter. The police then stopped the racing. The maddened crowd then went to the Secretary's home and smashed all the windows. Many who came to his aid were injured, one man being knocked down and trodden on and another suffering a broken jaw. One bookmaker was thrown into the Headstone moat and pelted with missiles. The police were quite overwhelmed; some 1500 people were attending the races, with only nine officers to police them. Only one man was arrested – for attempted pickpocketing. He became the first inmate of a cell overnight at the new Pinner Police Station, before being remanded to Edgware Magistrates' Court where he was sentenced to six weeks' hard labour. Early the following month, magistrates at Edgware were granted permission to hold occasional courts at Pinner Police Station. The Headstone Races never took place again.

The 1901 Census for Pinner discloses seven constables and one acting sergeant, together with the Station Sergeant and a Railway Police Inspector. Three of the constables were living in Northfield Cottages in Rickmansworth Road. A number of these cottages seem to have been reserved for police officers. One of the constables was a mounted officer, P.C. Batchelor, who reportedly had his thumb bitten off while grooming the horse. Later, P.C. Killingbeck's horse was long remembered by children.



P.C Killingbeck

The first Station Sergeant was Sergeant Moore, who retired aged 45 in 1903 after 25 years' service on a pension of £81 13s 10d per annum (about £12,000 today). He was succeeded by Sgt Green, who in 1907 was followed by the long-serving Sgt Fishlock, who remained until his death in 1918.

The somewhat rebellious P.C. Greaves gives some insight into Pinner life early in the twentieth century. He was transferred to Pinner in May 1911 rather 'under a cloud' from South London, after contradicting other Police evidence at a sensational murder trial. He resigned after four and a half months. He hated his time at Pinner and several times explained why. There was nothing much in Pinner, except trees and mud. Policemen were expected to walk for eight hours a day with no provision for food or drink save what they could carry. He claimed that the only police work he did in Pinner was to report two stray dogs. There were only two charges brought during his time at Pinner. Local papers tend to confirm his view about the mundane nature of crime in Pinner: poaching, begging, drunks, cycling on pavements or without lights, and perhaps an occasional motorist exceeding the 20 mph speed limit.

The Station Sergeant in Greaves' time was Sgt Fishlock, who had arrived in 1907, by which time the force had expanded to two sergeants and 15 constables. Sgt Fishlock and his family moved into the upstairs flat at the Police Station. The Harrow Observer reported in 1912 that the Police Station garden (now the car-park) was "filled with blooming rose trees" in "a state of perfection after five years' work by Fishlock".

*Postcard from 1904*

As Station Sergeant, Fishlock became something of a V.I.P. in Pinner. He was one of the three people, along with the stationmaster and the postmaster, to whom the Dores of Pinner Hill House would send a brace of pheasants at Christmas. He was also apparently something of a 'crack' shot at the Pinner Rifle Club, across Bridge Street, where he came fourth in a competition in 1911, his fellow sergeant, Sgt Tanner, having come first. (Rifle-shooting seems to have been a popular pastime for Pinner Police at this time.)



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Fishlock could have retired in 1914, but stayed on for 'patriotic reasons'. In 1918, he seems to have suffered some sort of mental breakdown. He began stealing books from the W. H. Smith bookshop in Hatch End. The manager initially told Fishlock that books were disappearing, without accusing him. When the thefts continued, he evidently reported the matter to the Harrow Police (of which Pinner formed a sub-division). Two Harrow inspectors and a detective-sergeant attended the bookstall on the day and time that Fishlock usually visited. He turned up on his bicycle and was arrested when he came out with a book without paying. It later emerged that he had taken 250-300 books before. The case was adjourned several times because Fishlock was suffering "mental shock and nervous breakdown". He was detained in a lunatic asylum in Virginia Water. While there, he hanged himself from a tree.

The Paradine family of Unity Cottages (adjacent to The Oddfellows Arms) were apparently well in with the police. Mrs Paradine seems to have been engaged as a sort of police matron, cooking meals for prisoners etc. In later years, Charles Paradine, still at Unity Cottages, who would have been a child at the time, recalled an incident when his mother had cooked a Christmas for a drunk who was locked up over Christmas. Sgt Fishlock joked that she would encourage him to come back next year.

One crime prevention measure in those days was for the police to meet the last train from London at far-flung Rayners Lane station, in case it brought 'undesirables'. Trouble could also be expected on Saturdays when suffragettes would address crowds from a position in front of the Fire Station, next to the Red Lion (where Red Lion Parade, Bridge Street, is now). In 1914, one speaker was in danger of being injured by the crowd of 300-400 and had to be escorted by Fishlock and a constable to a bus in the High Street. Some of the protesters followed and went on to break windows at the houses of suffragettes, several of whom lived in Paines Lane.

Some alterations were carried out to the Police Station in 1936, including the addition of a telephone room and an interview room. Outside, the stable was converted to a canteen and the ambulance shed to W.C.s. For several decades after the coming of the Police Station, Pinner was more intensively policed than at any time before or since. In more recent years, however, the importance of the Station in relation to the Metropolitan Police has been diminished. The cells ceased to be used in about 1964 and, from 1976, the Station was used intermittently as offices. It re-opened on a part-time basis in July 2002, manned by volunteers. There has recently been talk of the Police Station being disposed of as surplus to requirements.



*Police Station today*

Fortunately, however, the Police Station is a Listed Building and, come what may, will be looking down Bridge Street for many more years to come.

*Michael Triesman*

*Our thanks to Tamar Mclver and Neil Watson for providing the historical pictures.*

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## HEATH ROBINSON MUSEUM NEWS

### **Suffragette, Illustrator and Toymaker** (till March 24th)

You may just be in time to catch our current exhibition, which runs to March 24th. It celebrates Mary Vermuyden Wheelhouse (1868 – 1947), British illustrator, toymaker and campaigner for women’s suffrage. Wheelhouse is an artist who, despite a career illustrating books, crafting toys for Liberty’s and Harrods, and promoting the work of her fellow women artists, has never been shown in a solo exhibition.

Familiar with both the paintbrush and the placard, Wheelhouse was a dedicated suffragette and was a tireless supporter of women artists, writers and crafters. This exhibition displays her vivid and detailed illustrations, as well as the wooden ‘Pomona’ toys that she created with fellow artist and suffragette campaigner Louise Jacobs.

Discover her legacy, not only as a fierce advocate for women’s rights, but also as a skilled, serious and endlessly versatile artist.

**Heath Robinson, Magazine Illustrator** (March 30th to June 23rd)  
Alongside his famous contraptions, William Heath Robinson earned a steady living, providing illustrations for Nash’s Pall Mall Magazine and its sister publication, Good Housekeeping. He created memorable covers, as well as illustrations for their stories and articles, working with such writers as J.B.Priestley and Richmal Crompton.



This exhibition brings together many fascinating examples of his work in this area.

### **Events**

As always, the Museum has a wide range of workshops and other activities coming up.

### **MARCH**

- Coffee & Craft - Arty Textiles - Monday 18th March, 10am-12pm
- Easter Trail - 30th March 11am - 3pm

### **APRIL**

- Coffee & Craft - Design and Create your own Fascinators - 17th April, 12.30 – 2.30pm
- Mini-Engineers’ Day - 11th April - all day workshop

### **MAY**

- Coffee & Craft - Introduction to Weaving - 23rd May, 11am - 1pm

### **JUNE**

- Coffee & Craft – Zine-making Workshop - 20th June, 11am - 1pm



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## NEWS FROM PINNER BOWLING CLUB

Members of Pinner Bowling Club are celebrating the award of two grants that recognise the vital role that the club plays in the life of the village.

The “Friendly Little Club in the Park” has received grants from Sport England and the People’s Postcode Lottery and will use the money on improvements at the club.

The bowling club - next door to Daisy’s in Pinner Memorial Park – has just celebrated its 70th birthday and believes its success is based on offering “Fun, Friendship, Fresh Air and Fitness”.



The club takes pride in welcoming newcomers to the ancient sport of bowls, and, in addition to playing on the well-tended green, members can enjoy a full social programme, including quizzes and suppers.

Men and women play together and some members represent the club’s teams, while others simply enjoy relaxed games of bowls in the sunshine in a quiet haven in the heart of Pinner.

The season runs from May to September and this year the club will be open for new members. Contact the secretary at [pinnerbc53@gmail.com](mailto:pinnerbc53@gmail.com) or check out the website: [www.pinnerbowlingclub.co.uk](http://www.pinnerbowlingclub.co.uk)



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## HARRY GAMP

Harry was a longstanding and much-loved Pinner resident, having lived in Oakhill Avenue for over thirty-five years. For most of that time, he practised as a hypnotherapist and psychotherapist and successfully treated many local residents for all manner of problems, including smoking, weight loss, drug addiction and many phobias. The Pinn Medical Centre often referred patients to him. Although he did not qualify as a doctor, Harry was



one of few non-medical people invited to become a member of the Royal Society of Medicine, and he remained a member until his death at ninety-seven. He only gave up his practice at the age of eighty-seven and was still receiving calls from patients well after his retirement.

He took up practising as a hypnotherapist at the age of sixty-five, after a varied career in business. His mother's ill health when he was young, and then the war, limited his ability to study, but he was never without an idea of what to do next. In his later years, he even signed up as a film extra. In his eighties, he was proud to be rejected for one party as 'elderly gentleman' because he was deemed to look too young.

Harry was well-known in Pinner, as he had a real presence and charm; you didn't forget meeting him. Even COVID lockdowns didn't stop his daily walk to Pinner High Street to collect provisions. He was an enthusiastic member of the Pinner Bowling Club and at ninety he became their oldest President. In that capacity, he used to lay the wreath for fallen soldiers at Pinner War Memorial on Remembrance Sunday. When he laid the wreath in 2015, he was quoted in My Pinner & Hatch End News as saying how pleased he was to do this, as he was the only veteran member at the club, having volunteered for the Royal Navy and served as a seaman, submariner and radio operator. Harry was also a member of the Pinner Ex-Servicemen's Club and enjoyed getting together with friends at their Thursday lunches.

Harry leaves one daughter, four grandchildren and five great grandchildren.

*Susan Freeman*



## **Pinner Association of Churches** **Christians in Pinner Working Together**

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**For full details of the Churches; Services (in person and online) and activities for all ages, please visit the PAC website [www.pinnerchurches.org.uk](http://www.pinnerchurches.org.uk), where you can access the website for each Church. Details of the PAC Christmas Day Lunch are available on the PAC website.**

Cannon Lane Methodist Church; Pinner Methodist Church;  
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## THE HAYDON HALL WALK

This walk, which is about four miles long, is based on the excellent *Ten Walks around Pinner* (available in the Heath Robinson Museum shop) and takes us past some of the most interesting old houses in the area.

We start outside the police station at the top of Bridge St (more details on its fascinating history on page 20). If you look back down Bridge St, you get a sense of what used to be called Pinner in the Vale, as the road slopes down towards the River Pinn. But you're going the other way, up Elm Park Rd. Pass the Christian Science Church, now shared by the Romanian community, and the Jain World Peace Centre. North End Cottage (1888), on your right, is the oldest house in Elm Park Rd. Then you come to the entrance to Little Common. Across the road you will see Tudor Cottage, an Ideal Homes award winner in the 1930s, designed by E. G. Trobridge.



*North End Cottage*

Walk into the park, which is all that remains of common land that once stretched all the way up Pinner Hill. Bear left and follow the path, with the playground on your right. At the gate, turn left into the footpath that takes you back to Elm Park Rd. Cross the road, turn right and then immediately left into West End Lane.

The Lawns, the white Regency house on the corner, was the surgery from 1930 to 1970 for the doctors Phibbs, father and son. Across the road, the Elm Park Court, with their green pantiled roof, were built in the 1930s. Walk past Hazeldene Drive, over the railway bridge and turn right into West End Lane Recreation Ground. This is now a Community Wildlife Improvement Scheme, led by Simon Braidman, which we featured in *The Villager* No 254 in November 2022. Follow the path around towards the railway line, cross the footbridge and you come into a small estate of more modern buildings. Head diagonally to your left into a garage area where the entrance to a footpath is directly ahead. Turn left along the path and you come to the main road at Pinner Green. Here, walk to the left across the entrance to Tesco to the mini roundabout to enter Cuckoo Hill. On your left is a row of Victorian cottages called Camden Row. We suggest that you cross the road here towards Sync, which used to be the Starling pub, as it's safer to cross here, rather than further down by the railway bridge. Walk down Cuckoo Hill. Immediately after the railway bridge, turn right down the rural footpath signposted R51.



*R51 sign*



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This footpath brings you into Tolcarne Drive. Here you turn right, passing Harlyn Primary School. Just over the brow of the hill, you will see the entrance to a footpath on your left, beside some lock-up garages. This footpath is signposted R50. Cross another road and you are in open farmland. Walk down the slope, over the narrow bridge across the stream and up the opposite slope. On your right you will probably see horses, as this is a local riding school.

When you come to Joel St, turn left and enjoy the view over Joel Street Farm on your left, albeit made rather less rural by the constant swish of traffic on your right. Towards the bottom of the hill turn left into Southhill Lane, earlier called, rather less attractively, Maggots Lane. The open space on your right used to be the parkland of Haydon Hall. You will see as you come into the road a slight hump in the grass; this is where the ice-house was



*Haydon Hall Park*

located for the big house, which was a 17th century mansion demolished in the late 1970s. The grounds are now the Eastcote Cricket Club, founded in the late 1870s, and are a very pleasant place to sit and relax on a summer's afternoon.



*The Lodge*

On your left as you walk down the road is the early 18th century South Hill Farm. At the bottom of the hill, on the right, you come to Haydon Lodge which stands by the original entrance to the Haydon Hall estate. Being close to the river, the house is built on brick arches to prevent flooding. Turn left along Eastcote High Rd, past The Case is Altered, (or pop in for refreshment, of course). The pub has its origins as a farm in the sixteenth century, part of which is incorporated in the current building, and reasons differ for its strange name, all based on Spanish, probably being brought back from the Peninsular War. Casa Alta, or High House, seems inappropriate for its location, more suitable for its Old Redding cousin. It could be from Casa Altera, The Other House, which I rather like ('My other house is a pub') or Casa de Saltar, the Dancing House, a promise they may not be able to live up to nowadays.

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*St Catherine's Farm*

On the right of Eastcote High Road are the flood meadows, now known as Long Meadow. On your left are some fine centuries-old houses, notably the Grange, the Old Shooting Box and Ramin. Now turn left into one of the oldest roads in the district, Catlins Lane, its name a corruption of Catherine's Lane. On your right you will see St Catherine's Farmhouse. Continue up to the brow of the hill and take the path that forks right into the open space known as High Meadow. Head along here towards the magnificent wide-spreading oak tree at the far end. Past this, the space narrows to a way out onto Cuckoo Hill.

Walk down the hill, past sixteenth century Cuckoo Hill Farm, to the crossing opposite Applegarth. On the other side of the road, you will see a footpath that runs parallel to High View. Follow this path across North Way to where it comes out into West End Lane and then turn right. The timber-framed house opposite, Sweetmans Hall, dates from around 1600 and was a farmhouse until the late nineteenth century. Continue past West Way and Chapel Lane, then cross the road to enter the gates of the Memorial Park, just past the Peace Garden.



*Sweetmans Hall*

Walk towards the village and imagine the view of Pinner from this landscaped garden before the railway embankment was built. You will come out into Chapel Lane, which leads into the bottom of Bridge St, with the Bridge Street Gardens on your right. With luck, the footbridge may finally be open again by the time you do this walk. There are many great places in Pinner for you to enjoy well-earned refreshment at the end of this walk.

*Editor*

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## **THE PINNER ASSOCIATION RESPONSE TO THE CONSULTATION ON THE PROPOSED HARROW TO PINNER CYCLEWAY IMPROVEMENT SCHEME**

This autumn, London Borough of Harrow (LBH) conducted a public consultation on a proposed Harrow to Pinner Cycleway Improvement Scheme, extending from Harrow-on-the-Hill Station to Pinner Station, and to be funded by TfL. The aim of the proposals is to encourage more use of cycling as a form of transport for local journeys. The consultation is now closed, but the link to the consultation documents on the LBH website is here: <https://talk.harrow.gov.uk/harrow-to-pinner-cycleway>

Your Association discussed Section 4: Pinner – Marsh Road (from Cecil Park junction to Station Approach) of the consultation documents in great detail, and representatives from the Pinner Association Committee attended the public drop-in meetings about these proposals and meetings held with the business traders in Marsh Road and LBH Transportation Officers to discuss the potentially detrimental effect of the proposals on their businesses in Pinner.

A detailed written response to the consultation was prepared by members of the Pinner Association Committee and this was submitted to LBH.

The need for any improvement to the already existing cycle route from Pinner to Harrow was questioned, as there are ten buses and eight trains an hour between these stations, providing good public transport options for travel without the use of private cars. The proposed scheme to promote cycling for local journeys fell short of being more useful, in that it ends arbitrarily at Pinner Station, rather than continuing into central Pinner and beyond.

The consultation proposal for two single direction cycleways, one on each side of the carriageway of Marsh Road between the junction with Cecil Park up to the junction with Station Approach, was considered to be excessively disruptive to both pedestrians and vehicles, including the four bus routes, using this busy road, and could cause a significant loss of trade to the businesses fronting the route, endangering the vitality and viability of this commercial area of Pinner. Rather, The Pinner Association proposed a compromise scheme which seeks to mitigate the adverse effects of the consultation proposals whilst maintaining an improvement to the cycle route along this section of Marsh Road.

Our compromise proposals were:

A two-way cycle path to be constructed on the west side (side with the current service roads opposite the railway lines) of Marsh Road, this new cycle path to be constructed using the current footway dividing the main carriageway of Marsh Road from the two service roads.

Both of the current service roads to be kept and to have the current pay and display parking retained, apart from where new features to assist pedestrians are to be installed as in the consultation proposals.

Retaining the parking in the service road outside numbers 137 to 183 Marsh Road would assist to maintain the viability of businesses such as the launderette. Parallel

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parking bays on the main carriageway, as in the consultation proposal, would result in considerable traffic congestion along this busy road, as drivers would take considerable time to park, and others would 'lurk' on the carriageway, waiting for another vehicle to exit a parking space, as occurs frequently in Bridge Street where similar parking bays exist already.

Along the service road outside numbers 185 to 211 Marsh Road (the service road to the north of the West End Avenue junction off Marsh Road), the proposed improvements for the pedestrian access to the bus stop should be enacted, with the cycle path at that location using the service road as shown in the consultation proposals.

Having a new cycleway along one side of Marsh Road only would allow the after 6.30pm parking on the single yellow line on the east side of the road to continue. This is of great importance for the viability of some the businesses on that side of Marsh Road, for example the long-established fish and chips shop.

We supported the replacement of the traffic island crossing outside 215 (Monument House) in Marsh Road with an additional pedestrian-only crossing, the dual purpose crossing shown in the consultation proposals being unnecessary, as there would be no cycle path on the east side of the road under our compromise proposals. We acknowledged that the required zig-zag lines for a pedestrian crossing would result in the loss of some of the after 6.30pm parking space on the east side of the road.

We proposed that the double yellow 'no parking' lines are maintained and additional lengths are installed on both sides of the carriageway from the new proposed parallel zebra crossing immediately to the north of the Station Approach junction, south down Marsh Road, under the railway bridge and along to the zigzag markings for the new pedestrian only crossing outside 215 Marsh Road. This would ensure the free flow of traffic along this very intensively used section of road, allow the frequent buses to move forward without obstruction, and allow space on the carriageway for traffic seeking to turn right into Station Approach from the south to be on the crown of the road and leave room for traffic proceeding forward to Bridge Street to pass.

There are currently right turn refuge markings in a box on the Marsh Road carriageway at the junction with Station Approach and we proposed that these are kept under the new scheme as an aid to road safety and to stop vehicles waiting to turn right up Station Approach obstructing traffic wishing to proceed along Marsh Road and up Bridge Street.

We acknowledged that our compromise proposals would result in the loss of the two mature street trees currently situated in the footway against the carriageway of the service road outside numbers 137 to 183 Marsh Road (our proposed location for the new cycle path). While this is to be regretted, these trees are of a size that severe pruning or removal may be soon deemed necessary in their locations and we asked that mitigating planting of several new street trees in other suitable locations along this part of Marsh Road (perhaps on the footway on the east side of the carriageway?) be undertaken as a part of the scheme.

Our compromise proposals would minimise the shared use of footways by pedestrians and cyclists. Pedestrians would have a safe route on the footway along the east side of Marsh Road without having cyclists passing very close by at speed. This would encourage the less able and vulnerable pedestrians to continue to walk in this part of Pinner, as many people are hesitant to use shared cycle / pedestrian pavements or footways immediately next to cycle paths. The desire to increase the number of people cycling should not be at the expense of the number of people walking and using public transport, particularly older or disabled people who cannot use a bicycle.

Since submitting these compromise proposals, we have received some favourable comments from LBH which we hope will mean that the use of one side of Marsh Road only for a new cycleway may be adopted into the scheme. The Harrow to Pinner Cycleway Improvement Scheme was on the agenda at the LBH Traffic and Road Safety Advisory Panel and our Vice-Chair, John Hinkley is a member of that panel and promoted the Pinner Association's compromise proposals at that meeting.

At the time of writing, we await the published outcome of the consultation.

*Ruth Boff, Secretary, Pinner Association*

### **... AND TALKING OF MARSH ROAD**

Here's a picture from PA Committee Member Keith Rookledge of the present bridge being extended to four tracks in 1961



## REVISION OF THE CONSTITUTION OF THE PINNER ASSOCIATION

The Pinner Association has been working for the past year on a revision of the current, now outdated, Constitution of The Pinner Association Registered Charity (Charity Number 262349).

The current Constitution was written long before electronic communications became commonplace (much of the work of the Executive Committee and sub-groups is now conducted via email) and the required number for the Executive Committee to be quorate now exceeds the recommended one third of elected / co-opted Officers and Committee Members. Therefore, in line with the guidance published by the Charity Commission, the Revised Constitution has been updated to allow for electronic communications, online meetings, a reduction in the required quorum from seven to a minimum of five members present, and the minimum number of Executive Committee meetings to be held each year. Other changes have been made to render the document gender-neutral and to remove references to now obsolete third-party organisations and departments. The current Constitution contains a 'power of amendment' which enables such changes to be made and the proposed changes are within those allowed by the Charity Commission.

A full copy of the proposed Revised Constitution may be found on the Pinner Association website – [pinnerassociation.co.uk/new-constitution/](http://pinnerassociation.co.uk/new-constitution/). For those who require a paper copy, please contact the Secretary, either via email to [information@pinnerassociation.co.uk](mailto:information@pinnerassociation.co.uk) or using the contact information on Page 3 of this edition of The Villager (No. 258 - March 2024).

The Revised Constitution is to be presented to the members of The Pinner Association at our AGM on 17th April (8pm in the Village Hall, Chapel Lane). At this meeting, members will be asked to vote to adopt the Revised Constitution. If adopted by the membership the Revised Constitution will immediately become the new working Constitution document of The Pinner Association and the new Constitution will be submitted to the Charity Commission in accordance with their current procedures.

*Ruth Boff.*  
*Secretary, The Pinner Association.*  
*1st March 2024.*

## **NOTICE OF THE 91ST AGM OF THE PINNER ASSOCIATION**

Notice is hereby given under Rule 5 of the Constitution that the 91st ANNUAL GENERAL MEETING of THE PINNER ASSOCIATION will be held at 8pm on Wednesday 17th April 2024 in the Pinner Village Hall, Chapel Lane, Pinner HA5 1AA.

The Agenda for the AGM will be:

1. Minutes of the 90th AGM held on 19th April 2023 (as published on pages 79 to 81 of The Villager No. 256 – July 2023 edition)
2. Matters arising
3. Approval of the proposed Revised Constitution for The Pinner Association Registered Charity 262349 (see pages 78 and 79 of this edition of The Villager and The Pinner Association website).
4. Chair's Report
5. Hon. Treasurer's Report and Accounts for the year ended 31st December 2023 (as published on pages 80 to 81 of The Villager No. 258 – March 2024 edition)
6. Election of Officers and Committee
7. Vote of thanks to and election of the Independent Examining Accountant for the current year
8. Any other business

The Association welcomes nominations for Officers and the Committee. These must be made in writing (a completed PDF nomination form submitted via email or on paper), supported by a seconder, having obtained the permission of the proposed nominee, and sent to the Chair or Secretary (address on page 3) at least one week before the AGM.

Any Pinner Association member who may be willing to stand for election is urged to contact either the Chair or Secretary via email - [information@pinnerassociation.co.uk](mailto:information@pinnerassociation.co.uk) - to discuss how they may contribute to the work of the Association. Copies of the nomination forms for Officers and the Committee may be obtained via the same email address.

*Ruth Boff, Secretary, Pinner Association*



## HONORARY TREASURER'S REPORT

The association's income was £30,107, about £1,400 less than in 2022, although if the legacy of £3,000 received in that year is excluded, it rose by just over £1,500. This was mainly due to higher interest rates - our interest income rose by £1,363. Income from membership subscriptions fell by 2%, consistent with the trend of previous years. Income from the bucket collections at our summer band concerts was about £200 lower than in 2022 and Gift Aid income also fell by £240. Advertising income for *The Villager* rose by £860 (9%), thankfully reversing the trend of the last few years. This was almost sufficient to cover cost increases, leaving the net cost of producing *The Villager* only £89 higher at £2,708.

Expenditure rose by £3,173 to £32,155. This was mainly due to increased grants to other organisations - £3,000 compared with £1,000 in 2022. The grants were: £1,000 to Harrow Cycle Hub towards an adapted tricycle for disabled users, £500 to the Friends of Roxbourne Park for Coronation trees, £1,000 to Pinner Cricket Club for caps for their youth team, and £500 to the Friends of Pinner Village Gardens to sponsor their Coronation event. The cost of Christmas trees and festive lighting increased slightly to £6,126, although £3,199 of this was funded from donations received from Harrow Council in previous years. We continued maintaining some of Pinner's parks and gardens, principally the Peace Garden in Pinner Memorial Park and the Pinner Station Gardens.

As a result of all the above, the Association had net expenditure of £2,048 in 2023 compared with net income of £2,570 in 2022. Our finances remain strong, with funds of nearly £63,000 available for unrestricted purposes.

Finally, I would like to thank those volunteers who have delivered *The Villager* and collected subscriptions, their Area Leaders, the committee members and others who do so much for the Association's prosperity and activities, and the local businesses who advertise in *The Villager*.

*Tim Owen*  
*Hon Treasurer*

**THE PINNER ASSOCIATION (REGISTERED CHARITY NO. 262349)**  
**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023**

	Unrestricted Fund £	Restricted Funds £	Total 2023 £	Total 2022 £
<b><u>INCOME</u></b>				
Subscriptions and donations	12,185	-	12,185	12,402
Band Concert collections	2,091	-	2,091	2,302
Gift Aid	3,210	-	3,210	3,450
Advertising in <i>The Villager</i>	10,630	-	10,630	9,770
Legacy	-	-	-	3,000
Interest received	1,894	97	1,991	628
<b><u>Total Income</u></b>	<b><u>30,010</u></b>	<b><u>97</u></b>	<b><u>30,107</u></b>	<b><u>31,552</u></b>
<b><u>EXPENDITURE</u></b>				
<u><i>The Villager</i></u> (as detailed below)	13,338	-	13,338	12,389
<u>Grants and Donations</u>				
Harrow Cycle Hub	1,000	-	1,000	-
Friends of Roxbourne Park	500	-	500	-
Pinner Cricket Club	1,000	-	1,000	-
Friends of Pinner Village Gardens	500	-	500	-
Harrow Foodbank	-	-	-	1,000
Small donations and subscriptions	302	-	302	537
<u>Management and Administration</u>				
Committee and general meetings	738	-	738	679
Membership recruitment & renewal	1,230	-	1,230	1,338
Insurance	204	-	204	347
Miscellaneous expenses	367	-	367	273
<u>Charitable Activities</u>				
Summer Band Concerts	3,322	-	3,322	3,104
Pinner parks and gardens upkeep	2,908	291	3,199	3,299
Christmas trees and lighting	2,927	3,199	6,126	5,473
Remembrance Sunday	329	-	329	543
<b><u>Total Expenditure</u></b>	<b><u>28,665</u></b>	<b><u>3,490</u></b>	<b><u>32,155</u></b>	<b><u>28,982</u></b>
<b><u>Net Income/(Expenditure)</u></b>	<b><u>1,345</u></b>	<b><u>(3,393)</u></b>	<b><u>(2,048)</u></b>	<b><u>2,570</u></b>
<b><u>Net Funds brought forward</u></b>	<b><u>61,548</u></b>	<b><u>4,235</u></b>	<b><u>65,783</u></b>	<b><u>63,213</u></b>
<b><u>Net Funds carried forward</u></b>	<b><u>62,893</u></b>	<b><u>842</u></b>	<b><u>63,735</u></b>	<b><u>65,783</u></b>

**The Villager****Expenditure**

Printing	12,471	12,028
Administration	867	361
	<u>13,338</u>	<u>12,389</u>

**Less: Income**

Advertising revenue	(10,630)	(9,770)
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**Net Cost**

	<u>2,708</u>	<u>2,619</u>
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**THE PINNER ASSOCIATION (REGISTERED CHARITY NO. 262349)**  
**BALANCE SHEET AS AT 31 DECEMBER 2023**

	Unrestricted Fund £	Restricted Funds £	Total 2023 £	Total 2022 £
<b><u>Current Assets</u></b>				
Debtors	2,605	-	2,605	2,595
Bank Balances	64,654	842	65,496	67,351
	<u>67,259</u>	<u>842</u>	<u>68,101</u>	<u>69,946</u>
<b><u>Less: Current Liabilities</u></b>				
Creditors (falling due within one year)	510	-	510	704
Advertising Revenue received in advance	3,856	-	3,856	3,459
	<u>4,366</u>	<u>-</u>	<u>4,366</u>	<u>4,163</u>
<b><u>Net Assets</u></b>	<u><u>62,893</u></u>	<u><u>842</u></u>	<u><u>63,735</u></u>	<u><u>65,783</u></u>
<b><u>Represented by Income Funds</u></b>				
Unrestricted Fund	62,893	-	62,893	61,548
High Street Fund	-	842	842	1,104
Christmas Lights Fund	-	-	-	3,131
<b><u>Total Funds</u></b>	<u><u>62,893</u></u>	<u><u>842</u></u>	<u><u>63,735</u></u>	<u><u>65,783</u></u>

Approved by the Executive Committee on 6 February 2024 and signed on their behalf by

Julie Waller (Chair)

Timothy Owen FCMA FCT (Hon. Treasurer)

\_\_\_\_\_  
 Subject to examination by the Hon. Independent Examiner.

A copy of the complete Report and Accounts together with the Report of the Independent Examiner will be filed with the Charity Commission and can be obtained from the Hon. Treasurer on request.

**AREA LEADERS AND COLLECTORS**

.....

.....

Christine Corbett

Chelle Robinson

.....

.....

## INDEX TO ADVERTISERS

*Acting Advertisement Manager - .  
adverts@pinnerassociation.co.uk*

The Pinner Association in accepting advertisements in no way endorses or promotes the goods and services advertised. All telephone numbers below are 020 unless otherwise stated.

<b>Accountants/Auditors</b>	Smith-Milne & Co., 23 Church St., Rickmansworth	01923 832303	<b>68</b>
<b>Alarms</b>	IP Fire and Security Ltd.	8441 2684	<b>30</b>
<b>Architects</b>	Orchard Associates, 29 West Street, Harrow on the Hill.	8423 4866	<b>34</b>
<b>Art Exhibition</b>	Heath Robinson Museum. Memorial Park, Pinner.	8866 8420	<b>54</b>
<b>Arts Society</b>	The Arts Society, Moor Park	moorparkdfas.com	<b>58</b>
<b>Auctioneers, Estate Agents</b>	Adam Partridge, Ickenham Rd, Ruislip	01895 621991	<b>28</b>
	David Charles, 34 High St., Pinner.	8866 0222	<b>bc</b>
	Paige & Petrook, 118 Marsh Rd., Pinner.	8866 5666	<b>52</b>
	Andrew Pearce, 10 High St., Pinner.	8866 9696	<b>12</b>
	Rawlinson Gold, 13 Bridge St., Pinner.	8866 2300	<b>60</b>
<b>Care</b>	Carpenders Care.	8868 3328	<b>32</b>
	Right at Home, Harrow.	3397 4555	<b>44</b>
<b>Carpets</b>	Raydel, 56 Bridge St., Pinner.	8868 0945	<b>8</b>
<b>Carpet &amp; Upholstery Cleaning</b>	Procare	07810 358205	<b>34</b>
<b>Children's Books</b>	Vix J Cooper	<a href="https://vixjcooper.com/my-books.html">https://vixjcooper.com/my-books.html</a>	<b>2</b>
<b>Churches</b>	The Pinner Association of Churches (PAC).	8866 9871	<b>66</b>
<b>Coin Collecting</b>	Graham Coins	07926 877108	<b>38</b>
<b>Coding for Children</b>	Code Ninja, 28 Bridge St., Pinner.	PinnerLdnUK@codeninjas.com	<b>8</b>
<b>Dry Cleaners</b>	Smart Guys, 4 Whittington Way, Pinner.	8868 6045	<b>20</b>
<b>Electrician</b>	Alcon Electrical Installations	07730 475633	<b>70</b>
<b>Financial Adviser</b>	Cathedral Independent Financial Planning. Essentially Financial	8429 8516	<b>ibc</b>
	3 Ladbroke Close, Pinner	3137 5398	<b>10</b>
	Oakdale Financial Services	8150 7565	<b>ifc</b>
<b>Florist</b>	Mansi, 3 Pinner Green, Pinner.	8868 2798	<b>2</b>
<b>Funeral Directors</b>	Bradley & Jones, 7 Love Lane, Pinner.	8866 0088	<b>22</b>
<b>Garden Services</b>	Harrow Gardening Services. Mobile: 07973 250 926	8427 2857	<b>38</b>
<b>Golf Club</b>	Grim's Dyke Golf Club, Oxhey Lane, Hatch End	8428 4539	<b>46</b>
<b>Hair Care</b>	Berkeley Square, 6 Red Lion Parade, Bridge St., Pinner.	8868 0546	<b>66</b>
<b>Hall Hire</b>	The Village Hall, Chapel Lane. (Bookings).	8429 4320	<b>10</b>
<b>Health Foods</b>	Bodywise, 65 Bridge St., Pinner.	8429 1336	<b>72</b>
<b>Hearing Centre</b>	VIP Hearing Solutions, 121, Field End Rd, Eastcote	8866 6700	<b>70</b>
<b>Jeweller</b>	Richard Trusselle, 8 High St, Pinner	8866 7918	<b>24</b>

<b>Local Community Group</b>	Pinner Association	8429 2358	<b>74</b>
<b>MP</b>	david.simmonds.mp@parliament.uk	01923 822876	<b>36</b>
<b>Opticians</b>	Insight, 6 Bridge St., Pinner.	8866 5399	<b>36</b>
	G & G Pinner, 3 Red Lion Parade, Bridge St., Pinner.	8866 2620	<b>54</b>
<b>Philately</b>	Benstamps, 101 Paines Lane, Pinner.	8866 7347	<b>66</b>
<b>Physiotherapist</b>	Rehab Box	07769 339224	<b>70</b>
<b>Plumbing &amp; Heating</b>	N T Ward – ntward.co.uk	8866 4995	<b>58</b>
<b>Printers</b>	The Print Shop, 4 Pinner Green.	8429 0020	<b>64</b>
<b>Pubs</b>	The Queen’s Head, 31 High St., Pinner	8868 4607	<b>14</b>
<b>Restaurants</b>	Turquoise Kitchen, 15 High Street, Pinner	8429 2432	<b>6</b>
<b>Roofing</b>	Aqua Roofing, The Old Bakery, Grange Ct., Grange Gdns., Pinner.	8868 3554	<b>26</b>
	Armstrong & Armstrong Roofing Ltd., 9 Eastcote Rd., Pinner.	8868 4045	<b>2</b>
<b>Schools</b>	Jigsaw Nursery School, 70 Paines Lane, Pinner. and 384 Uxbridge Road, Hatch End.	8868 9415	<b>48</b>
<b>Solicitors</b>	Collins & Hoy., Wakefield House, 32 High St., Pinner.	8866 1820	<b>16</b>
	Hanney Dawkins & Jones, 21 Bridge St., Pinner.	8866 2144	<b>68</b>
	A. L. Law, Dudley House, 31, Lower Rd, Harrow	3794 8280	<b>62</b>
<b>Stationers</b>	Hammond Roberts, 136 Field End Rd, Eastcote.	8868 5786	<b>84</b>
<b>Synagogue</b>	Pinner Synagogue, 1 Cecil Park, Pinner.	8868 7204	<b>74</b>
<b>Tai Chi</b>	Laughing Monk Tai Chi                      www.laughingmonktaichi.com		<b>ibc</b>
<b>Wim Hof</b>	Ruth Geyer, Wim Hof Method Instructor ruthgeyer@hotmail.com		<b>40</b>



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