

# Harrow People

WINTER 2024

The London Borough of Harrow magazine



**Save the date**

Your Christmas bin schedule inside

**Winter well**

Staying safe and supported



LONDON BOROUGH OF  
**HARROW**

# GET VACCINATED. GET WINTER STRONG.



## Flu and Covid-19 can be serious.

People most at risk of serious illness are invited to get a free **Covid-19 and/or flu vaccine** to protect against these viruses over the colder months.

Those over 75 and people more than 28 weeks pregnant can also have their **RSV vaccine** this winter.

To check your eligibility, visit:  
[nwlondonicb.nhs.uk/winter](https://nwlondonicb.nhs.uk/winter)



LONDON BOROUGH OF  
**HARROW**

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Stay connected with news and events in Harrow and sign up to receive our e-newsletter at [harrow.gov.uk/myharrownews](https://harrow.gov.uk/myharrownews)



Harrow People is published four times a year by London Borough of Harrow. It is distributed to every home in Harrow. Comments, products and services published do not necessarily carry the council's endorsement.



**“We’re continuing to improve the services that make the biggest difference to local pride.”**

I'd like to wish you and your family a merry Christmas, and a happy Chanukah to all our Jewish residents. I hope, however you celebrate, that you're looking forward to catching up with loved ones and taking a well-earned break.

Looking back on 2024, I'm proud of the things we've achieved for residents. We're continuing to improve the services you rely on and that make the biggest difference to our sense of local pride.

Our new approach to street cleaning has seen us invest £270,000 in neighbourhood teams – people with local knowledge that also take a pride in their patch. You can find out more about this and the other things we're doing to improve the cleanliness of your streets on page 12.

These include seeking your help to catch fly-tippers by sharing our 'Wall of Shame' CCTV images – you can see the latest video on our YouTube channel, and raising the maximum fine we can give them to £1,000.

Community safety has been another important theme this year, with our programme of days and nights of action in hot spot areas continuing to make a real difference.

These coordinated events see our teams working with the police and fire brigade, neighbouring councils, voluntary groups and others to tackle issues including antisocial behaviour and violence against women and girls. You can see more of our work in this area on pages 20 and 21.

This is a special time of year, but winter also brings with it some challenges. Inside this edition you'll find information on staying well and the help that's available right across our borough.

With very best wishes for 2025.

**Cllr Paul Osborn  
Leader of the Council,  
London Borough of Harrow**

## HAF yourself an active Christmas

The Holiday Activities and Food (HAF) Programme for children has unwrapped a free timetable of boredom-busting fun for the school break.

Harrow organisations have come together with the help of the council and Young Harrow Foundation to bring fun activities and hot meals to 5 to 16-year-olds, including those with special educational needs and disabilities.

The programme is aimed at children in receipt of means-tested free school meals.

As in previous years, Harrow's Household Support Fund will continue to fund free school meal vouchers during the school holidays.

To find out more about the programme, visit [youngharrowfoundation.org/haf-programme](http://youngharrowfoundation.org/haf-programme)



## Check your bin day over Christmas period

Your bin day may be different over Christmas and the new year due to the bank holidays. With many of us having more waste than usual at this time, it's especially important to check – **your bin day may be a day earlier than usual or up to two days later.** See the back page for details.

You can also take excess waste to the Recycling Centre, which is open all year round except for Christmas Day, Boxing Day and New Year's Day. Book your slot at [harrow.gov.uk/recycling](http://harrow.gov.uk/recycling)

If you're signed up for garden waste collections, your service is paused for two weeks – you have not been charged for this period.

Not subscribed to garden waste collections? You will soon be able to sign up for collections starting in April. Existing Direct Debit customers relax, your service will automatically renew in the new year.



## Deadline looming for primary school places

If your child was born between 1 September 2020 and 31 August 2021, you don't have long to secure their primary school place for next year.

If you have not already submitted your application, you need to do so by 15 January. Our website has all the information you need to help you choose a school and apply.

See [harrow.gov.uk/schooladmissions](http://harrow.gov.uk/schooladmissions) for all the details.



## Happy Chanukah

We'd like to wish a very happy Chanukah to all our Jewish residents and those who celebrate.

The 8-night festival begins at sundown on December 25 and ends on the evening of January 2. Each night is marked with the lighting of an extra light on the menorah. It's also a time for families to enjoy traditional foods, games and gifts.



## We're now on WhatsApp

Our official WhatsApp channel has launched, giving you another easy, convenient and accessible way to find out about news, events and consultations in Harrow.

It's the world's most popular messaging platform, and you can now find us on there too! To find

us scan the QR code and hit the follow button.

You can easily share our updates with your friends, family and neighbours using the share button.

You can still follow us on Facebook and Instagram for updates.





## Support for our least well-off pensioners missing out on winter fuel payments

Harrow's least well-off residents are among those to benefit from £1.5 million of investment to support local cost-of-living projects. We're using some of this money from the government's Household Support Fund to replace winter fuel payments for more than a thousand residents.

Council Tax by Direct Debit will receive the money directly into their accounts. Those that pay another way will receive vouchers that can be used at supermarkets and elsewhere.

Following government rule changes, these people no longer qualify to receive this help towards the cost of heating even though they're on a low income.

The money will also extend the help offered to families that receive free school meals. They will continue to receive vouchers to help with the cost of food outside of term time.

Qualifying residents will soon receive a payment of £200, or £300 for those aged 80 and over. Residents who pay their



It will also help care leavers moving into independent accommodation, clear rent arrears of people seeking debt support and assist local advice services, including those offered at Harrow's popular Conversation Café.

## Specialist hubs open to meet complex needs

We're enhancing our adult social care services for people with additional needs. That means offering more choice and services tailored to them. To help us achieve this, we're converting our old centres into specialist hubs.

continue as part of our commitment to increase participation and opportunities for users of adult social care services. Many thanks to them and their families for their input in developing the new hubs.

Here's the recent ribbon cutting at our relaunched Kenmore centre, which is now a hub for people with complex sensory needs. Our Vaughan centre in West Harrow is now a hub for people with autism. This development of specialist services is set to



**Watch the video**

Scan the QR code or search LBH on YouTube



## Help to prevent the blight of damp and mould

This time of year often sees condensation creeping in and putting our homes at risk of damp or mould.

costs and keeping your home warm and damp-free, help is on hand from the 'Green Doctors' – expert energy advisors at Groundwork London.

We've got tips to help prevent damp and mould on our website. If you are a tenant and still have problems after following the advice here, it's important to speak to your housing provider.

They offer real solutions to reduce consumption and drive down bills.

If you're worried about energy



Find out more and see the other help available at [www.harrow.gov.uk/dampandmould](http://www.harrow.gov.uk/dampandmould)

## Your views shaping Poets' future

This autumn hundreds of Harrow people shared their views on plans for the Poets Corner site on Station Road.

The redevelopment of the old Civic Centre, in partnership with Wates, will deliver much needed quality homes (around 1,100) for Harrow and create generous areas of new public space for local people.



Thank you to everyone who shared their views, whether online or at one of the in-person engagement sessions. All the feedback is being reviewed ahead of the planning application submission early next year.

for Harrow. We'll be looking very carefully at all the feedback received before proposing a final design that serves the needs of local residents and our borough."

Cllr Marilyn Ashton, Deputy Leader of the Council and Cabinet Member for Planning and Regeneration, said: "It's important we get this right

You can view the updated plans on Saturday 1 February 2025 in the town centre by Katie's statue – find out more and sign up to updates online at [poetscorner.commonplace.is](http://poetscorner.commonplace.is)

Get the latest news and events straight to your inbox

Sign up at [harrow.gov.uk/myharrownews](http://harrow.gov.uk/myharrownews)



## Christmas service



Spreading the Christmas cheer – and the grit – our road gritters provide a vital winter service



It's hoe hoe hoe from our Green team, who keep our parks and outdoor spaces in shape all year round



**M**erry Christmas, and happy Chanukah to our Jewish residents, from everyone at London Borough of Harrow. Here are some of the hard-working people that have kept Harrow running this year and will continue to deliver essential services over the festive period. The Christmas

holidays will mean changes to bin collection days – please see the back page. And if visiting our recycling centre, please remember to book first – it's open every day except Christmas Day, Boxing Day and New Year's Day. And speaking of, we'd also like to wish you and your family all the very best for 2025.



While Santa sorts out presents, our team at the tip sort out your recycling



▲ Our Careline team make sure elderly and vulnerable residents don't need to fear being alone

▼ Our food waste team give your Christmas leftovers new life. Just one caddy of recycled food waste can generate enough electricity to power a fridge for 8 hours – that's pretty cool!



Harrow Arts Centre



No need for reindeer thanks to our Special Needs Transport team



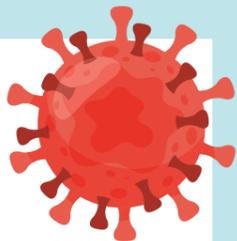
# Winter well

Five tips for a warm, well and supported winter



## 1 Vaccinate

This tip has to be number one. The NHS says it's the single most effective way to protect against flu and covid this winter. Vaccinations are safe and free for many at-risk groups, including the over 65s, pregnant women and others. If you're not vaccinated yet, speak to your doctor or pharmacist.



## 2 Pharmacy first

And speaking of pharmacists, these health experts are on hand to offer advice and consultations. They can also offer treatment for common ailments. So, think pharmacy first, or for NHS advice over the phone, call 111.



## 4 Active and social

Loneliness is a serious health problem and can be a big issue at this time of year. Our Community Hubs and Conversation Cafés (see below) are great places to visit, offering chats and friendly connections. They can also put you in touch with other people offering support. There's a lot on offer, including Harrow Health Walks – a fun social stroll near you. Search online or call 020 8424 1255.



## 5 Neighbourhood support

A warm welcome is guaranteed at our Community Hubs. The kettle's on and there are activities, too. Some also offer free meals. There are more than 30 locally – find your nearest online at [harrowgiving.org.uk](http://harrowgiving.org.uk).

The council also runs five Conversation Cafés offering advice, help with council services (and Pension Credit applications) and free cake. See [harrow.gov.uk/conversationcafe](http://harrow.gov.uk/conversationcafe) for details.



## 3 Financial help

Are you getting everything you're entitled to? Find out and access support at [harrow.gov.uk/costofliving](http://harrow.gov.uk/costofliving). We're concerned that some local people are missing out, especially those that could be claiming Pension Credit, as this is also linked to winter fuel payment eligibility. We're helping more than 1,000 local pensioners on a low income with the cost of heating this year – see page 7.



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## Starting school in September 2025

### IMPORTANT INFORMATION

Children born between 1 September 2020 and 31 August 2021

You need to apply for a reception place. Apply online at [www.eadmissions.org.uk](http://www.eadmissions.org.uk)

Closing date for applications **15 JANUARY 2025**

Applying online is easy and you get an instant acknowledgement of your application. You will also receive the outcome of your application by email on offer day.

For details go to [www.harrow.gov.uk/schooladmissions](http://www.harrow.gov.uk/schooladmissions)

For help and advice on how to complete your application: [schooladmissions@harrow.gov.uk](mailto:schooladmissions@harrow.gov.uk)



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Clean and safe

FLAGSHIP ACTION



We've launched a wall of shame with those caught red-handed. Visit [harrow.gov.uk/wallofshame](http://harrow.gov.uk/wallofshame) and tell us if you know who they are



# New brooms

## Street cleaning team grows with £270k boost

Here's just one of our new neighbourhood teams dedicated to keeping the streets of Harrow clean. We've invested new money in this highly-visible and valued services - £270,000 directly where it's need, to make our streets cleaner and restore Pride in Harrow.

With the investment comes a fresh approach – local teams that work in the same part of the borough day in and day out.

They know their patches incredibly well and can use that knowledge to address problem areas and spot issues needing action more quickly. We're all really thankful for these hardworking colleagues and the difference they make - If you see your local team, please say hello. We've also grown our enforcement team,

helping them to take swift action against those dumping waste illegally.

Last year we issued 1,147 fines for fly-tipping and recently upped the maximum fine to £1,000. We've more officers on the ground and you're helping too, see above.

### Watch the video



Scan the QR code to see the team in action



Funded by UK Government

# Foster with WEST LONDON

## “LUCAS HAD NEVER HANDLED WRAPPING PAPER BEFORE, HE SAID IT WAS LIKE MAGIC”



## Become a foster carer and this time next year you could be helping a child look forward to Christmas

[harrow.gov.uk/fostering](http://harrow.gov.uk/fostering)  
020 8753 1064



## Christmas fun



# Let there be lights...



TOWN CENTRE PHOTOS COURTESY OF ASIAN EVENTS MEDIA



**H**arrow's diverse shopping streets offer bags of festive fun, great gift ideas and opportunities to socialise in style. In the town centre, you'll find a range of free activities including a visit from Santa, who flies in on Friday 20 December, 3pm to 6pm, with free gifts available for 100 kids.

Come down the following day and you'll meet some unusual visitors, as a host of larger-than-life Christmas characters take over the town centre. The festivities, organised and paid for by Harrow town centre's Business Improvement District (BID) kicked off the other week, with a free festive line-up, culminating with a laser show and lights switch-on by another man in red, Mayor of Harrow, Cllr Salim Chowdhury. Wherever you shop in Harrow, remember all council spaces offer one hour's free parking.

Hundreds joined the festive fun in Harrow town centre including, below, the Hill Players Christmas panto cast



Santa will definitely be calling on Whitmore Road this year, as Harrow's most festive street gets lit. Neil, one of its leading lights, told us how neighbours first came together during the pandemic. A few years on and the community spirit continues to burn bright, with more than 50 houses showing off amazing Christmas displays.

This illumination destination in West Harrow is now visited by hundreds of people each December, last year raising nearly £6,000 for local charities. This year's Whitmore lights charities are St Luke's Hospice, The Wish Centre and Northwick Park Hospital's children's ward, Jack's Place. Go to [justgiving.com](http://justgiving.com) and search for Whitmore lights.

# Setting a balanced budget for Harrow

Tell us between 18 December and 29 January

In Harrow we are heavily reliant on Council Tax – almost 80% of our day-to-day budget is funded by you in this way. This money pays for many of the services you’d recognise and also things you may never use or need, like social care.

Your Council Tax helps adults and children with complex needs and disabilities to live better lives. Demand for these expensive services is growing and they now account for two thirds of our whole £203 million budget.

As well as rising demand, we also have to manage rising prices. If you’re responsible for the weekly shop, you’ll have seen this for yourself. The goods and services the council buys are affected in just the same way. These two pressures together mean that what we expect to spend over the next three years will be £20 million greater than the council’s likely income.

**Almost 80% of our day-to-day revenue budget is funded by you from Council Tax**

We’re managing this in a responsible way, so you get the best value for money and receive a level of service you rightfully expect. And we’re also investing in things that make the biggest difference, to your safety and quality of life, and to the local economy. Things like cleaning streets, fining the fly-tippers, fixing roads and one hour’s free parking.

We believe our proposed budget strikes the right balance. It offers sound financial management to secure the borough’s future, while investing in your priorities and protecting the most vulnerable – what do you think?

## Where your money goes

These are some of the spending areas that put the biggest pressure on our budget

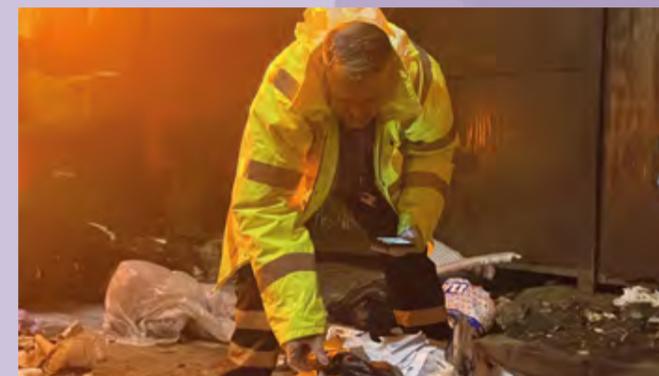
-  **£120.4m** Caring for adults
-  **£8.3m** Special needs transport
-  **£37.7m** Children and family services
-  **£7.7m** Concessionary travel including Freedom Passes, disability permits and taxi cards
-  **£12m** Temporary accommodation

## Putting residents first

We’ve invested in the things that you told us made the biggest difference to your safety and quality of life, and to the local economy...



**£16 million** invested in road resurfacing over the last two years – we’ve filled more than 1,200 potholes this year



**£270,000** invested in street cleaning and fly-tipping enforcement – we’ve issued more than 1,100 fines to illegal dumpers last year

More than **6 million** free parking hours used since August 2022 – putting money back in your pocket and boosting local business



Two thirds (66%) of our budget is spent on supporting children and vulnerable adults in Harrow



## How you can get involved



**Online:** The quickest and easiest way to have your say is online at MyHarrow Talk. Use the QR code to view the Budget report and fill in the survey.



**In writing:** To request a copy of the Budget consultation or an easy read document and survey, call us on 020 8863 5611.



**In Person:** You can view the Budget report (or an easy read version) in-person at one of our six libraries. Here you’ll be able to pick up a copy of the consultation form, or use one of the computers in the library to share your views

Visit [talk.harrow.gov.uk/budgetconsultation](https://talk.harrow.gov.uk/budgetconsultation) 2025-26 from 18 December



# Armistice Day



# Remembering the fallen



**R**emembrance Sunday commemorations were held in the town centre for the first time this year. Thousands of residents came out to watch our traditional parade and join serving personnel, local armed forces cadets and dignitaries for the special service at the war memorial on St Anns Road.

The parade was led by 131 Commando Squadron Royal Engineers, which is headquartered in Kingsbury. Other services took place in Pinner and Edgware.



The Mayor of Harrow Cllr Salim Chowdhury, and Mayoress of Harrow with, from left, Cllr David Ashton, Deputy Leader of the Council Cllr Marilyn Ashton, Deputy Mayor Cllr Anjana Patel, Cllr Janet Mote, Leader of the Council Cllr Paul Osborn, and Cllr Stephen Greek



# Keeping Harrow Safe

We've done a lot of work this year to help Harrow residents feel safer. Working in partnership with the police and others, and with the support of local businesses, we've taken action on key issues and offered a reassuring presence around the borough.



Stuart Davidson and Maddie Jones host a Safe Haven at St Peter's Church

## Safe Spaces, Safe Havens

Two schemes with a common goal – part of our commitment to tackle violence against women and girls.

Safe Spaces is a national scheme of community venues offering free and confidential services for anyone at risk of domestic abuse or sexual violence. There's a private room available, information and a private telephone line at more than 20 participating locations including some pharmacies. You can find them all at [uksaysnomore.org/safespaces](https://uksaysnomore.org/safespaces)

Safe Havens are for anyone who feels scared or harassed while out in Harrow. 14 sites now display the helping hands logo, meaning that staff inside are trained and ready to welcome anyone feeling vulnerable.

Thanks to everyone that's got onboard, including our libraries, Waitrose and Harrow's fire stations. You can find them all at [harrow.gov.uk/safehavens](https://harrow.gov.uk/safehavens)

## Days and nights of action in numbers

-  **73** visits to suspected unlicensed houses of multiple occupation
-  **29** fines for fly-tipping and waste offences
-  **27** cars stopped by the police for outstanding violations
-  **3** cases of disabled Blue Badge fraud detected
-  **1** arrest for visa violation
-  Countless free cups of tea poured by our Conversation Café, which joined the action to offer advice and support.



## Watch the video



Scan the QR code to see more



## Staying safe on a night out



**Be drink aware:** Spiking is a serious crime that carries a maximum sentence of 10 years. This video from charity, Drink Aware, offers helpful advice to reduce the risks of drink spiking, what to look out for and what to do if you or a friend suspect you've been administered drugs or alcohol without your knowledge.

**Ask for Angela:** Pubs and other venues in Harrow are part of the Ask for Angela scheme – a support service for anyone feeling vulnerable on a night out. Approach the bar and ask to speak with 'Angela' - staff will discreetly offer support and help you to leave safely.

## Watch the video



Scan the QR code to see more



**Are you looking after someone else's child?**



That might make you a 'private foster carer'.

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## HARROW ARTS CENTRE

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

### The Pantomime Adventures of Peter Pan

Until 29 December | From £5  
 ■ This Christmas Harrow Arts Centre are offering a limited number of £5 tickets to see 'The Pantomime Adventures of Peter Pan'. Harrow residents who are currently receiving benefits are eligible for this scheme. To book your £5 tickets, complete the short form on the website.

### Tamil Heritage Month Exhibition

Until 29 January | Free to view in The White Cube Gallery  
 ■ Explore the rich heritage of the Tamil community in this exhibition which coincides with Thai Pongal, the Tamil Harvest Festival. Want to take part? See artwork specifications on the website.

### The Little Mermaid

15 – 17 February 2025 | From £13  
 ■ Immersion Theatre invite you on an adventure like no other in their most spectacular and fantastical family musical yet.

### HEADSTONE MANOR & MUSEUM

[www.headstonemanor.org](http://www.headstonemanor.org)

#### Magical Magi

15 December | 11am and 1.15pm | From £2.50  
 ■ A Christmas family workshop where you can make your very own nativity figures using recycled wooden blocks and acrylic paints.

#### Twinkle Trail

Thursday – Sunday until 24 December | 11am – 3pm | Free  
 ■ Explore the manor house and try to find all the decorations hidden around the site. Fill in the



trail sheet as you go and collect your winning prize once finished.

#### Exhibition: Translucent

Until 2 February | Free  
 ■ Harrow-raised artist Claire McDermott brings memories of Whitefriars Glass to this exhibition of botanical sculpture and photographs. As an environmentalist she hopes to encourage people to view glass as an alternative to plastic by showing its magical



qualities of transparency, reflection and clarity of colour.

### HEATH ROBINSON MUSEUM

[www.heathrobinsonmuseum.org](http://www.heathrobinsonmuseum.org)

#### Exhibition – The Art of Sidney H. Sime, Master of Fantasy

Until 5 January 2025 | included in museum entry fee  
 ■ Sidney Sime was a painter, illustrator and caricaturist. His work, although influenced by Aubrey Beardsley and Japanese prints, was truly original. After the First World War, Sime devoted much of his time to rendering his fantasies in large oil paintings, a number of which are shown at the museum.

#### Exhibition – Remixology: The Art of Ketna Patel

9 January – 8 February | included in museum entry fee  
 ■ British Kenyan-Indian artist Ketna Patel delves into the themes of identity in this exhibition. Her work mixes mythological figures, political icons and everyday individuals in a satirical manner.

## Community events

### Christmas Market

15 December | 11am to 7pm  
 ■ There will be a selection of arts, crafts and street food for sale at the St Anns Road market in Harrow town centre.

### Harrow Choral Society's Christmas Celebration

14 December | 5.30pm | £25, under 18s £2 | Harrow School Speech Room, HA1 3HP  
 ■ Harrow Choral Society is returning to Harrow School for its festive concert of carols, readings and brass ensemble performances. The guest reader is old Harrovian Simon Williams, who plays Justin

Elliott in the BBC Radio 4's The Archers. See [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk) for more details.

### The Hillplayers' panto

15 December | 11am and 3pm  
 ■ It's the Christmas pantomime you've all been waiting for. Amateur dramatics group The Hill Players will give two performances of Jack and the Beanstalk. Go to [www.ticketsource.co.uk/hillplayers](http://www.ticketsource.co.uk/hillplayers) to get your tickets.

### Meet our Christmas characters

21 December | 11am – 6pm



■ Come and say hello to our Christmas characters as they walk around the town centre. Santa Claus and Mrs Claus will be making a special appearance alongside their elves, the gingerbread man, ballerina and many more.

### HARROW LIBRARIES

[www.harrow.gov.uk/libraryevents](http://www.harrow.gov.uk/libraryevents)

#### Christmas Jigsaw Craft

27 December | 11 – 11.45am | Ages 4 to 9 | Kenton Library  
 ■ Make a Christmas jigsaw puzzle to keep you entertained over the holiday. Booking required.

#### Christmas Wreath Craft

14 December | 2.15 – 3.15pm | Ages 4 to 11 | Stanmore Library  
 ■ Celebrate Christmas by making a festive wreath. Booking required.

### K'Nex

28 December | 2 – 3.30pm, Wealdstone Library  
 ■ How good are your engineering skills? Find out in this interactive K'nex session. For all ages.

### HARROW LEISURE CENTRE

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

#### Children's Christmas Swimming Crash Courses

21 – 24 December | Ages 4 to 15 | £22 for four days | Hatch End Swimming Pool

■ Learn to swim or improve your swimming over the Christmas holiday. Email [hatchendswim@everyoneactive.com](mailto:hatchendswim@everyoneactive.com) to book a place.

#### Children's Christmas Pool Party

22 December | All ages | £3 children, £5.45 adults | Hatch End Swimming Pool  
 ■ Join in this merry fun Christmas pool party playing all your favourite festive songs.

#### Santa's Merry Mile at Bannister Sports Centre

22 December | £5 person or £10 for a family | Gates open at 5pm, with the Merry Mile starting at 6pm  
 ■ Get festive with the whole family while running Santa's Merry Mile. Come dressed as the big man himself and have a jingle bell jog round the track before enjoying a hot drink and a mince pie after.

#### ◀ Christmas craft events are underway at Harrow libraries





# Be the first to know what's happening in Harrow

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## Well connected

### Digital inclusion classes improving Harrow's health

**B**ipin Dattani is exactly the kind of local champion that our Harrow's Heroes awards are made for. September's glittering event saw him pick up both the Health and Wellbeing award and the Volunteer of the Year award for his work improving the lives of local diabetes sufferers.

Cllr Janet Mote, our Cabinet Member for Community and Culture, who presented him with an award on the night, told us about her recent catch up with this remarkable volunteer.

"The thing that really impresses me about Bipin is his energy. He supports people with diabetes in Harrow, but he also works in Hillingdon, Acton and Hammersmith and Fulham. And then each Saturday he takes to Zoom to reach an even wider audience."

Bipin's activism has improved countless lives. He's worked to improve awareness of diabetes and its risks, and empowered those with the

disease to better understand its affects and to manage their condition.

His digital inclusion classes have been a large part of that story – helping people to engage with diabetes monitoring technology to support their independence and give them greater control. Along the way he's inspired people like Shirley, who at 93 has not only embraced the technology but is now helping others to learn about its benefits.



Bipin described his Harrow's Heroes awards as a 'great honour' and told us he remains passionate about what he does,

"I love changing lives for the better – it's incredibly rewarding to watch people improve their health, gain confidence with technology, and form meaningful connections."

Once again, congratulations and thanks to Bipin – you're a true Harrow hero.

# Your Christmas and New Year bin collections



Depending on your bin day, you may need to put your bin out a day earlier than normal, or up to two days later

Normal bin day	Christmas week*	New Year week*
Monday	Monday 23 Dec	Monday 30 Dec
Tuesday	Monday 23 Dec or Tuesday 24 Dec	Tuesday 31 Dec
Wednesday	Tuesday 24 Dec or Friday 27 Dec	Thursday 2 Jan
Thursday	Friday 27 Dec or Saturday 28 Dec	Friday 3 Jan
Friday	Saturday 28 Dec	Saturday 4 Jan

**\*Garden waste collections will pause for two weeks**



**Harrow Recycling Centre in Forward Drive is open every day except Christmas Day, Boxing Day and New Year's Day**

[harrow.gov.uk/bins](http://harrow.gov.uk/bins)



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