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The Arch

Your Monthly Wembley News

Welcome to The Arch



We hope you enjoy the second issue of The Arch, the monthly newsletter brought to you by local family business Grey & Co Estate Agents.

Last month's newsletter was well received, with lots of people getting in touch to say they enjoyed reading about the positive things happening in the local area.

Thank you for the kind feedback. We love being the bearers of good news and promise to keep delivering it to your door every month.

We hope you enjoy reading it, and please get in touch if you have local news of your own.

Abigail Grey, Director Grey & Co



What the V&V will look like when it opens next year.

New development aims to put Ealing Road back on the map

Construction work has started on a slick, steel-framed retail and events space that will bring 30 new businesses and 100 entrepreneurs to Ealing Road.

V&V Ealing Road, due to open mid-2021, will also have a central atrium with the capacity to host events for up to 250 people.

The developers behind the project hope the scheme will attract a vibrant mix of modern food, drink, fashion and design businesses to Ealing Road.

Chartered surveyor Rhisha Patel, who is leading the project, grew up in the area. She says: "The Ealing Road that I see today is not what I remember growing up.

"We want to put Ealing Road back on the map and make it more relevant and inclusive to all."

When it comes to selecting tenants for the new development, Rhisha wants to "attract fresh blood".

"It's about adding value to a road that already has a footfall of approximately 20,000 people per day."

She hopes that the scheme will become a focal point for the community.

"In light of what's happened over the past six months, it's clear how important localism is," Rhisha says.

"Covid-19 has highlighted the importance of community and the need to adapt and evolve."

Brent Council's Leader Muhammed Butt says: "This is a great opportunity to create a space which people feel proud of. This project is about making sure the whole of Ealing Road becomes animated and goes back to what it was - a vibrant place."

Business people wishing to register their interest in leasing a unit at V&V can visit www.comingtoealingroad.com



Brent Council leader Muhammed Butt, Brent Mayor Ernest Ezeajughi, Jagtar Singh Viridi, Dr Shailesh Vora, Rhisha Patel and Jaz Ruprah.

New club is a hit with budding young basketballers

A new basketball club, which caters for beginners right through to elite competitors, is making its mark in Wembley.

Top London basketball coach and Wembley resident Clive Castillo formed Brent Bulls a few months ago.

"I knew that there was a lot of interest in the game locally, and a lot of talent and I wanted to build on that," Clive says.

"It's exciting how quickly it has all come together. We started with a five-year plan to build up basketball participation in north-west London, and we've achieved much of that in just a few months."

The club reached out to budding young basketballers by holding weekend workshops in Wembley.

"We were overwhelmed by the response," Clive says. "We had four-year-olds who had never dribbled a ball before turn up through to teenagers with good skills.

"That's what we're about: introducing the game to newcomers and developing players who want to compete at a high level.

"I have seen a lot of talented players from north-west London travelling to Essex and Kent to play for teams there. They shouldn't have to travel to follow their dreams. We want them to stay in Brent."

The Brent Bulls have seven coaches and several youth and senior teams. When the National Basketball League resumes (Covid-19 has disrupted the season), Brent Bulls will field a men's team in division 3 and a women's team in division 2.

Brent Bulls is a Community Interest Company and is proudly sponsored by Grey & Co.

To learn more about joining the club, or upcoming youth workshops, visit www.brentbulls.com



A young player practises her shooting skills.



**Team building at a Brent Bulls workshop.
Photos by Tomas Dzidzevičius**

Free workouts

Brent Council is running free exercise sessions in October.

On Tuesdays, it's Full Body Workout at King Edward VII Park, 6pm to 6.45pm.

On Thursdays it's Abs, Bums and Thighs at Alperton Sports Ground, 10am to 11am.

For more on local events in the area visit <https://tinyurl.com/y6f3ythy>

A place to talk

The Hestia Recovery Cafe is a place where people who feel distressed can talk and get mental health support.

It runs Tuesdays, Fridays and Saturdays, 6pm to 11pm, at Tokyngton Community Centre.

Open to anyone who is over 18. You don't need a mental health diagnosis or referral, just drop in.

Run with the Fly Girls

Girls 14+ and women are invited to join Fly Girls Wellness to walk/run around Wembley Stadium.

It's a chance to exercise in a non-competitive and supportive environment.

The group meet every Sunday at 9am at the Bobby Moore Statue. To join them, email flygirlsuk@gmail.com

New Covid-19 testing centre opens

A new walk-through Covid-19 testing centre has opened in Wembley.

The London Road facility opened this month, following a warning from Brent Council's Director of Public Health Dr Melanie Smith that cases in the borough are on the rise – as they are in the rest of London.

“It is hoped that by increasing the availability of testing over time, it will help stop the spread of Coronavirus in Brent and save lives,” says Dr Smith.

In recent weeks many local people have found it difficult to get a test nearby, so it's hoped the new centre will relieve some of the pressure on the system.

If residents have Covid-like symptoms, such as a new and continuous cough, high temperature or loss of sense of smell or taste, they can book a free test online or by calling 119. (The borough's other walk-through testing centre is in Harlesden.)

Brent was hit hard by Covid-19 during the first wave and at the time recorded one of the highest death rates in the country.

At the moment, it doesn't even rank in the top 100 worst affected towns or boroughs, but people are being urged to stay vigilant.

“Let's not throw away the hard work and sacrifices made [earlier this year] by so many of our friends, neighbours and loved ones during lockdown,” says Brent Council leader Muhammed Butt.



The new Covid-19 testing centre, London Road, Wembley.

Residents bin bulky waste in community skip

Old mattresses, broken furniture and an array of other odds and ends were recycled this month as part of a push to stamp out fly-tipping and rubbish dumping in the area.

Throughout September Brent Council's Community Skip was parked at different locations across the borough including Rosemead Avenue, Wembley, and Woodside Avenue, Alperton.

Residents then had the opportunity to dispose of up to five items for free. The initiative tied in with the Great British September Clean, a campaign to get people to take better care of their local environment and to dispose of their waste responsibly – an ambition we wholeheartedly support!

In other recycling news, the Wembley Central and Alperton Residents' Association collected 140kg of clothes from locals and passed them on to the good people at the charity TR Aid.

The community skip in Woodside Avenue.





Wembley Stallions Jackie Harraghy, Angie Sowerby and Anna Young.

Come join us! American football club appeals for female recruits

American football is a great sport for people of all shapes and sizes, according to Jackie Smart, who is recruiting new players for the Wembley Stallions' women's team.

Jackie, the club's General Manager, says it's a myth that you need to be tall and solid to excel at American football.

"It isn't all about being 6 foot and 15 stone - although if you fit that description, we could certainly accommodate you," she says.

"American football is one of the few sports where there is a position for almost every body type, be it small and fast, big and strong or somewhere in between."

A prime example is Anna Young, a former netballer who joined the club three years ago.

"She's one of our top players and has even worn the GB jersey - and she's 5ft 9 and quite slight," Jackie says.

Due to the pandemic, the 2020 British American football season was cancelled. But the club, which also fields a men's team and junior and youth teams, hopes to be back competing next year.

In the meantime, it is running non-contact skills-building training sessions (in line with Covid-19 guidelines).

"It's a great opportunity for newcomers to learn the fundamentals, build their confidence and improve their fitness," says Jackie.

The Stallions would also welcome volunteers to be part of gameday crews when competition re-starts.

"One of the reasons I fell in love with the sport is the camaraderie. It's like being part of an extended family," she says.

"It's so exciting being on the sidelines, with all the colours and sounds. If you watched the game on TV and loved it, you will love it even more when you get involved."

Learn more about the Wembley Stallions at www.wembleystallions.co.uk.



Wembley Stallion Anna Young.