

Harrow Shopmobility

Open Days

Once a month we open our doors to the public. If you would like to know more about Harrow Shopmobility please do come along. Have a chat, a cup of tea/coffee and a biscuit or two. Everyone is welcome members and potential members 😊

Open day dates: -

27 April 2023

25 May 2023

29 June 2023

20 July 2023

31 August 2023

28 September 2023

Awareness Morning

19 April 2023

17 May 2023

14 June 2023

12 July 2023

16 August 2023

13 September 2023



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Open days

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AGM

Action Challenge

Do you want an inspirational challenge adventure, while raising money for a local charity?

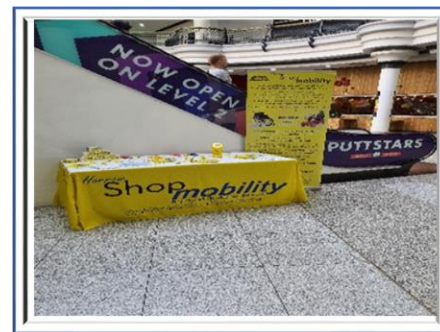
Look no further. Harrow Shopmobility has signed up to Action Challenge. Join an Action Challenge event – and they will support you from the moment you sign up. There's a dedicated 'Challenge App' which houses all the details on what to expect & how to prepare – with access to training plans, training walks & weekends, kit hire services, and retailer discounts. On the UK mass participation events they have full medical teams, an expert signage team, specialist caterers, and a whole load more – as they strive to deliver the best challenge events in the market place – and they are famous for it! Whatever the challenge is, and wherever it takes place – it's this high level of support which enables thousands of participants each year to push themselves further and achieve something special.

Harrow Shopmobility Manager, Gail will be taking part in the Thames Path Ultra Challenge on 9th –10th September 2023

<https://www.ultrachallenge.com/thames-path-challenge>

Awareness Mornings

Once a month St. George's shopping Centre, kindly allows us to hold an awareness morning on the ground floor of the Centre by the down escalator. This is an opportunity to find out more about our free service to the disabled people of Harrow.



We are raising funds to buy two new Transit wheelchairs.

Thank you to everyone who helps by buying **Harrow Wins** tickets. <https://www.harrowwins.co.uk/support/harrow-shopmobility>

We receive 50% of the ticket price plus 10% goes to other charities.

This is your chance to WIN up to £25,000 weekly, plus monthly bonus prizes!

VOLUNTEERS NEEDED

Come and join our friendly team of volunteers.

Make a positive difference in someone's life.

Make new friends and have some fun.

Learn new skills and make use of your skill set.

Feel a real sense of satisfaction.

3 hours of your time per week.

Monday – Friday
10am - 1pm or
1pm – 4pm.
You choose.

What will you be doing?

Greeting customers.

Answering the phone.

Logging customers in and out.

Issuing wheelchairs, mobility scooters, walkers, frames, walking sticks and crutches.

What are you waiting for? Pop in to see us or contact us on
020 8427 1200



Bird Watch

By Dee Webster

Spring has sprung, there is a lot of extra bird calls looking for a mate or starting to nest.

Please put out seed for the birds and remember Don't use salted or dry roasted peanuts. Never put out loose peanuts, during spring or summer, as these pose a choking hazard if they are fed to chicks, place whole peanuts in a suitable mesh feeder.

The UK red list for birds keeps track of population trends in 245 species. At the latest count there are 70 species of birds on the red list. This means they are at risk of becoming extinct and just as many on the amber and green list. We must do all we can to protect them. Some of the birds on the Red List are those which we see quite regularly around our homes and countryside, such as starlings, house sparrows, house martins and swifts.

Anyone with an outside space can help these birds by putting up nest boxes,

feeders or planting plants to attract insects which the birds can eat.

Growing wildlife-friendly flowers in your garden, on your balcony or even in a window box is a great way to add colour and interest for yourself and nature. Fast-growing annual plants like poppies, corn marigold and cornflowers grow from seed to a mass of flowers in a few months, providing a buffet for bees and butterflies, food for birds, and cover for other creatures. Plus, it needn't be expensive - a packet of seeds can be picked up quite cheaply.

Movement for Good Awards

Please nominate Harrow Shopmobility for the £1,000 draw. One nomination per charity per person.

[Movement for good - Nominate a charity for an award](#)

The draws are scheduled for June, September and December. Please share ☺

Harrow Shopmobility Annual General Meeting

Thursday 17th August 2023.

3 pm – 4 pm

Management Suite Boardroom,
St. George's Shopping Centre,
Harrow.

All members invited

Harrow Wins

Harrow Wins is an exciting weekly lottery that raises money for good causes in Harrow. All good causes supported by the lottery will benefit Harrow and its residents.

Tickets for the lottery cost just £1 a week. Each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000!

Each ticket has six numbers and each number is between 0 and 9. There will be a draw every Saturday night when a six digit winning combination will be picked. Prizes will be given to players with tickets that match the first or last 2 to 6 numbers from the winning combination. Match all six and you win the jackpot!

