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Sudbury Court and Pebworth Estates

Oct
2016

The Courier

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The Courier

*The official publication of the
Sudbury Court Residents' Association.*



October 2016

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SCRA NEWS

Notes from Sudbury Court
Residents' Association

Welcome to October!

Autumn is probably my favourite season, especially the bright, crisp blue-skied days, and the changing colours of the leaves. Time to get the cosy jumpers out of the back of the wardrobe!.

We need you.

The Committee have been as busy as ever, and I must say that we could do more work for this community if we had more time—we really are limited to the amount of work we can do due to our capacity as a very small team. So, we are looking for a new Secretary for the Committee; we are also looking for people who have, literally, a few hours per month—people who can take on a small task to lighten the load of the Committee members. If you can only spare 2 hours a month, then we'll find a task to fit into that time. Please get in contact with me at the above email address.

All change.

Which brings me on to the change in contact email addresses—please see above. You will also note that Suzanne is no longer the Editor of the Courier. Over the past few months we have had some difficulties, which I'm afraid I can't disclose further at this stage, but will, hopefully, in the next issue. Suffice it to say that the Committee have taken over the magazine. We apologise if you've received your copy a little later than usual, but we have had to put it together, from scratch, in a very short time.

Byron Court

Opposition is ongoing, and we are doing as much as we can—again, I would very much appreciate a bit of assistance—please get in touch.

I will be in a position to tell you more about this, and our other efforts next month. Please note the SNT's article (next page) with some reminders and updates.

Thank you,

Kaye

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Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**. To report a crime and for non-emergencies dial **101**. For Crimestoppers dial **0800 555 111**.

Dear residents

Crime figures: To get an overview of the ward crime figures then visit the met police website www.met.police.uk and follow the following instructions: on front page select crime mapping, click on Brent on the map, in search field enter Northwick Park, click Go and then on 'Crime types' to navigate between various crime types. You may have to spend a little bit of time navigating between the various fields.

Burglaries: As Christmas approaches is now almost upon us the burglary rate might increase but again we wish to counteract this and perhaps with your help as eyes and ears for us we can do it. Most residential burglaries occur during the weekdays from between 9am to 7pm. If your neighbour's house is unattended during the day time, be vigilant of callers/persons hanging around that house. Call the police if you see any suspicious behaviour. Make sure that your home has good locks on the windows and doors; that the perimeter fencing and walls are fit for purpose.

Robberies: Also as the nights draw in there is more opportunity for would be robbers to rob you in the early evening darkness. Please be aware, be alert as you walk. Do not walk and talk on your mobile oblivious to who or what is going on around you. Do not walk around with your jewellery exposed without being alert as to who is around you or perhaps following you. Ring the police immediately if you feel that you are in immediate danger of being robbed.

Part Time: One of our residents had a party in September, this went on until the early hours of the morning and by their own admission they turned the music down after midnight. However the very next day they had a very abusive letter and threats were made towards the residents, as if that was not enough they had their locks damaged by the same person who posted the letter.

In all my time working on Northwick Park as a community officer I have never witnessed such hostility towards one of our neighbours such as this, the police are investigating these crimes.

In the future if anybody is having a party please let your neighbours know and that includes the houses that back on to your property, also if they have any problems after the

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event they should contact us your local Safer Neighbourhood Team and we will deal with the complaint. Please do not take matters in to your own hands.

Ward Panel: If any residents would like to be more involved you can join the local Ward Panel. Ward Panels are an instrumental part of local police engagement in London "As Met Police Safer Neighbourhood (SN) teams engage with communities, through various methods such as meetings or contact points, the teams will gain an insight into the local community's crime and disorder concerns. In order to ensure that the work of each SN team is focussed on resolving these problems, each SN team will require a process to involve local people to decide promises for them to work on." Just speak to one of the team.

Your local police team details:

If you have any issues that concern you and that you think that your local police team should resolve then please feel free to contact us

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Brent Connects Wembley gives you an opportunity to have a say about the issues which matter to you.

At each meeting residents, businesses and community representatives can ask questions about services provided by the Council and other agencies in Brent.

The next meeting is:

Wednesday 5th October 2016 at 7pm

Patidar House,

Ground Floor Auditorium,

22 London Road, Wembley HA9 7EX.

Email: brent.connects@brent.gov.uk

On the agenda for this meeting will be: Rubbish dumping, dog fouling, potholes and pavements—and any other environmental issues.

Share your views with Cllr Eleanor Southwood, Lead Member for Environment and Rob Anderton, Head of Environmental Improvement.

Also on the agenda will be the draft proposals for new parliamentary constituency boundaries—which will have an impact on Brent.

There is also a Soapbox slot, where you can bring up any issues that concerns you or your community.



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Councillor's Comments

Cllr Margaret A McLennan - Northwick Park Ward

Email: cllr.margaret.mclennan@brent.gov.uk



Autumn greetings to all and hope all readers had a good Summer. Autumn also signifies the commencement of budget setting with the Administration setting its spending goals and targets for the next two years.

Borough Finance - At the Cabinet meeting on 24th October, Members will vote on agreeing the consultation process on the budget proposals before final Full Council approval in the New Year. As mentioned in my previous article; the key change to Local Government finances is its new ability to retain **100% of Business Rates by 2020**. London Councils (representing the 32 boroughs and the City of London) and the Greater London Authority (GLA) has sent a joint response to the Chancellor on how they believe the reforms should be implemented in London in order to benefit not just London, but the local government sector and the UK economy as a whole. This joint statement has been agreed by the 33 Leaders of London's local authorities and the Mayor of London.

Environmental and Highways Service Review - The London Borough of Brent is actively seeking to improve its public-facing services that are valued most highly, i.e. the maintenance of highways and footways and the residential waste and street cleansing service. The essence of the review is to ascertain how we (Contractors and Council) are performing to meet the expectations of residents currently and how we are set up to perform in the future. The outcome of this review is to help inform our current position and options for the future.

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The council's Highways and Infrastructure Service is responsible for planning, design, construction and maintenance of the borough's transportation related infrastructure. They will:

- ♦ Work closely with planning to identify priorities for transport infrastructure improvements.
- ♦ Develop, design and consult on LIP (Local Implementation Plan), Section 106 and CIL funded transport schemes.
- ♦ Secure additional funding from TfL (Transport for London) and other sources for the delivery of transport schemes, walking and cycling schemes, bus stop accessibility and bus pin point funding.
- ♦ Undertake monitoring of street works activities by utility companies and Brent contractor.
- ♦ Coordinate road works to ensure disruption is kept to a minimum.
- ♦ Carry out statutory inspections on all road works.

- ♦ Manage the road network.
- ♦ Work in partnership with Wembley National Stadium (and alike) for events in the borough, taking a lead role in traffic management.
- ♦ Work closely with developers of major projects such as Cross Rail and HS2 to minimise disruption for local residents, businesses and the road network.
- ♦ Manage planned works delivered by the LoHAC contractor Conway AECOM.
- ♦ Manage reactive highway maintenance function undertaken by LoHAC contractor.
- ♦ Monitor and manage performance of the contractor.

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YOUR LETTERS

JOIN THE DEBATE



Dear Editor

I would just like to express my thanks to Suzanne D'Souza for all her hard work in producing The Courier for the Year & a half years. Plenty of news, plenty of articles, keeping all residents hereabouts updated in our locality. Personally she has been of great help to me with my Neighbourhood Watch articles. I shall miss her.

So THANK YOU Suzanne, you were much appreciated. Whoever takes over the role has a hard act to follow, but I wish you success in your new venture.

Jill Gilbert

Dear Residents,

Thank you to everyone who responded to my recent article relating to Control Parking Zones. The responses were few but did show a change in views within the area but because the number of responses were so very low I believe that their isn't presently a passion to move towards Controlled Parking for the time being even though this may be a missed

opportunity. Many thanks to those who did respond.

Regards Cllr. Keith Perrin

Please note, due to the administrative and editorial changes occurring during the making of this edition of The Courier, some of your letters may not have been received. We wish to apologise for this inconvenience. If you would like an answer to your enquiry, please resend your letter to editor@the-scra.co.uk and it will be published in the next issue.

Letters to the SCRA must be signed and have an address, although this will only be published at the Editor's discretion. The Editor reserves the right to shorten any letters.

These letters do not necessarily reflect the views of the Editor or the policies of SCRA

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Local Residents



Garden Party

Lena and Tony Jefferies have lived on the Estate since 1970. Over the years Lena has received awards from Sudbury Court Horticultural Society for her prize-winning plants. She has also received Brent in Bloom, Mayor's Trophy for Outstanding Achievement in 2009 and 2010.

On Sunday September 11th, Lena and Tony opened their garden for their second annual charity Garden Party.

This year they played host to more than 25 local residents, who had a thoroughly enjoyable time admiring the beautiful garden on a glorious late Summer afternoon and enjoying the opportunity to chat.



Many visitors to Lena's garden leave with plant cuttings, horticultural advice and tips.



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There was a raffle, in addition to tea and an assortment of delicious cakes, for which visitors could make a donation towards the two nominated charities. The money raised went to Macmillan Nurses (£114.10) and Sudbury Neighbourhood Centre (£117.60)

Both charities were delighted with the donations, and Sudbury Neighbourhood Centre have already sent a letter of thanks to Lena and Tony, and will be including a full report, with photos, in their next newsletter.

The Garden Party takes a lot of hard work and organisation. Lena would like to extend her thanks to those kind residents who assisted with setting up tables, chairs and sun umbrellas on the day.

We'd like to introduce you to another resident next month—if you have any ideas, maybe a neighbor, or even yourself—please get in touch:
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Friends of Barham Library



We will be OPEN in October! - We are pleased to report that after finally sorting issues with Brent Council's Property Unit we hope to open our Community Library & Activity Hub in October. We plan to open, initially, 3 times a week, building up our activities as we recruit more regular volunteers. If you are interested in helping and can commit to around 2 hours per week (or more) on a regular basis please contact us.

Barham Walkers - We have already started to open our building to the Barham Walkers at around 11am on Tuesdays. The walkers meet in the Park from 10:30am, do their walk around the park and then come along to use our facilities and stop for some refreshments in exchange for a small donation. Everyone is welcome to join the Walkers, and of course come along for tea or coffee at the Library between approx 11am-12 – even if you are not doing the walk.

The Wednesday Sew-ical - The group are already meeting for sewing activities - and a chat - 10:30am to 12:30. The idea is to have a bit of fun and catch up with friends. A small donation of £2 per session pays for refreshments and any materials.

If you're interested, just pop along and ask for Eva - she will be able to give you more information.



Paul Lorber will once again run and represent Barham, as we need to raise much needed cash to help pay for our Community Library. Please contact Paul on barhamlibrary@hotmail.co.uk or on 07917 094 239 if you wish to sponsor him. Donations payable to Friends of Barham Library can also be dropped at his home address at 17 Stapenhill Road, Wembley HA0 3JF.

Thank You

Finally a Big THANK YOU to everyone who has supported us over the last 5 years. Your support has been worthwhile as, after 5 years of hard work, we will finally achieve our goal of opening a Community Library in Barham Park.

Whether you want to Walk with us, Sew and chat with us, or join us and volunteer some of your time, Please contact:

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The Memory Café

Support for those experiencing memory problems



A visit from the Mayor of Brent - We had the Mayor with us at Memory Café. He was jolly gracious and helped serve the teas and coffees and made time to speak to everyone. We were very impressed with him, and the whole event showed us how far this café has come.

We are recommended never to "despise the day of small beginnings." Never has this been more true than with Memory Café. But we are only just beginning. Other cafes like ours are springing up and they are basing themselves on our model. We see this very much as a movement and not just a one-off.

When the Mayor was here, we sang some songs, did our memory games and had great fun. The sound of laughter rings through the building;

What a truly lovely noise to hear in church!

What strikes me is the amazing mix of people - we truly have people from all parts of our community and I love to hear people's stories and their experiences. We get along very, very well.

So where to next? Well, we are looking to refurbish our kitchen. With this we can open our doors even more days a week. I would love to get some art going in the sessions and to restart the exercise group. But whatever we do, we do it gently, and with love.

The mantra is the same - all welcome, memory problem or not.

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Harvest Festival - I remember as a lad how much I loved harvest festival. There were always school assemblies and the church was full of produce. I used to go out with my dad delivering what we collected at church to those in need. It was such a special time. It also reminded us that food is actually grown and produced and that we need to be thankful for those who produce it and to God who sustains the world. We had more of a connection between what we ate and where it came from.

This year we are holding our Harvest Festival on Sunday 23 October at 10am. This may make you laugh but we have a Pot Noodle focus this year. Why?

Well, we've teamed up with a wonderful

outfit called Lawrence's Larder. They run a soup kitchen in Willesden. What makes them

so special is that they also give out clothes and treat people so beautifully. We have become Lawrence's Pot Noodle supplier! It is a simple offering, but it makes a great deal of difference to those who are in real and urgent need. A hot meal; just add hot water.

So why not come along? Why not drop in some Pot Noodles to church any time you are passing? In some way, at harvest festival, we celebrate that we too have a responsibility to feed those in need, as well as saying thank you for all the blessings we have. Will you join us?

Rev'd Steve

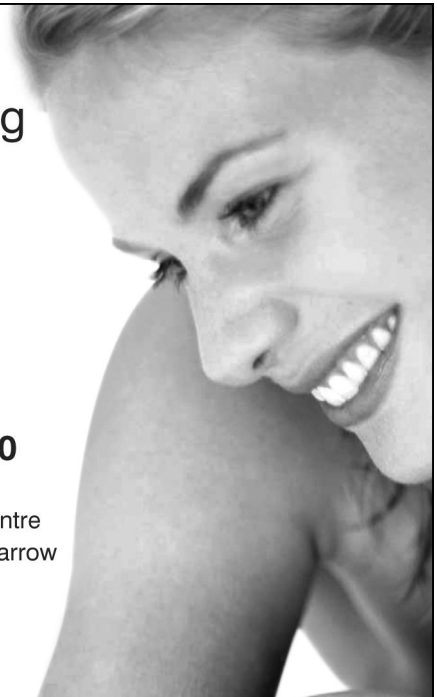
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Solar, so good?



As the weather gets colder and darker, and the heating and lights stay on longer, there's one thing I can predict with even more certainty than the Queen's Speech broadcast on Christmas Day.

The arrival of my energy bills will make my heart sink. Is there an alternative to this pain, apart from moving to sunnier climates?

Well one option is installing solar panels on your property. There are two main types of solar panels. Some can save you money by converting the sun's light into electricity. This can be used to power your home while excess electricity can be sold back to the National Grid. Others heat your hot water and, yes, save you money on your bills too.

It's generally estimated that the return on your investment is around 10 per cent over a ten year period. Plus it's sustainable energy and that's good for the environment.

I'm often asked if investing in solar panels influences a property's value.

The answer isn't clear-cut, it depends on the type and age of the solar panels. One thing I would say is, a home with solar panels is a home with an added selling point, as the prospect of reduced energy bills is an attractive one to potential buyers. If you think you may sell your property within five years of solar installation then possibly it won't make financial sense to you in the short term.

However, if see your home as your castle for at least the next ten years or more it should represent money well spent.

Thanks for reading,
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About St Luke's

St Luke's 
HOSPICE

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St Luke's is the local hospice for Harrow and Brent. We care for people whose illnesses are no longer curable, enabling them to achieve the best possible quality of life.

Our vision is a world where everyone with an incurable illness can access the care they need to live well, to know that their family and carers are supported, and to die with dignity in the place of their choice.

Reaching more people - Each year we care for hundreds of local people, but there are many more who would benefit from the care and support we provide, and we aim to extend our services to reach even more people in the years to come. You can find out more about our plans for the future in our annual review. www.stlukes-hospice.org

Our Quality Vision - We aspire to make St Luke's demonstrably the best hospice in the country:

- ♦ Learning from patient and carer experiences and other organisations
- ♦ Developing and delivering services which make a difference to people
- ♦ Measuring not just what each service does but additionally the patient and carer experience which the services jointly deliver
- ♦ Creating a culture which encourages and supports our staff and volunteers to flourish and learn, and in so doing continuously develop our services to patients and carers
- ♦ Creating an environment where everyone is encouraged to be constructively curious and questioning and feels encouraged and supported to explore ideas and develop improvements
- ♦ Doing all this in a way which makes people want to work here



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Meet the FCC Team

We take pride in the level of expertise of all the associates who work with us at the centre.

This month I'd like to introduce you to Anna Lester who has been with us for three months and has already proven very popular with patients.

Anna is a mother of two who also works as a Specialist Podiatrist in the diabetes unit of both Guy's and St Thomas' Hospital.

Her work is focused on limb salvage and rehabilitation post amputation.

She also has a broad experience in treating sports injuries having treated soldiers training injuries for the Ministry of Defence at her previous job at the Guy's Hospital.

Anna said: *"Many sports related injuries can be avoided by choosing the right footwear. I see a lot of overuse injuries that are preventable with the right footwear, orthotics and training."*

"The choice of footwear you make is vital if you are a runner and any trainers you use should be replaced every six months. Running shoes lose cushioning through regular use and this has a knock on effect on your feet and ankles."

Anna also provides gait analysis at the centre. She added: *"We video walking on the treadmill to illustrate to patients how their biomechanics*

have resulted in their injuries, aches and pains."

"We also have a footscan pedograph that analyses their gait when they are standing and walking on the mat. It shows how the foot functions both static and dynamic. All of the information we learn is used to advise and treat the patient in order to redistribute excessive forces on joints and to resolve their foot and ankle issues."

Anna is also highly skilled in the areas of general foot care and minor surgery.

She is a fantastic addition to our team and someone who has the patient's best interests at heart in whatever she does.

Thanks for reading, *Feroz*

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SUDBURY COURT BIRD WATCH

By Rod Lake, 24 Amery Road, Harrow HA1 3UQ
Email: lake510@btinternet.com



Well watched! I received the following email towards the end of August, which I am printing in full:- Hope you are both as well as possible. We had 18 fledgling **starlings** in the garden last evening together with two adults. I can't believe those two had all that many offspring. Do starlings do baby-sitting?

All were stabbing the lawn to death in a search for leather-jackets. Then a rugby-scrum bathe in the bird bath until the **crows** came to drink the bath water! I threw out a bunch of over-soft biscuits and the crows picked up four to a beak and flew off with them, not giving a chance to any other bird. Then they came back for the bread crusts which were dipped first in the bath before consuming.

What an entertainment these creatures are! We also had two fledgling **green woodpeckers** with a parent for a couple of days, sitting on the fence. How do you tell mum from dad?

Regards, Grace and Brian.

To my mind, this email sums up everything that garden bird watching is all about - relaxed observation and happy enjoyment of what is being seen.

My answer to the question about telling the difference between mum and dad green woodpeckers - it's with great difficulty! If you have good eyesight and the



male bird is near enough, you will see that he has some red marking on his cheek under his eye. (see picture) Let me know if you see one for certain. No prizes, just fun!

My answer to the question whether adult starlings do babysitting is - dunno! Starlings are very gregarious and sociable birds, so I suppose it is possible that groups of fledglings may get together and only a few adults go along to ensure that the youngsters keep out of trouble. Suffice it to say that starlings can have up to seven chicks per brood, with usually two broods per year. Unhappily, they are another major English species in serious decline.

Rod Lake

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Horticultural Society

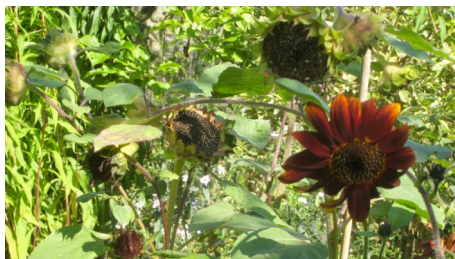
Your local gardening club

The season of '**mists and mellow fruitfulness**' is upon us, interspersed as it is with still, quiet, sunny weather, often called the Indian summer. Though the season is changing, gardeners who dead-head their flowering plants are still enjoying late blooms that keep on coming, as nature tries to ensure that the plant can set seed. This gives a fine show throughout the autumn, until the first frosts. So it is with the beans, keep on picking them and more will come.

Some plants though are grown for their seed. This year we tried the copper-coloured sunflowers that branch out with a succession of blooms. They make a statement at the back of a border.

While sweeping up the fallen leaves, we can ponder possible changes in the garden for the year ahead. This is the time to plant bulbs, which provide a very easy way to bring the garden to life next Spring. Daffodils and tulips, planted in your front garden give pleasure to all who pass by. Even if your frontage is used mainly as a driveway, there is still enough room for a large pot of bulbs to welcome you home.

If there is a patch in your garden that regularly floods, maybe fritillaries would be the answer. They love to have wet feet and quickly multiply.



Sudbury Court Horticultural Society has experienced another active year. Three enjoyable flower shows, a bedding plant sale and coffee morning, a coach trip to Waterperry and still to come a tea-party and AGM.

We made 2016 'the year of the young gardener' for we really do want to encourage the next generation to enjoy the pleasure and health-giving properties of gardening. We need families with children to come and invigorate our activities.

So please come to the AGM at St Cuthbert's Church Hall on **Saturday 29th October at 3pm**. Come with your ideas to carry this long-established society forward into a new gardening year and enjoy free tea and cakes and abundant goodwill.

Margaret Roake

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The Courier

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KIDS' FUN PAGE



JOKES

Q: If a blue house is made of blue bricks, a yellow house is made of yellow bricks and a pink house is made of pink bricks, what is a greenhouse made of?
A: Glass

Q: We see it once in a year, twice in a week, and never in a day. What is it?
A: The letter "E"

Q: Mr. Blue lives in the blue house, Mr. Pink lives in the pink house, and Mr. Brown lives in the brown house. Who lives in the white house?
A: The president!

Q: What goes up but never comes down?
A: Your age!

Q: Why do you go to bed every night?
A: Because the bed won't come to you!

Q: How do you cure a headache?
A: Put your head through a window and the pane will just disappear!

Q: What has four wheels and flies?
A: A garbage truck!

Q: What kind of car does Mickey Mouse's wife drive?
A: A minnie van!

Q: Why don't traffic lights go swimming?
A: Because they take too long to change!

Q: Why did the man run around his bed?
A: To catch up on his sleep!

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Sudbury Surgery Patient Participation Group Update

We now have over 1,000 email subscribers. For those of you who don't subscribe: Briefly, the contract for our surgery was put out to tender by NHS England last year, based on a report which said our surgery had "performance issues", an allegation that is incorrect. NHS England has since admitted this was not true. The PPG and its members – spent the last year questioning NHS England on why the tender was taking place, asking why we were never consulted – especially as our PPG has been in existence for over 15 years, in the days when the NHS really seemed to want to listen to patients.

We have challenged the decision in every way we could think of – using our councillors, MP, formal complaints to NHS England, NHS Improvement (the NHS regulator), Brent Clinical Commissioning Group, Local Medical Council, and of course coverage in our local press - the Brent & Kilburn Times (4 stories so far).

We have demonstrated outside the Department of Health, NHS England in Victoria, and NHS Improvement in Waterloo. We have made Freedom of Information requests (which showed the attempt to cover up the untrue allegation above), and - when rejected - followed every appeal process, the most recent of which is now in front of the Courts.

Whatever the history, we have not won. NHS England has offered the contract to NH Solutions, a Company based in Newcastle-under-Lyme who run surgeries all over the country. Representatives made a visit to the surgery last week; representatives of the PPG were there but await updates on how the surgery might change. Employment law requires that NH Solutions employ the people who currently work there (if they want to stay) - but that is not likely to be the same as having the practice run by our long-standing team who work long hours behind the scenes to ensure we get the best service. There are many things the surgery does which are not "*paid for by NHS England*".

At the patient meeting last November NHS England promised us a better services. The PPG is writing to NHS England to demand an explanation of how that promise will be fulfilled. So far, NHS England's mantra of "patient choice" - still less, "patient at the centre of everything" - is not being fulfilled for Sudbury Surgery patients. We just wanted to keep the doctors we fought for from 2004 to 2013. As NHS England well know.

Gaynor Lloyd Patient rep - if you like to be on our mailing list please let us know by email to ssppg@northwick-park.co.uk and we will add you to the list.



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Pictures should be emailed as JPEG and copy in MS Word.

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Did you spot the deliberate mistake? Answer :- "Bully" should be Billy



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