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Sudbury Court and Pebworth Estates

Dec
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The Courier

85th
Year



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December 2016
Number 170 (1,010)

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SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

I'm writing this on a very rainy day—can't wait for snow! (Do you recognise where the photo on the front cover was taken?)

Anti-social behaviour and crime reporting

So, the main SCRA news is covered by the SNT page 4-7—I urge you to read and prepare yourself and your neighbours with regards to the scams and burglaries taking place. The more we are prepared and look out for each other, the safer we will be.

Byron Court

I wish I could tell you some news about the Byron Court expansion, but it has all gone very quiet—no updates from the Council—the promise of regular updates from them and the construction company fail to materialise. It makes it difficult for us to plan, but we do have things in the pipeline.

Responsible Dog Owners

I am a dog owner and regularly walk my dogs around the estate, and I am saddened by the lack of consideration that some dog owners show to others in our community. Please, fellow dog-owners, could you ensure you pick up after your dogs every time! I understand that sometimes you might run out of 'poo-bags' but that doesn't account for the amount of dog mess in our two lovely parks.

The other thing I'd like to mention is that—for the second time since I've lived on this Estate—one of my dogs was attacked by two other dogs. The trip to the vet aside, my dog is traumatised; and if the first attack is anything to go by, my household will be dealing with this long after the physical scar has disappeared.

Please, if you own big, strong dogs—especially un-neutered males—and especially if you own more than one—learn to recognise the behaviours your dog is demonstrating while out and about. It's not enough to say that 'this has never happened before' after it has attacked—it has probably shown some physical indicators previously, and has now progressed to a bite. Sadly, there's nothing more I can do other than to appeal to you—but just know that, as a dog lover, there's nothing worse than witnessing an attack.

There are also people who don't like dogs, or are maybe scared of them—please don't put them in a position of having to deal with the unwanted attention of your dog, or of its mess.

I have included a short article if you're considering bringing a new dog/puppy into your family (page 12-13)

All that is left for me to say is 'Happy Christmas'—hope to see you at the Christmas Bazaar on 10th December (see page 31) Oh, and bring along a book for our Book Swap!

Kaye

Northwick Park Safer Neighbourhood Team

020 8721 2969 Mobile: 07920 233 752 (Please leave a message)

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**.

**SAFER
NEIGHBOURHOODS**
LOCAL POLICE, LOCAL KNOWLEDGE

BURGLARIES:

There continues to be a spate of burglaries occurring in the Northwick Park area at the time of writing this article. As you will see from the figures and dates towards the end of the article, the burglaries are not occurring every day/evening – they are sporadic but no doubt it does appear that the area is being targeted.

We urge you, as residents, to be vigilant and on the look out for any suspicious behaviour/suspicious cars - are there persons loitering around, looking into houses, knocking on doors, looking suspicious/shifty??

As Christmas approaches, there tends to be an increase in burglary numbers throughout London - please be ever more vigilant.

Report any suspicious sightings on 101 or anyone who you believe to be in the commission of a burglary on 999.

Please look at the advice on burglary prevention at the end of this article.

Our team is out on the patch patrolling in unmarked cars in an effort to try to catch these burglars; we also held a street briefing for residents at The Green on Nov. 14th to raise awareness.

A number of addresses in Norval Road had SmartWater distributed to them – SmartWater is a substance that can be put on valuables and if they are stolen and recovered by police can be easily re-united with the owner. Check out the SmartWater website for a better explanation.

DISTRACTION BURGLARY/SCAMS:

This was mentioned in last months Courier but I would like to alert you to this type of crime again:

In late September there was, what the police term a Distraction Burglary on an elderly female resident of Watford Road – males knocked at her door claiming to be from the Gas Board; claiming there was a gas leak and they needed urgent access to her house.

Previously, other Distraction burglars have claimed to be plumbers and claiming that there has been a leak next door.

On other occasions, the ploy used is to say that they are police officers.

The common denominator with these Distraction burglars is that they are generally not known to the occupant and using scare tactics to gain access to your property.

Really scrutinise who is knocking on your door; if you know of an elderly resident please ensure that they have a strong chain lock fitted and urge that they use it.

Be suspicious of any unknown person who calls at your address, especially if you are elderly – **DO NOT ALLOW THEM INTO YOUR ADDRESS.**

If someone claims to be from British Gas / EDF / Thames Water then contact these companies who will be able to confirm whether or not the caller at your doorstep is genuine.

LAWRENCE J MAGNIER

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Residents have asked me to see if there is a telephone number for the individual companies that residents can contact in order to confirm identity. I have been unable to find any one number for each company that can be contacted.

Be prepared. Ask your energy provider for a number you can call should you need to confirm someone's identity. If someone knocks at your door – do not open the door widely, keep it ajar with your foot up to the base, leave the chain lock on. Ask them who they are – their full name, take a note, ask to see their ID, ask what company they work for, if they are there to read your meter then do they have a meter reading device? Close the door, and call the company and try to confirm the identity of the person at your doorstep.

I have also been informed that there are such things as Smart Meters that you can have installed and once you have this installed there will be no reason for a meter reader to attend your address. Your meter can be read remotely once the Smart Meter is installed.

If someone is at your doorstep claiming to be a police officer (whether in uniform or plain clothes), then likewise **ask them for their name, shoulder number, what police station they are from and warrant number – write this information down. Then ask to see their warrant card – police officers will not normally hand this over for inspection but will show you. All Brent officers have shoulder numbers ending in QK** – for constables they tend to be three digit numbers i.e mine is 621QK and for police sergeant one/two digit numbers i.e sergeant Cryan's shoulder number is 31QK. The shoulder numbers will be displayed on their shoulders. Ring 101 if you doubt them in any way, the police operator on 101 should be able to contact the person at your doorstep if they are genuine.

SCAMS:

There are a variety of scams out there please do not fall victim to them, they are very convincing. One woman was defrauded of money following a telephone call claiming to be from the HMRC. Other calls

received by residents are from persons purporting to be from the Ministry of Transport, the Apple store and even the purporting to be from the police. All these calls are designed to use scare tactics in order for you to part with your money or bank details. The persons making these calls are very convincing and will scare you. Sometimes, they will try to keep your landline open so if you receive one such call and are worried about it, then after the call wait at least 10-15 minutes before you use your landline, preferably use your mobile.

Another resident has received a text on his mobile claiming that he had won a lottery or cash, in his instance the name used was EURO-MEGA DRAW.

Please please please do not respond to these calls, or emails or text.

Do NOT disclose any personal details or bank details if you receive any phone calls or any one at your front door.

The Met Police website has a whole list of scams under the heading Advice and then under Fraud Alert.

TRAFFIC/PARKING MATTERS:

Parking - it has come to my attention that a number of residents are "reserving" their car park place, despite having driveways, by putting cones/bins out on the road. Not only are you committing an offence, you could also be sued if someone was to have an accident owing to the presence of these articles on the public highway. I realise that parking spaces are scarce but likewise there are some addresses that there are 5 vehicles to an address – the estate was not built to have this number of vehicles per household.

If you put cones/bins out to "reserve" car parking spaces please desist from this activity – you could end up being prosecuted/sued for it.

Speeding – I continue to see residents speed around the area. The Sudbury Court estate is a 20mph zone – please adhere to this. Speeding is a huge contributor to collisions and resultant injuries. Take it easy, and drive slowly.

Overview of location of offences from period 17th Oct to 17th Nov. (date of writing this article):

2 Robberies: East Lane on the 17/10 and Sudbury Court Road on the 15/10.

9 Residential Burglaries: Littleton Rd (overnight 22/10), Carlton Avenue West (26/10 between 1430-2100hrs), Top end of Harrow Road (30/10 btw 0900-2030hrs), Oldborough Rd (1/11 btw 0745-1800hrs), Abbotts Drive (19/10-02/11), Shelly Gdns (1/11 1700hrs – 1530hrs on 2/11), Carlton Avenue West (8/11 btw 1045hrs-1415hrs), Abbotts Drive (11/11 at 2am), Norval Road (13/11 1800hrs – 14/11 at 0930hrs)

1 Attempted Residential Burglary: top end of the Harrow Rd (29/10)

2 Theft of motor vehicle: Littleton Road – car stolen (overnight 22/10), East Lane – moped stolen.

3 Theft from motor vehicle: Ada Road – registration number stolen (19/20 Oct), Blockley Rd – reg stolen (21/10 early hours), Peel Road – cash and mobile stolen (8/11 btw 1800hrs-1900hrs)

Your team would welcome any information on anti social behaviour or criminal offences - please contact us on 0208 721 29 69 or email: NorthwickPark.snt@met.police.uk

SAFER NEIGHBOURHOODS

LOCAL POLICE, LOCAL KNOWLEDGE

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.
- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.
- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

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Vehicle Crime -

- do not keep goods/valuables in your car; ideally leave your glove box open
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbours vehicle onto a tow truck/ and your neighbour is not present then you may be witnessing a theft so consider ringing the police - try to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like their up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Bicycle Thefts -

- Ensure that you secure your bicycle with a substantial lock at all times and leave in a well lit place.
- obtain your frame number and register your bicycle on www.BikeRegister.com - this could assist police in recovering your bicycle if stolen.

Useful numbers:

Dial 999 in the case of an emergency, where a crime is in progress or where life is in danger.

For non-emergencies, ring 101

To give information anonymously call Crimestoppers on 0800 555 111

Useful websites:

The website sites below have a whole host of useful information from crime prevention to crime statistics to Identity theft!

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Councillor's Comments

Cllr Joshua Mitchell-Murray - Northwick Park Ward

Email: cllr.joshua.murray@brent.gov.uk

Hello Residents

It's the most wonderful time of the year, but it is also the time to be incredibly vigilant. We have now entered the holiday season where houses are vulnerable to criminal activity. So please check that your houses are both safe and secured, especially if you are going away for the holidays.

In the recent months, we have had a few burglaries on the Sudbury Court Estate. One of the ways these criminals have been entering homes is by pretending to check your gas meters and then once the door is open they will barge their way in. So please ask for identification when someone is knocking on the door. It is the most wonderful time of the year and it would be an incredible shame if it was ruined because of criminal activity.

To ensure our residents' safety, Brent Council will be increasing its number of police. This is important for us: we believe that as residents your safety is paramount. The cabinet member Cllr Tom Miller, Brent Council's Cabinet Member for Stronger Communities, said:

"At Brent Council, the safety and wellbeing of residents is our top priority."

Following a study commissioned by the Council, we understand that a high profile police presence plays an important role: not just in tackling crime and anti-social behaviour, but in also ensuring that residents feel safe in our borough. "I am pleased to be bringing this proposal forward - a clear sign to local residents that Brent Council is listening to their concerns and taking action."

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Our message is clear - we will not tolerate gangs or anti-social behaviour."These twelve additional police officers will be a high profile deterrent to anyone involved in criminal or anti-social behaviour. Working closely with local police, Brent Council will continue to work hard to ensure our community is a safe and welcoming place to live.

Great credit must be given to Jill and the Safer Neighbourhood Team who put constant pressure on us to deliver a safer Brent for us all. We understand that could be a greater concern to your safety with the surge of burglaries within the area: be assured that we will keep our resident safe.

As it is the holidays I will like to wish you a Merry Christmas and a Happy New Year. Please be safe and enjoy this time with your family and love ones.

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Are you worried about your memory? PART II

Last month I started to write about memory loss and the difference between normal ageing and dementia. Have you forgotten the name of your second cousin (he hasn't spoken to you for several months), or the place you went last year on holiday? What is the name of that special spice your granny used to use, and what is another word for forgetful?

You could be sitting doing a crossword puzzle asking these questions without worrying about having memory loss and just because you can't bring the word quickly to mind does not mean that you have advancing dementia. The word will come back if you allow it to of its own accord and if you reinforce it by saying it a few times it will stay with you even longer: if you don't use it, you lose it. The word is stored further back in your memory banks and needs a little bit of digging to pull it out. Someone with

dementia will forget that word again very quickly, no matter how many times it is reinforced and as dementia worsens, more commonly used words and even the names of people seen every day are forgotten, misused or garbled. We have all told the same story twice but usually remember a little way through. Someone with dementia does not recognise that they have told that story and if challenged will deny it. They may well start to tell you the exact same story again in a few minutes, usually using the same words, phrases and expressions.

Patients are frightened of asking their doctors about whether they might have dementia. They are alarmed when they find they cannot remember words, names or they have misplaced things. One lady was extremely concerned when she returned home from a triumphant trip to Marks and Spencer with a lovely new pair of yellow shoes, only

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to find the identical pair sitting in her wardrobe. Then she remembered that she had bought them 3 or 4 weeks ago and put them away for a special occasion.

Understandably she was horrified and very worried. This is indeed an episode which is concerning, but in as much as she had complete recall, it is an example of forgetfulness. Someone with dementia would have no recollection of having bought those shoes and might deny that they had ever done so, they

will tell you that their memory is fine and cannot think of situations where memory loss caused problems. Next time we will ask you some questions which will help to clarify what is normal ageing memory loss and what is more likely to be the progressive brain disease we call dementia.

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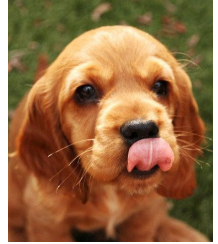
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Not Just for Christmas



The cute puppy - big eyes, sloppy tongue, playing, sleeping, a loyal family member - that's the dream. As your puppy grows - which they do ridiculously quickly, those things that you thought were so adorable can become annoying, and worse; new habits forming and constant demands for attention, food and exercise. Avoid these common new dog owner mistakes and you will have a new member of the family that is a joy to be around.

Top 10 mistakes new dog owners make

1. "He's so cute!" All pups are cute, but is it the right fit for you and your family? All dog breeds have different personality traits and exercise needs. If you're busy, out at work a lot and don't have time for long walks/runs, don't choose a Husky - massive cute factor, but is genetically built for running miles a day. Research the breed you're thinking of, be honest! and you'll be on the right road even before you bring your puppy home.

2. "What you see is what you get." Often people pick out a puppy, assuming the personality they see right there is the dog they will have for life. However, like children, puppies go through anxieties, hormone changes, and environmental experiences that will determine their personality as an adult. Once he settles in to your home and gets comfortable, be prepared to see his true colours.

3. No House Rules. Often a puppy is brought home, off comes the lead and it's set 'free. He's allowed to do something for a

few weeks/months, because he's cute and 'just playing' and then we change the rules and decide we don't want him to do it anymore. Before you bring a new dog or puppy into the house, sit down with members of the household and decide what the dog will and will not be allowed to do. Choose where the dog will sleep, if it's allowed on the furniture, when it will be fed, walked, etc. Setting the rules is a big key to success.

4. Inconsistency. Once your rules are set – FOLLOW THEM! This means everyone! Of course family members, but also friends and anyone who has regular contact. Dogs are smart, and if just one person allows them certain behaviours, e.g. jumping up, or chewing fingers, then they will continue that behaviour much to the annoyance of everyone else. Hold the humans accountable and your dog will learn very quickly.

5. "Baby" is Too Young to Train. By the time you get your puppy, at 8 weeks, they are fully capable of learning and should be introduced to simple commands from the moment they set foot in your house. Positive reinforcement training strengthens your bond with your dog, sets it up within the hierarchy of your household, and leads to a well behaved dog.

6. She'll Grow out of It. Generally speaking, dogs do not grow out of bad behaviours, in fact, left to their own devices they will get worse. Remember, these behaviours are only considered bad by us – your dog is self-rewarded by digging up the flowers, chasing the cat, and bullying other dogs in the park.

He's not going to stop unless you give him a reason to, through reinforcement.

7. Getting Away with it. New dog owners think their tiny puppy trying to jump on them for attention is adorable, and that little howl she makes when she is left alone is just too sad to ignore. However, when your 30kg Shar Pei jumps up on your 90 year-old grandma, it won't be so cute. And your sympathy will stop when your adult Husky howls all night while you try to sleep. Keep in mind how big your dog will be and whether or not you want those behaviours to continue as an adult dog. If not, stop them now.

8. No Socialisation. New dog owners often assume that dogs are just friendly by nature. Puppies have a socialisation window that ends around 12-16 weeks. During this time, the more experiences your dog has with other (positive) dogs (small, large, short hair, long hair) and people (old, young, with hats, beards, in wheelchairs, etc) the more friendly and calm your dog is likely to become.

9. No Management. Your new family member does not know the difference between a squeaky toy and a Prada bag, nor can he learn without help, and learning takes time. Manage your new dog by not leaving things out for him to chew, keeping watch on him while he is loose, and confining him in a safe place when you're not there. If you leave

your new shoes and your puppy alone, the end result is your fault, not the dog's.

10. Not Recognising Fear/Anxiety/Dominance. New owners might say that their dog won't walk with them outside, doesn't want to greet other dogs, or won't respond to commands in public places. In a lot of cases, the puppies or dogs are not being "stubborn" (a human trait we give to dogs), but are actually anxious or fearful of the situation they have been put in. Not being able to recognise when your dog is fearful is a big mistake that can be costly.

Not recognising when your dog shows signs of dominance is also a big mistake. All dogs show physical signs of how they feel – learn what they are.

Seek out a professional trainer (one who properly understands dog behaviours) to help you learn how to manage your dog in these situations, for the wellbeing of your dog and you.

- * Research, pick your dog breed carefully,
- * Develop a plan,
- * Follow through with rules consistently,
- * Manage until she has learned the rules,
- * Socialise her,
- * Understand dog behaviours
- * and TRAIN, TRAIN, TRAIN!

Stick to this and you will have an amazing extra family member who will be a joy for Life, not just for Christmas!



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The Memory Cafe

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To say that this has been a successful year for the café would be an understatement. Numbers have grown. There will be a short film about the café coming out in December. And we have seen all sections of our diverse community really get behind it. Plans are afoot to improve the café area, and we just love the way the whole thing feels. We have even adopted something of a theme tune - "When you're smiling..."

So I'd like to invite you to our Memory Café Christmas party on **Thursday 22 December 11-1pm**. I am sure there will be mince pies and there will be a gift for everyone. We will also sing carols and wish people Season's Greetings - happiness, health and joy. This year friendships have been formed and stories have been shared. Lonely people are part of a community. Friendship is the

watch-word. Oh yes, and a great dose of humour and laughter. We refuse to take ourselves too seriously - which is just as well really.

I was chatting to one of our guests the other day and he spoke to me about how much the café has come to mean to him. He said that he looks forward to every Thursday, and each time feels full of joy. Communities are precious and can easily be broken. Sectarianism is always a threat in any place. But we boldly proclaim that all are welcome all are loved. We have our humanity in common and our desire to be good citizens, friends and neighbours.

Please do come and join us.

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Christmas is a busy time for vicars!

Now, I'm not looking for any sympathy. It's just a statement of fact. But it is such a joyous time, that when we collapse exhausted into our armchairs on Christmas day it has all been worth it.

I love Christmas because it is such an intense time of hope. It is a time of presents and being present. That said, I know too that it can be a painful time for many as they mourn people they have lost and sometimes feel lonely. I always miss my dad at Christmas. It is seven years since he died but he still seems to be around as I think of him singing on Christmas Day and cutting the turkey and dispensing a large glass of whiskey to all and sundry.

This year we have three services of note I'd like to invite you to:

Sunday 18th at 7.30pm is our wonderful traditional Carol Service. It is bound to warm the cockles of your heart and get you in a Christmas mood.

Christmas Eve - the 24th - we have our Midnight Service which starts at 11pm.

Christmas Day we meet at 10am.

Do come and join us....

Rev'd Steve

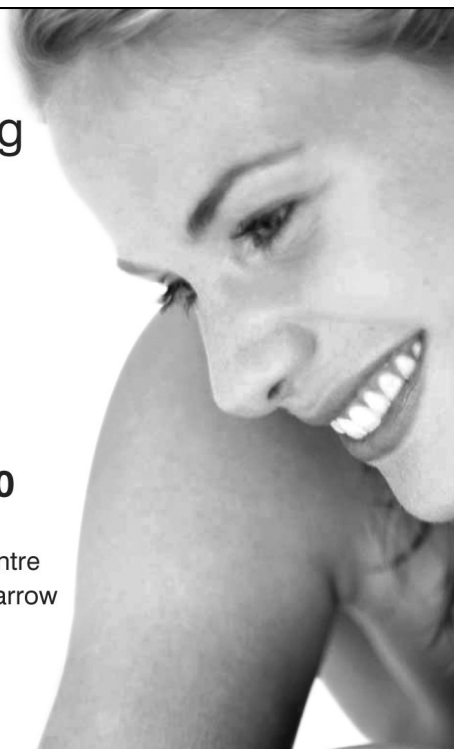
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Francis P Henry
Wembley Central Ward, ENG

Donations

No donations yet. Help launch this campaign and become the first donor.

Get Nathan to the Tokyo Olympics

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7 shares

Nathan Fox is a Great Britain international triple jumper living on Oldborough Road in the Sudbury Court Estate. Earlier this year he won his second consecutive British Indoor Championship and was only centimetres away from a Rio Olympic appearance.

Nathan is one of Great Britain's most prestigious triple jump talents. After breaking the UK under 15 national record at 14, he became the first and only person of that age in British history to jump over 14meters (14.11m). He then represented Great Britain for the first time at the European Youth Olympics, placing 5th in the final. After being plagued with two serious injuries which hindered his natural progress, Nathan represented England at the 2014 Commonwealth Games where he placed 6th in the Final. Nathan regards former Commonwealth Games triple jump champion, Larry Achike, as one of his biggest inspirations and someone who has helped him to date.

Nathan's goal is to qualify for the Tokyo Olympics in 2020 and he is already in training to achieve this target.

Daniels Estate Agents were introduced to Nathan recently and have taken up the challenge of assisting Nathan Fox a fund-raising drive over four years which plans to raise £15,000 and to that end we have set up a crowd funding page at:

<https://www.gofundme.com/mvc.php?route=search&term=nathan%20fox>

In the meantime, Nathan, will be taking one event at a time, starting with the World Athletic Championships in London next year. In 2018 the World Indoor Championships in Birmingham and the Commonwealth Games on the Gold Coast. In 2019 the World Athletic Championships in Doha, and then hopefully the Olympic Games in Tokyo.



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Families and friends are set to put on a Santa suit and walk, jog or run 3-miles round Pinner on Sunday 11 December to raise money for St Luke's. Adults, children and even dogs can take part in this festive event. Entry is £12 for adults and £7 for children and you will receive a Santa suit to walk in, a medal and a well deserved mince pie on completion. The event starts at 11am from Nower Hill High School, George V Avenue, Pinner, HA5 5RP. Entry is £12 for adults and £7 for children. Book your place at www.stlukes-hospice.org/santadash



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It's a time of year when many of us are rushing around preparing for

the upcoming holidays, all that time on your feet can have an impact on them so there's never been a better time to book one of our Foot and Ankle MOT's. (Call us or pop in for more details).

And if you are looking for a Christmas gift for a loved one why not treat them to a visit to our in-house nail spa where they can enjoy a relaxing and rejuvenating pedicure or manicure.

You can have total confidence that if you choose the Foot Comfort Centre your family's feet are in good hands.

Thanks for reading,

Firoz

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SUDBURY COURT BIRD WATCH

By Rod Lake, 24 Amery Road, Harrow HA1 3UQ

Email: lake510@btinternet.com



The amusing picture this month really speaks for itself. The poor blighter was searching for ants in seemingly impossibly snowbound circumstances. The householder up our road saw the plight of this **green wood-pecker** and took this wonderful photograph. We have published it before, a long time ago, in black and white, but I thought it would be good to show it again in the excellent colour of the current *Courier* issues.



In fact, the situation may not have been too bad for him. The ground, under deep snow, is usually quite well insulated from the cold and is often fairly soft. Soft enough for the woodpecker to drive its beak into the ground and probe for ants with its amazingly long and sticky tongue. Not ideal conditions, perhaps, but I doubt if it went hungry despite the snow.

Regular wren

In all the years I have been watching the birds in our garden, wrens have been a rarity. They are, in fact, a common bird, but not in our garden. But just recently we have had a regular **wren** visiting us. It comes every two or three days to forage on our patio. (If you can call our grass-filled and weed-infested crazy paving a 'patio'!)

Each time it appears, just for a moment I think that it's a mouse, but then realize it's our little fellow back again to forage for its breakfast of insects and grass seeds.

One morning I went round to our garage by its back door and found a little brown bird panicking inside – our regular wren for sure! It must have given itself a rotten headache banging its head on the windows trying to get out so many times.

I opened the front garage doors as quickly as I could and encouraged it to fly out to its freedom that way. It was okay!

But I haven't seen it in our garden since!

Just like kids!

We had four **green parakeets** on our feeders the other day. Just two feeders for the four of them on that occasion, but there was room enough for them all to share. But one of them, whom I thought of as Bully Boy, didn't see it that way. He wasn't into sharing. As far as he was concerned, both the feeders were his and his alone!

So when one of the other parakeets got onto one feeder, Bully Boy would see it off. Should the other parakeet then change on to the second feeder, Bully Boy would see it off from there as well. And so on, several times! Are you still with me?

So, can you imagine the scene when the other two parakeets got onto both the feeders at the same time?

Bully Boy went spare!

Rod Lake

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CALLING ALL GARDENERS

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Horticultural Society

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In October and November 2016, here in Sudbury Court, we have been blessed with spectacular Autumn colours. Our tree-lined streets and gardens have brought a particularly glorious finale to this gardening year. However, once the clocks go back, the long, dark evenings encourage us to think more about lighting our front gardens, making seasonal decorations and even relishing indoor comforts. Yet when the sun shines, it is still good to be out-of-doors and it is not too late to plant some more bulbs, especially tulips. If the flower beds are too wet to work upon, then bulbs planted in pots can, in the Spring, be placed wherever you need a bit of colour.

Some dates for your diary for 2017:

11th March – Spring Show - daffodils will be a special feature. Members of the society

will once again be able to order boxes of summer bedding plants and vegetable seedlings to collect at:

20th May - Plant Sale and Coffee morning on - where everyone is welcome.

10th June – Summer Show – where roses take centre stage.

9th September – Autumn Show - Allotment holders and fruit growers, especially, will look forward to displaying their harvest.

Please remember that artists and photographers can display their skills at all our shows. Needlecraft and cookery are always featured, and flower arranging attracts an increasing number of enthusiasts. We especially welcome entries from children and are working to set them interesting challenges. The new 'schedule' for 2017, the booklet that guides our activities, is in active preparation and will be distributed to members in early Spring.

All these plans were arranged at the **AGM** of the Society, a happy gathering of gardeners on Saturday 29th October. This well-attended meeting gave an opportunity for this season's shows to be celebrated. Prizes and trophies were awarded to the winners; some expert growers of dahlias and chrysanthemums gave advice on preparing blooms for show; then we all enjoyed tea and homemade cakes to round off the meeting.

How shall we fill the winter gap? Watch this space!

Margaret Roake

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Christmas Lights Competition 2016

Each year residents across the Estates add to the festive cheer with their Christmas lights. Even if you don't celebrate Christmas, you can still join in with lights in your windows or front gardens. If you spot a display that you particularly like, please do let us know at:

Editor@the-scra.co.uk

Judging will take place over the weekend of 17/18th December—the judge will be a member of the SCRA Executive Committee. If you'd like to help judge, you're more than welcome—just remember that you cannot then judge your own house or a family member's house!

T&Cs

1) There is no need to enter the competition. The Judge will travel the streets of our estates and endeavour to assess all the many very different displays which come to their notice. The Judge's decision will be final

2) Cash prizes will be as follows: 1st prize £50; 2nd Prize £40; 3rd Prize £30. Prizes must be claimed. The Winners will be published in the next issue of The Courier, together with details of how to claim the prizes.

3) The first prize winners for the last 2 years will be excluded from the competition to give others a chance. This ensures that the same address can only win once in three years.

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For the next few weeks the Library at 660 Harrow Road Wembley HA0 2HB will be open on:

Mon, Weds, Sat: 2:30 until 5:30 pm.

Barham Walkers will have access Tues: 11 - 12:30 for toilets and refreshments

Weds 10.30-12.30—The Sewcial—sewing & knitting group .

Other activities are being planned including arts & crafts activities for children in the New Year.

TWIDDLEMUFFS

The Barham Knitters have been busy knitting twiddlemuffs for people suffering from dementia. They now need more wool, large buttons and more knitting needles for their growing group who meet on Weds mornings. If you can donate your surplus wool or needles please contact Paul Lorber



The wool and donations of other materials can be dropped off at the Community Library during opening times or to Paul at 17 Stapenhill Road Wembley Ha0 3JF.

CHARLES DICKENS – A CHRISTMAS CAROL

The two evening performances by The Librarian Theatre have now been sold out.

If there is enough interest we are prepared to arrange an early afternoon performance on Monday 19 December 2016.

Tickets are £10 (concessions £5). If you are interested please contact Paul Lorber asap on barhamlibrary@hotmail.co.uk

We would like to say a big THANK YOU to everyone who has continued to support us and wish you a Healthy, Peaceful and Successful New Year.

Please email Paul Lorber at barhamlibrary@hotmail.co.uk for opening times or check us out on [Facebook.com/barhamlibrary](https://www.facebook.com/barhamlibrary) and join our Facebook group.

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Local Residents



Our resident Batman.

Keith Barker has lived on the Estate for around 40 years, and is now a member of the Executive Committee of the SCRA.

"Nearly 37 years ago I became interested in UK Bats and their fascinating lives. I studied and obtained Natural England Licences to enable me to carry out bat conservation work and study them scientifically. I always have a few injured bats under long term care at my home.

Bats have been around in their present form for about 50 million years. So they were evolving while dinosaurs were still roaming the Earth. During that long time they have evolved into about 1,400 species, which live all over the World (except for Polar Regions) and eat a wide variety of foods.

All Bat Species, their roosts, hibernation sites, entry and exit points are legally protected in the UK under UK and EU Legislation. It is an offence to take, disturb, deliberately harm or kill bats, to destroy their roosts or hibernation sites without having a licence to do so. The reasons for this high level of protection is because British Bats have suffered a huge decline in numbers since the 1950's, (approx 70%) due to factors such as loss of feeding areas as towns expand into the countryside; changes in agriculture such as removal of trees and hedges, and increased use of insecticides and other agrochemicals; loss of roosting places which, in turn has caused population fragmentation

and further losses.

TV nature programmes often show the large fruit bats that hang in trees in Australia, Thailand, Indonesia etc, but few people realise how tiny our native bats are, or that they eat only insects. We have 17 species of bats in Britain, ranging in size from the Noctule and Greater Horseshoe Bats, which are about 75mm (3 inches) long and weigh about 30g (1ounce), to the smallest (and commonest) Pipistrelle Bats, which are about 40mm (1½ inches) long and weigh only about 6g (¼ ounce). That's the weight of a sheet of A4 paper! In the Counties of Hertfordshire / Middlesex we have recorded 12 out of the total of 17 resident species. Seven of these are fairly common but localised; biased towards Hertfordshire.



Bats are small mammals. The life of a small mammal is typically counted in months or probably a year and they reproduce very quickly, having large litters regularly to

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counter their short lifespan. In total contrast, Bats are long lived; the Pipistrelle bats are recorded living up to 20 years and the larger UK bats up to 30 years. However, the vast majority don't reach this length of life due to predation, disturbance, or other factors. Females only produce a single baby each year, but occasionally twins do occur. Baby bats are very large when born, compared to their adult mothers; they are about 25% to 33% the weight of the adult female. Bats are one of Nature's ways of controlling insect populations and therefore a vital component

This is just a very small introduction to the fascinating world of UK bats. If there is an interest from residents, please let the Courier Editor know and I will submit occasional articles for publication to expand on the many aspects of bats and their ecology. By the time you read this it will be well into the winter hibernation period for our bats but in the spring I can organise a bat walk using electronic bat detectors if there is an interest. This will enable attendees to observe bats in flight and to listen to the ultrasound echolocation calls made by bats as they fly, communicate with each other, and feed on their insect food.



We'll be introducing you to another one of our residents next month. Do you have a hobby you'd like to tell us about? We'd love to hear from a resident who has lived on the Estate the longest . . . Or are our most recent neighbour. . . .
Please contact: editor@the-scra.co.uk

LUCKY DRAW WINNERS

Apologies for the late printing of September and October winners—the transition of editorship has taken longer than expected. Better late than never!
1st prize is £50; 2nd prize is £30; 3rd prize is £20

September

- 1st K Williams—Carlton Avenue West
- 2nd T Khan—Audrey Gardens
- 3rd M Rands—Abbotts Drive

October

- 1st Mrs Johnston—Blockley Road
- 2nd R Lowenberg—Byron Road
- 3rd R Millard—Peel Road

November

- 1st Mrs K Shah—Carlton Avenue West
- 2nd S M Saradjian—Carlton Avenue West
- 3rd Mr & Mrs Neves—Abbotts Drive





Medic to Medic is a UK Registered Charity. (Charity no. 1149904)

It offers scholarships to disadvantaged students in Malawi who are studying to become doctors, nurses, pharmacists and physiotherapists.

Malawi, unfortunately, is facing an economic crisis; the University of Malawi have added major challenges by increasing student tuition fees by 600%. We now have to find the shortfall to continue supporting all of our 39 students, which also means our funds are

substantially stretched for the coming months.

We are currently running a Christmas Campaign. You can buy gift packages for family and friends through our website. There are pre-set amounts, starting from £10—£1,000, and each package goes towards a different aspect of a student's training, ranging from paying for a stationery allowance, through to paying for the entire costs of one student for one year. A full list can be seen on our website.

www.medicmedic.org.uk

For more information contact Sheena Jaggiwan on: 0208 869 3603 or email: admin@medicmedic.org.uk

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Kids' Page



Hello Kids,
How are you?
Please email me your jokes and riddles to:
preeya@thecourier@hotmail.com

How do you make a soup rich?
Add 14 carrots to it!

How can you make any watch a stopwatch?
Don't wind it!

How can you tell when there is an elephant in
your sandwich?
When it's too heavy to lift.

How do you fit 5 elephants into a Mini?
2 in the front, 2 in the back, and one in the boot.

How do you make a Venetian blind?
Stick a finger in his eye!

How many letters are there in the alphabet?
Eleven... T-H-E-A-L-P-H-A-B-E-T

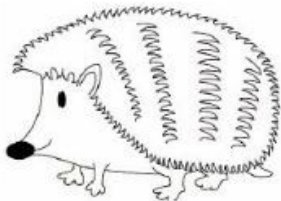
How many skunks does it take to make a big
stink?
A phew!!

The alphabet goes from A to Z. What goes from Z
to A?
Zebra

What can you serve but not eat?
A tennis ball

Word Wheel Challenge

How many words can you make out of
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All are invited—St John's Greenhill. **10th December at 7.30pm.** This is always most enjoyable, including The Brass Group and Handbell Ringers. Tickets £10 (conc. £8). Call to book 020 8863 7009 or on the door.

CHRISTMAS DAY LUNCH. Sudbury Neighbourhood Centre, 809 Harrow Road, HA0 2LP. **25th December** at 12.30. For those who would otherwise be on their own. Please call Jill 020 902 4430 or Catherine 07985 350 191 to book a place.

CHRISTMAS PARTY—Memory Café at St Cuthberts. 22nd December 11am—1pm.

BADMINTON – every Thursday 8 – 10pm in local school, Sudbury Court Badminton Club welcomes League level/good club players. Contact Arvin 07748 642706, Alkesh 07956 453734 or Trevor 07771 998729

You can also check the What's On calendar in Brent at:
www.brent.gov.uk/events-and-whats-on-calendar



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