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SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

As the sun sets on 2016, (do you recognise where the photo was taken?) what are you most looking forward to in 2017? If you're making any New Year's resolutions, take a quick look at page 16 for some top tips on how to make your resolutions stick.

Anti-social behaviour and crime reporting

What is quite heartening, following the recent gloomy news about the spike in criminal activity, is that arrests have been made following information from local residents. (See the SNT up-date pages 4-5)

Byron Court

Apparently, the development of the school is being discussed at a closed Cabinet meeting this week—before Christmas—so there may be some news by the time you read this. We will let you know in the next issue. (see Cllr Perrin's comments page 6-9)

Your Community Needs You!

I know I've written about this before, (and at the risk of repeating myself) but we really do need more support from residents. We have recently welcomed two lovely volunteers to our merry band—our new secretary, Noura, and her mum, Fowzun, who is helping me with part of the admin for The Courier. They both contacted me on the same day, without knowing that the other was also volunteering!

If we had an extra 5/6 people, each doing only a couple of hours a month, it means that the association can achieve more, and also the burden will be lifted from the current committee members. I will need to step down as Chair in March if we can't find more volunteers, because the workload is too much with my work commitments. Please see page 22 for a few ideas of the types of tasks that we need help with.

The other thing I'd like to mention is that the volunteers that we do have—especially our trusty Courier deliverers—do a sterling job, it really is a thankless task most of the time, but I'd like to say a huge 'Thank you' to you all—there wouldn't be a Courier without your commitment.

And finally . . .

We are starting a drama group for young people in the New Year (more details in the next issue). And before you think, 'yeuch! Drama,' this isn't like drama at school—this is theatre sports-type drama for building confidence and leadership skills, and most of all, it's FUN.

You can email me to find out more—we're going to be running a taster session very soon. Don't miss it!

I would like to wish, for all of us, a peaceful 2017.

Kaye

Northwick Park Safer Neighbourhood Team

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

Email: Northwickpark.snt@met.police.uk

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For Crimestoppers dial **0800 555 111**.

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•BURGLARIES:

At the time of writing this article (9/12/16), there continues to be a problem of burglaries occurring in the Northwick Park area. The burglaries are sporadic but no doubt it does appear that the area is being targeted as the burglary numbers are up.

We believe that there are at least two sets of burglar groups going around of various descriptions – mixed ethnicities.

Police have identified at least one of these burglars and efforts are being made to arrest him.

We have had some brilliant information from residents who have witnessed burglars fleeing in getaway cars and other information on sightings of suspicious persons. All this information we value, and resources permitting, we follow up on but, please understand that, sometimes it is not possible to follow up on this information at the time of your call to police.

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

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

Your team is out on the patch doing patrols in unmarked police cars in an effort to try to catch these burglars.

•COLD CALLERS AND DISTRACTION BURGLARS:

I know I go on about this again and again, but the issue of cold callers in person and by telephone is an ever present problem – I get a lot of phone calls from residents reporting this activity so please really scrutinise who is knocking on your door or ringing you on the phone.

Cold callers or strangers at your doorstep - do not, under any circumstance, admit them to your house or disclose any information to them, only partially open the door and leave the chain lock on. Ask them what they want and their name. Review their ID card if they have one, take a note of any details given. I would urge you not to let anyone into your house unless you are 100% sure of their genuineness. I would also urge you not to engage with anyone at the doorstep that is trying to sell you a product or service – it is a recipe for disaster!

In early December I had phone calls from residents who had cold callers at their doorstep asking them whether they wanted any roofing or guttering work done. I made enquiries into the company name they used and individuals connected to it and found that persons quoting the same company name and details, had previously been arrested for fraud by eliciting residents (elderly) to get unnecessary building work done. Do not engage with any cold callers trying to sell you a product or service.

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Really scrutinise who is knocking on your door, if you know of an elderly resident 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.**

Cold callers or strangers on the telephone – Many residents have received phone calls from persons claiming to be from the HMRC – 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 police. 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.

• **THEFT SCAM:**

Theft from car scam – LITTLETON RD – 8/12/16 at about 1245hrs. An elderly resident driving her car on LITTLETON ROAD had a car behind hers continually sounding its horn and male occupants trying to alert her. The woman stopped her car, believing these persons to be genuine, and the driver of the other car, indicated that there might be something stuck underneath her car. Whilst she was looking at the back of her car, the passenger of this other vehicle rushed passed her and stole her handbag from her car. Please be aware of this ploy/scam, and do not get out of your vehicle unless you are sure that you have been involved in an accident. If you do get out, make sure that you immediately lock your car after you exit it and approach any strangers with utmost caution. Please make your elderly family members or local residents aware of this scam. Again some personal safety advice is also available on the Met Police Website www.met.police.uk – it is under the 'Advice' heading.

Overview of location of offences from period 9th Nov to 9th Dec 2016. (date of writing this article):

8 *Residential Burglaries:* Abbots Dr, Norval Rd, Langham Gdns, Paxford Rd., Carlton Avenue West, Nathans Rd., The Fairway, Abbots Drive

1 *Attempted Residential Burglary:* Littleton Road

4 *Theft from motor vehicle:* Peel Rd., outside St. Cuthberts Church, Blockley Road, Littleton Road.

Your team would welcome any information on anti social behaviour or criminal offences that are occurring in the area - please feel free to contact us on 0208 721 29 69 or email: NorthwickPark.snt@met.police.uk

We also urge you to provide us with your name, address and email so that we can send you our email alerts about crimes that have happened near to your address.

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 identify theft!

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

Email: cldr.keith.perrin@brent.gov.uk

May I wish you all a happy and prosperous New Year.

A councillor's primary role is to represent their ward and the people who live in it. Councillors provide a bridge between the community and the council. If you want our help, just ask.

Byron Court School Expansion Works -

As I have stated previously, the second stage of the rebuilding and expansion of Byron Court School was due to start in October 2016 but at the time of writing nothing has happened. Interestingly, three school expansions contract decisions, including Byron Court, are due to be discussed at Brent Council's Cabinet on the 12th December for a decision regarding "Update on Design and Build Contracts". What the recommendations in these papers are, is currently a mystery as they are "Restricted" for "Financial" reasons. I have met with a very senior council officer and from what he has told me, I believe the decision to restrict is the correct one. Unfortunately the Courier copy date is before the Cabinet meeting.

More about Schools - One of the major concerns for residents relating to the expansions of Wembley High and Byron Court centred on road safety. Unfortunately I have two road safety events to update you on: At the end of November, three children were injured by a motor vehicle while on the pavement across the road from Sudbury Primary (see Kilburn Times). The second event happened on Sudbury Court Drive very near to the Tuition School at number 116 on Saturday 3rd December at around 3pm where a lady was run over outside her house. Here is a statement from her son:

"The car came on to the driveway of 108 knocking her down, she fell on the bonnet before hitting the pavement and is still in hospital having undergone knee surgery amongst several other injuries including fractured ankle, bruising to the ribs and chest and black eyes from the fall. The car in question had children in it and swiftly drove off without stopping. The injured lady screamed to another woman parked in front of a neighbour's driveway to knock on the door of 108 for help. She did before leaving without giving her name."

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This event is extremely disturbing; if you witnessed the event or have any information about it, PLEASE, contact myself or the Police.

CCTV cars near The Green - A resident recently asked me about the CCTV cars that can often be seen parked on yellow lines in the vicinity of The Green and why they are allowed to do so. These CCTV cars are monitoring both the illegal "U Turns" on Watford Road and the "No Right Turns" in and out of The Green. I have spoken to the CCTV operators and they assure me that they only park on the yellows (for which they have dispensation) when there is nowhere else to park. The deployment of these CCTV cars is still necessary as a deterrent, on one afternoon this week, during a one hour period; six cars were seen to perform illegal "U Turns" in the bell-mouth of Peabworth Road. Users of this junction will testify how very dangerous these manoeuvres are. It is planned to narrow the bell-mouth in the coming months to deter these manoeuvres.

It had been suggested by the Council that a traffic island be placed in Watford Road to stop the illegal right turns at The Green, however, some local residents who were consulted pointed out that this would be extremely inconvenient for those living in houses opposite the island and it will not now be installed.

John Lyon Roundabout - We have all noticed that this roundabout is often blocked by queuing traffic from Sudbury Court Drive and northbound along Watford Road with much aggression being shown by drivers. The effect is to stop traffic from accessing the unblocked exits of the roundabout; this congestion has tempted some drivers to make very dangerous manoeuvres such as driving on the wrong side of the road.

It is intended to install white lines on the roundabout in attempt to make traffic move to the outside of the roundabout and release the traffic which should then be able enter the unblocked exits unhindered. We will see if it works.

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Footway Parking - Please remember that parking on the pavements, except in exempted streets, is illegal in London. This practice is dangerous and causes damage to the pavements etc. This practice is happening more and more and is now having to be enforced. If you park on the footway, dropped kerb or grass verge at any time of the day or night, do not be surprised if you get a ticket, you may even get towed away as a half dozen locals have experienced already this year.

Christmas trees - subscribers to the garden waste service will be able to use their green bin to dispose of their tree (remember to make sure it all fits within the bin). Residents may also take their trees to the Household Reuse & Recycling Centre at Abbey Road. This year for the first time there will also be a drop off point in a local park or green space in January. Look out for the promotion of our local site and dispose of your tree responsibly.

Harrow School Footpath Diversions - Harrow School have made an application to divert two Public Footpaths crossing their grounds; they are FP57 Pebworth Road to Football Lane and FP58 The Ducker Crossing on Watford Road to Football Lane. These are historic routes which have been referred to as Coffin Roads and probably date back to the building of St Mary's on Harrow Hill in 1087 and maybe before that as a Pagan site. Currently they cross Harrow School Grounds as straight routes. Since the School started installing permanent pitches across their estate including designated farm land, they have encroached severely on the footpath network and, for their benefit, they have applied to divert the footpaths along longer circuitous routes that are less convenient for footpath users. The footpaths have already been obstructed with fencing, and walkers are further deterred by intimidatory signage, tapes and security staff.

The applications to divert the footpaths is going to Planning Enquiry on 17th January

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2017, if you use these footpaths and wish to object to their diversion, please contact me on 07711 561 848, or by email keith@keithperrin.co.uk. I'm looking to collect as many personal letters from footpath users that state that they use the footpaths as direct routes and do not wish them to be diverted onto less convenient routes.

And Finally - Many of us are aware of an increased crime rate in the area. I have spoken to the Police who have assured me they are doing all they can and they have drafted in extra resources - I have seen evidence of these extra resources while travelling around the area on a regular basis. I believe that some of the offenders have now been arrested and some suspects are well and truly on the Police radar. I'm sure that the SNT report will say a lot more and that this spike will soon be over.

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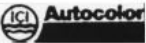
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Are you worried about your memory? PART III

We have been writing about memory and helping to tell the difference between normal ageing and onset of dementia or "cognitive decline"

Do you get lost? Of course we all get lost, not just thanks to the Sat Nav misdirecting us. But do you get lost in familiar places, you might be suddenly uncertain if you come to a road where there is a new set of traffic lights, or a new building or shop has appeared.? You might get disorientated when driving in a familiar place in the dark. You may pause to get your direction.... but you won't get lost. Someone with dementia gets lost and disorientated even in familiar places and is unable to follow directions. . It is no good telling somebody with dementia to go right at the bottom of the road and then second left, they really won't be able to follow the chain of instruction.

Do you remember the lady I talked about in last month's Courier, the one who bought the same yellow shoes twice? That choice of those lovely yellow shoes show that her decision making is unchanged and that judgement and choices are unaffected. Someone with dementia has difficulty in making choices. They can't weight up the pros and cons and someone who has previously had good judgement may begin to make poor choices. Somebody with dementia may start to behave socially in an inappropriate way. Their judgement and use of language may be affected and the politest, most courteous, gentlemanly neighbour may begin to use words which you really didn't think they would know. Have you got into trouble because you have forgotten to pay your bills? Did you have breakfast this morning? Are you wearing clothes that are appropriate for the weather? Can you

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remember how to boil an egg even though you have done it a million times before? Your husband might have forgotten your wedding anniversary but someone with dementia might actually have forgotten that they were married at all. These are examples of cognitive decline or dementia and most of us would be able to recognise the difference.

Is there such a thing as screening for dementia? Should the NHS have been tasked to screen for it? Does it help you to know you have the early signs of dementia? Watch this page !

DR JANE WOYKA
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The Memory Cafe

Support for those experiencing memory problems



Towards the back end of last year we had someone come in to Memory Café to make a film. It was a lovely day. people spoke about what the café has meant to them and I was able to give an overview of why we set it up and all that we hope for it. The result should now be on the London Church of England website.

I have seen the film and it is genuinely touching. It brings home the power of community and the spirit of people who live here on the estate. There has been much talk of the Big Society over the years and the media have had a field-day taking the Michael out of the idea. But even if the expression of the idea was clumsy, the thought behind it was good. Society matters. We are in the business of life together.

So we look out into this New Year with many dreams and hopes for the café. We want to refurbish the kitchen area. We want to add new texture and experiences. And we want more people to come. Before Christmas I was out delivering leaflets and I was shocked by how many people who spoke to me seemed to know nothing of the café. I just hope that these little articles help you to decide to come and give us a try.

We meet Thursday 11-1pm. We welcome all - memory issues or not. We have a good time. it is lovely.

Enough said!

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Time for fresh starts

So Christmas has been and gone. And the weather can seem very oppressive. But the big craze at the moment is Hygge. You may have heard of it. It is the Scandinavian art of well-being and contentment. It is based on the idea that if we surround ourselves with comforting things and people we will feel comfortable. And it seems that our Scandi friends know a thing or two about happiness. The UK comes a dismal 23rd in the international league table of happiness. Only 14% of Brits say they are happy, whereas 33% of Danes have a sunny smile on their face. We are at our most miserable from the ages of 44-46. Thank god I'm now 53!

Hygge involves stuff like scented candles, playing leggo and the smell of coffee, and things that make you feel safe. That's all well and good. But I'm not sure its something to base your life on. There are, perhaps, only so many scented candles that one can take delight in.

Here at St Cuthbert's we have a great belief in the redemptive power of community. We know that being with others and sharing fellowship is what makes us really safe and gives us a lasting sense of well-being. We are setting up a drama group for young people to help them be resilient (which is a much stronger concept than well-being). And, of course, the great Christian festival of Christmas tells the story of a baby born in Bethlehem who went on to change the world. What I love about Christmas is not the presents, but the promise of fresh starts. As the weather remains drab and we long for light and warmth, we at St Cuthbert's are open for business as a place of welcome and love. Why not email and pop over for a cuppa. Or get in touch about the drama group. I'd make you very welcome, but probably will not light up a scented candle.

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Meet the FCC Team

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

This month I'd like to introduce you to Martin Vine who has worked together with us for the past five years.

Martin is a HCPC (Health Care Professions Council) Registered Podiatrist with more than 20 years experience. He has worked in a variety of settings from NHS Outpatients, GP Surgeries, Residential Homes, Private Practices and Home Visits.

Martin said: "I've been increasingly specialising in solving long term (5 years plus) heel and ankle pain in physically active women aged between 40-60 years old. The results I've achieved working with this age group by using a range of unique techniques has an 80 per cent success rate."

Martin uses several different techniques and approaches to alleviating heel and ankle pain along with other conditions.

He added: "People shouldn't accept heel and ankle pain and suffer in silence. There are many things we can do to help. These include remedial massage, mobilisation of joints, medical acupuncture and exercise programmes."

Martin is a popular member of our team and described what he enjoys about working at our centre. "All of the people who work here are passionate about patients' wellbeing. It's a really friendly team who work together to give an extremely high standard of service."

Martin shared a simple tip for people experiencing heel pain for the first time. "Use hot and cold therapy. Ice the area for two minutes then use a hot wrap for two minutes, repeat three times and apply anti-inflammatory cream. Then it's always worthwhile coming along to see us for a professional opinion and course of treatment if necessary."

Thanks for reading,

Firoz

The Foot Comfort Centre is offering 10% discount off of the cost of a first treatment to all new clients on production of this article.

For more foot care tips visit our website www.footcomfortcentre.co.uk



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Are you one of the 10%?



Apparently only one in ten of us stick to our New Year's Resolutions.

Here are some top tips if you want to join the 10% group.

1. Make one resolution. Make it very specific. Your chances of success are greater when you focus on changing just one thing.

2. Don't follow the crowd by going with the usual resolutions—something that you 'should' be doing (like the examples above). Instead, think of what you really want, and why you want it.

3. Break down your goal into a series of steps that are clear and measurable. And reward yourself when you reach each one of the steps—it'll keep you motivated.

4. Don't give up if you fall off the resolution wagon. It's hard to break old habits. Give yourself a break, see it as a temporary blip, and go back to your plan, and look forward to the next reward.

Whatever your resolution for 2017, enjoy!



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SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



New Year Resolutions?

Do you keep them? In fact, do you even make them?

Well, here's one that would really help visiting birds:- keep the bird bath topped up with fresh water. You will be surprised how much it will be used. Not just for drinking, but for bathing as well. Because, even in cold weather (perhaps because of the cold weather) birds need to keep their feathers in good trim and they will use the bird bath more than you might expect. You and I might not like the idea of having a cold bath out in the cold garden but, for a bird, it is a real tonic.

One morning, a week or two ago, I had filled up the bird bath with fresh water and then went indoors to do the washing up. (Sorry to mention it, fellas.) Almost immediately, a lone **starling** arrived to have an early morning bath. You probably know what splashy things starlings are when they have a bath. Water everywhere! This activity attracted the attention of a female **blackbird** who flew down to join in. The starling saw her off immediately and continued splashing! She tried again. The starling saw her off again. This routine must have been repeated six or seven times, the starling continuing its vigorous splashing all the while.

Finally, the starling flew off and the blackbird got up to the bird bath. Honestly, you could see the frustrated look on the blackbird's face when she saw that there was hardly any bathwater left!



The Waitrose Robin

There was a lot of talk, during the build up to Christmas, about Waitroses' advertisement telling a winsome tale of a robin battling through all sorts of difficulties to return home to its mate. A lot of very clever computer generated photography was involved to tell the story. And Waitrose were at pains to say that no bird was hurt in any way filming the advert. Did you see it?

I had not realised that robins migrate as much as they do. I had always thought of them as very British. But it appears

that some come to England from various parts of the continent to breed. These visitors are more skulking and altogether less friendly.

So, if a robin comes up to investigate when you are digging in the garden, it's almost certainly English!

I had a friend in Peabworth Road who used to relax in a deck chair with his feet up on a low garden wall. And a tame robin would often perch on his feet as its foraging look-out! I tried to get some photos, but it was too quick for me!

Recent sighting

At the end of November, Helen saw an unusual fellow commuter, in the form of a **pied wagtail**, mixing with the morning rush-hour passengers on Northwick Park station. Getting under everyone's feet it was. Unfortunately, the photo she sent in was rather too small for publication.

Rod Lake

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CALLING ALL GARDENERS

Sudbury Court
Horticultural Society
Your local gardening club

Greetings to each one for a happy year in your garden in 2017.

We are starting early this year! Last month we promised you we would fill the winter gap and as a change from the usual pattern we are proposing to arrange an early Spring Coach trip to cheer up the end of the winter.

Many of you have asked for a mid-week excursion and we plan to take you to **Wisley RHS Garden** near Woking in Surrey on **Wednesday 1st March**. This trip will be modestly priced as we gain free garden entry as an RHS organisation. The journey is not too long. It takes about an hour and a guided tour of the garden may be arranged. Wisley garden has something of interest for everyone as the new season emerges. Early Spring bulbs, flowering shrubs, winter trees, vegetable plots, while the tropical glasshouse is alive with butterflies for the annual 'Butterflies in the Glasshouse' attraction, making this visit a special treat. We hope you will want to join in.

In contrast, on Midsummer Day, on **Saturday 24th June**, we hope to take a more substantial journey to visit a garden near Colchester in Essex that many of us have not seen before. **Beth Chatto** became famous for turning an unpromising site into a beautiful garden. Beth worked with nature in the Gravel Garden, using plants that would tolerate dry conditions. Nearby, a boggy, ill-drained piece of open land became the Reservoir Garden. There is also a peaceful Woodland Garden,

full of shade-loving plants under a tree canopy, and the Scree Garden where many alpine plants can be found clinging to stony slopes.

Beth Chatto has shown how many of the problems that gardeners face can be successfully overcome if the right plant is grown in the right place. Again, a guided tour may be arranged as an option. The

'Tearoom', I am told, serves meals all day and for those who like to buy plants, a visit to Beth's famous nursery will be a popular attraction. Entry to the Beth Chatto garden costs £6.95 for adults but children go in free! We need to add on the coach fare of course!

Prices for both these trips are being worked out and will be advised to all who enquire. It would be very helpful in planning if you would register your interest with a phone call to me on 020 8904 2531, or e-mail roake@btinternet.com, leaving your name, address and phone number or e-mail.

These events are arranged for members of the Sudbury Court Horticultural Society. Everyone is welcome to join for just £3 per household, using the Sudbury Court Residents' Association subscription envelope.

Margaret Roake





Christmas Lights Competition 2016

This year the SCRA Christmas Lights competition was judged by Councillor Keith Perrin on the evening of 11th December.

Keith's report follows: There were many very large displays as well as what appeared to be joint effort displays throughout the SCRA catchment area, some were really awesome. The more notable were, and in no particular order Littleton Crescent, 56-60 Norval, 19 Shelley, 21 Oldborough, 46 & 59 The Fairway, 37 Pasture Road, 1 Pasture Close, 112 Abbotts. After some consideration I decided that the First Prize this year must go to 85 Paxford (top) for its most notable display. The Second Prize, because of its great visibility along the Fairway (but not to photograph), and the tree climbing involved goes to 5 The Fairway.



LUCKY DRAW WINNERS

As it's Christmas, our December Draw has double the prizes
1st prize is £50; 2nd prize is £30; 3rd prize is £20

- 1st S Patel—Carlton Avenue West
- 1st Mrs B Confrey—Woodfield Avenue
- 2nd R Donohue—Woodfield Avenue
- 2nd Mr & Mrs Vaghela—Norval Road
- 3rd Mrs Johnston—Blockley Road
- 3rd A Howard —The Fairway



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SHOP at Sudbury Town Station

Friends of Barham Library wish to say a big THANK YOU to everyone who supported their 5 year-long campaign to get a Community Library run by Volunteers back to Barham Park.

The new Community Library is situated in the former Lounge/Reception area at the front of the building at 660 Harrow Road Wembley HA0 2HB.

Our initial opening hours are **Mondays, Wednesdays and Saturdays from 2:30 to 5:30pm**. Opening hours will expand in the spring as soon as it gets a bit warmer and lighter in the evenings.

In addition to normal openings the Library also hosts a number of activities including the Barham Park Walkers on Tuesdays mornings and the Sewcial knitting & sewing group on Wednesdays from 10:30 to 12:30. A Book Club is starting in January 2017.

Having hosted a professional Theatre Company's performances of Hamlet and A Christmas Carol in 2016 it is hoped to put on more Theatre performances based on famous books in 2017.

For more information of what's going on please contact Paul Lorber:

barhamlibrary@hotmail.co.uk

Books, records, DVDs, CDs and other things can be purchased from the Friends of Barham Library shop in Sudbury Town Station.

"As our Barham Community Library will have to pay rent of £8,500 to the Council for their premises in Barham Park, support from local residents in helping to raise funds for the Library will be important and the continuing support will be appreciated" says Paul Lorber.

WOOL, Knitting & Crochet needles, sewing materials needed

Our Sewcial Group who meet at our Community Library on Wednesdays 10:30 to 12:30 for knitting, sewing and a chat are knitting 'Twiddlemuffs' for dementia patients. They need wool, buttons and other materials. When this project ends they plan to knit woolly hats and scarfs for refugees and homeless people.

All donations can be dropped at the Barham Community Library during opening hours or to Paul Lorber at 17 Stapenhill Road Wembley HA0 3JF.

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Your community needs you!

Volunteer Opportunities

Annual Day Out: one or two people

required to arrange the annual trip for senior residents - book coach; choose and book café /restaurant; organise and book itinerary/ activities for the day. Start soon, just a few hours a month until the trip in August.

Competitions: Someone to help come up with ideas for competitions for all local residents to join in. Perhaps a photography competition, or a cash prize draw. All ideas welcome.

Committee: We're looking for new members for our Committee.



The Courier: more the merrier! Take on one aspect and lighten the load, e.g. some content and editing—perhaps a young person would like to contribute something to each issue? And we need someone to organise deliverers (some months no hours). Each task will only be a few hours each month.

Community Events: 3-4 volunteers required to sit on an Events sub-committee - organise quarterly / biannual events to bring Sudbury Court residents together.

Please get in touch—the more people we have doing a little bit, the more we can achieve for our community. We'd like to do more. chair@the-scra.co.uk

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Kids' Page



Hello Kids,

Welcome to 2017! Have you made any New Year's Resolutions? Please write to me at preeyaatthecourier@hotmail.com.

Jokes

What do you tell someone you didn't see at New Year's Eve?

I haven't seen you for a year.

Pearl: When the clock struck 12 last night, I said to myself, "Pearl, everything is coming your way!"

Earl: That's a great way to start the New Year! What did you do after that?

Pearl: I quickly pulled into the correct lane!

What is a cow's favourite holiday?

Moo Years Day!

Brain Teasers

Q: You draw a line. Without touching it, how do you make the line longer?

A: You draw a shorter line next to it, and it becomes the longer line.

Q: What goes around and around the wood but never goes into the wood?

A: The berk on a tree.

Q: Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

A: They were a grandmother, mother and daughter.

Q: A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?

A: His horse's name was Friday.

Did you spot the deliberate mistake?
'berk' should be bark.





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WHAT'S ON

IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE— invite you to a Tea Dance on the afternoon of Tuesday 21st February 2017 from 2.0 until 3.30pm, when the Harrow School Swing Band will be making a welcome return to play for us. Tickets £5.00 each, tea will be served at 3.00pm.

HARROW PHILHARMONIC CHOIR—Rehearsals for the new season start Monday 9th January 2017, at the Victoria Hall, Harrow.

Anyone interested in joining us, will be welcome: contact www.harrowphil.co.uk
Our first 2017 concert will be showcasing **The Haydn Nelson Mass, Handel's Zadok the Priest and Beatus Vir by Monteverdi**, to be performed on 25th March at St Johns.

"Beauty and the Beast - A family panto" Claremont High School, Claremont Avenue, Kenton HA3 0UH. 5th—8th January 2017. for more info and to book tickets: 020 8123 6443
www.thechameleons.co.uk/site/tickets Email: boxoffice@thechameleons.co.uk

"Pedro Perez: Side Show" - Photography exhibition featuring photographs taken today on a 1930s Leica camera. 9am-8pm Monday to Friday, 10am-5pm Saturday and Sunday to 7 January 2017 at The Gallery, The Library at Willesden Green, 95 High Road, Willesden, London, NW10 2SF.

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

From Fire to Fountain —illustrated talk— 20th January—see page 27 for details

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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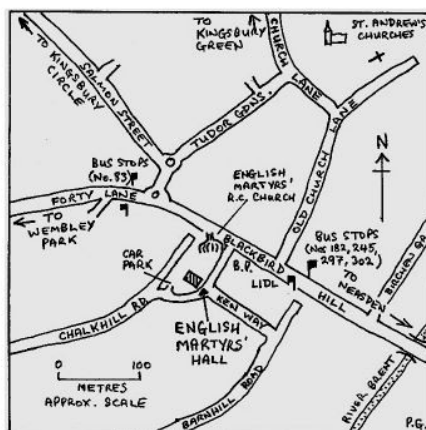
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