

The Community Magazine for the
Sudbury Court and Pebworth Estates

Apr
2017

The Courier

86th
Year



Join us on April 26th @ 7.30pm

Our AGM will include:

What is 'One Public Estate'?

What might it mean for Northwick Park?

Meet Barry Gardiner MP

See inside for details (page 3, 10, 21)

SPRING IS BACK



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April 2017
Number 174 (1,014)

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SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

I'm writing this on a very sunny Spring Day—I hope that's still the case as you're reading it.

We are packing in the information this month, in preparation for our AGM (details below). There is a summary of the year on page 21-22. But, if you read nothing else, please read the article on One Public Estate page 10-11 and join us at the AGM where we will discuss further.

The 87th Annual General Meeting of the Sudbury Court Residents' Association will be held at St Cuthbert's Church Hall, 214 Carlton Avenue West on 26th April at 7.30pm. Come along at 7.15 in order that we can make a start on time—we've got a lot to get through.

All residents are invited!

Agenda:

- | | |
|--------|---|
| 7.30pm | Welcome |
| 7.35pm | What is 'One Public Estate'? An overview, followed by Q&A |
| 8.05pm | Byron Court School Expansion—update, followed by Q&A |
| 8.25pm | Safer Neighbourhood Team—update |
| 8.40pm | break for refreshments |
| 9pm | Barry Gardiner MP |
| 9.15pm | AGM business: |
| | Apologies |
| | Minutes of previous AGM |
| | Executive Committee Report 2016/17 |
| | Financial Report 2015 & 2016 |
| | Election of Officers |
| | Any Other Business |

If you have anything to add to the agenda, please get in touch before the meeting:

secretary@the-scra.co.uk

See you there!

With very best regards,

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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Meet The Team

A/PS Jimmy Sullivan, PCSO Charlie Charalambous, PC Finn Kennedy and PC Colin Hobday.

Announcements

PS Bernie Cryan has left Northwick Park SNT and has gone to pastures new. We would like to thank him for all the hard work and dedication he has given during his time on Northwick Park. Bernie has had a lot of achievements whilst managing the team some of which are;

- Ongoing neighbour disputes
- Encampment on Northwick Park
- Drinking issues on East Lane

These are only some of the issues that he has personally tackled.

We would like to welcome A/PS Jimmy Sullivan to the team. He is an experienced neighbourhood officer who was based south of the borough. He will now be managing Northwick Park and Sudbury SNT.

Website

Met Police have now introduced a new website which is live and running:

<https://beta.met.police.uk/your-area/brent/northwick-park/>.

On the website you are able to find contact details and ways to report crime. The website will also update you with crimes in the area.

The New Law On Using Mobile Phones Whilst Driving

The penalty for using a mobile phone whilst driving has changed since March 1st 2017. You will now receive 6 penalty points and a £200 fine. You cannot use a mobile phone whilst driving unless it is hands free. If in doubt do not under any circumstances touch your phone whilst driving unless you are parked and the engine is switched off. If you would like further information visit the government website:

<https://www.gov.uk/using-mobile-phones-when-driving-the-law>.

Crime In Your Area

The past 5/6 weeks there has been an increase in theft from motor vehicles. This is mainly throughout the Sudbury Court Estate. Please make sure you lock your vehicles and ensure that all valuables are removed from the vehicle. We are also experiencing an increase in number plates being stolen. If your number plates are stuck on, we would advise you to purchase special screws which can be fitted to secure them. We also have a small amount of screws. If you require any please contact us via email

Northwickpark.snt@met.police.uk.

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Burglaries

There has been a decrease in burglaries on the Sudbury Court Estate. However we are still experiencing two burglaries a week in the area. These are mainly around Abbots Drive and The Fairway.

There was a burglary recently on Nathans Road where DNA was obtained by our SOCO team. This led us to an arrest of a male that we believe was part of a team that was responsible for a number of burglaries in that area.

I would strongly advise, if you are thinking about having an alarm installed do not hesitate to get one as it is the best deterrent.

If you would like more crime prevention advice please email us on

Northwickpark.snt@met.police.uk.

Date For Your Diary

Ward Panel Meeting – **27th April 2017** at St Cuthbert's Church at 7:30pm. Please come

and meet your ward chair, panel and your local policing team.

You can discuss any issues you may have regarding the area where you live.

SMARTWATER Forensic Marking

To residents that live at:

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Useful websites:

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

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www.cifas.org.uk

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

Email: cllr.keith.perrin@brent.gov.uk Tel: 07711 561848

Sorry no landline at present

Byron Court School Expansion - Finding out information about what is going on is really difficult even for me as a councillor. However, a new planning application has just appeared for the school. The application 17/0899 is to demolish a single storey temporary building comprising 2 classrooms and erect a two storey building comprising 6 classrooms and a single storey building to provide kitchen and dining facilities, both elements are described as temporary.

There is a Transport Statement which is as bad as always and still omits the statement from Brent's own Highways Officers that the area is dangerous. Also Northwick Park Car Park is still in full use (not). I have made several proposals such as:

- 1) Teachers should park in Northwick Park,
 - 2) Spencer Road should close for school run, and
 - 3) A Public Space Protection Order could be utilised to control parking.
- None have been responded to as yet.

I am perusing the planning documents while writing this and have just come across the following statements:

"During the development of the design a range of stakeholders and specialist consultants have been consulted"

"Access to the site will be via the main school entrance from Spencer Road"

"It is planned to realise the development in one main construction phase, over the 2017 summer school holidays".

I am speechless. I also note that the planning consultation is limited to only the adjacent housing - **again**.

I am intrigued as to how they will get the lorries in this time without creating as much havoc as last time? You remember - the broken trees and pavement, scratched cars and alike, and of course the traffic jams.

Rough Sleeper in Northwick Park - Some of you will be aware that there is a lady sleeping in the Park, The Council and other Agencies are working hard to engage with her and get her into accommodation. To date she has refused; we continue to engage with her.

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Sudbury Court Drive - Only a short time ago I told you about the planting of 14 cherry trees between 39 and 91 on the North side of the road. Well, the council officer – Martin Page - made another bid for funding for this project, and I am pleased to report that we will be having 14 more cherry trees going in. Hopefully over the next year we should be able to plant both sides and restore the glory of the road.

More Trees - Elms Lane which is just outside the SCRA area used to be lined by 100 Elm trees until they were lost to disease. In recognition of this we have been able to successfully apply for funding to purchase and plant some disease resistant elms on the open space just in front of what was 100 Elms Farm (Dyson Court). I have to say that my drive for more trees has a lot to do with the terrible air quality along our major roads in Northwick Park which does nothing for our health.

Potholes - It's that time of year again when the roads are at their worst after the cold wet weather and it will take the next three months or so to get these terrible potholes under control. Luckily the council have committed extra funds to highway repairs and renewals but it will only go so far.

Council Tax - After freezing Council Tax for five years the bounce has arrived, last year your bills went up by 3.99%, they are doing the same this year and I suspect for at least the next two years. Yes, the rises are necessary, due to funding cuts by Central

Government and it is quite possible that the cuts will continue. What is really galling at the moment is that when I was elected in 2014 the council imposed a charge for Green Bins, I didn't like the charge but felt that it would ensure that we reduced our waste output and only those who needed the bins would have them and thus reduce the unnecessary collection cost. Unfortunately I have to inform you that the Council have decided to increase the cost of the **Green Bin collection charge** from the 1st April when it will go up to £50 and increase again the next year to £60. They say they are doing this to move the service to a cost neutral position. There is nothing I can do to prevent this rise in price. If it helps, I did vote against the 1% rise in Councillor allowances (as I did last year) and I was supported by a couple of other Councillors - I have not accepted any of the rises in allowances since being elected.

You will notice that many Council charges will be being increased; however, I find the Green Bin charge to be most disagreeable in Northwick Park as we are the greatest users of the service. Brent had 13,324 users of the service last year over 21 wards, Northwick Park with 1,221 users (Kenton are 2nd with 1,028) therefore paid for almost 10% of the entire service! A lot more about the charges etc can be found at

<http://democracy.brent.gov.uk/mgAi.aspx?ID=25981#mgDocuments>

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Highways Enforcement - I have made many comments in the past about damage to pavements and grass verges; at last, and to my delight the council are going to do something (I just wish it wasn't being seen as a revenue stream). Here is the text - I have edited a little to make it fit here:

Creation of a Highways Enforcement team, to be specifically focused on damaged infrastructure and pavements etc - *on a cost recovery basis*. At present, highways enforcement is limited by available resources. The new team of four will be responsible for co-ordinating the enforcement and licensing work, dealing with offences relating to hoardings, skips, scaffolding, advertising boards, abandoned vehicles, untaxed vehicles, grass verges, building materials, cranes, and vegetation overhanging the public highway. The team will work closely with Planning and Highways to ensure any damage incurred can be traced back to developers where possible, and they can be held to account for the cost of repairs. The business case demonstrates that a dedicated team would more than pay for itself through revenue generated and costs avoided. A total net benefit of £102k is anticipated.

Cleaner Brent - We all see litter and piles of rubbish on our streets, this problem has been getting worse over the last 8-10 years (was it not there 10 years ago? or is it my imagination?) since the cuts to services began (post

the 2008 crash). The Council has found it impossible to stop people dropping litter and depositing large volumes of rubbish on the streets. However, about 6 months ago the Council employed a Private Company to enforce against littering and dumping of rubbish; if they catch anyone they issue a Fixed Penalty Notice (FPN). This has been great for the company; it appears they've made a lot of money out of the scheme, particularly from people caught dropping fag butts outside tube stations. Don't get me wrong, fag butts are a problem but the rubbish is the real problem isn't it?

Anyway, I believe that the Council will now bring this service 'in house' and they will focus on the real issues of littering and rubbish dumping. Rubbish dumping, which is illegal, carries a fine, sometime hefty, if you are caught; this includes leaving of items on the street for 'someone' (perhaps the fairies) to collect, you know the sort of thing: electric fire, fridge, toys etc, just about anything; there is an expectation that the nice scrap collector will collect it. Be aware, if it is a fridge or alike, they will collect it, remove the valuable parts and then dump remains somewhere else! The same goes for many items left on the streets for the fairies, remember, the Council will collect most household items for free. I was walking through the Ducker recently and found yards of insulation that had been stripped from wiring. Remember, scrap collecting fairies are not good fairies.

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If you want to make a difference, why don't you use your smart phone (if you have one) to report the rubbish on our streets, it's actually really easy to do; I do dozens some weeks, and normally the rubbish has disappeared within a day. (That's the good fairies of course!). All you have to do is download an App (application) called 'Cleaner Brent' to your phone, then when you see rubbish you use the 'App' to report it. If you are interested and don't know how to load Apps or are not sure how to use the 'App' give me a ring and I'll pop by and assist.

Those Cold Callers - A few weeks ago I noticed that one of my neighbours was having some work done in their front garden on a Saturday morning. Outside their house was a lorry displaying the words Tree Surgeon and a mobile telephone number but no company name! I am only too aware of the warnings issued by our Safer Neighbourhood Team in the Courier month after month. Anyway, I looked up the telephone number on the Internet and found all sorts of things for sale via that telephone number, but there was no mention of a Tree Surgeon.

I went to speak to my neighbour about what was going on, I was told that the person had knocked on the door and offered to remove a very large bush. My neighbour agreed a price of £380 for the removal and handed over the cash. It was quite a large bush, but £380! Anyway, the 'Tree Surgeon' just cut all the branches off the bush and put them in his

lorry. He refused to remove the stump and root, as my neighbour expected. I spoke to the 'Tree Surgeon,' but he was so aggressive I had to retire and call the police - who turned up quite quickly but were unable to get satisfaction for my neighbour as it was a 'civil' contract between the two parties and was not illegal. The only way to be able to have any comeback in this situation is to have the job clearly written down: write clearly what your expectations are - don't simply assume that your expectations will be met. Having said this, my advice, and that of the local police, is **do not employ people who knock on your door.**

Ward Surgery Sessions - We have held our sessions at Vale Farm Sports Centre for 7 years now, and they have never been particularly well attended, often no one turns up! The surgery is there for you to bring your concerns/issues direct to YOUR ward Councillors—it's what we're here for.

I am considering moving the Surgery to one or more of our local churches, probably still on Saturday mornings. Please contact me to let me know if you would like to see this change or have any other suggestions. Until then—

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One Public Estate

A representation of two storey pods over a car park - not the actual proposal



The Courier has gleaned more from the Council about One Public Estate plans for Northwick Park - via Freedom of Information requests. The SCRA, via Cllr. Perrin, asked for a representative of the Council to come to our AGM to give a presentation; as we go to press, we are uncertain whether they will send anyone.

Nothing has been produced since by the Council that contradicts the summary report in the last Courier. We just see more detail of the partnership discussions between Brent Council, Northwick Park Hospital, Network Housing and the University of Westminster. Future partners are expected to include TfL, Network Rail and Harrow Council.

An object is to make Northwick Park and South Kenton tube stations step free access, which we all welcome. The documents state: the land

including Northwick Park "open space" is "a *unique site*. It has close access to two tube stations, giving quick access to central London. It is very attractive for residential development, with very few overlooking issues. There is the opportunity to develop a **landmark residential development** of the highest quality, generating significant new housing supply, **pushing planning density guidelines**. This will support the hospital redevelopment and provide urgently needed key working accommodation and housing for London."

Capital receipts - presumably to the various bodies - are estimated at between £40-120 million in years 1-5 (Year 1 is 2017/18). These should go to the various bodies but the current NW London NHS experience shows that the Treasury has its eyes on capital receipts from land sales!

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However, that sort of money is clearly a very attractive prospect - attractive enough for the documents to reveal a planned £500,000 spend on consultants (with £235,000 scheduled to be spent so far, and a further £145,000 in the quarter commencing April), if all is going to plan. As the current grant funding so far revealed by the Council's Cabinet report is only £222,500 to Sept 2017, and £138,000 from Sept 2017, this leaves a question unanswered.

Northwick Park is to be made a "**landmark destination**" - whatever that is - but, whatever it is, it is seen as an improvement on our "**little used**" playing fields. For those residents whose concerns may include yet another attack on Northwick Park's Metropolitan Open Land, those worries will not be assuaged. If the plans did not include an intention to build on part of the Park, why would the report state "*Secretary of State Consent will be required for any changes to Metropolitan open space, which this scheme is likely to require*"?

It seems the new energy centre we highlighted last month is actually going to be a power station; so residents will want to know where that will be positioned and how polluting it will be.

The key aspect for some will be the nature of the new residential accommodation planned. To "*push planning density guidelines*" - i.e., more high rise. The paper refers to the master landscape plan for the site "*ensuring views over the park are maximised*" - but what effect may it have on views of existing residents? We - and our neighbours the other side of the railways tracks - ought to know.

The possible 1,000 units of temporary accommodation does sound innovative: Pod accommodation above surface car parking spaces; it seems an excellent idea for key workers or those needing temporary accommodation. But local residents need consulting. There is a worrying expression in the paper "**A degree of**

separation would be desirable amongst some potentially different types of residents". We hope they don't mean "poor doors" that have crept into developments sharing full value units with "affordable" accommodation.

The key to unlocking the development is the creation of a new access road; the Hospital's current access - is the narrow circular access road. The papers say that the Northern part of the Park is inaccessible by road, and the remainder "only accessible by light traffic". That needs an explanation - obviously, residents of the Sudbury Court Estate will want to be assured about through traffic. The new access road and development are sizeable enough to "*attract larger commercial users (shops, cafés, dry cleaners, restaurants etc.)*". Locals may - or may not - welcome some or all of this development but they need to be given the respect of early information and being consulted. It is not good to discover this huge plan - obviously already well advanced - almost by accident. Local residents are certainly the ones who will suffer during the construction period (estimated to start in 2019/20 (and evidently envisaging no problems on getting planning consent!))

The paper refers to work in Year 1 - i.e., now - including the "*preparation of master landscape plan for the site*"; "*a combined constraints/master plan and massing study, integrating all four sites to maximise what developable land can be generated from integrated transport infrastructure*"; the "*design of new vehicular and pedestrian access routes throughout the site*"; a "*feasibility study for housing/other income generating development on surplus land*" and a "*feasibility study for temporary accommodation above surface level parking*". That - with that expensive consultant expenditure - should mean a lot of detail is already available. At the very least, there must be outline plans of how the land use is to be maximised, and what "use" of the open space is being considered.

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The Memory Cafe

Support for those experiencing memory problems



If you haven't been for a while then you'll notice some new developments: there is now a real flow to proceedings.

We kick off at 11, with some tea, coffee; biscuits and cake. It is lovely to see people bringing provisions with them that we can all share. At about 11.20 we go into exercise mode. Megan our lovely trainer runs a 20 minute, or so, seated exercise session. It is, of course, optional, but many put themselves forward. People tell me that they find the exercise very helpful.

At about 11.50 we embark on memory games. People join together and we have a lot of fun with these. We certainly don't take it too seriously and we enjoy the banter. At about 12.20 we start the community choir. Anyone can join and it doesn't matter what voice you have. Francis from Daniels Estate

Agents leads the singing, and does a brilliant job. This week the church was filled with song - fun songs, some old hymns and popular stuff too.

Some folk just come to be there and read a paper and have some company. Some like to volunteer and help with the tasks that make the event such a success. Others go the whole hog! We now have an artist-in-residence who is painting everyone's picture which will go on to form part of an exhibition. We aim to get this around the Borough to show just what Memory Café is and to honour our people who attend. Everyone is totally precious.

This week we had more new people; young and older. If you haven't been along and are on your own on a Thursday - come and give us a try.

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We approach the most magnificent Season in our church life - Easter. Easter is a time of tremendous hope and joy, and it is a time when vicars are just a little bit busy! We have a lot of services to arrange and lead and it is a time that is quite intense, spiritually.

I personally love Easter. At my old Church we used to hold a service on Easter morning at 5.30am, just as the sun was rising. This was followed by a lovely cooked breakfast. We aren't quite doing this yet at St Cuthbert's, but I hope that we will sometime. What we do have are services on all the major dates and we are even having a service where we will be singing all the great old hymns. Our Songs of Praise service is on Sunday 2nd April, which starts at 10, but we will precede it with a nice breakfast at 9.30. So that's one for the diary.

Our website lists all our services:

www.stcuths.org

One thing about Lent and Easter is that it encourages us to take a break from our busy lives and take stock. We get a chance to ask ourselves questions and to understand the things that are holding us back or getting us down. It isn't a misery-fest, but it is a time to soberly look at areas of our lives where we want to improve. A friend of mine once told me the story of the man who was so busy cutting trees he had no chance to realise that his axe was blunt. Lent is like that - a chance to see where we have gone a bit blunt, but full of hope that with God's help we can become the person we have the potential to become.

Go well dear friends.



Rev'd Steve

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Are you getting a good night's sleep?

I consider there are four essentials which, like four corner pillars, support a healthy life. They are food, sleep, exercise and fun. You might wake up to a beautiful spring morning but if you've had a terrible night's sleep it may be hard to enjoy it.

Almost everybody has suffered with sleep deprivation and it is one of the most common problems I see in practice. There is now more information about the relative importance of sleep and we are beginning to focus much more on ensuring we make protected time to allow ourselves to have sufficient good quality sleep.

Some people have difficulty falling asleep and others of staying asleep. Early morning waking, particularly associated with anxiety, can be an indication of depression and most mental health disorders have an impact on sleep, either causing a deficit or an

excessive tiredness.

Most adults need between 6-9 hours' sleep. We hope to wake refreshed and excited for the new day, waking without an alarm. Equally we should be able to fall asleep within half an hour or so of going to bed and stay asleep most of the night.

Factors that can affect your sleep, apart from the inevitable demands of young babies and children include:

- A bedroom which is too noisy, too light or the wrong temperature.
- An uncomfortable bed or pillow.
- Lifestyle factors such as shift work or jet lag.
- The use of alcohol, caffeine, tobacco or recreational drugs.
- Snoring, (yours or that of your partner) may be a serious disrupter of sleep for both of you and even sleep apnoea,

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whereby long gaps occur between breaths will disrupt the quality of sleep and contribute to serious physical illness. If your partner has sleep apnoea you may lie awake worried that they may stop breathing so you are both having poor quality sleep.

- The onset of stress, anxiety, depression and other mental health issues.
- Physical illnesses such as a heart or lung problem, neurological condition or chronic pain or hormone problems.
- Medicines such as high blood pressure, asthma or anti-depressant type Medications, or even the long term use of sleeping pills.
- The stress of a sudden unexpected trauma such as bereavement, loss of a job, fear about an illness, or worry about a family member may all be the cause of sleepless nights.
- Menopause is frequently associated with sleep disorder; hot sweats and night flushes will disrupt your sleep and a sleep disturbance per se is often an indication of the onset of menopause. This in turn

causes anxiety, depression, irritability, day time fatigue, sleepiness in the day and other menopausal type symptoms. Snoring is more common and more severe in post-menopausal women. Bone aches and pains are also more common with the menopause and can be much worse at night.

Next month we will explore how to deal with insomnia!

DR JANE WOYKA

MA MB BChir MRCGP DFSRH

It is with great sadness that we have to report a fatal Road Traffic Accident that happened on Sudbury Court Drive on the evening of Tuesday 14th March at around 7pm.

Sudbury Court Drive is becoming quite a dangerous road. Be assured that the SCRA will do all they can to improve road safety locally.

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One of my biggest passions in life is walking.

For those of us who can get about freely, comfortably and un-aided walking is a much undervalued gift.

Unfortunately, as a nation, we are simply not walking anymore and as a result our health is suffering.

Yet walking is free, can be done any time at your own convenience, alone or with a companion (or two) or with groups (Brent & Harrow Councils both run Walking Clubs).

You can even choose to walk to work or split the journey between transport and walking.

Believe me it will change your life. You will be lighter, fitter, more energetic, more relaxed and you will live healthier and longer life!

You don't have to take my word for it, Hippocrates, considered by some to be the 'grandfather of medicine' said this of walking 2,000 years ago;

'Walking is the best medicine a person can take'.

So here is a short list to get you started and hopefully keep you going:

1. Decide on walking, set a date to begin and a regular time.
2. Visit our website and watch the video '23 and ½ hours' – An impressive

video showing the benefits of walking by the world renowned, Dr Mike Evans and a must see for everyone, young and old.

3. Get yourself a comfortable pair of walking shoes or trainers - laced or strapped.
4. Wear loose clothing (warm for winter months) and take along a 'brolly'.
5. Start walking 30 mins every day and make it part of your regular routine.

If you would like further help getting in touch with local clubs or groups or just more advice on how to get going call me and I will be delighted to help you.

If foot or ankle pain is holding you back or hindering your walking efforts come and see us.

Firoz

Every new client seen between April 1 – May 31 will receive a complimentary Foot Care Cream worth £9.99.

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LUCKY DRAW WINNERS

Here are the lucky winners from our final Lucky Draw.

Congratulations!

1st Prize—£50 G Crane, Abotts Drive

2nd Prize—£30 P Hirani, Paxford Road

3rd Prize—£20 A Lewis, Norval Road





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SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



Francis v The Rest

Last month I suggested that we challenge Francis, our champion birdwatcher, to see who could record the most bird species during 2017 - him, or the rest of us combined!

He has accepted the challenge most sportingly. So it's his two eyes against thousands of ours! So then, do start watching for this challenge. 'Game on', I think they say!

I'll keep you updated on how our challenge is faring.

Recent sightings

We have had a good list of sightings to report this month. In the air and on the ground.

Looking upwards often produces good sightings. During the winter months, it is often **gulls** coming inland to shelter from the stormy coasts that offer quite dramatic watching.

I watched a **heron** flying along the back gardens of Amery Road one morning in February. I hadn't seen one for ages. In years gone by, they were regular and most unwelcome visitors to fish pond owners on the estate. Especially to those of you who had good collections of expensive fish.

Also during February, we had two separate sightings of a pair of **mute swans** flying over the estate. Really gracious birds in flight. As a birdwatching friend used to say, "That's a quality sighting!"

Then, from those big ones, we have several reports of our smallest native bird, the **gold-crest**. Tiny, restless birds, these dinghy coloured birds have a lovely golden crest along their heads which can be very prominent when raised in excitement. My reference book says they weigh no more than a 5p coin!

Pat disturbed a **kestrel** hunting in her front garden, but she is not sure if it caught anything,

Michael watched a **sparrowhawk** in his back garden, eating a blackbird it had just caught.. I've gone off sparrowhawks!



Crows

You may have noticed recently that the **crows** have been plucking off thin new branches from some of your garden trees in order to build their nests. By now, April, it is possible that they have already laid their eggs for this year's brood. They are big birds, so incubation can take as long as three weeks before the chicks hatch and a further month before they fledge. It will be

a while yet before the fledglings appear.

Our nearest parent crows have produced a pair of youngsters each year, for several years now, and have nurtured them non-stop for nearly twelve months before sending them packing to find their own territories and mates. I always feel quite sorry for the young birds when, suddenly, their parents turn on them and drive them away. You can almost feel their rejection!

We should really call them '**carrion crows**', because they eat dead meat rather than actually kill for it. The fact is, though, that they can be birds of prey when their young fledge and need to eat meat. We have twice watched a crow attack and kill a woodpigeon in our garden for that very reason.

Rod Lake

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SCRA summary



A Summary of 2016/17

Chair's Report

Sitting down to reflect on the past year – not sure how it's gone so quickly, I only signed up to be Chair for 3 months! And when considering that we're preparing for the 87th AGM of the Association, it feels like we're really lucky, in this community, to still have an Association, and a magazine that goes out to all our residents. However, as less than 20% of the households across the 2 estates joined the SCRA by paying their Subscription in 2016, we are going to need to work a bit harder in the years to come, to ensure the legacy is continued.

This is such a nice place to live, we need to pull together to make sure it stays that way, especially in the light of the potential developments in Northwick Park. So please, make sure you drop your subs, in the envelope we sent out last month, to one of the collection points. Do it today, while you're thinking about it!

There is such a feel-good factor in being involved in your community – and has so many positives, even when you're really busy and don't think you have the time. Squeeze in a couple of hours of volunteering with us and relieve some stress!!

Executive Committee

We have, honestly, spent most of the last year catching up with ourselves. We do have a nucleus of strongly enthusiastic residents who continue to work on behalf of the membership – and we'll be looking to add to them over the coming months. It's essential to 'spread the load' of tasks, and also to inject new energy and ideas, and with that in mind we are also building up smaller sub-committees of local residents, who will each concentrate on one 'project/task' – join us!

We welcomed a brand new Secretary in November – brand new to the Committee, although she grew up on the estate, Noura Abdul-Cader is whipping us all into shape. And Pareet Shah became our Treasurer in August – not new to the Committee, but new

to this unenviable role.

It is, however, with regret, that we will be saying a reluctant farewell to Arlene Howard (after 10 years) and Sophie Seifalian (after 16 years), who are stepping down from the Committee. They have both been amazing contributors, and they will be sorely missed.

SCRA Financial Report

This will be discussed at the AGM.

Byron Court School Expansion

Having had a previous 18 months of strong opposition to the Expansion of the school, as you all know the Planning Committee, Council Officers and School Stakeholders ignored all opposition and the expansion was approved. So much for democracy (and common sense!)

We didn't stop there. Thanks to the generous donations of residents, we employed a Barrister, and had some correspondence with the Council in relation to Judicial Review proceedings. The Council, unfortunately, refuse to take us seriously or to offer any concessions, and are ploughing on regardless of the issues that concern residents the most – public safety and pollution due to unfeasible levels of traffic. And whilst most parents who make life difficult for local residents by parking on their property, or blocking access, mutter an apology, some are pretty offensive, and one was charged and convicted of assault on one of our Executive Committee members!

Another point to consider is what will happen to the Northwick Park car park, which is meant to be vital to the school's Travel Plan, if the OPE proposals go ahead?

Under advisement we continue to monitor activities. This isn't the end.

Northwick Park Playing Fields

This time last year we were in discussions with Brent Council with a view to taking on the lease of the Pavilion under a Community Asset Transfer (CAT) in partnership with Parnell's Youth Gaelic Football Club. The idea being that the SCRA would open up the facility for community groups and activities

and that Parnell's would continue to use it as a sports facility. It has recently become clear why the Pavilion was taken off the CAT scheme (see page 10).

Our leafy-lined streets

Over the last year residents generously donated over £1000 for trees, which indicates how much you value the role of street trees in making our estates greener, cleaner and more welcoming.

See page 27 for the rest of our update on trees.

Planning

Without going into details on individual cases:

We have examined many planning applications, giving opinions and comments to the LA on the proposals and suggesting alterations and/or amendments where appropriate.

We have looked at applications for new replacement windows and reported back to the LA.

We have studied several cases where breach of the planning approval seems to have occurred; investigated where Enforcement Notices have been issued. We also check to ensure the remedial or reinstatement work has been carried out to the full approval of the LA.

We have reported to the LA where we have noted, or been advised (by others), where storm damage, accidental damage or vandalism has occurred. E.g. accidental damage to bollards, vandalism to street furniture, storm damage to trees, uneven pavements with trip hazards, etc.

We have, when alerted by concerned neighbours, looked into unauthorised action proposed or carried out to ensure that the environment is not damaged in any way.

We continue to monitor the traffic to ensure that proscribed routes to Byron Court School's building site are correctly followed. We are also concerned with the extra load on the road surface as well as volume of traffic increasing pollution and public safety.

The Courier

The Courier has been around for a long time – this is our 1014th issue! - and continues to be, I hope, an interesting and useful read.

I have been Editor since the October 2016 issue, and apart from the occasional negative

comment about late delivery, mainly due to articles being submitted beyond the copy deadline, we have had much positive feedback from residents. As this is your magazine, we are always delighted to hear from you with regards to what you would like to see covered in the Courier – otherwise you're stuck with what I think you want to see!

A huge 'thank you' needs to go out to the advertisers who continue to support the production of the magazine, and without whom it really would not be possible.

And an extra huge 'thank you' to those volunteer residents across the estates who ensure that it is popped through your letterbox once a month.

Website

Please **do not** use the current website for making any donations/paying your subs - we will be launching a new website shortly:

www.the-scra.co.uk

Membership

What is really worrying, is that only 600 households, out of 2,800 across our 2 estates signed up to membership of the Association in 2016 by paying their subscription. Don't forget, we can only act on your behalf if you are a member.

And finally . . .

My heartfelt thanks to all who have been involved with the SCRA Executive Committee – you have supported me, and our residents, over the last 12 months. We have had laughs along with a bit of stress, although not enough cake!

A special mention of thanks—especially at this time of year—to Aileen Bommer, our Membership Secretary - she does a sterling job with a spreadsheet.

To all of those volunteers who have stepped up and joined our merry band – also thank you, and I hope you have enjoyed your volunteering so far, and will continue to do so over the next 12 months and beyond.

Despite the continuing battle with unruly parkers, I love living here, and I've met some amazing neighbours. If you don't know your neighbours, you're really missing out—why not change that this year?

Until the 26th April,

Best regards,

Kaye



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

April is prime time in the garden with bulbs and flowering shrubs of all kinds making a colourful show. All plants respond to sunshine, warmth and gentle spring rain, and so do we. Spring brings a renewed burst of energy to plants and gardeners alike.

March has been a busy month for our Society. As I write we can look back on a most enjoyable trip to Wisley on the 1st March. The RHS gardens were already emerging into Spring, the gardeners busy mowing lawns, mulching flowerbeds and chatting with interested visitors. A special feature were the crocus lawns, planted to reveal patterns in the grass, we enjoyed whole beds of early daffodils and the colourful display in the alpine house. Tropical butterflies put on a dancing display in the glasshouse among many unusual flowering plants, some stopping to feed on the fruit on offer where Susan Friend captured this picture.



It was a real pleasure to be comfortably taken to Wisley by coach, rather than driving there by car amidst heavy traffic on the M40, M25 and A3.

Our first Flower Show on Saturday 11th March proved to be a delightful occasion. Especially featuring daffodils, there were a great variety of plants on display. It was a special pleasure that so many people took part for the first time. Returning in the afternoon to join the viewing, I found the car park full and the church hall buzzing with people chatting and enjoying the displays, as well as excellent tea and cakes. The judges had been impressed by the variety and quality of the exhibits.

Maybe it is the influence of Mary Berry that helped the bakers to put on a spectacular array

of delicacies, while there were lovely exhibits of flowers of many kinds, from delicate primroses to camellias and as the picture shows, hellebores.



The previous evening BBC 1's 'Gardeners World' returned, featuring an interview with the 90 year old Beth Chatto, whose Essex garden we shall visit on **Saturday 24th June**. This trip is proving to be very popular, so if you are interested, please phone me soon on 0208-904-2531 to reserve your places. Fares are £25 for adults, £18 for children up to 16 years, and must be paid, at the latest, by **17th June**.

Our next event is the Coffee Morning and Plant Sale at St Cuthbert's Church on **20th May** when you will be able to collect your bedding plant orders, delivered there from Shane's Nursery. An order form for these is enclosed in your Programme Booklet. It needs to be sent to Robert Smith by **Sunday 16th April**. That's soon! If you have not received your schedule, or now want to join, please phone George Crane, 020 8931 6911. As membership subscriptions come in it is heartening to see many of you joining and sending donations to our gardening club.

Thank you all for your interest and support for the Society. With your help we hope to extend our activities in the future.

Margaret Roake



Did you know that Preston Library is now run by volunteers just like Barham? As well as offering a library service they have other activities and volunteering opportunities.

Most Saturday evenings there is a **Film Club** which starts at 7.30pm. Want to know which film? Pick up a programme at the library, Other activities and events include:

Chess Club held fortnightly on Wednesdays 4pm to 6pm,

Yoga on Wednesdays from 7.30pm,

Family Film Club especially for our younger residents held on Sunday mornings from 10.30am,

Learn Italian every Saturday

The Library opening hours are as follows.

Mon: 1pm – 7pm

Wed: 3pm – 7pm

Fri: 1pm – 7pm

Sat: 11am – 5pm [+ evening films]

Address: 2 Carlton Ave East, HA9 8PL

Check out the Website for information:

<https://brentlibraries.wordpress.com/events/>

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Friends of Barham Library



YOU ARE INVITED TEA PARTY IN BARHAM PARK—SUNDAY 9 JULY 2017

In the last issue of The Courier we told you that Titus Barham died in July 1937, the day before he was due to become the Charter Mayor of the newly created Wembley Borough Council. He had donated £4,000 (over £250,000 in today's money) so that every Wembley resident could be invited to a celebration.



Wembley Council sent out 40,000 invitations in anticipation of serving tea and cakes to around 60,000 adult residents of Wembley and 20,000 children. The event was held in October 1937 at Wembley Stadium, which was then just 15 years old. We are still researching the facts about this amazing tea party but know that the Council ordered 3,000 tonnes of food!

On his death Titus Barham donated his home and gardens for the “enjoyment of local people” and this then became Barham Park. In later years it had a Cafe, a public Library and a Museum.

To celebrate the 80th anniversary of the events of 1937, Friends of Barham Library invite you to a Tea Party at our Community Library and (as we hope for a sunny day) in Barham Park itself.

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Current opening hours:

Mon, Weds & Sat: 2:30 to 5:30 p.m.

Tues: 11am-12 - Barham Park Walkers
(refreshments)

Weds: 10.30am-12.30 - The Knitting Sewcial

We are planning to expand opening hours
and start new activities soon.

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Your community needs you! (and trees)

Our leafy streets

We are indeed lucky to enjoy our Estates' tree-lined streets, which are such a feature of our area, and so much admired by visitors. They not only bring beauty to our streets, but a lot more besides. Health benefits include improved quality of air, while environmentally trees moderate the climate and reduce run-off. Trees also make our streets a pleasant place to walk, and with more people using the streets, this helps to reduce the crime rate. Property values in tree-lined roads are higher too. So, trees are a good thing all round!

However, the life of a street tree is pretty tough. Some die through drought or damage from vehicles, and many of the ornamental trees that were planted when the estate was built are reaching the end of their life. We also lost a few trees to Storm Doris.

Unfortunately, the poplar trees that were such a feature of the green at Littleton Crescent had to be felled because of an insurance claim for subsidence at a nearby property. These were replaced in the autumn by 7 dawn redwood trees, a type of deciduous conifer with an interesting history. The species was only discovered in China in 1941, and until then had been considered extinct

for millions of years. A mature specimen can be found at the eastern end of the Serpentine in Hyde Park. We hope ours will thrive.



On another positive note, GLA funds have allowed the council to plant 14 flowering cherry trees, *Prunus 'Sunset Boulevard'* on the northern slip road of Sudbury Court Drive, with another 14 in the pipeline. It is expected that next year similar tree planting will take place on the southern slip road. As the trees mature this will definitely soften the open aspect of this dual carriageway and enhance the approach to the estates.

Each new tree costs £250 to plant and maintain, and for the foreseeable future the number of replacement trees will continue to be limited. However, if you feel that a replacement tree is especially needed in a particular location **please do let the Residents' Association know**, and if funds are available they'll try and help.

We hope you will be able to **donate** once again to our tree fund. Thank you in advance for any contribution you can make to re-leafing our streets.

And if one is planted near you—**keep an eye on it**, it will need a bit of TLC and water, especially in it's first year

Sophie Seifalian

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Kids' Page



Hello Kids,

How are you all?

Please email me your best jokes and riddles -

preeyaathecourier@hotmail.com.

Jokes

Q: What do you call a baby monkey?

A: A Chimp off the old block.

Q: Who earns a living driving their customers away?

A: A taxi driver.

Q: What happened to the dog that swallowed a firefly?

A: It barked with de-light!

Q: Why did the computer go to the doctor?

A: Because it had a virus!

Q: Why are frogs so happy?

A: They eat whatever bugs them

Q. What do you get when you cross a cow and a duck?

A. Milk and quackers!

Q: What stays in the corner and travels all over the world?

A: A stump.

Riddles

Q: What do the numbers 11, 69, and 88 all have in common?

A: They read the same right side up and upside down.

Q: How can you throw a ball as hard as you can, to only have it come back to you, even if it doesn't bounce off anything?

A: Throw the ball straight up in the air.

Q: My name is Ruger, I live on a farm. There are four other dogs on the farm with me. Their names are Snowy, Flash, Speedy and Brownie. What is the fifth dog's name?

A: Ruger.

Q: I am an odd number. Take away one letter and I become even. What number am I?

A: Seven (take away the 's' and it becomes 'even').

Q: What word looks the same backwards and upside down?

A: SWIMS.

Q: A boy fell off a 30 meter ladder but did not get hurt. Why not?

A: He fell off the bottom step.

Did you spot the deliberate mistake - 'stump' should be 'stamp'



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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— at 809 Harrow Road, Sudbury.

Saturday 8th April. Coffee Morning and Sale to support Centre funds, 10.00am till midday.

Tuesday 25th April. Lunch to celebrate St. George's Day. 12.15pm followed by entertainment by the RAH theatre group, £7 per person. Raffle at 2.30pm and tea/coffee at 3.00pm. Phone Katia on 020 8908 1220 to book lunch.

We welcome donations of bric-a-brac, clothes and linen, jewellery, etc for our sales. Please just bring them along. We are also looking for volunteers to help with the work of the Centre.

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

ELSEWHERE IN BRENT:

Children's Horticulture Course (Ages 7-11) - **3-7 April**, 10am to 12pm, St Raphael's Edible Garden 162 Pitfield Way St Raphael's Estate Stonebridge NW10 0PW.

Trustee Recruitment Event—21 April, 7-8.30pm. A relaxed and informal event for those interested in becoming a trustee. You'll be able to talk about the skills required and what it's really all about! Being a trustee can enhance your leadership skills and be a very fulfilling experience. It's a great opportunity to learn new skills, meet new people and directly influence an organisation or cause that you care about. Includes refreshments and nibbles. Please make sure you RSVP your attendance in advance to Karolina. Call 020 8968 8170 or karolinaj@eldersvoice.org.uk. 181 Mortimer Road, NW10 5TN.

Saracens v Harlequins—8 April, 4.30pm - Saracens play Harlequins at Wembley Stadium

AT THE LIBRARY AT WILLESDEN GREEN, 95 High Road, Willesden, NW10 2SF:

Brent Start: Art Workshop for Adults— 6 April, 1-3pm.

Cityread London: A Tour of Elizabethan London—20 April, 2-3pm: Take a virtual trip around London 400 years ago.

Back from the Western Front—1 April, 12-2pm The launch event for our new project looking at the role of African Soldiers in the First World War.

Little Angel Theatre presents, **'Wow Said the Owl'** - **6 April**, 11am and 2pm. Explore the wow-wow world of colours with a curious little owl who is determined to stay awake to see what daylight brings.

John Dee: Scientist or Sorcerer? - 6 April, 6.30-7.30pm - In the Footsteps of Queen Elizabeth's Astrologer.

Blackmoores and Tudor England: The Untold History of an Influential Era—25 April, 6.15-7.45pm. Historian Onyeka examines the untold history of Tudor England.

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30 words £8.70 (min) plus up to 50 additional words at 20p per word.



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