

The Community Magazine for the  
Sudbury Court and Pebworth Estates

May  
2017

*The Courier*

86th  
Year





INTRODUCING

## The British Property Awards Winner for Wembley

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**May 2017**  
**Number 175 (1,015)**

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## SCRA NEWS

Notes from the  
Association Committee

Dear Neighbours,

Hope you all enjoyed the sunshine of early April.

As I write this, we (the SCRA committee) are busily preparing for the AGM—we will have a full report in next month's issue.

In the meantime, I'd just like to point out a few things:

It's really disappointing to hear of an increase in neighbour disputes in the area, and especially when it arises due to inconsiderate parking (see page 4). Parking should be such an easy thing to get right. The letter we received from a resident (page 11) who experienced difficulty in getting to hospital in an ambulance, late at night, due to an inconsiderately parked car highlights how this seemingly insignificant thing can cause problems.

The next Neighbourhood Watch meeting is on Saturday 13th May (see page 24) - if you haven't attended one before, pop along, they're very informative, and the SNT rely on community involvement for reducing anti-social behaviour and criminal activity.

Please visit our new website (see page 10) - it's very much like our previous website, but we will be updating content over the coming months—if you would like any features on the website, or anything specific on social media, please do let us know—the more input we have from residents, the more useful it will be for us all.

With very best regards,

*Kaye*

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For Crimestoppers dial **0800 555 111**.

**SAFER  
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## Burglaries:

At the moment, the number of burglaries seems to have reduced in recent months, however, we still urge residents to be vigilant and report any suspicious sightings. Police may not be able to visit immediately if you do call, due to call volume or unavailability of police units, but we still urge you to ring us: your information is valuable and most burglars are caught when a neighbour notices something suspicious and rings the police.

Residents are reminded to be extra vigilant in summertime, as night-time burglaries increase in when residents leave windows open. If you do leave a window open ensure that it is not on the ground floor and that all open windows have a window lock to prevent someone getting in.

## Neighbour disputes:

There have been a number of neighbour disputes of late, which have escalated to assaults, and a number of them involve parking or centre around parking disputes. Residents are reminded to be considerate in their parking, and consider whether you are blocking in your neighbour or another car by your parking. Very many households have too many cars for their address, the Sudbury Court estate was designed when cars were infrequent and when there was a maximum of one car per household - some households have 3-5 cars to their address!

## Burglar Alarms:

Burglar alarms can be a deterrent to would-be intruders, however, too often home owners do not set their alarms or properly maintain them. If your alarm often sounds because you leave the windows open, or your alarm is defective, then neighbours will ignore it when it really counts.

Please do not leave your windows open when your house is unattended, especially if you have a burglar alarm – if there is a gust of wind it will most likely activate your alarm. If you hear your neighbour's alarm sounding please keep an eye out and investigate whether there are any intruders visible or any signs of a burglary in progress – if you think that there is a burglary in progress ring 999 immediately.

## Drink Issues:

Your team continue to receive complaints from residents in relation to street drinkers congregating outside Ladbroke's, East Lane. There is the associated Anti Social behaviour – littering, urinating, noise etc.

It is advisable that members of the public refrain from street drinking and, when required by a police officer, not to do so; otherwise you will be dealt with.

Regarding the specific problem on East Lane, we are focussing our patrols in this area, and liaising with the management of Ladbroke's, Tesco's, the various off licences and the council.

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## Littering issues:

Your team have a zero tolerance approach to fly tippers/litter bugs - if you do this you will be prosecuted.

**Residents are reminded that putting WASTE ITEMS on the pavement outside their address is an offence – it is fly tipping and there may be additional offences such as obstruction of the pavement.**

**You should not put your waste on the pavement.**

Landlords are reminded to keep an eye on their tenants' activities and the appearance of their rental property; landlords should ensure that their tenants dispose of their waste in the correct manner.

## Bonfires and barbeques:

In short, I advise you not to have bonfires or smoky barbeques: you live in a built up area and smoke will cause a nuisance. The following is taken from the Brent Council Website in respect of smoke nuisance.

"We recommend that you do not light bonfires as it is highly likely that the smoke produced will cause nuisance to your surrounding neighbours.

There are very few days in the UK where the weather allows smoke to rise directly upwards and disperse without causing nuisance such as on days where there is almost no breeze.

However if you do have a bonfire, please be aware that it is an offence to cause a smoke nuisance or emit dark or black smoke from the burning of trade waste.

If you are affected by smoke from a domestic property, often the best approach is to talk to your neighbour and explain how the smoke is affecting you. If this does not remedy the situation please [contact us](#) for further assistance.

Homeowners and landlords should note that if you have contractors or builders working at your property you must ensure that any waste materials are not burnt. This type of waste would be considered to be trade waste and as such burning would be an offence which carries fines, on conviction, of up to £20,000".

## Overview of location of offences:

11<sup>th</sup> March to 11<sup>th</sup> of April (date of writing this article):

**1 Aggravated Residential Burglaries:** East Lane nr Wembley High School, 16<sup>th</sup> of March 2040hrs, side door of house forced, occupiers threatened.

**2 Residential Burglaries:** Littleton Rd, 24/3 2032hrs, rear door forced, jewellery stolen; Stapenhill Road – 22/3 0300 – 26/3 1500hrs, rear kitchen window forced, alcohol and cigarettes stolen.

**2 Street Robberies:** Service alleyway behind Babylon Palace Kenton Rd, 21/3 1550hrs, cash stolen; Sudbury Court Drive, 3/4 2200hrs, mini cab driver robbed by on board customers.

**6 Theft from motor vehicle:** (i) Byron Rd – 12/3, btw 1630-1730, prop removed from vehicle, no signs of forced entry; (ii) Dyson Ct, Perrin Rd – 20/3, 1400-1500, no signs of forced entry; (iii) Langham Gardens – 19/3 2200hrs – 20/3 0600, Ford Transit – passenger door forced, tools stolen; (iv) Mulgrave Road – 21/3 2100hrs – 22/3 0800hrs - catalytic converter stolen; (v) Audrey Gardens – 25/3 0230 -1200hrs, number plates; (vi) The Crescent – 4/4 1800hrs – 05/4 1100hrs – number plates stolen.

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](mailto:NorthwickPark.snt@met.police.uk)

## 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 possible 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.

#### **Vehicle Crime -**

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.

- 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/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try obtain the registration number of the tow truck.

#### **Robbery -**

- Stay alert! - try to be aware of your surroundings when you are out and about, this

especially important if you're listening to an iPod or on a mobile phone.

- Stay clear! - if you think you are being followed or that someone looks like they're 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](http://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.

or 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!

[www.met.police.uk](http://www.met.police.uk)

[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

[www.cifas.org.uk](http://www.cifas.org.uk)

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# Councillor's Comments

**Cllr Joshua Mitchell-Murray - Northwick Park Ward**

Email: [cllr.joshua.murray@brent.gov.uk](mailto:cllr.joshua.murray@brent.gov.uk)

Hello again.

## Storms and strong winds

Firstly, I want to thank Amanda Haines and her team for the work they have done after the disruption that 'Storm Doris' brought. I was aware of the damage of a fallen tree blocking the pathway in Northwick park. I reported it to Amanda and it was dealt with as soon as it was safe to do so. Whenever we have a heavy storm, or a tree has fallen, please report it to your local councillors. We will make the relevant calls to ensure that the mess is cleared.

Storms and strong winds pose a danger to residents and their property.

Brent Emergency Planning has put together the following advice to help protect you, your family and your home during strong winds and storms.

## Preparing for storms and strong winds.

The best way to protect your home against

storms and strong winds is to make sure your home is in a good state of repair. If you have warning of a storm you should consider the following issues:

- ♦ is your roof secure - are there any tiles missing / damaged / loose?
- ♦ is your guttering secure and clear of any debris?
- ♦ is your garden clear of anything that may become dangerous when air-borne during a storm?
- ♦ is your garden furniture away in a shed / garage / tied down appropriately?
- ♦ is there any vegetation that may become loose / fall over / dislodge due to high winds?

Consider closing your curtains in the lead up to the storm as this will reduce the risk of flying glass if debris hits your windows.

If you think that a storm event is coming visit the Met Office website, for regular warnings and updates on weather forecasts.

In addition tune into local news channels through the television, radio or internet for regular weather updates.

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If you are caught in a storm:

- ♦ stay indoors as much as possible and preferably away from windows
- ♦ do not go outside to repair damage
- ♦ avoid driving and if you must drive take extra care.

Following a storm:

- ♦ do not touch any electrical or telephone cables that have been blown down
- ♦ make sure neighbours are safe
- ♦ ensure any repair work is carried out safely
- ♦ report fallen trees to us
- ♦ storms can often cause power cuts so see [www.brent.gov.uk/emergencies/](http://www.brent.gov.uk/emergencies/) for details about who to contact if that happens.

Another point I would like to bring up is the idea of charging for express bulky waste collection. I believe the strategy now is that you can have up to three free collections per financial year (1 April to 31 March), per household, with up to five separate items collected each time. Collections take place Monday to Friday. We will let you know your collection date when you request a collection. However, the waiting list for collection of these items could be as long as one month.

The list of items include: Armchair, Bed, Bookcase, Cabinet Mirror, Carpet, Chair, Cooker, Desk, Dishwasher, Fish tank, Freezer, Fridge Freezer, Hi-Fi System, Lampstand, Mattress, Metal frame bed, Metal filing cabinet, Metal Furniture e.g. chairs or shelves, Microwave, Non-metal bed frame, Non-metal filing cabinet, PC Monitor, Radio, Small glass table, Sofa, Spin dryer, Table, TV, Vacuum cleaner, Wall mirror, Wardrobe, Washing machine.

Cllr Duffy in the last council meeting brought up an intelligent point, saying that "residents of Brent should have an option if they would want an express collection for the bulky waste. If they did it would come with a minimal charge". I believe that was a good point. But I would like to know what the residents of Northwick Park think on this matter. If it is something you believe could work or something you are totally against, then please let me know and I will report back to the lead member for Environment.

I hope you enjoy your spring and start getting your gardens beautiful again.

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# Trees

## Tree Planting Ceremony at Elms Lane

I had the pleasure of being invited to attend a special tree planting ceremony at Elms Lane on 22<sup>nd</sup> March. Brent's Landscape Architect Martin Page and Lawrence Usherwood, their Principal Tree Officer, were both in attendance to supervise the planting, as was our Councillor Keith Perrin.

It is always with regret when we see tree losses in our Ward, either through storm damage, vandalism, inconsiderate traffic damage, or the end of their natural life. We look forward to their replacement with new trees, but in these times of declining budgets this often means long delays.

The SCRA has been raising funds for several years, and many of you have contributed via the tree donation programme. In conjunction with Brent Council we have managed to assist with the replacement of many lost trees. We would obviously appreciate many more

replacements and continue to appeal for donations to our tree fund.

I was particularly impressed to see a young primary aged school girl returning home from school with her father during the planting.

She was so excited by the whole process and was delighted to be offered a trowel to help with the breaking up of soil around the new tree. She then went to assist with the planting of four other much smaller saplings.

More could be made of this type of event to encourage wider interest in trees and indeed the wildlife attracted by them, especially where children are concerned. It stimulates a feeling of involvement and ownership. An "adopt a tree" scheme could prove beneficial to all, with local people taking responsibility for say, the watering of the tree in periods of dry weather or their monitoring to prevent damage, however caused. Trees raise our spirits, encourage wildlife and help to combat

the effects of air pollution.

Keith Barker

SCRA Committee Member



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# YOUR LETTERS

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Dear Editor,

It was really nice to meet up again at the Horticultural show, and even better when we discovered we had won a prize in the SCRA Lucky Draw.

I would like to take the opportunity to thank you and other members of the SCRA committee for the valuable work you all do. The Courier is a very unique magazine which helps to keep residents informed and helps join up the community. I am also sorry that I am not more active or involved in the work of SCRA, but I will try harder in future, even if I might not always agree with all of the activities.

Kate and I have decided to donate our prize money towards the Memory Cafe being run at St Cuthberts. As we have all been told

Adult Social care is a growing problem and Dementia and loneliness can have terrible affects on the family. The Memory Cafe does not only offer an open door but is part of what makes up our community and, like the SCRA, is providing an amazing contribution to the area.

George Crane, Abbots Drive

Dear George,

*Thank you for your kind words, and for supporting the Memory Cafe.*

*I would also like to take this opportunity to say that all views are welcomed by the SCRA, and to remind people that we can only represent your views, and run activities that all can support and get involved with, if you contact us and let us know.*

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*We look forward to hearing more from you all.*

### **SUBS AND DONATIONS**

Dear Editor,

I have just read the April issue of The Courier, and noted that only a few residents pay subscriptions. I moved into Sudbury Court in 2008 and immediately signed up. I pay each year and appreciate all the hard work that is done and to inform us of what is going on in the area. As you do not provide a receipt or acknowledgement of payment, how do I know the SCRA has received my payment and donation?

Kind regards

PP, resident

*Dear PP,*

*Thank you for your email. We have a tried and tested (over many years) process of making sure that, if you place your payment in the envelope provided, clearly add your details, and drop it off to one of the designated addresses, rest assured, it will reach us.*

*I'm sure you understand that it would be impossible to issue everyone with a receipt—we simply do not have the resources to take on this task. But every penny we receive is put to good use for the benefit of residents.*

*I hope we're able to increase our membership over the coming years, in order to keep the SCRA going.*

### **PARKING AT NIGHT**

Dear Editor,

Recently I was taken to Northwick Park Hospital by ambulance in the middle of the night.

I wondered why it took so long to get to the hospital. The driver told me that the road was blocked by a badly parked vehicle.

Please will drivers remember that emergencies may happen at any time of night or day.

I am pleased to tell you that I am back home and that I was very well looked after in N P Hospital.

Resident

*Dear Resident,*

*Firstly, I am pleased to hear that you are now home and on the mend, and we send you our best wishes.*

*The parking on our streets is often unbelievably inconsiderate—I have had many 'discussions' with people about this.*

*I have passed your letter on to Cllr Keith Perrin.*

Our new website is (I hope!) now up and running. You can easily pay your subs and donations online; you will also be able to access the Courier online. Visit us at:

[www.the-scra.co.uk](http://www.the-scra.co.uk)

We also hope to have our presence felt on social media—please look out for details of our Facebook page and WhatsApp group, COMING SOON!

*Letters to The SCRA must be signed and have an address, although this will only be published at the Editor's discretion. The Editor reserves the right to shorten any letters. These letters do not necessarily reflect the views of the Editor or the policies of SCRA.*

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# The Memory Cafe

Support for those experiencing memory problems



I am often out and about and one of the pleasures of being vicar here is that many of you have got to be friends. Often I chat to people and the subject of Memory Café comes up. Somewhat amazingly, some people have never heard of it. I ask them if they read The Courier and they mainly say yes. So they may be avoiding my column if they are unaware of this pearl in their midst!

Others say they like the idea of the café, but it isn't for them because they don't have dementia. I think they imagine that it's a bit like a hospital, or a place where people go but are not engaged and are simply ill. This puts them off. I wouldn't want to go to a group like that either. Thankfully, Memory Café is completely different.

Eighty per cent of those who come have no memory problems and just love the amazing friendliness and buzz of the place. I have described the café as an unexpected out-

pouring of happiness, and that's what it is. It helps that we have activities, like exercise and the community singing, but no-one is forced into getting involved. Some just love to chat and have a coffee. One fella sits and reads his newspaper. Some like to volunteer. And EVERY section of our community comes.

When I was young my lovely old grandmother was so lonely. She lived in a flat in Mill Hill and wouldn't see people for days. Her deafness was another barrier. We set up the café so that people don't need to be alone and can be part of a new community of love and hope. Memory Café is full of totally regular people who love to come along and make others welcome. It really is the highlight of my week.

Why not join in? Every Thursday 11am-1pm

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By the time you read this Easter will be over, your vicar will have had a rest, and things will be back to normal. It is an extremely privileged role being a vicar. I could never have imagined, when I was growing up, that one day I'd be a 'man of the cloth'.

As a boy I used to love our parish church - St Mary's Northolt. It is an 11th Century wonder and is in the Doomsday Book. I used to go to church as part of the scouts. My parents owned the little hardware shop in Northolt, so we knew everyone. My dad was quite a character and people used to pop into the shop just to chat. One of our regular visitors was the local vicar. He was very young, dressed in full vicar's garb, and always stayed for a cup of tea. I think, maybe, he was a bit lonely in the vicarage and that he liked just how 'normal' my mum and dad were. They didn't treat him any differently to anyone else, but there was respect there.

I take many things from growing up in Northolt. We respected the vicar and were happy when he visited. We saw the church as an important part of the community - not just a building with a hall for hire attached. And the church played a part in blessing the community - regardless of people's faith or no-faith. I think that we have something of these values here in this wonderful community. I love it that people stop for a chat. I sometimes take some time in the shops talking with the shopkeepers (please note, I'm always up for a cup of tea). We aim to be a blessing to all. In turn this diverse community has blessed us with their affection and support.



I am a passionate believer that parish churches are powerful sources of hope in a community. Vicars play their part as well. What a combination.

Rev'd Steve

## "GOT A CAR? . . . HAVE A PROBLEM?"



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# A good night's sleep - part II

A good night's sleep sets you up for a good day. Waking bleary eyed and unrested is a grim prospect, and lots of us worry about not being able to sleep. Last month we ran through the factors which can affect sleep and today we are looking at what you can do during the day to make sure, when you go to bed, you drift into that wonderful world of refreshing, deep, revitalising sleep.

\* During the day make sure you have regular exercise: a good, brisk 30 minute walk some-time in the day is really helpful, but don't try to do strenuous exercise in the couple of hours before you actually go to bed.

\* Try to establish a fixed time for going to bed. Set an alarm to wake up, even if you feel you haven't had enough sleep.

\* Avoid heavy meals at least 2 hours before going to bed and ideally try to have your

main meal in the middle of the day. Alcohol is not advisable in the 2 hours or so before you go to bed and excess alcohol can make you fall into a deep sleep quickly but wake up 3-4 hours later feeling wide awake. Nicotine can affect your ability to go to sleep although most heavy smokers will have a cigarette before they go to bed which has become their pattern. Look out for caffeine, many of us will have realised that coffee after dinner spells out sleeplessness in the night but don't forget that tea has caffeine, as do many soft drinks such as Coca Cola. Caffeine can also stay in your system for much longer than we realise and I would advocate stopping drinking caffeinated drinks 5 or 6 hours before you want to go to sleep.

\* Routine is crucial. We all know how important it is to establish a routine to help a baby or young child recognise that it's

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bedtime and time to go to sleep. Have a relaxing bed time routine. This can be the best part of the day, look forward to reading your favourite book, listen to soft music, perhaps have a warm, not too hot, fragrant bath. Consider a warm milky drink, Horlicks is considered the best, hot chocolate is not recommended .

\* Think of your bedroom as the most delectable, comfortable area in your home. Consider your mattress: the vogue for super hard mattresses is fortunately gone, your mattress should be supportive but not so hard that your bones feel uncomfortable. As we get older we have less supportive, connective tissue and sometimes less fat and our arthritic creaky knees and hips need a bit more cushioning support than a really hard orthopaedic mattress will provide. You must change your mattress at least every ten years, they become saggy, unsupportive and uncomfortable. Your pillow should be the

most expensive one you can afford. If you don't suffer with allergies a goose down feather pillow, plumped up for your head to sink into, is a blissful experience. If you have house dust mite allergies you will need to use manmade materials, and many people find the foam memory pillows work well for them. Your duvet should be light and cosy, it should gently wrap around you but light enough for you to stick a leg out or an arm to maintain the right temperature during the course of the night. You will need to alter your bedding according to the seasons and remember the delight of slipping under a freshly laundered, dried on the line, cover.

Try some, if not all, of these, and look out next month for some more tips for a good night's sleep.

Any questions in the meantime, do get in touch.

**DR JANE WOYKA**  
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# Ingrown Toe Nails

## Help & Advice is on Hand

I've written in the past about what's probably the most common issue we're presented with at the centre – Ingrown toe nails.

The good news is this uncomfortable and often very painful condition can be treated easily, effectively and in many cases permanently.

And due to public interest and demand we've created a new guide to make people aware of the options they have when it comes to the treatment of their ingrown toe nails.

**It's free and you can request a digital copy to be sent to you simply by emailing:**  
**footcomfortcentre@gmail.com**

Below are some edited sections from the guide which people are already finding very useful.

### Causes of Ingrown toe nails

There are several reasons why you may develop an ingrown toenail. These include excessive nail curvature, trauma, nail plate problems and even improper pedicure or nail care treatment.

### Treatment Options

There are several things that you can try at home to relieve your symptoms.

These include careful and regular cutting and filing, applying olive oil down the side of the nail to soften surrounding skin and wearing proper fitting shoes.

You can also bathe feet in warm salt water daily, applying gauze to create a barrier between the nail and skin.

However, most patients benefit enormously from professional care to ensure comfort and if caught early we can preserve or restore a healthy nail appearance and structure.

We offer professional services including nail bracing, pedicure and when necessary, surgery.

The benefit of using a medical expert is that you have peace of mind, full access to all available options and permanent cures to the problem

Our full guide covers all treatment and care options in much more detail.

When it comes to ingrown toe nails there is no reason you should, or indeed need to, suffer in silence any longer. Thanks for reading,

*Firoz*

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

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[www.stlukes-hospice.org](http://www.stlukes-hospice.org)

## Join 1300 women as they glow at St Luke's Midnight Walk

St Luke's biggest ladies night out is back with a luminous theme. Every walker will get a free light up gift to wear on the night and will be encouraged to make themselves 'glow' for the hospice's 30th birthday with UV paint and plenty of pink! For the first time, walkers will also be able to choose between a 5-mile or 9-mile route option.

Light up the streets of Harrow on Friday 30 June. The event starts with a fun warm up and entertainment from 10:30pm at Harrow Leisure Centre. Registration is £20 until 31 May and £25 thereafter. It is £35 to register on the night.

**Book your place by calling 020 8382 8112**  
or visit [www.stlukes-hospice.org/midnightwalk](http://www.stlukes-hospice.org/midnightwalk)



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## Anyone For Tennis? - New Courts for Wembley Lawn Tennis Club

Wembley LTC, situated in the middle of Vale Farm Sports Ground, are celebrating a long-overdue upgrade. Thanks to a £25,000 grant from the Wembley National Stadium Trust, WLTC are now able to boast 3 immaculate hard court surfaces, all floodlit. The grant also enabled the surrounding fencing to be replaced. Club Secretary Inder Johar said "it's so nice to be able to play on a truly flat and moss-free surface without having to worry about your footing. We are indebted to the Wembley National Stadium Trust: without their grant we could never have achieved this".

Coaching is provided for juniors, the club plays in the Middlesex Leagues and there are members of all ages from 8 to 80. The club also has a well-stocked and cheap bar.

Membership fees are very cheap, working out at just £2 a week for adults and just £1 for juniors! Membership of the cricket section is also available, and tennis members get a reduced rate for cricket membership (and vice-versa). Anybody interested in joining the tennis or cricket clubs (or both) should contact John Haskell on 07962 441124 or e-mail [johnhas@uwclub.net](mailto:johnhas@uwclub.net). New members will be very welcome!



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# SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



Most of our garden birds will be busy nesting during this month of May and I hope that some of you will be fortunate enough to have an active nest to watch. There is an increasing number of insects and caterpillars available to feed the chicks and the daylight hours are lengthening all the month. The parent birds will be exhaustingly busy!

Blackbirds start breeding earlier and I have been providing suet-pellets to a female blackbird for some weeks. To start with it was an occasional visit for supplies for her chicks but now, (8th April), she is around for food seven or eight times a day! She comes into the kitchen or garage to remind me of her need if I forget to go out to her. It has been interesting to watch her break down the pellets into suitably small pieces for her growing brood. And every time she comes, she takes increasingly large beakfuls back to her nest! I had to buy some more pellets yesterday - but she hasn't come at all today! Perhaps her chicks have fledged.

## Avian Altercation

Early one morning in the middle of March, we awoke to the sound of a noisy commotion of birds shouting at each other. A great tit had entered the nest box being prepared for the breeding season by two blue tits. They had gone berserk over the intrusion and these two little birds were squeaking and chasing the great tit in every direction, all over our garden, eventually seeing him off the premises!

I am concerned that, since then, we have not seen much of the blue tits and that they may have been scared off.

## Recent sightings

On two consecutive early mornings, at the end of March, Margaret saw a cormorant flying in from the Vale Farm area onto the estate, heading towards Harrow. This is a 'tick' for our Bird-watch collection and is a real quality sighting. Good watching! The cormorant has a very distinctive flying jizz and it always seems to be flapping its wings like mad to keep in the air! But I expect it made it to its destination!

Early one morning, at the beginning of April, we had a wonderful sighting of a grey heron in our garden. Wonderful, that is, if you don't mind finding one eyeing the fish in your pond! Despite that, it was a magnificent bird. Regrettably, I disturbed him whilst trying to take a photo.

But he returned later in the day hoping for better luck. Fellow pond owners, be warned!

## Return of the swifts

Don't forget to look up to see the first swifts return to the Estate and to the same nests as they had last year. That's just too amazing for words! Depending on weather conditions they should be here in a day or two. As usual, let me know date and time when you first see them.

Who will be first to do so? No prizes - just fun!

Rod Lake



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# Local Residents



Many of you will recall our previous introduction to 'Auntie Anne' - many of you, of course know her, as she worked for so many years as a dinner lady at Byron Court School. At 90, she continues to be very busy. She has kindly sent in one of her poems: about her recent first time learning to paint. She says she's 'improved a bit' since then!



## THE ART CLASS

Ladies sitting round the table  
Everybody looks so able  
Till your eyes alight on me  
I'm no artist it's plain to see

The sand's not looking very sandy  
Good job the yellow ochre's handy  
The houses need a lick of paint  
The little bird looks rather faint.  
The clouds will pour with rain I know  
The fairy lights refuse to go---  
Oh NO!! it's time to depart  
It's so time consuming this "CLASSIC ART".

Anne Gander



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# CALLING ALL GARDENERS

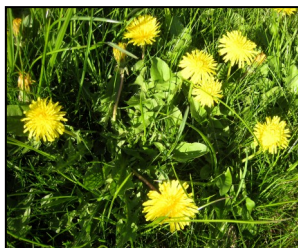
Sudbury Court  
Horticultural Society  
Your local gardening club

May has long been known as the merry month – these longer, warmer days encourage us to venture out of doors. We are so lucky, here in Sudbury Court, to have outdoor space to enjoy the season, whether to tend plants or to relax in a garden chair or to enjoy alfresco meals.

Your Society's event this month is the **Coffee Morning and Plant Sale** on **Saturday 20<sup>th</sup> May** from 10am to 12 noon at St Cuthbert's Church Hall. Always a happy social event, this is the time to collect the bedding plants you have ordered through us from Shane's Nursery and to enjoy a gardeners' get-together. For any questions about your plant orders, please consult Robert Smith on 020-8904-8017. Everyone is welcome at the Coffee Morning when you may confirm your places on the trip to **Beth Chatto's Garden** on **Saturday 24<sup>th</sup> June**. Fares of £25 for adults, £18 for children up to 16 years must be paid, at the very latest, by 17<sup>th</sup> June.

Chatting with my neighbour, who was busy weeding her garden, we decided that 'weeds' would make a good topic for this article. So here goes! Just now, in April, the dandelions are making a brave show with their yellow flowers in grass verges all over the estate. Named from their jagged-edged leaf shape, 'dent de lion' or lion's tooth, the flowers are indeed very pretty; but their wind-blown seeds from the 'what o'clocks' that children play at blowing to tell the time of day, will settle in every hard-to-reach crevice in our gardens. So, for gardeners, dandelions are classed as a weed: a plant growing in the wrong place. Another good-looking

weed is commonly known as 'goose grass' or 'cleavers'.



A single seed produces several stems at ground level which grow quickly to smother surrounding plants as its leaves, stems and seeds are all covered with microscopic hooks. Attractive circlets of leaves appear on its tender square stem and in the leaf axils, tiny white flowers soon give way to round seeds whose little hooks are designed to catch on to any passing creature and so spread the plant elsewhere. Do not leave them until the seeds appear or 'cleavers' will be with you forever, unless you happen to keep geese who relish the juicy stems.

In our own garden, work in the greenhouse has been curtailed this year since a family of robins have chosen to nest in a corner of it, a corner filled with clutter that was not cleared last autumn! The mossy nest lies between a packet of grass seed and a soil testing kit, both of which would be handy to use just now. The parents fly in and out through the open window to feed their chicks with worms and grubs, but do not welcome any opening of the door, so seed sowing has been delayed. However, a visit to the garden centre proves that well-advanced seedlings are already available for the cost of a packet of seed – so maybe next year! The merry month of May marks the turning point between Spring and Summer, so take every opportunity to enjoy your garden.

Margaret Roake



## NEIGHBOURHOOD WATCH MEETING

**SATURDAY 13<sup>th</sup> May 2017**

**From 2.00 – 4.00 p.m. at  
St. Cuthberts' Church Hall**

PCSO Charlie Charalambous will be hosting the event. And, unlike last year, this will be a seated audience meeting with guest speakers dealing with crime, fraud, cybercrime, cold callers, and anything else that can cause us misery. Our guests include representatives from Brent Trading Standards and Elders Voice. There will also be an opportunity for you to ask questions.

Also, especially for drivers, Charlie has invited an expert along to clearly explain the new law regarding mobile phones and devices. The changes to the law can seem a little hard to understand but, as they come with the harsher penalty, it will be

worth the effort to get the full facts.

Hopefully, we will go home remembering all that we have been told and eager to put it into practice.

Naturally, there will be “freebies”, leaflets, and that inviting cuppa and a chance to catch up with friends and neighbours that somehow never did get that promised call/text/e-mail. No excuse now!

**Looking forward to seeing you all.**

Jill Gilbert  
NHW Co-ordinator

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# Friends of Barham Library



## JOIN THE WALKERS IN BARHAM PARK

With the warmer and sunny weather there is no better time than to join the weekly walks in Barham Park. The walkers meet inside the main gate of the Park and walk through and around the attractive gardens.

Friends of Barham Library open the doors to our Community Library between 11 and 12 for the walkers to get access to toilets and some refreshments.

Come and join them for a walk and then visit our Library for a well deserved drink and biscuit.

## OUR YOUNG PEOPLE

On Wednesday afternoons our Library is providing a study space for young people and activities for 7 to 12 year olds.

We recently received donations of some great Art and History books.

## WANTED

Old blue tea pots & cups & plates wanted for a Barham Celebration Tea Party in July. Please contact Paul Lorber if you are able to donate anything similar to these.



For more information about our activities and hiring our Library for small parties or events please contact Paul Lorber:  
07917 094 239

[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)



Friends of Barham Library

## VISIT OUR COMMUNITY LIBRARY

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.

## SUDBURY TOWN STATION SHOP

We sell books, records, CDs, DVDs and other items here to help pay for our £8,500p.a. rent. Support us by donating items for sale, or popping in to buy something—you never know what treasure you might find.

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# Your community needs you!

I have recently been further encouraged that getting to know your neighbours is a really positive experience.

I was looking for advice with regards to my garage roof, of all things. I had one quote in, which estimated the work at around £2,500 + VAT. Whilst counting my pennies, I happened to mention this to a 'new' neighbour—I say 'new', actually I first met them quite some time ago, but this was the first time I spent having a proper conversation. So, anyway, it turns out that my neighbour came up with a much better solution to my garage roof, and will only cost a couple of hundred pounds, at most!

The other recent example was when I was out in my garden last Sunday, and my next door neighbour's burglar alarm started blaring. I had a little look around, and called my neighbour—who was out visiting family. I called the Safer Neighbourhood Team, and they arrived on the scene shortly afterwards.



Fortunately, there was no intruder present. There was only one other neighbour who came to see what was happening, everyone else pretty much got on with their day. This

reminded me that, if you know your neighbours, then they will look out for 'you and yours' when you're not around. Again, not only does your community need you, but maybe you need your community too!

With that in mind, we are also looking for anyone with a 2-3 hours per month to spare to spend some of that time with us at the SCRA—in reality, you'll more likely spend that time speaking to some of your neighbours.

Anything you can do will certainly make a difference—even if only to stop me repeating myself in The Courier all the time!!! ☺

Please get in touch: [Chair@the-scra.co.uk](mailto:Chair@the-scra.co.uk)

Thanks,

Kaye

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# Kids' Page



Hello Kids,  
How are you all?  
Please email me your best jokes and riddles  
- [preeyaatthecourier@hotmail.com](mailto:preeyaatthecourier@hotmail.com).

## Jokes

What did the leopard say after eating his owner?

Man, that hit the spot.

What do you call a sleeping bull?

A bulldozer!

What is the tallest building in the world?

The library! It has the most stories!

What do you call a belt with a watch on it?

A waist of time

Why did the banana go to the Doctor?

Because it was not peeling well

Why is England the wettest country?

Because the queen has reigned there for years!

Why do fish live in salt water?

Because pepper makes them sneeze!

Why did the man put his money in the freezer?

He wanted cold hard cash!

## Riddles

Using only addition, how do you add eight 8's and get the number 1000?

$888 + 88 + 8 + 8 + 8 = 1000$ .

How do dog catchers get paid?

By the pound.

What never asks questions but is often answered?

A doorbell.

What belongs to you but other people use it more than you?

Your name.

I have a large money box, 48 centimetres square and 42 centimetres tall. Roughly how many coins can I place in my empty money box?

Just one, after which it will no longer be empty.

Did you spot the deliberate spelling mistake?  
'centimetres' should be centimetres.





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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.



**EAST LANE THEATRE CLUB**—their May production opens on 4th May, see page 21. go to their website to book tickets: [www.eastlanetheatre.co.uk](http://www.eastlanetheatre.co.uk)

**HARROW PHILHARMONIC CHOIR**—6th May. Come and Sing (see pg 22)

**NEIGHBOURHOOD WATCH MEETING**—13th May, 2-4pm, St Cuthbert's Church Hall (see pg 24)

**SUDBURY COURT HORTICULTURAL SOCIETY**—Coffee Morning and Plant Sale on **Saturday 20<sup>th</sup> May** from 10am to 12 noon at St Cuthbert's Church Hall.

**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:

**THE GOOD SHIP COMEDY CLUB**—Join us every Monday from 8-10.45pm for the best in stand up comedy (Cost: £5 /£4/ £2.50). 289 Kilburn High Road. Contact [goodshipcomedy@gmail.com](mailto:goodshipcomedy@gmail.com).

**OPEN DAY**—6th May, 2-4pm, Century Bowling & Sports, 51/53 Logan Road, Wembley, Middlesex, HA8 9PY. This is your chance to have a go at playing bowls. Coaching will be available and refreshments and the bar will be open. Come along to try our all weather outdoor green. If the weather is poor we will play indoors. Please wear trainers or flat shoes. No need to register. Contact Peter Wilcock ([peter.wilcock@gmail.com](mailto:peter.wilcock@gmail.com), 07931 405791).

**WEST AFRICAN DANCE WORKSHOP**—21 May, 1-4pm. A three hour West African dance workshop to live drumming, for people who enjoy African rhythms and want to develop their technique, have fun and learn about the culture behind the steps. Roundwood Youth Centre, 53 Longstone Avenue, Harlesden.

**UPFRONT COMEDY**—7th May, 7.30pm. Comedy's alpha male **Kane Brown** introduces Harlesden's own **Rudi Lickwood**, award-winning new girl **Kayleigh Lewis** and Sheffield's affable ex-boxer **Glazz Campbell**. at The Tricycle Theatre, 269 Kilburn High Road, NW6 7JR

At The Library at Willesden Green, 95 High Road, NW10 2SF

**Humanity** - With this exhibition, artist Sami Bentil visually communicates positive values through the lens of Ghanaian culture. 16 - 27 May 2017, 9am-8pm Monday to Friday, 10am-5pm Saturday and Sunday

**Before Imagination** - Lee Yuan Ching brings a selection of his ink paintings and ceramics works to the UK for the first time. 3 - 13 May 2017, 9am-8pm Monday to Friday, 10am-5pm Saturday and Sunday



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