

The Community Magazine for the
Sudbury Court and Pebworth Estates

August
2017

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SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

Welcome to the August edition. I hope you all coped with the heat wave!

There was another 'heat wave' in the email post bag since the last edition of The Courier—the mention of CPZs in Councillor MacLennan's article has certainly stirred up some strong feeling—but I do see it as a good thing that we engage in a conversation about things that affect us locally. I have only printed one of the many letters received (page 10), but have taken all the points raised and tried to address them in a short summary (page 20). What I would like to do is suggest that we hold a residents meeting to discuss all aspects of the parking/traffic issues across the estate, and see if there is any way of coming to a consensus. As I live in Spencer Road—obviously a close neighbour of Byron Court School, and with South Kenton station just around the corner—I am more than aware of the negative impact of parking by non-residents; I am also aware that other residents in different locations will have a completely different experience. The current experience of residents in some streets is unsustainable—it would be useful to look at a number of options. I did, jokingly, suggest to Cllr MacLennan that we should just put gates up to stop people coming in!!!!

Just as an additional 'traffic' issue—some of you will already be aware of the construction traffic for the Byron Court Expansion. Those of you who don't live on the 'route' may not have witnessed any changes yet (see Cllr Perrin's article about parking restrictions, page 9—'Yellow lines'). Please could you get in touch with us, using the above contact details, if there are any incidents as a result of the changes—parking restrictions or the heavy construction vehicles, etc—and if you have a means of recording anything—photos/video on your phone, or writing down notes, including vehicle registrations and time, etc. We would like to monitor everything on your behalf but, as always, we are too few in number, on the Committee, so any help you can give us will be of benefit to all.

On a much lighter note—we ran our annual Front Garden and Hanging Baskets competition in the second of week of July—it was done in a rather 'cloak and dagger' way—which I thought was a really good idea—everybody was judged on what the independent judge saw on the day—so everybody had the same chance of success, without anyone getting any notice for a last-minute tidy-up. Congratulations to the winners (see page 22). Maybe next year we could have more entrants . . . ???

Wishing you all a Happy Summer! Until next time,

Kaye

Northwick Park Safer Neighbourhood Team

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Email: Northwickpark.snt@met.police.uk

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Ward Panel members:

Welcome to Robert Johnson of Peel Road as our new Chairman.

We are looking for additional members of the community to become Ward Panel members. The Ward Panel should be made up of local people whose role is to assess local concerns, identified through community engagement and analysis.

The Panel members should be people who have the respect of the community and are trusted to voice their concerns; they need to understand community concerns from a variety of perspectives and feed back the results of police/partner activity. If you're interested in becoming involved, attending meetings then please get in touch! We need you!

Motor vehicle crime:

It would appear that theft of/from motor vehicles is on the increase at the moment. Mainly this occurs during hours of darkness. If you see anyone looking closely into your car at night-time then please ring the police. To avoid any possibility of your car being broken into then please do not leave items of value in your car, leave your glove compartment open with nothing of value in it. Some of the thieves are drug addicts who would break into your car if they saw a £1 visible.

Modern cars cannot generally be stolen without either the key or some technology to remove the vehicle. Keep your car key in a safe place—not visible from your front door or windows. Very often houses are burgled in order to obtain the car keys, particularly, if you are the owner of a high end car. If you are the owner of a high end car, consider additional security methods – gate installation, steering wheel locks, wheel locks etc.

Burglaries:

The number of burglaries seems to have reduced in previous 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, but we still urge you to ring us: your information is invaluable.

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

Cold Callers:

Residents have reported to us two sets of cold callers recently – one group, a male and female were calling on houses even with visible alarms in the Peabworth Road area purporting to sell security systems. Did you have an interaction with them? Can you tell us any more about them?? Please email us if you have had an interaction with this “security company” cold callers.

Another resident on Carlton Avenue West was approached by white males in a white tipper asking if he wanted his paving done. Checks were done on the vehicle that the resident reported and it was uninsured; what else could they be up to??

We urge you to be vigilant about anyone cold calling (calling unannounced at your house) at your address. You should treat anyone calling in person or on the telephone to your address with the utmost caution.

Doggie issues:

You are responsible for your dog – it's behaviour and actions. If you know that your dog has an aggressive streak in it you should ensure that there is no likelihood that your dog could attack/possibly attack a human – it is an offence under the Dangerous Dogs Act for a dog to be dangerously out of control, your dog could be seized and you could be prosecuted.

If your dog is a large dog that could do serious damage to a smaller dog then likewise you should ensure that your dog is properly controlled.

Dangerous Dog investigations, where dogs are alleged to be dangerously out of control, the offending dog will be seized and, where the evidence exists, a prosecution will take place.

Also, you need to pick up and dispose of properly your dog's poop – it is an offence not to (dog fouling).

The Pimple and Drug issues:

We responded to a number of complaints of youths loitering, smoking drugs, making fires and having barbecues on The Pimple.

Three youths were stopped and searched there recently and drugs found. It would appear that cannabis wraps were hidden in the undergrowth, which was found by police during that stop and search. It maybe that dealing of cannabis is occurring from there. We are monitoring the area closely where time permits. If you see anyone that you believe is involved in ASB (anti-social behaviour) there, or anywhere else, then please let us know.

Cautionary Tales:

PC Kennedy was involved in an off duty arrest, having chased a bag thief in her flip flops! A group of Korean women were having coffee in a coffee chain in Great Marlborough Street; one of the women put her handbag on the back of her chair. Whilst having her coffee, the woman felt a slight tug behind her and noticed her handbag was gone and a male was exiting the coffee shop. She gave chase and accosted the male with her handbag, this male was eventually detained by PC Kennedy after she came upon the group grappling with the bag thief. The thief is a Class A drug addict with a long history of stealing hand bags in central London and elsewhere. Please be careful of your belongings when out and about, particularly in Central London. Adept thieves blend in, and are ready like piranhas to feast on your belongings. Keep your belongings close and keep hold of them. If you know of anyone visiting our capital, please tell them to be aware and keep hold of their belongings at all times.

In another incident, PC Kennedy was nearly the victim of a crime in Ladbrooke Grove. Whilst texting, she noticed a moped (with no number plate) doubling back and passing close by her. She suspected that the male rider was about to steal her mobile, but at the

last second he didn't as it wasn't a smart phone.

Please be very careful when using your mobile phone out and about, in a split second someone on a bicycle or moped can fly by and grab your mobile. Please ensure that you hold your phone close to your chest, with a good grip and pay attention to who is around you before you use your phone. It is advisable that you have a phone tracking system installed on your phone and have a record of the IMEI number of the phone – if you are unsure on the IMEI number it can be obtained by inputting *#06# into your phone then the IMEI will pop up on the screen.

Littering issues:

We 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 tenant's activities and the appearance of their rental property; landlords should ensure that their tenants dispose of their waste in a correct manner.

Bonfires and barbecues:

In short, I advise you not to have bonfires or smoky barbecues. 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're affected by smoke from a domestic property, often the best approach is to talk to your neighbour and explain how the smoke is

is affecting you. If this does not remedy the situation please contact us (Brent) 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 upon conviction of up to £20,000".

Overview of location of offences from period 10th June to 10th of July:

1 Residential Burglaries: (i) Elms Lane, 13/6/17 0800hrs – 13/06/17 - 1600hrs, patio door forced, currency and computers stolen.

1 Attempted Burglary: (i) 06.07/17 between 1835hrs – 1910hrs attempt to get in garage door.

2 Burglary Non Dwelling: (i) Sudbury Court Rd allotments – 13/6/17 2000hrs – 14/6/17 at 0800hrs.

(ii) St. George's Church Harrow Road, 3/7/17 at 1500hrs – 1530hrs, money stolen from sealed collection box.

4 Theft of Motor Vehicle: (i) Paxford Road – 10/6/17 around 0100hrs, believed keys left in vehicle (ii) Byron Rd. – 13/6/17 1905hrs (iii) Assisi Ct Harrow Rd 12/6/17 2000hrs – 13/6/17 0700hrs van stolen (iv) Woodfield Avenue 8/7/17 2200hrs – 9/07/17 9.40hrs –

motorcycle stolen from driveway.

4 Theft from motor vehicle: (i) The Crescent – 3/6/17 2100hrs – 5/6/17 2100hrs, car bumper stolen (ii) Sudbury Court Road - 26/6/17 1130 – 1325hrs, number plate stolen (iii) Northwick Park Hospital – 20/6/17 1925hrs – 1/7/17 0750hrs – sat nav stolen, no damage to car (iv) Northwick Avenue – 5/7/17 1150hrs – 5/7/17 1203hrs – wallet stolen from vehicle.

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

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

www.homeoffice.gov.uk

www.cifas.org.uk

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

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

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Water Leak on Elms Lane - Many of you will be aware of the terrible condition of the road surface of Elms Lane where it joins Sudbury Court Road. The deterioration of the road surface has been caused by water leaks, one of the leaks was repaired last year, however, another leak became apparent and is seemingly emanating from a residential property on Sudbury Court Road. Affinity Water has gone through the statutory process to access the leak on the private property and have told us that the leak should be repaired early in July. As I write this article in early July the water is still leaking through the pavement and onto the road, although the flow rate is much reduced. The upshot of the leak is that it is pointless to repair the road surface as it will just break up again. Please be patient and do drive over this defective road surface with care.

Affinity Water - Over the last month I have received emails as your Councillor from Affinity Water who supply our water. I was quite concerned at the content and thought I

should share some of it with you. **20th June:** *Due to the exceptionally hot weather we are experiencing higher than usual demand - at peak times demand for water is increasing by 50% - there may be a small amount of customers who experience low pressures during peak times* = **21st June:** *We are continuing to experience exceptional demand - our water treatment sites are operating at maximum capacity in response to high demand* = **30th June:** *Since July 2016 there has been low rainfall and the water in natural underground water reservoirs and rivers that we use to supply water has dropped below average.*

Having digested the content of the three emails I wonder how it can be justified to water playing fields and the like for several hours a day? I will be taking this up with Affinity.

Yellow Lines - you may have noticed new yellow lines around the area and some of you will have received consultation letters for lines near your homes. There are yellow lines

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being installed imminently on the construction traffic route (Entry via The Green, along Norval and into Nathans, the exit route is Nathans, Carlton and The Crescent) for the imminent Byron Court School expansion.



These lines will be in place for at least 18 months and cover the hours 9am to 4.30pm; the locations are: The Green, Norval near Abbots, Norval near Nathans, Nathans between 64-76 & 53-49; Nathans 20c-22 & Carlton no 1; Carlton 156-162. Obviously the construction traffic will cause havoc if other vehicles travel in the opposite direction to the construction traffic. Just saying.

Other yellow lines are proposed for safety reasons at the following locations: Sudbury Court Drive opposite the St Georges Place development, various on Harrow Road, Littleton Road, Mulgrave, Dean Court and Elms Lane. It is hoped the Elms Lane scheme will prevent obstructive parking and will also force traffic to change which side of the road

they are driving on i.e. from side to side and therefore slowing and calming the traffic.

Abandoned Vehicles - you may be aware of abandoned vehicles throughout the area, unfortunately the Council cannot remove these vehicles until two months after their Vehicle Excise Duty (VED) runs out. The problem has become compounded since the Government stopped refunds of unused VED, this means that it is possible to have abandoned vehicles left on our road for anything up to 14 months before they can be removed, there are several examples on Harrow Road including large vans. Please do let us know if there is an abandoned vehicle near you so that we can get them removed when their VED runs out and the grace period expires. We will be consulting with Highways to see if we can deploy short period yellow lines in the hot spot areas such as Harrow Road.

A new Primary School in Wembley Park!!

Yes, I know!!! This statement can be found on Ark's website "**Ark Somerville, Brent**. Ark Somerville Primary Academy will be a new three-form entry (630 children) school in Wembley, Close to two Ark secondary schools – Ark Academy and Ark Elvin – the school is due to open near Wembley stadium and adjacent to York House. We are currently in the process of designing the new school building to be ready to submit for planning later in the year."

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From what I can tell the school will be in front of York House and is currently a car park!

Did you know? - I was recently walking around Northwick Park Hospital and the surrounding area to understand where future developments may be implemented (One Public Estate and the Naylor Review) and yes, there is quite a considerable amount of potential development land excluding the park itself. Anyway, while exploring the Ducker area between the Hospital and the Golf Centre I came across this memorial. The inscription being: "This cop-pice and the trees by the bridge planted in 1907 were the gift of an old Harrowian W.F. Fladgate".



Sudbury Court Drive - There have been a number of accidents on this road over the last 12 months, one being fatal. Does anyone object to me asking to have the speed limit reduced to 30mph?

CPZ Conversation—May I thank all those who have commented so far and be assured that your Labour Councillors are not forcing a Zone on residents—they are facilitating the conversation at the request residents.

One Public Estate—Your Councillors are continuing to research the progress of this project and will continue to consult with residents.

Residents surgery

Margaret, Keith and Joshua now hold the surgery at our new home on the 1st Saturday each month from 11-12am at The Community Room, St Cuthbert's Church— HA0 3QY



Anyone remember the footbridge? Sorry, it is the best photo I could find.

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YOUR LETTERS

JOIN THE DEBATE



Dear Editor

After all the past discussions we had with Brent Labour councillors over the Northwick Park Pavilion and the surrounding park area, it was disturbing to see Paul Lorber's leaflet and letter in last month's Courier

If you have any information regarding this, or if you can look into this further, I/we would be very thankful to receive same.

Kind regards, DF, The Fairway

Dear DF—We share Paul Lorber's, your and others concerns—it has gone a bit quiet on the One Public Estate front, but, rest assured we are 'on the case' - keep reading the Courier, and when we have something concrete, we will call a public meeting for residents to be informed, and have their voices heard. Cllr Perrin is keeping us informed as events unfold as can be seen from his current and previous articles in the Courier.

Dear Editor.

Please advise if residents living in Sudbury Court Drive have a right to place cones outside their house to stop someone else parking in the service road while they are parking their vehicles of all shapes and sizes in front of other people's homes.

Thank you, MJ, Sudbury Court Drive

Dear MJ— Cllr Perrin tells me that this is not allowed and both the Council and Police can have them removed. However, we all know that we occasionally need to 'reserve' a space for a special delivery.

To The Editor

I am writing in response to Cllr McLennan's suggestion, in the July edition of the Courier, regarding the imposition of a CPZ within the Northwick Ward, including the Sudbury Court Estate. Unfortunately, we don't live in a

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perfect world and compromises have to be made on any number of issues. In some instances it, therefore, becomes a matter of the lesser of two evils.

Do I mind the indiscriminate and selfish parking of who knows whom, including a number of commercial vehicles of unknown ownership, plus several of those belonging to a firm in Wembley Hill Road? Or do I want my life dominated by the worry of having to provide costly and restricted permits to visitors on multi visits throughout the day, placing an unlimited financial burden upon my limited income. As one grows older it becomes vital that due consideration is given for continuing contact with friends and relatives or isolation becomes a very real risk.

Having weighed the pros and cons, I, therefore, conclude that my preference is for no CPZ.

AH, The Fairway

Dear AH—This is a hot topic, and we have received many letters. As I understand it, the Councillors put forward this option as a result of many complaints received from residents with regards to numerous parking/traffic issues across the estate, and the mention in last month's Courier was meant to open the debate, and does not constitute an imposition of a CPZ.

A CPZ will only be considered if a petition is presented to the Council from at least 50 residents, this could then lead to a consultation being held with all residents affected.

As a result of all the interest, please see page 20-21 where I have attempted to offer some clarity together with a summary and the Pros and Cons that I have come across from residents who have been in touch—this is not meant to be an exhaustive list—but an opener for debate.

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.

LAWRENCE J MAGNIER

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The Memory Cafe

Support for those experiencing memory problems



We get all kinds of visitors. We often get people from other churches coming to see how we run the café and to get some ideas for setting up their own thing. We are always happy to share what we have learned.

I wrote a few months ago about our visit from Keith (Barry the Batman). That was a highlight and we look forward to welcoming him back; he is sure to have rescued some poor unfortunate injured bats by then. A couple of weeks ago we had another unusual visitor: Rio the miniature Chihuahua came to see us. He was a bit shy at first - he was after all only the size of about two tennis balls and he seemed a bit overawed. But in true Memory Café style we improvised and worked on making him welcome. One of our guests, Veronica, made a little throne/nest for Rio using her coat and a cushion. We got him some water to drink and he began to

look very settled. A whole procession of people made their way over to give him a stroke and generally admire him. It was just incredibly sweet and certainly added to the whole jollity of the day.

I love the way that we can make creatures welcome as well as people. St Cuthbert, our saint here, used to talk about the ministry of hospitality towards our animal friends. He made friends with animals and saw them as precious in God's eyes.

Memory Café is a place of welcome. We open our doors and love it that people flood in and are part of it. We are open to all - memory issue or no memory issue. We also love it that we got a visit from Rio our Chihuahua friend. We hope that he will be back and re-take his place on his makeshift seat. We meet every week on a Thursday 11-1pm.

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Any of you who have spoken to me or read my articles will know I have a deep love for the ancient Celts!

The Celts carried the faith long before a more organised version took hold. They had a deep appreciation of the seasons, and nature and the rhythm of the world. They focussed their ministry on the arts, education, healing and reached out to all. Hospitality was a watchword and a duty. They loved to sing and to be quiet and still.



Our saint here was a Celtic Christian, although he saw the beginnings of new ways of going to church. He was based on the Holy Island of Lindisfarne in the North-East. It

is a beautiful place and well worth a visit. Many beautiful poems and writings came out of the early church here and the glorious illuminated Lindisfarne Gospel.

I am starting a Celtic service here once a month, on the first Sunday of the month. We start on Sunday 3rd of September at 6pm. It is will be a time of stillness and also we will be using the lovely old words of the Celts. many [people would like to go out on a Sunday evening for a time of contemplation and stillness. It sets us up for the

week ahead, especially if we have busy lives or if we want a bit of company on a Sunday.



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Help! I can't sleep - part II

We have been thinking about sleep recently and last month I wrote about complementary and behavioural approaches. There are some pills and potions too!

Medication Choices

You can buy over-the-counter sleeping medications, which usually contain an anti-histamine. Phenergan is a popular choice, Piriton is often used for hay fever and has the added benefit of causing drowsiness, which is ideal at night. These are really not suitable for long term use and can cause side effects, including making you drowsy the next morning and making driving and operating machinery possibly dangerous. There can also be a cumulative effect of these drugs and some long term use is also associated with habituation i.e. although you are taking them they don't seem to work and you might need a higher dose to achieve the desired effect. Of more concern to me as a doctor is the association now of these sorts of

medications with long term cognitive decline, and I will advise patients only to use medications like this to help them sleep for two to three weeks at most.

You won't be surprised, then, to hear that I hardly ever prescribe what we call "sleeping pills"! I have been a GP for 35 years and when I first qualified we still had barbiturates, which were powerful, long acting, almost poisonous drugs. Then we moved to the benzodiazepines....Nitrazepam, (mogadon) Temazepam and Flurazepam (dalmane) which a few patients are still taking, having been unable to wean themselves off over the years. As a GP it's frowned upon if your patients are taking these sorts of drugs and we are advised to refer them to sleep clinics and psychiatrists to sort out their addiction to these drugs. Newer on the block are the Z drugs, Zolpidem and Zopiclone. These are considered safer than the Benzodiazepines, in as much as they are not so addictive but

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there is no doubt that 3 or 4 weeks on a Z drug will see you hooked and its effect wearing off so that you need a double dose to get to sleep, or no longer works. That's the definition of addiction, the need for higher doses of drugs to achieve the desired effect. Undoubtedly the Z drugs are shorter acting, and out of your system fast, but again we are most reluctant to prescribe them, particularly to older people. One of the most dangerous things for an elderly person to do is fall in the middle of the night when getting up to go to the loo, and if you are doped up with a Z drug, then you are more likely to crash over and break a bone on your way to the loo.

And on that grim note, I wish you a good night! And look out for next month's message!

DR JANE WOYKA
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20 Years of Caring for our Community

We had a double dose of good news last month when we were informed we'd been shortlisted for two prestigious London wide awards.

We've made the finals in the Best Customer Service and Health and Care Business of the Year categories in a contest held by the Federation of Small Businesses (FSB) awards covering the capital.

It's fantastic news for us and we're proud that our commitment to our clients has been recognised.

To make the shortlist in both these categories in a competition organised by a body as respected as the FSB is big achievement for us.

We all start each day at the practice thinking about how we can make a difference to our clients and how we can improve on our performance and the services we offer.

Our number one goal is to add to our client's quality of life by looking after their foot and ankle issues as best we can. I'm thrilled that the judges have recognised this commitment and all the team's hard work.

We strive to give client's the best possible advice and educate them on what options are available and the varying treatments they can have. We've also invested

heavily in our centre, technology and infrastructure and that has all been noted in the awards process.

I'd also like to thank every single one of clients, past and present, because without them there is no Foot Comfort Centre.

The awards ceremony takes place at The Emirates Stadium at the end of July. Read our article next month to see how we fared.

Thanks for reading,

Firoz

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Help Fund a St Luke's Nurse for their 30th Birthday

The hospice does not want people towards the end of their life to suffer because they cannot access the one to one personal care that they can provide. St Luke's Senior Nurse, Sophie says, 'I cared for a lady named Jane who was in a lot of pain when she was admitted to the hospice. I listened to how she felt, talked to her about her fears, wishes and the future. This one to one time really helped me to understand how to reduce Jane's pain and helped her to feel more relaxed so she could spend quality time with her family when they visited.'

Help fund a St Luke's nurse like Sophie in the hospice's 30th birthday year by making a donation at www.stlukes-hospice.org/fundanurse



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SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



Hiding

So I have to hide from her.

It's ridiculous having to hide from a lady **blackbird**!

I have told you before about our lady blackbird who has been coming to us for suet-treats throughout the year. Particularly at nesting time, when she came five or six times a day for supplies to feed her brood. I thought she might stop coming when her brood had fledged. But not a bit of it!

She flies up to me for food when I go into the garden. If I am in the garden already, she comes and tweets at me until I go and get something for her to eat.

If I am indoors, she stands on the wheelie-bin and flaps her wings until I notice her and she expects my instant attention to her needs!

And a problem arises first thing in the morning, when I am in the kitchen, making an early cup of tea for my wife and I to have in bed. Often the blackbird is there. Waiting for her breakfast!

So I have to hide from her!

Imagine it – an elderly chap ducking down so that a blackbird doesn't see him in the kitchen making a cup of tea! Honestly, you couldn't make it up!

More about swifts

I hope that you have had better luck than I have had, seeing the **swifts** flying above the estate. They were late arriving due to the cold weather at the beginning of May and, by the time you read this, they will soon be off home again, returning to central Africa. It's a

long way to come, just to have two or three chicks!

Coming to England has the advantage of long hours of daylight for catching food for their chicks. But a big disadvantage is our summer weather! Uncertain, cold, wet and windy conditions sometimes makes catching sufficient airborne insects difficult, and the parent birds can be away from their nests for long periods. The amazing thing is that the



chicks then become comatose, seemingly dead, sometimes for many days, awaiting their parents' return with food. Then the chicks come back to life and carry on developing as normal!

Did you know that swifts have tiny feet, well able to cling to vertical surfaces, but no good at all should they have the misfortune to find themselves on the ground. They haven't the strength for the first push that other birds have. So should you find an unhurt grounded swift, throw it in the air - it will be fine!

Looking upwards

I had an email from Francis about looking upwards. He first recounted watching some swifts and their interesting flying patterns in the sky.

Then he said how he had been looking up and he saw a bird, very high overhead in the blue sky, circling around – was it a gull, or a buzzard. He couldn't tell, but for him, it was an amazing sight and a good reminder for us all:-

Look up! You never know what you may see!

Rod Lake

CPZ—Summary

A **controlled parking zone (CPZ)** is a parking scheme used mainly in urban areas. CPZs are used by local Councils at the behest of residents to address parking problems in a community - usually in order to help residents to park near to their homes by preventing commuter parking, transfer parking from other areas - especially from vehicle free residences, the storage of business vehicles and abandoned vehicles. The CPZ means that parking is only permitted in designated areas during the designated hours if the vehicle has a valid virtual permit or displays a physical Parking Permit - normally for visitor parking. In some zones parking areas are defined with white lines and the rest of the area has yellow lines, this is not compulsory as can be seen in Barn Hill. So we don't have to have lines all over the area.

In law, CPZs don't even exist but are "creatures of statute" and, in order to be enforceable, should comply with rigidly laid down road marking regulations.



The CPZ area includes all streets past the entry sign until you see a CPZ ends sign. Pay and Display bays can be included with the CPZ and operate during the CPZ or displayed times.

Controlled Parking Zone rules:

Entrance and exit signs show the hours during which all on-street parking is controlled.

Single yellow lines prohibit parking during the hours of control, double yellow lines prohibit parking at any time.

Some single yellow lines have signs showing different, usually longer, operation times.

Parking during the permitted hours may be free or charged.

The operational hours of the CPZ are defined by consultation with residents and can be any period starting from 1 hour to 24 hours and can be several periods during the day. Perhaps 10-11am will solve the commuter and long term parking problems, 8-9pm would probably solve the transfer parking problem. This is why residents have to think long and hard what would suit them and then discuss with neighbours. What suits one road may not suit another, however, the affect of a neighbouring 'zone' should be considered when defining your own requirements. This is why the Council consults everyone.

What are Brent's current charges? These are the Borough rates, but it seems possible to have variations across a Borough: *See next page for costings.*

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So, what does it really cost to park your cars in a Brent CPZ? Well, for a couple with two low emission vehicles (under 110g/km, of which there are many), two permits

would cost £52.50 per year. A household with two cars - a large engine car and a mid range engine would pay £305pa. A single person with say a 10 year old VW would end up paying £83 per year; Hang on, they would need a visitor permit, these are a hefty £167 per annum. We suspect Visitor Permits are set at such a high cost to deter abuse such as being 'sold' to none residents and businesses for large profits. These permits can also be used as a cheaper alternative to some of the higher rate charges such as large engine or third vehicles.

So, is it worth it to have a CPZ?

Hours of operation are set via consultation.

Gives permit holders priority use of on-street parking spaces during the scheme's operational hours.

Fewer vehicles on our roads and so safer.

Fewer or no abandoned vehicles.

Fewer vans on our roads.

Only vehicles* registered in a CPZ addresses can obtain permits.

Vehicles require valid TAX Insurance & MOT.

The School Run would be safer.

Businesses* would not be able to use the CPZ as their spare parking compound.

Restricted number of vehicles per household
No transfer parking from vehicle free developments.

None resident vehicles would be more obvious, aiding policing.

Discourage commuter and long-stay parking.

* *With some exceptions*

Vehicle Emission	Low	Standard	High
Vehicle emissions (gCO ₂ /km) of passenger vehicles registered on or after 1 March 2001	Less than 110	110-200	201+
Cylinder capacity of engine (cc) of passenger vehicles registered before 1 March 2001 and goods carrying vehicles	Less than 1101cc	1101-2400	Over 2400
Duration: 2 Years			
1st Permit	£25	£166	£444
2nd Permit	£80	£246	£524
3rd Permit	£160	£326	£604

Misnomers

Less parking due to painted bays - untrue
More drop kerbs and paved gardens - untrue
has to comply with the 50% rule.

What are the reasons against?

Expensive, and subject to price increases
No reserved or guaranteed parking spaces
Expensive visitor permits required.

Many residents do not own low-emission cars and therefore won't qualify for low tariffs

Visitor permits do not guarantee a space
CPZs are seen as a Council money-maker

The Council don't deal with current local parking issues – why would that change?

May encourage households to pave their front gardens bringing more dropped kerbs, and loss of on-street parking spaces.

Elderly/unwell residents requiring visits.

Current problems on the Estate

Vans and large commercial vehicles

Abandoned vehicles

Commuter and school run parking

Inconsiderate and sometimes illegal parking

Transfer parking from vehicle-free developments

Increase in Multi-occupancy rentals due to unrestricted parking

High volume of parked cars:

i) Dangerous for pedestrians due to lack of visibility

ii) Lack of oncoming traffic passing points.

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Front Garden and Hanging Basket competition 2017—RESULTS

CONGRATULATIONS!



Front Gardens

	Prize
1 st 2 Littleton Crescent (pictured)	£50
2 nd 179 Norval Road	£40
3 rd 3 Audrey Gardens	£30

Highly Commended
7 Mulgrave Road
81 Carlton Ave Wes

Hanging Baskets

1 st 58 Pebworth Road (pictured)	£30
2 nd 2 Littleton Crescent	£25
3 rd 96 Paxford Road	£20

Highly Commended
42 Norval Road
42 Abbotts Drive
81 Carlton Ave West



We are delighted that independent judge, Mr. Colin Lathwell, who is a member of The Middlesex Guild of Horticultural Judges, has agreed to return to judge our competition after an absence of several years. The judging took place on the morning of **11th July**. The variety of styles of gardens on our Estates make for a challenging task as we all have our own personal preferences. Judging is not an exact science. However, the judge's decision is final.

A total of 16 front gardens and 14 hanging baskets and/or container gardens were judged. It became obvious that, because of the mild winter and early start to spring, roses and many perennial flowering plants were already substantially over, at the time of judging. Prizes can, however, only be awarded on what the judge saw **on the day**.

The overall principle for judging is "**pleasing to the eye**", but to aid impartiality and reduce the influence of the judges own personal style preference, the judging form does require points to be awarded for colour and

variety, design and style or shape and tidiness and presentation or freshness. To illustrate this, our judge did say that had his own personal preference prevailed, the results would have been quite different.

Our judge said that the winning hanging baskets at 58 Pebworth Road were probably the best he had seen anywhere.

Prizes must be claimed

Because people did not have to enter their own gardens, prizes **must be claimed by the end of September 2017**, from Robert Smith, 020 8904 8017 - prize money will otherwise be forfeited. There is no option to donate your prize to charity.

Next year we will reinstate the rule that the two first prize winners in any year will be excluded from the competition for the next two years, thus preventing the same gardens winning every year.

We wish to thank Colin Lathwell and the Sudbury Court Horticultural Society for organising this competition at short notice.



CALLING ALL GARDENERS

**Sudbury Court
Horticultural Society**

Your local gardening club

Our visit to Beth Chatto Garden on Saturday 23rd June proved to be a most enjoyable day. We arrived to find a real welcome and a chance to breathe fresh country air. Most of us spent some time enjoying a drink and a snack in the excellent tearoom before exploring the extensive dry garden for which Beth is most famous. It was indeed impressive to find such a variety of wonderful flowering plants with roots under the gravel-strewn surface. The picture gives you an idea of this special landscape.

Then we ventured down to explore the area that was once a boggy valley with a stream, an area that Beth has transformed into a series of lakes, linked by bridges from which there are lovely views of the wider garden. There are some wonderful trees, notably many fine old oak trees that support a thriving population of birds and many kinds of insect wildlife. A guide book is freely available for those who wish to examine the trees in detail. Well-kept lawns stretch down to the water, bordered by beds with plants suited to the shady conditions, whether the soil be damp or dry. With many well-placed seats around the garden there was always a chance to take a rest and enjoy the view before moving on uphill to an open area where it was interesting to see new beds being planted. The time passed very quickly, but few of us could resist the chance to bring home a few souvenirs in the form of plants

for our own gardens.

The nursery area, accessed by a wicket gate was beautifully laid out, full of plants in excellent condition; labelled, as we might expect from Beth, with advice on the situation in which they would thrive. It was hard to choose! Just time for tea before our journey

home - we had all enjoyed a special day.

Certainly, I am left with a wish for a return visit. In fact the whole area provides an interesting possibility for a short holiday. Casual visitors can explore the dry garden and use the tearoom without charge - not to be missed if you are driving

that way. If the sea beckons, it is not too far away at Clacton; while Colchester, an ancient walled city established by the Romans would make a good centre and has a zoo nearby. I also spied on the way, a signpost off the A12 near Witham to Cressing Temple, where some splendid tithe barns once used by the Knights Templar are sometimes open to view. But here I am letting my historical interests stray into this gardening article!

This long dry spell has been a challenge for most gardeners and Beth Chatto's philosophy will increasingly guide us in our choice of plants. A bonus of the warm weather has been the arrival of butterflies. It is good to see them and the bees at work on the flowers - even on the clover in the lawn! - while sitting in the shade with a cooling drink!

Margaret Roake



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(pictured: our amazing waiting staff, and some of our lovely guests)

Over the weekend of 8 & 9 July we celebrated the 80th Anniversary of Wembley becoming a Borough and Titus Barham, who was to be our first Mayor inviting all the residents of Wembley to a Tea Party at Wembley Stadium. He also left his home and gardens for the "enjoyment of local people" upon his death which was unfortunately for him just before he became our first Wembley Borough Mayor.



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Kids' Page



Hello Kids -
How are you all?
Please email me your best jokes and riddles
- preeyaatthecourier@hotmail.com

Jokes

What do pigs use to write a letter?
A pigPEN!

What runs but cannot walk?
A river!

What piece of wood is like a king?
A ruler!

What kind of fish is famous?
A STAR fish!

How did the ocean say goodbye?
It waved!

What type of phone can't be used to call a friend?
A xylophone!

What has teeth but does not bite?
A zipper!

What do you do with a space man?
You park in it, man!

Riddles

What am I?
I use a long track.
I transport heavy loads.
Many tourists use me.
Watch for lights to stop for me.
I will show you beautiful scenery.

Train

What am I?
Please blow air in me.
I come in many colours.
I'm a symbol of celebration.
Don't touch me with anything sharp.
I only last a day or two.

Balloon

What am I?
Children love to play with me.
I am not useful indoors.
Don't tangle my long string.
Look up and watch me dance.
Run if you want me to fly faster.

Kite





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Our rehearsals start again in September when we will be preparing to host

"**Voices for Hospices**" in Harrow Speech Room on 21st October, where we will be joined by many of the Harrow Choirs. This event will also be happening across the U.K. In support of the hospice movement.

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

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