

The Community Magazine for the
Sudbury Court and Pebworth Estates

December
2017

The Courier

86th
Year



*Join us at St Cuthbert's
Christmas Bazaar*

December 9th 10am—3pm (see page 13)



Christmas Lunch For Anyone Otherwise Alone Project

Daniels Estate Agents are delighted to support this project for the fifth year.

Anyone contemplating the prospect of Christmas Day alone has the option of joining our community, free of charge, for a traditional Christmas Dinner with all the trimmings.

The event is held annually at the Sudbury Neighbourhood Centre located at 809 Harrow Road, Sudbury Town.

Organisers ask that anyone interested in attending should book by December 15th by calling **Catherine on 07985 3501814 or Jill 020 8902 4430** or via email to:

christmaslunch25@gmail.com

Daniels Estate Agent Director; Francis Henry commented:

"We are committed to the Sudbury community all year round, however at this special time of year, we would like to do our best to ensure none of our community miss out."

The planning group and helpers of the project are all volunteers from the local community, who come together to organise this Christmas Day event. Many of the volunteers would also be alone for Christmas were it not for this opportunity, and they are all invited to join the VIP guests for dinner to add to the togetherness of the day.

The hope is that this coming together of the community helps to battle the effects of isolation - including loneliness, depression, feelings of low self-worth - which can be devastating to those affected.

Daniels Estate Agents, who have an office located in East Lane on the Sudbury Court Estate, also support the Memory Cafe (see page 12) which battles similar issues within our community.

To ensure this event is a continued success it would be great if the readers of The Courier could help spread the word.

All Welcome!

daniels
danielsestateagents.co.uk

The Courier

*The official publication of the
Sudbury Court Residents' Association.*



December 2017
Number 182 (1,022)

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Dear Neighbours,

We're drawing near the end of 2017, and there are a lot of festive events in the area, which I hope you will support if you can—especially those who are supporting others in our community. Some of our local ones are mentioned on pages 2, 11, 13, 16, 26, 28.

I was delighted to receive this month's front cover photo from Amirah G, one of our residents. It was taken on East Lane, by Wembley High at sun rise. Thanks Amirah.

Sadly, our idea for planting Spring bulbs across the estates didn't happen—not one person got in touch! (Although you may see me scattering some packets of wild flower seeds here and there!) So, if that's not what you'd like us to spend our efforts doing, please do contact us and tell us what you would like to do. I'm all for promoting community, but our small band of committee members need you, our neighbours, to join us. We will be applying for some funding for 'tidying up' some areas—particularly our greens. If you have any ideas of where or what you'd like to see/do, please let us know.

I'd like to draw your attention to page 19—I asked Rod Lake, our intrepid birder, to give us a few tips on feeding birds, especially in winter. The main reason for doing this is as a result of continually coming across mouldy old food leftovers that are being dumped in The Pimple and Northwick Park. I can only presume that this is done by residents who want to feed the wildlife. On behalf of other residents, and particularly dog owners (whose dogs are eating this dumped food and then being sick!) - please dispose of your unwanted leftovers in the food waste bin provided by the Council. And take Rod's advice for feeding the wildlife in your own garden.

And finally, our Courier deliverers! (page 15) You wouldn't be reading this now without our volunteer deliverers who, between them, deliver 2,800 Couriers every month. Thank you to all of them.

With very best wishes for the Christmas season, however you celebrate.

Until next time, *Kaye*

NOTE: Graham Construction are offering an apprenticeship—if you know a young person, locally, who might be interested, point them to page 22.

Northwick Park Safer Neighbourhood Team

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

Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**.

To report a crime and for non-emergencies dial **101**.

For Crimestoppers dial **0800 555 111**.



ROBBERY NORTHWICK PARK:

There was a recent robbery in Northwick Park (see crime overview below) - **please** be careful of walking in secluded locations late at night.

COLD CALLING FRAUDSTERS:

****In early NOVEMBER an elderly disabled resident of KENTON ROAD was cold-called by a male who purported to be a building surveyor for the building site next door. He said that the building site would pay for repair to her roof free of charge but that they needed a refundable £15,000 for insurance for a scaffold tower. This elderly resident was alarmed at the amount, but as there is building work next door, initially thought that the caller was genuine. Luckily, the resident contacted her sister, who contacted police. This is a **SCAM** all day long. Be very wary of cold callers! They are nearly always fraudsters or rogue traders.****

Cold calling continues to be an issue in the NORTHWICK PARK WARD area. In early November a van was sighted, by a resident, in PASTURE ROAD - the occupants of this van were "pushy" cold callers, and was subsequently reported to police – this vehicle is uninsured and unregistered. How reliable do you think they will be??

CONTRACTING BUILDERS:

General advice from a Press Release by Brent Council following the prosecution of a Rogue Trader who fleeced thousands from a homeowner:

Homeowners are advised that if you are considering any building/landscaping work, not to agree anything until you have properly researched the tradesperson, and are satisfied they are professional.

Do not agree to building works offered by a cold caller

Never pay cash in advance to a builder—where possible, pay by cheque/credit card.

Obtain **at least** two written quotes, ideally three, and make sure they include **all** agreed work and materials

Where possible, obtain references, or use recommendations of others.

Look out for trades people who are registered in proper associations, or who come recommended on review websites; check their registrations are valid

Consult Brent Council before commencing works to ensure all planning and building controls are being complied with

To report a rogue builder or for further help and advice, contact the Citizens Advice Consumer Service on 03454 04 05 06.

DRUG ISSUES:

There continues to be an issue with young people (late teens/20s) frequenting PASTURE ROAD junction with HILL ROAD and THE PIMPLE who reportedly smoke drugs, litter and cause a disturbance. We are regularly conducting patrols in the area. On the 31/10/17 a male was found with drugs in his possession in a car parked up on PASTURE ROAD by the entrance to the PIMPLE, he was charged with possession of a controlled drug. We will continue to deal with people causing a nuisance and disruption in the area: if warnings have no effect the offenders will be identified and robust police action will be taken.

SUCCESSFUL PROSECUTION FOR INDECENT EXPOSURE:

PC Hobday investigated a male who allegedly exposed himself to a female whilst she was waiting in her car by the main reception entrance to Northwick Park hospital. This male was apparently waiting for his wife, who was in maternity, when he exposed his genitalia to this unknown female. The male was found guilty at Willesden Magistrates Court in mid-October: part of his sentence—he was put on the sex offenders register and for sex offender management.

FAILURE TO STOP FOR POLICE:

The officers of NORTHWICK PARK, and officers in general, are constantly on the look out for suspicious activity, but sometimes it can put you in harm's way:

On the 4/11/2017 PC KENNEDY was on cycle patrol when she saw a car parked up at a secluded location; she attempted to stop the car but the driver failed to do so. Later she saw the car again in STYLECROFT GARDENS—the car drove down the cul de sac, and drove directly at the officer on driving back out from the dead end, after earlier mounting the pavement. The driver of this vehicle was subsequently arrested for attempted GBH on PC KENNEDY, failure to stop, and various other offences after a controlled police pursuit, which terminated in the HARROW area.

ARTIFICE BURGLARY:

In a road near the Wembley area, two females have targeted an elderly man at his home. The two women were dressed smartly and equipped with clipboards. They knocked on his door and made up a story that they had met his wife at the bus stop and she had given them permission to wait in the house. The elderly man knew this was a lie as his wife had been home indoors all day. It is suspected that these two women were trying to deceive the elderly man in order to get into his house and steal from him.

This could have been what we call an 'artifice' or 'distraction' burglary. Distraction burglars normally work in pairs. Their aim is to distract you and trick their way into your home to steal your money or valuables. They may pose as officials, claim to be from the council/police; market researchers, health carers, gas, water, electricity, phone or TV companies. Others may try a tactic of taking advantage of your good nature by saying they are collecting for charity, or they need water for their car, a pen and paper to leave a note for a neighbour, or need to use your phone, etc. They may be very convincing, charming and persuasive. They can be young, old, male or female or even young children. They can appear official and may be smartly dressed with uniforms, official looking paperwork and fake ID's.

Elderly and vulnerable people, who are more trusting and often frail, are the main target of these despicable and cowardly criminals, and the consequences can be devastating for the victim and their families.

TOP TIPS:

1. Beware of anyone who says they are in a hurry - if in doubt, call a neighbour or friend
2. Before you answer the door—check to see who is there by using your door viewer, or looking through a front window
3. Always put the chain on before you open the door.
4. When an unexpected caller claims they work for one of the utility companies, they must be able to quote your password and unique customer number and produce an identity card:
 - a. All of the utility companies operate password schemes - contact the customer services department and set up a password with them
 - b. Make a note of your customer number, which can be found at the top of the utility bill and keep it handy - this number is unique to your household
 - c. As added proof of identity, genuine trades people should carry an identification card with their photograph on -check this carefully and keep the chain on.



If only all burglars and scammers were so easy to spot! Please take note of the Crime Prevention advice—and, if in doubt, call us

Overview of location of offences
10th OCT to 11th NOV:

Robbery Personal (2): Northwick Park (20/10 2100 – 2150hrs, adult victim and friends threatened, personal property stolen, two suspects arrested by police), grounds of Northwick Park Hospital (25/10 1040 – 1050, victim pushed and mobile phone stolen)

Burglary residential (2): Sudbury Court Drive (28/10, 2000-2130, front door forced open), Churchill Avenue (30/10, 2030hrs)

Attempted burglary residential (1): Nathans Road (24/10 2300hrs – 25/10 0900, front door lock tampered)

Burglary non-residential (2): Northwick Park Hospital (28/10 0300hrs – 0400)

Theft of motor vehicle (3): Watford Road (16/10 2000hrs – 17/10 0600, 17 plate Merc van stolen), Watford Road (17/10 1920hrs – 18/10 0850hrs, Merc van 16 plate stolen), Northwick Park Hospital (25/10 1220hrs – 1530hrs, Honda 125 moped stolen)

Theft from motor vehicle (3): Langham Gardens (20/10 1800hrs – 22/10 – 1300hrs, car docs stolen from car), Churchill Avenue (25/10 1700hrs – 26/10 1500hrs, VW transporter spare wheel stolen), Norval Road (26/10 0345 – 0355, sunglasses stolen from BMW)

CRIME PREVENTION ADVICE:

Burglary—

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



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- 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 neighbour's 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 be aware of your surroundings when you are out and about, this is 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.

Please consult the websites below for more crime prevention tips or if you do not have access to the internet perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.

Bicycle Thefts -

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

EMAIL CONTACTS:

From time to time, your team send out email alerts about particular crime types in the area or other information that we feel residents might benefit from. It's also a way of us trying to trace witnesses.

If you wish to be part of our email list then please email your name and address to: p199114@met.pnn.police.uk

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

Please see previous issues of The Courier for Crime Prevention advice, or consult the websites listed below.

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

www.direct.gov.uk

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

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twitter: [@perrinsfarm](https://twitter.com/perrinsfarm) Telephone on 07711 561848

Wembley High Road Closed Eastbound -

Many of you will have noticed the effects of this closure on the local road network. The reason for the closure is that concrete has found its way into the sewers under Wembley High Road near the junction with Eccleston Place; the culprit is yet unknown. The closure will probably continue until the end of November as the sewer at this location is about 7.5 meters deep with other services above it. All eastbound traffic is being redirected down Park Lane; consequently the following eastbound bus services are being delayed: 18, 83, 92, 182, 223, 224 and 483.



Thames Water has pledged to charge whichever company is responsible. Thames Water's Stuart White said "the company spends a million pounds a month clearing fat-bergs and blockages in its 68,000 miles of sewers in London and Thames Valley."

He added: "Normally blockages are caused by fat, oil and wet wipes building up in the sewer but unfortunately in this case it's concrete, not a fat-berg, so we can't jet it through. It's in there and it's set to the pipe, so we need to remove the pipe and replace it with a new one. "This is very frustrating, a complete waste of our time, and not the first time damage has been caused by people pouring concrete into our sewers.

"After fixing the problem, we will investigate and then reclaim the costs from whoever is responsible."

Noise from Building Works - Please can I remind everyone that building operations which are audible at the site boundary can only be carried out between the hours of: **Monday to Fridays 08:00 to 18:00, Saturday 08:00 to 13:00 and at no time on Sundays or Bank Holidays.**

Just because your neighbour has not complained to you does **not** mean that it is OK, often people suffer in silence.

One Public Estate or Tower Blocks behind the Hospital - I know this is still a hot topic locally and we would all have expected more news by now. I have to be honest and say that after speaking to the Chief Executive of Brent Council, Carolyn Downs, about this it would seem that this proposal has run aground for the moment with the Memorandum of Understanding between the various parties yet to be signed, the stumbling block may well be the University of Westminster's position - just saying.

If the university do vacate the site it is almost certain that it will be made available for secondary education, i.e. an academy secondary school.

Watford Road Safety Scheme - Several changes have been made on Watford Road recently including two new informal crossing points around the John Lyon roundabout, unfortunately the southbound entrance to the roundabout requires adjustments as does the entrance to Pebworth Road.

Yellow Lines at the Sudbury Court Avenue & Road Junction - The yellow lines intended to be installed at this site have been delayed as part of the junction comes under Harrow Council's jurisdiction. Hopefully this can be resolved swiftly and lines installed to prevent future accidents such as the tragic loss of life earlier this year.

Elms Lane, Junction with Sudbury Court Road - Affinity Water repaired yet another leak in the water supplies in properties near this junction and all looked well, so the road was repaired at the beginning of November. Unfortunately water seepage has resumed!!! The cause is currently being investigated.

Hopefully the new road surface will see us through the winter.



Pasture and Oldborough Roadworks - These roadworks have now been completed. It was obvious to anyone observing that the contractors were rather desultory in their performance and practices. Both works appear to have over run and attracted considerable fly-tipping in and around the works, which the contractor argued was not their responsibility to clear; in the end they did clear it as their unmanned compounds and works attracted fly-tipping.

Once the contractor had left these sites the cleanliness of the streets and pavements left a lot to be desired, the Council had to require the contractor to return at least twice to complete the cleanup satisfactorily.



Travellers in Northwick Park - On the 3rd of November at around 6pm a group of Travellers were seen in Northwick Park, they had entered the park through the locked headway gate at the end of The Fairway. They were setting up camp behind the golf course and St Cuthbert's church and along the water course. Residents in the area acted swiftly notifying the Police (via 999) and the Council who were able to issue the correct notice to require the 'campers' to leave the site, which they did on the same evening.

Byron Court School Expansion - These works have continued to frustrate, in that vehicles are not being controlled fully, pavements have again been broken, reports of vehicles off route, speeding and other moving traffic offences continue to be reported.

Weekly meetings are held with the contractor, council, SCRA and your councillors where much has been resolved but not all. We are all on the same page and wish these infringements to stop. To this end steel bells are to be placed on the pavements of Nathans Road outside numbers 51, 72 and 74. As the Nathans Road entrance will continue to be used for large vehicles after the works are complete, the steel bells will probably remain to safeguard our pavements.

The road safety features deemed necessary through the planning process are being reviewed and refined where necessary. It has been noted that the entrance to Spencer Road from Norval Road has become dangerous as most drivers when turning right are cutting the corner and have little visibility of people crossing in Spencer Road near the junction. A number of near misses were noted. As a result of these observations we are working towards reworking this junction to make it much narrower and therefore making it safer by slowing the traffic and restricting parking. It will result in a much more attractive corner with wide pavements and trees.

The steelwork for the new school has been arriving through November and the precast panels will start arriving during the end of November through to probably January. To

better manage the flow of traffic to and from the site, Sudbury Court Drive has been selected as a holding /stacking point.

Parking on Pavements is Illegal - May I take this opportunity to remind everyone again that pavement parking is illegal in the London Boroughs, unless there is an exception, as there is on part of The Crescent and East Lane. Parking on your drop kerb, or with your wheels still on the pavement when in your driveway do constitute pavement parking. Having your vehicle overhanging the pavement is deemed as causing an obstruction under the highways act.

Please, do not obstruct the pavements as it often makes life difficult for pedestrians who have a right to use the pavements safely.

The Council have recently taken action against a local business who were persistently parking over the pavements, and other pavement parking offenders will receive a parking ticket if they continue to offend.

Building works again - A new team is being set up by the Council who will be taking a much more aggressive stance against builders who abuse and damage the Public Realm, such as pavements and grass verges.

If your pavement or drop kerb has been damaged during building works you can apply to the Council to have the damage repaired; at your expense obviously, (which will probably be cheaper than having the Council prosecute for the damage done).

Hopefully the team will also be attending to those who persistently drive over pavements and grass verges to access their frontage (without a drop kerb).

Councillors' Residents Surgery

Margaret, Keith and Joshua now hold their surgery on the 1st Saturday of each month from 11am-12, at The Community Room, St Cuthbert's Church, Carlton Avenue West, HA0 3QY.

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A group of friends celebrate the start of the Christmas season in style and recall Yuletide stories of old. As their thoughts turn to warmer seasons they make plans for the year ahead. A selection of popular arias, songs and carols to lead us into the festive season.

Accompanied by Bryan Evans, MBE, this fabulous cast includes Richard Suart, Caryl Hughes, Elizabeth Karani, David Stephenson and Ashley Catling, all dressed in Diva Opera's finest period costume.

This show with its Christmas theme and joyful music will appeal to audiences of all ages and should not be missed.

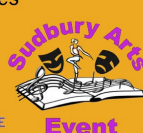
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The Memory Cafe

Support for those experiencing memory problems



We come towards the end of another year and it is natural to take stock. I often think of the very small and simple start to Memory Café. We opened our doors and hoped a few people might just turn up - and now look at it. There is a line in the Bible that, to paraphrase, says - do not look down on the days of small beginnings. From small beginnings amazing things can happen in communities.

This year we have had help and support from so many people and organisations - our wonderful weekly volunteers, Megan our exercise leader, Francis and Anna and the choir, the SCRA, Friends of Braham Library, Barry the batman, and the Alzheimer's Society. We've had corporate volunteers from Lloyds Bank. And a little

army of cake-makers, quiz developers and encouragers.

And every Thursday we carry on doing what we do.

I call Memory Café an unexpected burst of joy—and that's what it is. It is for anyone who wants a bit of company and to be a part of something heart-warming. I wonder if you are sitting reading this and thinking about coming? Perhaps you think it is only for those with dementia. Or that it might be all churchy, or one of those groups where people don't talk to each other.

I can reassure you that it is none of the above. So why not give it a try and come along? What is there possibly to lose?

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We wish you a very Happy Christmas.

December is such a busy month that it's hard to know where to start. It is going to be particularly busy for me as my colleague in ministry here has moved on. But we press on in this period of great joy and celebration.

I'd like to invite you to a few things:

On the evening of **December 2nd** (Saturday) we have a wonderful blues and soul band on at the church. We start at 7.30pm and its free.

On Saturday **9th December** is our popular **Christmas Bazaar** from 10-3pm. There will be gifts, crafts and stalls a-plenty. It is a wonderful atmosphere, with neighbours

coming together, as well as a time to pick up some stocking-fillers!

But the real business for us are our traditional Christmas services. Everyone loves to get into the Christmas mood and these services are rather wonderful. They bring back great memories for many of us of Christmas past, and much hope for Christmas present.

So on Sunday **17 December** at 6.30 we have our traditional Carol Service (we hope to have the Memory Café choir singing).



Sunday 24th is **Christmas Eve** and our Midnight service starts at 11pm. On **Christmas Day** we meet at 10am.

Do come and join us.

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Menopause - Q & A

Is Hormone Replacement Therapy (HRT) safe?

HRT is absolutely safe, providing it is given at the right time—perimenopause— and **not** given to women who have certain medical conditions, e.g. hormone dependent cancers, blood clots, recent heart attacks or strokes.

Does HRT cause Breast Cancer?

HRT does **not** cause breast cancer but what we do know is that if you use a combination of oestrogen and progestogen for more than 5 yrs beyond the expected age of menopause we do see a small increase in the number of women who present with breast cancer. So, usually in the UK, over a 5 year period we would expect 23 out of 1000 women to get breast cancer. If all those 1000 women are given HRT for 5 years, instead of 23 of them getting breast cancer, we find an extra 4 cases, so a total of 27 women get breast cancer. Those women are no more likely to die from getting breast cancer it's just that they develop it. It doesn't increase your risk of dying from breast cancer but it might increase your risk of developing it. Interestingly, as soon as you stop taking

HRT your risk of getting breast cancer goes right back to baseline.

Does taking HRT just delay symptoms?

Some people say taking HRT simply puts off their menopause, so they take their HRT for a few years, stop it and hey presto! all their menopause symptoms are still there! That's not surprising, because we now know that because the average length of time you are going to get hot flushes for is 7 years, if you only take it for 2/3 years and then stop you've still got several years of hot flushes to come.

Does it matter when you start HRT?

It's very important that women get proper help at the time of the menopause because it's around that time that things change quite a lot. A very good example of that is osteoporosis. The rate of bone loss at the time of menopause accelerates hugely so you may develop osteoporosis during the perimenopause which can be treated very effectively by HRT.

More next month!

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We'd like to take this opportunity to say a HUGE 'thank you' to our residents who, once a month, whatever the weather, deliver our Courier magazine to every doorstep on the Sudbury Court and Pebworth Estates.

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Help us Support the Local Community

I have been reading a lot in the news recently about people across London and the UK who increasingly need to rely on food banks due to financial hardships.

It seems incredible that here in the World's fifth biggest economy people need the services and generosity of food banks and their volunteers.

But they do, and we've decided to do our bit to help our local foodbank, Sufra NW London.

Sufra supports individuals and families across Brent and North-West London by collecting and then distributing food parcels.

I was made aware of their work when I read an article by a local estate agency, Daniels, which has become a collection point for donations in the run up to Christmas and the colder winter months.

Their efforts and hearing about the brilliant work Sufra does has inspired us at the Foot Comfort Centre to become a collection point during the weeks before the festive holidays when demand for donations soars.

You can drop off any donations to us at the centre and we will forward them to Sufra.

In particular they need items such as long-life milk, tinned vegetables, toiletries, biscuits and tinned fish.

One of mine and my wife's traditions over the last few years has been to attend the annual Diva Opera which is organised by local people and raises money for St Luke's Hospice and the Sudbury Town Residents Association.

This year's show, Tis the Season, takes place on Saturday 9 December at St Andrew's Church, in Harrow Road. Tickets can be bought from Through the Looking Glass, 8 Watford Road, Sudbury, HA0 3EW.

Unfortunately, my wife and I can't make this year's show, which is a real shame because it's always an evening of great entertainment. But we have purchased two VIP tickets and donated them back to the organisers for them to give to the couple of their choice.

We're lucky to live in an area which still has more community spirit than people often realise and that's something I'm very proud of.

Thanks for reading,
Firoz

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St Luke's Hospice run community fundraising events throughout the year—they need to in order to raise the necessary running costs to keep the hospice going. One of the great things about these events is that they're FUN—please get in touch to see how you can get involved in 2018.

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SUDBURY COURT BIRD WATCH

By Rod Lake, 24 Amery Road, Harrow HA1 3UQ
Email: lake510@btinternet.com



Kaye's concern

Kaye is very concerned about the dumping of rotting food, which is a frequent happening on the Pimple and in Northwick Park. Un-sightly, partly consumed pizzas, curries and kebabs, mouldy sandwiches, cake, etc. left by uncaring individuals for someone else to clear up.

She is concerned about the danger to pet dogs or cats, should they eat such rubbish - and what about birds, should they do so as well? she asked.

The only birds that would be interested in such rotting food would be ground feeding omnivorous birds, such as crows, magpies and seagulls. They seem to have stomachs for anything! But, having said that, it is a fact that they are very careful and rarely eat anything that would do them harm. Anyone who has put 'suspect' food out and have found it uneaten during the day will almost certainly find it has gone overnight. Foxes or rats will have taken it.

So I don't think that any birds are likely to suffer as a consequence of eating such unconsumed rotting food.

Winter feeding

Kaye also asked for some suggestions about feeding the birds during the winter, so here goes:

To give good sustenance to the birds, stick to three basic straight foods, sunflower hearts, suet fat balls and, if you don't mind the cost, peanuts. There is no waste at all if you use these.

Seed mixes usually contain a lot of 'makeweight', which birds will often not touch, leading to blocked feeders.

If you hang your feeders under a tree, you will need to buy squirrel proof feeders – an unfortunate consequence of living on our estate. If you hang your feeders on a feeding pole, you will need a squirrel baffle instead. But pole feeders often allow some of the larger birds to take food. They quickly learn

how!

Small leftovers of meat or ham, and left over fish and fish skin will be appreciated by crows. But put these out in the morning to ensure early consumption.

Breads and cakes are okay, but they do not provide sustenance for long, so consider these as extras only.

The trouble arising from feeding birds are feral and wood pigeons which congregate under the feeders, sometimes all day. They are a pain! But, as we birders say, *"Feed them all, big or small"*



Recent sightings

Helen had a quality sighting at the end of October - a nuthatch (above). A truly lovely bird, with a happy propensity for feeding upside down! This sighting brings our total score level with Francis, with just one month to go. We are still beak and beak!

Greetings

It is one of the problems of writing for a monthly magazine such as *The Courier* that one needs to keep a month ahead. It's only November as I write and I see it's Christmas time already! So my good wishes to you all, however you spend your Christmas. With any luck, a robin may visit your garden to add to the occasion!

Rod Lake



Sufra NW London—Winter Appeal

Sufra NW London supports individuals and families living in and around Brent who find themselves in poverty and financial difficulty. Our services include:

- ♦ A Food Bank that provides 7 days' emergency food aid for nearly 4,000 people each year who are in crisis.
- ♦ A Community Kitchen that offers a 3-course vegetarian meal for people who are homeless and socially isolated every Friday evening.
- ♦ Welfare surgeries that offer personally tailored, one-to-one advice and advocacy on issues relating to benefits, homelessness and employment.
- ♦ A Food Academy that teaches children and young people how to cook fresh, nutritious meals on a budget.
- ♦ An intensive Employability Programme that helps unemployed adults secure employment in the catering industry.
- ♦ A Refugee Resettlement Programme that provides a welcome service for newly-arrived refugees, ESOL classes and cultural activities to support their integration.
- ♦ A Growing Club on St. Raphael's Edible Garden for people of all ages and background to engage in informal growing activities.
- ♦ An accredited Horticulture Course for people to learn about the provenance of food and the principles of urban farming.



Winter is the busiest time at Sufra NW London – we're open throughout the festive season, including Christmas Day. Please support our Winter Appeal by making a donation via our website or contact us for more details.

A donation of...

£5—a Christmas present for a child growing up in poverty

£10—electricity top-up so a family can keep warm

£25—an emergency food parcel

£50—winter clothing for a homeless person

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Loss of a 250 yr old tree—why does it matter?

It was mentioned, briefly, in last month's Courier, that a valued 250 year old Oak tree which stood on the perimeter of Northwick Park, adjacent to a property in Norval Road, collapsed into the park. It was fortunate indeed that no one was injured. After inspection by Brent's tree officers it was found that the tree's main roots had been cut through by the activities of an adjacent resident.

A tree of this age would have started life during the 1760s at the approximate time of :

King George III coming to the throne (1760)
James Cook discovering the Great Barrier Reef in Australia(1770).
The American Revolution (1775).
Start of the French Revolution (1789).
Date of the 2nd part of the Act of Union bringing Northern Ireland into the United Kingdom (1801).

How amazing that this one tree had lived through such historic times.

The history aside, mature trees of this age support many hundreds of organisms and insect species. They provide opportunities for nesting birds and bats. The insect life provides food for birds, bats and other insects species.

Mature trees are also good for us, in many

ways. One of the most directly beneficial ways they can improve our health is that they filter the contaminants and pollution from the air we all breath! Young saplings and immature trees also do this, but not as well as the more mature trees.

What a loss to our local heritage, our wildlife and to our general health at a time when atmospheric pollution is increasing so dramatically.



This loss was avoidable—with the right advice—refer to our list of Arboricultural Association approved contractors (Nov issue), or from Brent Council. I hope residents think and act differently next time, and get the right advice prior to action.

In an effort to recover something from this action, Brent's Tree Officer, assisted by our Councillor Keith Perrin is examining ways to retain the bulk of the fallen tree, allowing it to remain roughly where it fell to degrade naturally. In this way it should continue to support some organisms and insect life, albeit in lesser numbers, during its general and more natural decline.

A lesson learned, I hope. Please value and care for our rapidly declining stock of mature trees.

Keith Barker

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CALLING ALL GARDENERS

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In writing towards the end of October, we expect the gardening year to be winding down, but 2017 has been remarkable for a wonderfully warm autumn. This picture, taken a week ago, illustrates the point, with colourful borders extending the flowering season well beyond our expectations. Rose growers too are enjoying a bountiful late flowering. Everything is continuing to grow in the balmy autumn weather. Of course things may be very different by the time you read this, but it is worth recording this year's autumn glory.

Our local gardening club rounded off activities for 2017 with an afternoon meeting in St Cuthbert's Church hall on Saturday 28th October for the AGM, joined by our friends from the former Wembley Park Society. Our treasurer noted the boost to our finances by the generous gift of their remaining funds. Wembley Park Society was the home of the prize chrysanthemum and dahlia specialists that we celebrated in last month's article and the Spring Show, too, came with their specialism in daffodils. Their joining with us certainly raises the stakes, encouraging us to produce specimen blooms. All this expertise has contributed to a very successful year with increased membership, more entries at our shows and a most encouraging response at the plant sale.



This year some new names appeared on some of the trophies that are awarded at the end of each season for various kinds of excellence. It was good to see that securing a trophy for the first time gives such pleasure. The meeting ended in traditional style with tea and chat and home-made cakes. Plans for next year's activities are well in hand and we look forward to welcoming many more

local families into our gardening fraternity to enjoy all the fun and fury of competitive gardening!!

As the days have shortened and the clocks gone back it may be time to think about decorating your garden with festive lights before you turn up the heating and retreat indoors. However, if you are feeling stressed-up with all the festive preparations, the best cure is to wrap up warmly, find your gardening gloves and take a bit of healthy exercise in your garden. The wind will have blown things about a bit so there will be tidying up to do, or perhaps even an allotment that needs digging! You may be bringing indoors some greenery for decorations.

However you celebrate the festive season we hope it will bring you happiness.

Margaret Roake

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– Extra Shows See page 26 for details

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Contact for more information on any of our activities:

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The **Memory Lounge** for people with memory loss & their carers is on Tuesday 11a.m to 1p.m. This is a Free grant-funded activity.

The **under 5s Story telling & Rhyme** is on Tuesday at 10:30a.m. for about 1 hour. Donations of 50p per child.

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Kids' Page



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Jokes

Why couldn't the teddy bear finish dinner?

He was stuffed

How do you know if your clock is crazy?

It goes "cuckoo!"

Why was the lady firefly unhappy?

Because her husband was a little dim!

What do you get when you cross a parrot and a centipede?

A walkie-talkie!

Riddles

What has a face and two hands but no arms or legs?

A clock

What five-letter word becomes shorter when you add two letters to it?

Short

What word begins and ends with an E but only has one letter?

Envelope

What has a neck but no head?

A bottle

What type of cheese is made backwards?

Edam

Which letter of the alphabet has the most water?

The C

What do you break before you use it?

Egg

Did you spot the deliberate mistake?

Answer husband should be husband





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SUDBURY NEIGHBOURHOOD CENTRE - Thursday **7th December** from 1.30-3.00pm You are invited to a tea party which is to be sponsored by Santander, cost £7 per person.

Tuesday **12th December** at 2.00pm we shall hold our carol service, all welcome, refreshments afterwards.

Tuesday **9th January** New Year Lunch at 12.15pm to be followed by a pantomime, cost £10 per person. Please contact Katia on 020 8908 1220 to book for the party or Lunch.

HARROW PHILHARMONIC CHOIR - will be celebrating a family Christmas with a Carol Concert, at **4:30pm**, in **St John's Church** (opposite Debenhams), Harrow, on Saturday **16 December 2017**. £5 (under 16's free) All families and children are welcome to join us for this special Christmas treat. Book tickets on 0208 863 7009, or available at the door

CAROLS BY CANDLELIGHT - with St George's Choir—Sunday 17th December at 7pm. Followed by mulled wine and mince pies in the parish centre. St George's Church, Sudbury.

CHILDRENS COMMUNITY CHRISTMAS PARTY EVENT—16th December 10am-12.30pm. Run by Creative Performance for children between 5-12yrs old. Magic Show, children's pantomime and Santa. Free of charge, but please make a donation. Wembley Park United Reformed Church, Kingsland Hall, The Broadway, East Lane, Wembley. Also weekly workshops. (see Brent's 'What's on' event calendar for more details).

SPIRE CAFE - 3rd Saturday of every month 10am-3pm - Pop-Up Cafe. Climb Harrow's landmark hill for home cooked brunches, snacks and treats. In aid of St Mary's roof appeal. Check out the menu at www.tinyurl/spirecafe. Nick 07771 595 883

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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