

The Community Magazine for the  
Sudbury Court and Pebworth Estates

January  
2018

*The Courier*

87th  
Year



*Happy New Year*

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**January 2018**  
**Number 183 (1,023)**

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Dear Neighbours,

We hope that you have all had a happy Christmas, and wish you a peaceful 2018. On page 20, we have highlighted a few thoughts for a new year—hope you find them interesting.

And with another year beginning we, at the SCRA, are turning our thoughts to what we can do for our community this year? As I mentioned last month, with our limited resources, we want to make sure that we use these resources in a way that you, our residents, are interested in. We look forward to hearing from you.

Our local SNT are always busy on our behalf, and this time of year brings up particular challenges. Please take a look at their update (page 4-8), and particularly their **crime prevention** advice.

Councillor McLennan has some local updates (page 9-11), including pavement works in Langham Gardens, and buses—which have been raising some concerns from our residents in recent times (see also page 21).

One of our residents contacted us about a free App for Mums (page 11)—a way of connecting local Mums with each other—a great way for creating networks of support, as well as making friends. In a way, it's quite sad that these Apps are necessary—that individuals within our communities are feeling isolated—but they certainly seem to work. As well as checking out social media, if you don't know your neighbours—why not introduce yourself? Or would you attend a local event where you could meet other residents?

And finally, we are in need of a new volunteer Courier deliverer (page 15 for details). We trust that you all continue to find the Courier interesting and of use, and so to ensure that everyone receives their copy, we would be grateful to hear from anyone who can take on this route—just 30 mins a month. Whilst on the subject, we are always delighted to hear from anyone who would like to contribute articles, photos or any local information that you think other residents would be interested in.

Until next time, *Kaye*

# Northwick Park Safer Neighbourhood Team

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

Email: [Northwickpark.snt@met.police.uk](mailto: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**.



*We, your local police team, would like to wish you all the best for 2018 and, in particular, that you have a peaceful crime-free year!!*

*The New Year will bring a new sergeant to Northwick Park ward, I will let you know once they are confirmed in their position.*

We urge you as a new year's resolution to read our articles and try to heed the advice that we give as we believe it is in your best interests in order to reduce your chances of being a victim of crime.

• **Burglaries:** At the time of writing this article, the burglary figures have started to creep up. Please look at the burglary prevention advice at the bottom of this article, and when you are out and about pay attention to who is around you; hanging around the locality; parked up in cars. In most instances, where we catch burglars, it is as a result of a witness seeing the burglary in progress or noticing suspicious behaviour and ringing the police. Our resources are limited, but I can assure you that a police officer would find nothing more satisfying than arresting a burglar!

The most concerning of the recent burglaries is the aggravated burglary that we had on BLOCKLEY ROAD near the junction with Pasture Road on 23/11/17—three white males broke into the house at about 2015hrs whilst the teenage householders were inside, they had with them crowbars and a screwdriver and demanded the jewellery. The males spoke with Irish accents and were white in their mid-20s–30s. Their believed getaway car was a blue GOLF.

I would like to assure you that aggravated burglaries are extremely rare occurrences – and have, in the past, been committed by persons of all different nationalities and ethnicities. In the Northwick Park area, we have had probably 2 in the last two years. As I say, **please read the crime prevention advice,**

**and please try to employ the advice given.**

• **Moped crime:** you may recall that I told you about a chase that I had with a youth towards the end of August, he was seen by me riding a white moped without a helmet on Langham Gardens and had abandoned this stolen moped on that road after I went after him and his pillion. He came back for it an hour later whilst I was waiting for the recovery of the moped and ran when I chased him down Nathans Road into Byron Road, then into Peel Road, where I lost him. Well, there is an update to this tale in that I saw him again recently and he is now being dealt with for these offences through the youth offending scheme, as he is only 14 years old. If he doesn't positively engage with our Youth Offending Team (YOTS) then he may very well get charged with a whole host of offences in relation to this incident.

If you see a suspected stolen scooter being driven, please be careful, do not approach the riders or let them approach you as they are frequently involved in robberies. Only when it is safe to do so ring the police, if possible without the riders seeing you, try to record them; sometimes the clothing might be known to the police and might lead to the offenders apprehension.

• **Anti-Social Behaviour:** a lot of our work is also dealing with ASB (Anti-social behaviour) issues – such as youths gathering doing drugs, littering and causing noise issues, the same also applies to drunken males hanging around on East Lane. We do our best to disrupt and prevent these people from continuing their ASB.

Examples of our recent work in relation to ASB is in relation to Hill Road, junction with Pasture Road, and on The Pimple, in relation to drug taking (cannabis). PCSO Charalambous has been engaging with local residents in relation to the problems in this locality, and



locality and has been patrolling in this area.

A local male resident was arrested recently, by Pc Kennedy, for a drugs offence on The Pimple, and in a separate stop on Hill Road a male was prosecuted for a drugs offence and was sent to court, others believed to be involved in this activity had been contacted and suitably advised – unfortunately some are the children (adult children) of local residents who seem to be associating with cannabis addicts or are themselves addicts. They are the people who are bringing drug dealers into our locality and are directly involved in ASB. Possession of cannabis is a criminal offence, maybe that will change in the future, however people who do this are not respecting the law, and are persistently committing a criminal offence. Do you think they are going to respect other laws or people for that matter?

In Northwick Park, PC Kennedy prosecuted a male, believed to be a cannabis dealer, who was persistently hanging around Northwick Park, for a possession offence. Pc Gill, in another stop, seized drugs from a male he stopped in Northwick Park and dealt with him for a possession offence.

There is the old adage or saying my grandfather use to say, if there were '*no receivers there would be no stealers*', the same applies to the use of cannabis – people who use cannabis will invariably bring dealers into our locality. From my experience, people who deal cannabis also deal harder drugs.

• **The Cold Caller issues:** your team recently had a joint meeting with Brent and Harrow Trading Standards, specifically in relation to the issue of cold caller related offences and crime. Present at this meeting were officers from Trading Standards and your team – PCSO Charalambous, PC KENNEDY, PC HOBDAV and PC GILL.

As there is the ever-present problem of cold callers in Northwick Park area and Sudbury, we thought it beneficial for a training day with Brent Standards to see the whole range of trading offences that can be employed when dealing with cold callers. Prevention, though, is better than reacting to cold caller related incidents and so we urge you, under no circumstance, give any work or engage with anyone who cold calls to your door.

We would like for you to gather intelligence and let us know of the company names they use, or their cards, if you are cold-called, but politely decline their services in all instances. No builder worth their salt has to use such tactics to get work.

Also, if you see builders doing a driveway with an A4 advertisement board outside on the street, do not consider that they are reputable builders. In Carlton Avenue West a number of residents saw a driveway being done on a property on the Sudbury Court Estate and decided to employ this driveway company (they have a registered company and a website, very easy to create by the way) and all four residents were extremely unhappy with the work done and the manner in which they conducted themselves. Personal recommendation regarding a builder is always a good start, but be cautious, there are a lot of rogue builders out there!

At about 1430hrs on 28/11/17 police came across two white males who were seen power washing an address of an elderly person in the SUDBURY AREA, the person had been cold called on by the males and agreed to the power washing. Fortunately, the elderly occupier's daughter was on scene and no fraud or other offences occurred. The males were using a White Transit van with beginning reg of MA5\*888. Police are very concerned about these males being in the area.

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Checks have been conducted and we would strongly discourage anyone from agreeing to any work by these males – I cannot disclose the information I have regarding these males, however, you do not want them anywhere near your property! If you see this vehicle please ring me immediately on the number below.

In south Brent, an elderly resident was cold called on by some males using a red Transit style van with the beginning of the reg LC05&&&, they proceeded to defraud the resident of £10,000 pounds under the guise of roofing work.

Bottom line do not, **do not engage with cold callers.**

• **Litter and fly tipping:** There is a persistent problem of litter and fly tipping, particularly in Peel Road and Byron Road. Peel Road has improved recently but we want to keep it clean.

Your team has been involved in the prosecution of a number of litter bugs and fly tipers. **Littering and fly tipping are both environmental offences** - fly tipping includes the leaving of unwanted furniture / toys etc on the pavement outside your address: this is an offence of fly tipping and obstruction of the pavement. I have and will prosecute people involved in making the area look dirty!

If you have a waste item/unwanted furniture that you want to recycle then take it to the

charity shop or leave it within your house boundary (behind your wall or behind your gate with a note 'please take' on it).

Report any fly tipping to the council - go onto their website; there is also a handy mobile phone App that you can download to your mobile phone, to facilitate the reporting of various matters including fly tipping.

The council offer a number of free bulky item waste collections every year - please contact Brent Council street care department for more info on 0208 937 5050.

• **Bin obstructions:** residents are reminded that they are not allowed to put obstructions out on the road in order to try to 'reserve' their parking place. You are committing an offence by doing so and if the activity does not cease then you may be prosecuted. You could also find yourself liable to a private prosecution if you have wilfully put an item on the road and it causes an accident! **Be warned!**

If you want resident's parking then lobby the council for parking restrictions in your area.

Overview of location of offences from period 10<sup>th</sup> Nov to 10<sup>th</sup> Dec:

**1 Aggravated burglary:** Blockley Road (22/11 2015hrs – 2030hrs, forced entry, jewellery stolen, this is referred to above)

**7 Residential Burglaries:** Pasture Road (12/11 btw 0900-2215hrs, rear patio door

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forced, jewellery stolen); Littleton Road (11/11 1800hrs – 12/11 1145hrs, forced entry, jewellery stolen); Aspen Drive (19/11 0200hrs – 0830hrs, entry gained no damage caused, jewellery and cash stolen); Sudbury Court Road (22/11 1600hrs – 2015hrs, forced entry via front of house, cash stolen); Byron Road (29/11 1620hrs, forced entry via the front door, jewellery stolen, macbook); Sudbury Court Road (02/12 1500hrs – 03/12 1215hrs, rear side window forced, jewellery stolen) ; Paxford Road (05/12 1745hrs – 1907hrs, rear patio door window smashed, jewellery and suit stolen).

**3 Attempted Residential Burglary:** Pebworth Road (11/11 btw 1900-2000hrs, forced entry via the side); Nathans Road (22/11 1100hrs – 2130hrs, back door smashed, no entry gained); Nathans Road (07/12 1830hrs, attempted forced entry via front door, suspects disturbed)

**2 Burglary Non Residential:** Northwick Park Hospital (28/11 -29/11), Northwick Park Hospital (06/12 0330hrs – 07/12 0900hrs, kettle bell stolen from shed on site)

**2 Robberies:** outside Subway Kenton Road (26/11 2000hrs, 15 year old youth, robbed by four older black males, cash and jewellery stolen); outside Northwick Park hospital (29/11 1530hrs, two white males a/age 30 robbers, punched victim and mobile stolen).

**3 Theft of Motor vehicle:** Northwick Park Hospital (12/11 – 1340hrs, stolen motorbike), Pebworth Road (28/11 0100hrs – 0600hrs,

BMW X5 stolen), Kenton Road (10/12 at 0930hrs, victim got stuck in snow, male came to "assist her" with pushing the car, whilst she was out of the car has jumped into the driver's seat and driven the car away!).

**2 Theft from motor vehicle:** Northwick Park Hospital (03/12 1950hrs, registration plate stolen), Sudbury court Road (03/12 2200hrs – 04/12 0700hrs, registration plate stolen).

## 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!

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- 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 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](http://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](mailto: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](mailto: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](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 Margaret McLennan - Northwick Park Ward**

Email: [cllr.margaret.mclennan@brent.gov.uk](mailto:cllr.margaret.mclennan@brent.gov.uk)

Tel no: 07949 398193

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Happy New Year to all.

I certainly do hope that you had a lovely, peaceful and restful Christmas and of course wish you all the very best for 2018.

We Ward Councillors have been busy during the last few months of 2107; knocking on your door to see if there are any issues that we need to take forward and address. As you will see below and in Keith's article last month, there are a number of issues that you have raised and that we are currently addressing for you, so please do look out for us in the New Year as we continue to canvass your views.



## Buses – Northwick Avenue Triangle

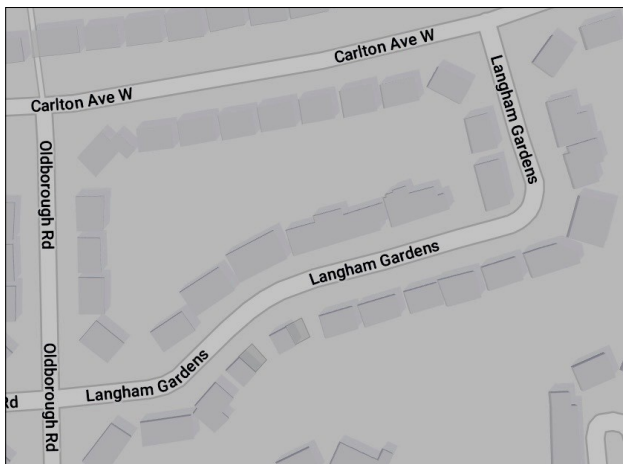
For a number of years, residents along Northwick and Rushout Avenues have been complaining about the increased number and size of buses travelling along their respective streets to drop and pick up commuter's using Northwick Park underground station. Residents have no issue with buses travelling during peak hours, however, over the years; the buses have increased in size to double-deckers and often travel with few or no passengers, hence wasting all manner of resources during off-peak hours, including

4am at weekends. Numerous approaches have been made to TfL about reducing the capacity during off-peak hours and restricting back to single-decker's and ensuring buses travelled at acceptable speed. However, getting TfL to budge has been difficult. Ward Councillors and worried residents therefore engaged the support of our GLA representative for Brent and Harrow, Cllr. Navin Shah, to broker a meeting with TfL leads so they can visibly see these ongoing issues that were arising. This meeting took place along the Northwick Triangle on Tuesday 5<sup>th</sup> December and we now await TfL's response and actions to mitigate the frequency, speed and size of buses during off-peak hours, including weekends. We hope to update further in the next edition. (see also page 21)

## Langham Gardens - Planned Pavement Reconstruction

You are aware that, with your kind support and advice, we have been assessing all our streets and avenues in the ward with a view to potential upgrade or reconstruction. As you know, the Authorities ability to spend on upgrading all our curtilage is limited as we have to continue making necessary cuts/savings to achieve our legally required balanced budget. However, an additional £2 million has been set aside to repair those roads considered medium risk to upgrade in tandem with those considered as high risk. In this respect, the Council now plans to reconstruct the pavement in Langham Gardens.

This work is due to commence on 10 January 2018 and be concluded by 30 March 2018, weather permitting.



through to the tree.

Note - As part of the pavement reconstruction programme, residents can apply to extend their vehicle crossing or construct a new vehicle crossing. Please note that applications may require planning permission and must fully comply with the Council's domestic vehicle crossover policy, which can be found here: [www.brent.gov.uk/droppedkerbs](http://www.brent.gov.uk/droppedkerbs)

During the course of the reconstruction, at times, there will be a need to suspend parking in areas around the works; however everything will be done to minimise disruption.

The areas around the bases of trees, known as tree pits, will also be surfaced with a smart, recycled material used to let water

Please do remember that the Council's contractors will not seek out work on private property, so beware if you are approached by individuals claiming to be contractors working on the Authorities behalf. Any work you choose to commission privately will be at your own risk. Please, therefore, be aware if approached by non-Council contractors during this time offering to undertake this for you, and as prewarned by our wonderful SNT, as this is

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where bogus individuals may target.

If you would like any more information on the planned works, please email [Highways&Infrastructure@brent.gov.uk](mailto:Highways&Infrastructure@brent.gov.uk). However, impacted residents should have received an individual letter updating on the works.

### Empty Properties

As you are aware, Northwick, like most Boroughs has its fair share of Empty Properties and we target the owners/landlords to encourage occupation, but we are acutely aware that all empty properties might not be known, so if you are aware of a property that has been empty for a year or more, then please do let us know, so we can update our records and take necessary action. Action is being taken on those that we are aware of and am delighted to inform that one property, empty for 20 years, has FINALLY been granted a Compulsory Purchase Order and the Council will be taking possession of this in the New Year. Current legislation is explicit about criteria and eligibility in seeking a CPO, so delighted this most recent approved CPO is moving forward and we can finally have a family home occupied or redesigned to create 'Key Worker' housing. More on this

in future editions, but really welcome your support in identification across the Ward.

### Abandoned Vehicles/Foreign Registered Vehicles

In his article last month, Keith asked if you could pass on any detail of cars parked on pavements and looking like business/taxi owned vehicles. Can I now add to this and ask if you can also continue to look out for abandoned vehicles. alongside foreign registered vehicles, as all cars MUST be registered for tax and Insurance in this country, but we have found many foreign number-plated vehicles are neither registered, nor taxed. It is easy to check if a vehicle has valid documentation and too many accidents are being caused across the Borough by non -documented foreign vehicles. Thank you to those who regularly report, as it does assist the Council and our SNT.

### 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.

**THERE IS NO JANUARY SURGERY**



### App for Mums—connect locally

I am a 'new' first-time mum; my daughter is 7 months old. Although I have been living in the area for about 7 years, I didn't know many people, locally, and felt alone. Through a free app called Mush, I have found lots of other local mums with children the same age. We socialise, attend fitness courses, and some of us have been organising local charity events – last month we raised funds for Preston Community Library.

I am very passionate about Mush and would like to share this with all local mums. Here is the link to download the app: <https://mushapp.app.link/gKSHL2rUqG>

**Annalisa**

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# The Memory Cafe

Support for those experiencing memory problems



Hi folks. We have had some interesting developments at the café. We are hoping to start a project where we get a photographer to come and take snapshots of people who join us, and we collect one memory from each. I think this will be a wonderful testament to those who come.

We are also putting together a pack to help other places set up cafes. We are developing quizzes and a logo and posters that new cafes can use. Our aim is that with a bit of help from us any organisation can set up their own Memory Café. We hope to see cafes springing up around the country. It is a case of us spreading the good news and helping people of good will to join in. We have learned so much from running the café, we have also, I hope, learned from our

mistakes!

So this year if you are a bit lonely, or want to sharpen the old memory, or just be part of something really good, we'd love to welcome you any Thursday 11-1. Memory Café is for all - regardless of creed or faith or anything else. We are developing a new kind of community that cares for each other and reaches out to the people around. At times it seems almost unbelievable that it has worked so well, but there it goes. And people like Paul at Barham library and Frances at Daniel's and Councillor Keith have been towers of strength.

This year we aim to raise the money to get proper heating in the church! Any ideas about fundraising come and speak to me.

Rev'd Steve.

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I am writing this before Christmas and know that a very busy time is about to be had by the vicar. Plus there will be the eating of many mince pies and plenty of different events with mulled wine. But then Christmas is over and we all feel a bit flat - especially as the weather is often grey and miserable. Spring seems a good way away.

A little ray of sunshine here has been our Celtic service on the first Sunday of the month from 6-6.30pm - on the **7th of January**. I first became interested in the Celts when I visited Lindisfarne - Holy island. Holy Island is where St Cuthbert lived out his wonderful ministry. He was an animal lover, and the animals loved him. He was exceptionally wise and gentle and under his leadership the monastery on the island thrived.

As well as the man, there are also some beautiful ancient and quiet services. The Celts had a strong love of nature and an understanding of the seasonality of life. They tended to pray simple down-to-earth prayers - for the things that concerned them day-to-day.



Our service here is becoming a place of calm and quiet. Life is so hectic and noisy - this little Sunday oasis is becoming very popular.

Many people are looking for a bit of spirituality and calm before the week starts and that's what we are aiming to give. So why not come along and try?

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# Menopause - Q & A - II

## Is the experience of Menopause the same for every woman?

No. Every woman's experience of menopause is completely unique, and you would be staggered at the difference—even things like hot flushes (vasomotor symptoms). A hot flush might just be a little feeling of warmth, which isn't particularly troublesome, or it can be an absolutely horrific experience whereby there is a sense of impending doom and great anxiety and then become really hot; might be very sweaty; it might last several minutes and they feel there is no way they can continue doing what they are doing. They can't stand in front of a class, they can't give a presentation, they can't serve the supper, continue the conversation ...they actually can't concentrate on what they are doing they feel so dreadful. So there is a great range of experience of symptoms.

## What advice can you give to those have a particularly tough time?

The first thing I would suggest you do is have a look online, do some reading. But be careful as there is a lot of inaccurate information out there. Look for websites such as

British Menopause Society, Women's Health Concerns, Menopause Matters, even the NHS menopause websites are very helpful. [www.thebms.org.uk](http://www.thebms.org.uk) , [www.womens-health-concern.org](http://www.womens-health-concern.org) Inform yourself, understand a little bit about what to expect. There are still a lot of doctors who consider that HRT is dangerous, and you need to arm yourself with up to date information. The organisation which evaluates treatments and informs health care providers is the National Institute for Clinical Excellence or "NICE." Guidelines about menopause were produced by NICE in November 2015 and they are very clear that HRT is safe for the vast majority of women, and actually significantly improves quality of life and long term health. Once you have the information, go to your doctor/practice nurse. If you feel you need more help, ask to be referred to a Menopause Specialist Unit—there is an outstanding service available at Northwick Park Hospital, and also privately at my clinic at The Clementine Churchill Hospital.

**DR JANE WOYKA**  
**MA MB BChir MRCGP DFSRH**

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# "A short back and sides please"

**Firstly, may I take this opportunity to wish all our clients, and readers of this publication a happy, healthy and prosperous new year.**

I'd also like to thank those of you who dropped off food items at the centre in the run up to Christmas.

We were collecting on behalf of Sufra NW London and it was heart warming to see such local generosity.

We've a lot planned in 2018 with celebrations to mark our 20th birthday and the launch of several new services.

One of those services is linked to the headline of this article.

Now, before you start thinking we're going to start offering haircuts, please let me explain.

According to a barber friend of mine, and based on my own experience when I had full head of hair, the most requested haircut for men is the classic 'short back and sides.'

This got me thinking about the most requested services we are asked for by clients.

The foot care equivalent of a 'short back and sides' would be nail care or removal of hard skin and corns.

You might say it's the 'bread and butter' for our profession and a

service we offer to men and women of all ages.

This part of our service is aimed primarily at providing and maintaining comfort from conditions such as ingrown toenails and painful corns.

For some of our clients attending on a regular basis for these treatments form an important part of their foot health, and prevent future problems.

So, for 2018 we have decided to create a selection of packages which will allow our 'regulars' to make savings on each visit they make to us, by budgeting for their footcare throughout the year.

Watch this space for details of that and other news on what we are doing this year.

Thanks for reading,  
*Firoz*

**For more foot care tips visit our website  
[www.footcomfortcentre.co.uk](http://www.footcomfortcentre.co.uk)**



Firoz in 1990 when he was able to go for a 'short back & sides'



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## Entry for the 2018 Midnight Walk opens on 1 January

Thank you to everyone who took part in our 2017 Midnight Walk. Over £180,000 was pledged on the night and sponsorship is still being sent in.

The Midnight Walk is a sponsored walk, to raise money for patient care. We ask all our walkers to aim to raise as much as possible so we can keep helping local people with terminal illnesses.

If you managed to raise £140 we could cover the cost of our medications bill for one whole day. Imagine if every walker did the same, that would cover the costs of our patients medications for over 4 years!

To find out more about the event contact our Midnight Walk team

T: 020 8382 8112

E: [midnightwalk@stlukes-hospice.org](mailto:midnightwalk@stlukes-hospice.org)

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# SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



## Growing up

I have been watching a fledgling crow growing up to maturity. 'Maturity' being the technical term for birds being able to look after themselves without help from the parents.

This particular crow, having fledged, had always come to our garden with his parents, who fed their youngster most diligently. Spoilt the blighter, they did, to my mind!

But he was learning all the time and eventually came to our garden to forage by himself. On one occasion, he was cautiously attracted to some crusts that I had put out. Were they worms? Would they bite? Dare I try?

He went round and round the crusts and eventually he dared. Success! They were food and okay to eat! You could almost see the smile on his face! Since then, he comes down without hesitation and scatters any other birds that might be feeding on what he considers his crusts!

I gave him full marks the other day when he tried to take some scraps from a squirrel who was quietly having breakfast. The crow warily circled round several times before deciding on a frontal grab for the scraps. The squirrel went berserk! The crow fled for his life!

Great fun, this birdwatching!

## RSPB Garden birdwatch

The annual RSPB Garden Birdwatch will be over the weekend of the 27<sup>th</sup> and 28<sup>th</sup> of this month. It is still a big thing in a birders calendar although the numbers taking part on this estate are less than a few years ago.

If you are willing to spend an hour counting the birds you see during the time and filling in the RSPB form that will be in the national newspapers, you will find it surprisingly satisfying. You may also see some birds that you have not noticed before and be encouraged

to watch them more often in the future.

And, as always, if you care to send me a copy of your sightings, I would be very interested to see them.

## Recent sightings

I was driving some friends up Amery Road, steering past the closely parked cars, when I suddenly saw a pair of pied wagtails flitting about in the road immediately in front of me. I was so excited to see

them for the first time this year that I almost hit a parked car!

My passengers really didn't know what all the fuss was about and were not much impressed when I tried to tell them about pied wagtails and their habits. Ah well. We can't all be keen bird watchers, I suppose!

## New Year greetings

I expect that most of your New Year resolutions have come unstuck already!

But do keep one, fellow birders, and that is to tell me of your bird sightings on the Estate when you see them, however insignificant you may think they are. Several times last year I only heard of what you had seen months later and, consequently, they were too late for inclusion in these *Birdwatch* articles.

Have a good birdwatching year!

Rod Lake



# Some Thoughts for a New Year . . .

---



"Hope  
Smiles from  
the threshold  
of the year to  
come,  
Whispering 'it  
will be happier'..."

— **Alfred Tennyson**

"For last year's words belong to last  
year's language  
And next year's words await another  
voice."

— **T.S. Eliot**,

"And now let us believe in a long year  
that is given to us, new, untouched, full  
of things that have never been, full of  
work that has never been done, full of  
tasks, claims, and demands; and let us  
see that we learn to take it without letting  
fall too much of what it has to bestow  
upon those who demand of it necessary,  
serious, and great things."

— **Rainer Maria Rilke**,

"In the New Year, never forget to thank  
to your past years because they enabled  
you to reach today! Without the stairs of  
the past, you cannot arrive at the future!"

— **Mehmet Murat ildan**

"We will open the book. Its pages are  
blank. We are going to put words on  
them ourselves. The book is called Op-  
portunity and its first chapter is New  
Year's Day."

— **Edith Lovejoy Pierce**

"I hope that in  
this year to come,  
you make mis-  
takes.

Because if you  
are making mis-  
takes, then you  
are making new  
things, trying new  
things, learning,  
living, pushing

yourself, changing yourself, changing  
your world. You're doing things you've  
never done before, and more impor-  
tantly, you're Doing Something.

So that's my wish for you, and all of us,  
and my wish for myself. Make New Mis-  
takes. Make glorious, amazing mistakes.  
Make mistakes nobody's ever made be-  
fore. Don't freeze, don't stop, don't worry  
that it isn't good enough, or it isn't per-  
fect, whatever it is: art, or love, or work  
or family or life.

Whatever it is you're scared of doing, Do  
it. Make your mistakes, next year and  
forever."

— **Neil Gaiman**

"Maybe holiday season is just not about  
wishes and celebration at all

Maybe, just maybe, it is just a reminder  
about the power of state of mind  
What else than state of mind can make  
things look beautiful when in fact they  
are ugly

What else than state of mind can make  
things look ugly when in fact they are  
beautiful

Let the New Year be the year in which  
we choose to be the masters of the mind  
and not its slave."

— **Isa Morgül**

## 245 Bus Route



*Sudbury Town Station on Wembley Match Day, printed with kind permission of Daniels Estate Agents*

On the 5th December a meeting was held with TFL officers, Navin Shah our GLA member and your local Councillors, primarily about the excessive number of buses using Northwick & Rushout Avenue. TFL suggested that one route would be moved elsewhere. At the end of the meeting the arbitrarily imposed change to the 245 bus route, where it no longer calls at Sudbury Town Station, was discussed. Apparently there is not now enough room for two buses at the 'stand', therefore, one of the routes had to go says TFL; **I know, I'm only the messenger.** It was quite obvious that the TFL officers knew of the strong views of affected residents and promised to look for a solution. Meanwhile . . . !!!!

K Perrin



If anyone has any inclination to help with running a petition, we will try to assist with implementing this—please get in touch.

Kaye

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# CALLING ALL GARDENERS

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We bring New Year Greetings to all our readers as we look forward to another happy and profitable gardening year in 2018. Even in January it is good to be drawn out of doors when the wind drops and the sun shines. The new season is already emerging. Look near the south-facing wall of your house for the first stirrings of new life – bulbs already on the move – new shoots on the roses - winter jasmine and some clematis already in flower - hellebores ready to burst into life.

Janus, the Roman deity who gives his name to this month of January, looks in both directions, to the past and to the future, so do we in planning for the new season. Armchair activity is important for gardeners at this time of year; pondering over the season past, learning from missed opportunities, while building on the successes. I have been thinking back to the bargains found at last year's plant sale. Jane tempted me to buy, at very little cost, some chrysanthemum cuttings, raised by our expert grower whose prize exhibits you saw in November's Courier. They grew into splendid plants, but were still tightly in bud at the time of the Autumn Show. However, since then they have flowered most beautifully. Taken indoors these long-lasting blooms have given much pleasure over the past weeks. Also from the plant sale came three young tomato plants that found homes in the flower border where they flourished and were well-served by the bees. The tomatoes were delicious, sweet and tangy, much tastier than the drip-fed

fruits that are to be found in the supermarket. Reading the label on the sauce bottle, I noticed that even the makers of a well-known tomato sauce are encouraging users to 'GROW YOUR OWN', offering free seeds on Facebook. Just the encouragement we

need for more of us to become involved in gardening! Again, while chatting at the plant sale, Lynn invited me to share with her a couple of boxes of bedding plants. For each of us half a box was all we had room for; to share with each other gave us variety. The petunias and cosmos that we chose have bloomed in both our gardens bringing colour late into the season. The plant sale in 2017 has served us well so I commend you to look out for this event in 2018

Your committee is busy making plans for next season, when some new ideas in the schedule will hopefully encourage more of you to join our gardening community where we all learn together, sharing ideas and expertise. We are working to widen the appeal of our three flower shows, sharing festive recipes and craft ideas with more members of our multi-ethnic community. We all enjoy food and it is fun to share ideas and experiences with people of other traditions, so hope you will all join in.

We wish a very happy new year to you all, especially in your kitchens and your gardens, your art studios and craft workshops!

Margaret Roake



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# Friends of Barham Library



## *Wishing you a peaceful New Year*

Need a New Year resolution?

How about reading a good book? Friends of Barham Library can offer you great many fantastic books both in their Community Library in Barham Park and also in their shop in Sudbury Town Station.

We also have a great collection of DVDs, CDs and Vinyl Records to sell. Just pop in and look around....

### **Alice in the Cuckoo's Nest**

At the time of writing the 4 performances at Barham Community Library are almost sold out.

We have an option for one performance in late January or early February. The dates have yet to be fixed as we need to gauge demand.

Please contact Paul Lorber if you are interested. We need to sell around 30 tickets to make an extra performance viable.

Contact for more information on any of our activities:  
[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)

Paul Lorber, Gaynor Lloyd and the rest of The Friends of Barham Library volunteers say THANK YOU for your support and wish you a Happy, Healthy & Peaceful 2018.

### **CURRENT OPENING TIMES**

Mon, Tues & Weds from 2:30 to 6p.m. and on Saturday from 12 to 5p.m.

The **Memory Lounge** for people with memory loss & their carers is on Tuesdays 11.45a.m. Social, advice, chair yoga, activities. This is a Free grant-funded activity.

The **under 5s Story telling & Rhyme** is on Tuesday at 11:30a.m. for about 1 hour. Donations of 50p per child.



The **Sewcial** group meet on Wednesday from 10:30 to 12:30 with **chair Yoga** afterwards. The group collects donations of £2 and the chair yoga is an extra £3.

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# Kids' Page



(Have you got a favourite joke or riddle? If you email it to me we'll print it on this page—see if you can make our neighbours laugh!)

[preeyaatthecourier@hotmail.com](mailto:preeyaatthecourier@hotmail.com)

## Jokes

Which flower talks the most?

Tulips, of course, because they have two lips!

What do you call security guards working outside Samsung shops?

Guardians of the Galaxy.

What is the difference between a school teacher and a train?

The teacher tells you to spit your gum out, and the train says "chew chew chew."

What did one wall say to the other wall?

I'll meet you at the correr!

## Puzzle

You are at an unmarked crossroads ... one way is the City of Lies and another way is the City of Truth.

Citizens of the City of Lies always lie.

Citizens of the City of Truth always tell the truth.

A citizen of one of those cities (you don't know which) is at the crossroads. What question could you ask to them to find the way to the City of Truth?



## Answer

You ask "In which of those two directions do you live?"

A Citizen of the City of Lies will point to the City of Truth

A Citizen of the City of Truth will also point to the City of Truth

*Did you spot the deliberate spelling mistake?*

*Answer - 'correr' should be corner.*






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# WHAT'S ON

IN AND AROUND THE ESTATE?

## DATES FOR YOUR DIARY

A free community service -  
just let the Editor know.



**SUDBURY NEIGHBOURHOOD CENTRE** - invite you to a New Year's Lunch followed by a pantomime on **Tuesday 9th January**, lunch at 12.00 noon. Cost £10 per person. Please phone Katia to book, 0208 9081220.

The Friends will be holding the first general sale of the year on **Saturday 3rd February** from 11.00am. Many good bargains to be found in clothing and linen.

**HARROW PHILHARMONIC CHOIR** - wishes everyone a very Happy New Year!

As we start a new year (2018!!) we look forward to welcoming new members to our Choir. We meet on a Monday evening at 7:45, at Victoria Hall, Sheepcote Road, Harrow. Do come along and enjoy the pleasure of singing with a friendly and successful Choir!

**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](http://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

**ARTISTS IN RESIDENCE**—Two artists will be working in the gallery, with the community, to create a new exhibition! Pop into the gallery to find out how you can join in. From **8th to 28th January** 9am-8pm Monday to Friday, 10am-5pm Saturday and Sunday at The Library at Willesden Green, 95 High Road, Willesden, London, NW10 2SF

**TREASURES OF BRENT MUSEUM AND ARCHIVES**—A display at Kingsbury Library featuring highlights from the collections of Brent Museum and Archives. Discover unearthed finds from our stores! Mon-Fri 10am-5pm, until 1st March. Kingsbury Library, 522 to 524 Kingsbury Road, Kingsbury NW9 9HE

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**10th January 2018**

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

Please mention

*The Courier*

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# 2018

## JANUARY

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## JULY

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