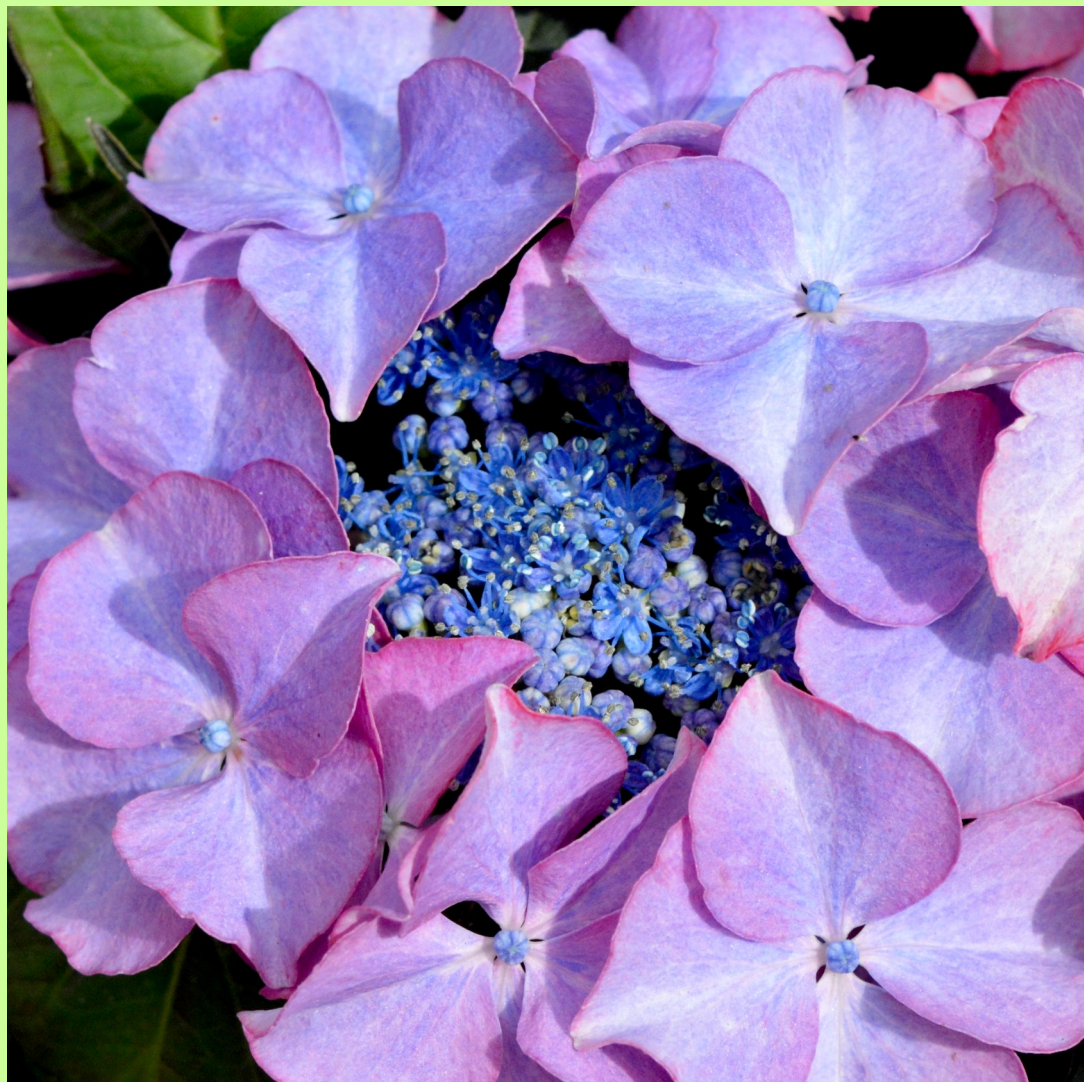


The Community Magazine for the
Sudbury Court and Pebworth Estates

July
2017

The Courier

86th
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*The official publication of the
Sudbury Court Residents' Association.*



July 2017
Number 177 (1,017)

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SCRA NEWS

Notes from the
Association Committee

Dear Neighbours,

Welcome to the July edition — some of you may be preparing for your summer holidays; with the warmer weather, please do take care to note some of the advice from the Safer Neighbourhood Team around crime prevention.

Councillor McLennan has highlighted the issue of CPZs (Controlled Parking Zone) - please do have a read (from page 6) - the SCRA committee would be interested in hearing views from residents on this subject in particular; obviously, we also want to hear your views on all matters concerning our community. Please also note the change of venue for the monthly residents surgery (page 9) if you want to take any of your concerns directly to our Councillors.

I want to put out a call to anyone who has any old photos of the estate; stories and anecdotes; please could we have copies for our website?

For those of you who were unable to attend our AGM in late April, you will find a summary report on page 22 & 24. Any questions or thoughts, please do get in touch — all email contact details, as above.

All other community news has gone to the back of my mind as I write this, due to the sad loss of Lena Jefferies. A lot of you will have known Lena — I first met her whilst walking my dogs through the estate. She stopped for a chat; she was walking Holly. I met her often whilst walking, years before I met her at SCRA committee meetings. We will certainly miss her, and our thoughts are with Tony and family.

On that note, look after you and yours, and keep a look out for your neighbours.

Until next time, *Kaye*

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

For Crimestoppers dial **0800 555 111**.

**SAFER
NEIGHBOURHOODS**
LOCAL POLICE, LOCAL KNOWLEDGE

Dear Residents,

As summer is now upon us there will be the tendency to have your windows open and enjoy the summer sun in a variety of ways. However, we would urge you to be cautious when leaving windows or doors open – in the summer there is an increased rate of walk-in burglary where burglars climb in open windows or walk in open doors. Burglars have been known to climb in through first floor windows, even during the night when people are inside. Consider window restrictors or locks so that the windows only open a certain amount – not wide enough to let someone in. Likewise, if there is a window open someone can reach in and open another window please consider this. See more under Burglary Crime Prevention.

Noise can also be an issue as residents tend to have open air parties and barbeques. Please be considerate to your neighbours, it is a common misconception that you are allowed to play music up till 11pm – this is incorrect the law states that regarding noise you need to be considerate at all times, with no disturbance caused. Please check out the Brent Council Website for full information and guidance re: noise. The council are the investigating body to do with noise complaints and, though sometimes the Police Neighbourhood Team can become involved and can provide evidence to the council, in the first instance the council should be informed.

Smoke nuisance is also a common complaint during the summer - you should not cause a smoke nuisance – in short, burn smoky materials that blow into your neighbour's property/garden. The full guidelines with regard to smoke nuisance and the burning of materials in Brent can be found on the Brent Website.

Continued Appeals:

- Your team has concerns and have stopped individuals in vans roving around the estate, looking into people's driveways, who state that they are collecting scrap, canvassing for building works/roofing/driveways - we are concerned that these people might be up to no good. We request that residents keep a watch out for any such vehicles, and report sightings to the police with, if possible, a description of the vehicle & registration number.

- The team has continued to conduct patrols in the area to catch the bogus callers/builders who have been targeting elderly people. Be on the look out for your elderly neighbours and call police should you have any suspicions on the genuineness of any cold callers to your address/ your neighbours.

Drug Issues:

Police are aware of a number of locations on the ward where youths congregate and smoke drugs – namely cannabis. There is associated anti-social behaviour (ASB) intimidation of the public, urination, littering, noise, and driving issues.

LAWRENCE J MAGNIER

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Drug dependency leads to crime in that some persons who take drugs commit crime to finance their drug habit.

Additionally, anyone who is found driving a vehicle where the driver is suspected as having taken drugs may be required to provide a roadside sample which will indicate if drugs are in their system. Therefore, you should not drive a vehicle under the influence of cannabis, you are a risk to road users and it is entirely likely that if you do you will be arrested. Any drug whether it be a controlled drug (narcotic) or a legal drug may render your driving impaired. If you are on medication then please be cautious and do not drive if you are impaired; if you do you pose a risk to the public and may be arrested.

Littering issues:

Following on from drug/drink issues, is the big problem with litter and fly-tipping – especially EAST LANE, PEEL ROAD and BYRON ROAD. Also, the alleyway leading from East Court to Byron Road. ANYONE FOUND FLY TIPPING WILL BE PROSECUTED!!

People should have some pride in their locality and report any issues that affect the appearance to the council – abandoned cars, littering and fly-tipping. Your team takes a zero tolerance approach: any fly-tippers/litter bugs will be prosecuted.

Residents are reminded that putting WASTE ITEMS on the pavement outside their address is also not allowed – it is fly-tipping, and there may be additional offences such as obstruction of the pavement.

If you want an item to be recycled, leave it in your drive in a visible position with a note "Please Take," or take it to a charity shop.

Landlords are reminded to ensure that their tenants dispose of waste in the correct manner.

Abandoned Vehicles:

Residents have reported a number of abandoned vehicles to the police neighbourhood team, we can liaise with the council/DVLA in an effort to get the vehicles removed. If you have information on an abandoned vehicle or a vehicle in the neighbourhood that you don't believe is your neighbour's then please let us know.

Overview of offences from 9th of May to 9th June:

3 Residential Burglaries: Northwick Avenue (14/5 1700hrs – 15/5 1645hrs – front living room window forced), Abbotts Drive (18/5 0030hrs – 0035hrs, rear ground floor patio door forced, alarm activated, suspects left without taking anything), Holt Road (31/5 0630 – 06/6 1115hrs, landing window smashed, jewellery stolen)

3 Theft from motor vehicle: Elms Lane (27/5 0600hrs, cash stolen), The Fairway 26/5 – 30/5 – items stolen from vehicle, window forced down), Pasture Close (7/6 0900 – 1300hrs)

Your team would welcome any information on anti social behaviour or criminal offences that are occurring in the area - please contact us.

please feel free to contact us

0208 721 29 69

NorthwickPark.snt@met.police.uk

Useful numbers:

Dial 999 in the case of an emergency, where a crime is in progress or where life is in danger.

non-emergencies, ring 101

To give information anonymously call Crimestoppers on 0800 555 111

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.

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



Councillor's Comments

Cllr Margaret McLennan - Northwick Park Ward

Email: cldr.margaret.mclennan@brent.gov.uk

Greetings to all and good to speak to you outside of the recent election, and thank you for going out to vote as Northwick had one of the highest voter participation numbers, so well done to you. During the election period the business of the Council has not ceased and there are two potential funds that groups can now source to use for projects that will benefit the community.

Brent Love Where You Live (LWYL) and Neighbourhood CIL (NCIL)

This small grant opportunity arose, and was inspired by, residents who wanted to put the pride back in their neighbourhoods.

'Love where you Live' provides funding for projects that aim to foster a sense of belonging amongst all communities, where diversity is celebrated and valued and opportunities are available for all. It's about strengthening the skills, abilities and confidence of local people and empowering residents to come together to respond to local concerns and take action to develop stronger communities.

Grants are available for all residents, community groups, non-for-profit voluntary groups and schools who have an idea to improve the environment, tackle social isolation or help to build better community relations. Applicants must be over the age of 16, living in Brent, and able to demonstrate support from their neighbours for their proposed project. It is aimed principally at those who do not usually bid for funding from the Council, but all bids welcome.

Each applicant can apply for a grant of up to £500 for their chosen project. Applications can be submitted at any time during the year, and are limited to one submission per year, in order to allow support for a wide range of projects across the borough.

The Application Form and guidance notes are on the Brent Council website and you can contact:

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Neighbourhood CiL

The CiL funding is now available for groups to bid for specific projects and in Wembley, where Northwick is housed, there is £1.6 million available to utilise on our Town Centres, High Streets, Transport and Roads. Hopefully the SCRA will take this forward.

Controlled Parking Zones (CPZ's)

I have been championing the drawing of CPZ's in our ward as we have reached the point where, without transport control or regulation, patterns of inappropriate or illegal parking will increase in a ward that has direct access to three underground station in Zone 4 and little or no restrictions from parking directly outside the stations either legally, or illegally.

The introduction of a CPZ regulates who can park on the street as a residency eligibility criterion has to be met to obtain a permit for each household. I have heard that some believe the starting price for a permit is £1,000, but I can assure it is as low as £25 per year for a low emissions passenger

vehicle, up to £228 for the highest emissions passenger vehicles. For further information, please go the Brent website:

<https://www.brent.gov.uk/services-for-residents/parking/parking-permits/parking-charges/>

This gives you an idea of potential charges but once a CPZ is implemented, it is enforced with regularity by the mobile parking team. One for all Northwick residents to consider as a future option and consultation is still on-going on this aspect of our Parking Strategy. Again, check Brent's website for further details.

Air Quality

This is an area close to my heart and one that I know many of you have expressed concerns, with Keith actually using a device that measures particulates. The London Mayor has set in train his strategy on improving our air Quality and Brent is putting together its own specific strategy based on

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National, London and Local priorities. Putting on my NHS hat at the moment, Brent has some of the highest prevalence of Asthma, COPD and TB in the country and I personally always feel the reduced quality of air at the end of each day, so for our future generations, we need to really start looking at how we can reduce our particulates.

Considerations already discussed at a national level are:

- i) Restrictions on Diesel cars in high pollution affected areas.
- ii) Tax on Diesel Cars
- iii) Withdrawal of Road Traffic/Calming Restrictions (Speed Bumps)
- iv) Removal of games areas in parks away

from the main road edge

This is an area that is quite rapidly picking up local interest and hopefully we can discuss once the AQ strategy is published, but difficult decisions will need to be made.

Residents surgery

Margaret, Keith and Joshua are moving our surgery address after 7 years at Vale Farm; we are moving further into the Estate as of 1st July. — see opposite

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Councillor and surgery details Northwick Park ward



**Cllr Margaret
McLennan**



**Cllr Joshua
Mitchell Murray**



Cllr Keith Perrin

www.brent.gov.uk

If you have any enquiries about council issues, contact one of your local councillors.

All councillors may be contacted by email or telephone at any reasonable time to discuss matters or arrange a meeting. Twitter accounts are the councillors' own, Brent Council does not endorse their content.

Cllr Margaret McLennan

Flat 6, Buxton Mansions
74 Chapter Road
London NW2 5LL

☎ 020 8830 0850
☎ 07949 398 193
✉ cll.margaret.mclennan@brent.gov.uk

Cllr Joshua Mitchell Murray

c/o Labour Group Office
Brent Civic Centre
Engineers Way
Wembley HA9 0FJ

☎ 07721 233 053
✉ cll.joshua.murray@brent.gov.uk

Cllr Keith Perrin

16 Pebworth Road
North Wembley HA1 3UD

☎ 07711 561 848
✉ cll.keith.perrin@brent.gov.uk
✉ @perrinsfarm

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St Cuthbert's Church
214 Carlton Avenue West
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There will be no surgeries in January and August

YOUR LETTERS

JOIN THE DEBATE



Dear Editor,

It is with some sadness that Pauline and I are leaving the estate after some 34 years. It has been a great place to live, but being both retired we do not need to live in the London area. So, what has changed:-

A. Parking has become more of a challenge with daily commuters taking up a lot of the spaces outside our houses. Yes, I know it is a public highway, but I do not believe the answer is for Residents to put bollards in front of their properties.

B. Over-development. I will not say too much here as we have sold to a developer. Over the years we have seen enormous extensions put up, disappearing front gardens, which in my view Brent Council have done little or nothing to curtail.

C. Crime is a concern. We have both worked in the Courts for 30+ yrs and this is

something we know about. We were unfortunately burgled in 2014 and, although the initial Police response was speedy and supportive, we were shocked to receive an email a few hours later saying "no further action". Whilst, in the great scheme of things, there are higher priorities for our Police, we still think it unacceptable that no apparent effort was made to track down the culprits. Saying that, how can the Police continue to provide a service with their numbers being continually cut?

We have had some great neighbours over the years. Thank you for your friendship and support.

We wish all who live on the Sudbury Court Estate the best for the future.

*Sean and Pauline O'Brien formally of
Pebworth Road*

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thoughts which many residents are concerned about; we discuss them often at the SCRA meetings.

I'm sure all readers will join me in wishing you well in your new home.

Dear Editor

SAVE OUR OPEN SPACE

I attended the SCRA AGM and listened with interest to the presentation from Brent Council Officers about the Open Public Estate in relation to the Northwick Park Open Space, the Hospital, the University and Network Housing Association housing.

In response to my Freedom Information request I received internal Council papers which talk of 'Pods' of temporary housing being considered over the available car parks in the area. Apparently single storey units could generate 500 temporary housing units and 2 storey blocks would provide 1,000 units.

While the officers talked of some railings and pathways they made no mention at all of up to 1,000 temporary housing units and which car parks would be used – would the car parks near the Northwick Park Pavilion within the Open Space be used for this?

The question about new roads through the

whole site were also not answered.

We were told that the Open Public Estate project was a partnership. The only thing that Brent seems to be able to contribute to this is of course the Pavilion and the Open Space around it.

From my experience on the Council the policy has always been to safeguard Public Open Space at all cost. Up to now the Council has been very secretive in what they are up to.

I believe that the message from the local residents at the SCRA AGM was very clear – we want our Open Space protected.

Since no clear answers were given by Brent Council Officers at the meeting SCRA has no choice but to now challenge the

Brent Council Chief Executive and/or the Leader of Brent Council to confirm in clear terms that Northwick Park Playing Fields (and Vale Farm Sports Centre and Open Space) will NOT be built on and will be protected as Sports Fields and Open Space for local people to enjoy.

Yours faithfully

Paul Lorber Stapenhill Road

Thank you, Paul. We share your concerns, and will update in The Courier—keep reading



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

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The Memory Cafe

Support for those experiencing memory problems



As part of my research I have been reacquainting myself with an amazing man and an amazing community. Jean Vanier set up L'Arche. I recommend you look it up on the internet. This is a community where those with disabilities live alongside able-bodied people. It is a powerful testament to love.

Vanier tells the following story:

"The wife of a friend who was a wealthy, prosperous business man, developed Alzheimers disease. He decided not to put her in an institution but to care for her at home. He feeds her, gives her a bath and looks after all her everyday needs. Not long ago he confided to me: 'I am becoming more human.' His heart has been awoken. His grandson told a friend of mine: 'Yes, my grandfather has changed totally. He used to be so rigid and difficult. We always had to watch how we behaved at meals. Now, during the meals,

his wife says all kinds of funny things that don't make much sense. And Grandpa is so gentle and kind with her and with us all."

Another story comes from Carol Sifton Bowlby of Canada:

"We can choose to lament, to be lost and lonely, or we can choose to seek out the joy in what we do and let it renew our resolve. Sometimes joy finds us. It may take the form of a fleeting look of recognition and warm embrace from the loved one with dementia. It may take the form of shared laughter from a silly mistake, shared words from a familiar prayer, or shared lyrics from an old song sung just off key. Sometimes joy is present but we are too busy to recognize it."

These two stories resonate with us at Memory Café. Please come and join us as a guest or volunteer. Everyone is welcome - memory problems or not.

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We have worked very hard on the grounds here at the church. If you haven't been for a while you will notice lovely lawns, plants and flowers and the place looks lovely. Much of that is down to our amazing volunteers David Loder and Margaret Roake.

Each Sunday they supervise a team of community payback people who work very hard and lovingly on the church. We simply couldn't do without them and we have made many friends. Yesterday I was out in the gardens watching the bees hard at work and listening to the birds. God's creation is simply fantastic. I have been very touched by the dedication of all involved with the payback team. Once every month we welcome them into church on a Sunday for a lovely breakfast. Since I've been here it has been one of my missions to honour all those who serve

here. I am keenly aware that without people helping out, then things wouldn't work at all. The key is to cherish people and be grateful to them. After all, it is always easy to do nothing, or to moan about all that needs doing. I love the character Captain Jean Luc Picard in Star Trek Next Generation. His motto is - Make it So!



I am aware that many of you may never have set foot inside our lovely church. Some may have come years ago, but no longer attend. I'd like to offer a warm welcome if you want to come and see us, or come back to church. You will find a lovely traditional service at 9.30am, with hymns and a Communion. And at 11am we are a bit more informal.

The community here is truly welcoming. Why not come on an adventure with us?
Steve

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Help! I can't sleep - part I

Some of my patients at the Harrow Health Care Centre tell me they have been reading my articles in the Courier. We have been talking about sleep hygiene, that's not just washing your face before going to bed, but all the things you do to prepare your brain to ease into a good night's sleep; they all know how I feel about screens and electronic devices. Insomniacs are often asked to complete sleep diaries but, on the whole, I find that unhelpful as it can turn it into a task which aggravates the problem. I have just bought a Fitbit for someone close to me which measures sleep patterns and the length of time in REM sleep. Most people I know who have used Fitbit tell me they are surprised to find that they are actually having much more sleep than they had realised, which is reassuring in itself. One of the major problems patients have is anxiety around being able to sleep; going to bed worrying that you are not going to sleep can be a self-fulfilling prophecy and some of the medications we prescribe work more by reducing

anxiety than inducing sleep.

Although I am a GP (we not only write prescriptions or tell you it is a virus), I will always explore alternative approaches before reaching for my pen. Complementary therapies such as acupuncture, hypnotherapy, relaxation therapies and reflexology are definitely worth exploring. Some individuals are wonderful subjects for hypnotherapy and can be taught techniques of self-hypnosis which will help them fall asleep. A hotel I stayed in recently provided a sleep pack which contained a pillow spray and aromatherapy roll-on which I personally found really helpful. I'm asleep very quickly but sometimes wake in the night and found the spray on my pillow and roll-on, of what to me smells like eucalyptus (good to unblock the nose) helped me get back to sleep quite quickly. Relaxation therapies can be really good too. Exercises like clenching muscle groups from the top of your head down to the bottom of your toes focuses your brain on the exercise and can leave you feeling much more relaxed.

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Visualisation techniques can be wonderful. I try to find out what patients love to do best: do they have a beautiful garden; do they have lovely pictures they like to look at or photos of the family; or can they remember particularly happy outings. A geeky teenager I saw last week told me his favourite thing was computer programming, and we agreed that a helpful way to relax him was to visualise the programming sequences that had given him such pleasure.

One of my colleagues here, Dr Ian Chait, practises acupuncture and this is also recognised as helping people with sleep problems. Cognitive Behavioural Therapy (CBT) is offered for many individuals with mental health difficulties. It is a talking therapy aimed at helping you avoid thoughts and behaviours which will affect your sleep and there are many self-help CBT books and online programmes available.

Look out for the pills and potions next month!

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In September 1997 I bought the property and spent the best part of a year and more money than I imagined on fitting out the centre exactly as I wanted it.

I remember it as a very exciting time and was lucky enough to already have a customer base of around 100 people from building up the practice in my old front room.

One client who came to see me in our 'old' place told me that he was born in that room some five decades before. It turned out that it was his mother who my wife and I had bought the property from.

Over those 20 years we've been lucky enough to have built the practice up to the point where we look after

several thousand people from the Brent and Harrow community.

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Building a great reputation for looking after people's feet and ankles is something we're all very proud of here at the centre.

There's been plenty of challenges over the years but we're delighted to be celebrating this milestone and would like to say thank you to all our clients past and present.

We've got some special celebrations planned for later this year, including recently being shortlisted to the FSB London Business of the Year in two categories. We'll give you more details of these over the next few articles.

Thanks for reading,

Firoz

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SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



Preying Magpies



When asked, over the years, whether magpies were birds of prey, I have always said 'no', believing them to be just carrion meat eaters and scavengers.

This year, however, I have had two separate reports within ten days of each other describing their activities as killers. In both cases, two magpies acted together to attack fledgling birds. In one case, the victim was a feral pigeon; the other was a parakeet. Both surprisingly big birds to be taken as prey.

Both incidents quite distressing to those who saw it happen.

And something new that has been learned.

Bees in the Birdbox!

You may remember that I told you about a great tit who had tried to take over a blue tit's nesting box, but he was chased off by the blue tits. Regrettably, the blue tits abandoned the nest box a few weeks later.

Subsequently, I watched the great tit return to the nest box. As it confidently flew in to claim the nest, several large resident bees flew out!

Foiled again! The great tit flew off and hasn't returned!

Swifts' return

The cold early days of May delayed the swifts' return and that, coupled with the need to submit my copy to the editor by the 10th of the month, rather messed up our little competition. As soon as I had sent my copy in, readers started seeing them! Bah!

Francis had heard and seen just one swift before the 10th, (which I told you about last month.) On the 10th Naina saw several, as did Francis once again. Pat followed up with a sighting on the 14th. I'm still hoping to see one before they go back home!

Both Pat and Francis were very concerned about how few swifts there are this year. Indeed, there seems to be fewer of them year on year returning to breed. (*Cue for Rod to get depressed again about declining bird numbers!*)

Recent sightings

Pat reported seeing a pair of collared doves during May, and commented that she has only seen this one pair so far this year. These lovely birds have always been scarce for us on the Pebworth side of the estate and I have always envied the frequency of sightings from the Sudbury Court side. I hope that they are not another species in decline.

Francis v The Rest

Well, it's neck and neck (*beak and beak?*) at today's date, 10th June. Both Francis and The Rest of us have seen 31 species each, although not exactly the same mix. For example, Francis has seen fieldfares and siskins which we haven't. But we have seen herring gulls and, recently, collared doves, which he hasn't.

Come on folks! Francis has only one pair of eyes for this challenge. We have hundreds! Keep on looking!

We'll do another update in a few months' time. Meanwhile, if anyone would like to see our lists so far, I will be pleased to email them to you.

Rod Lake



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Local Residents



Lena Jefferies

23-08-1938 to 03-06-2017

Lena was the 3rd eldest in a family of 7. She was born in Belhelvie, a small village in Aberdeenshire on 23rd August 1938. Her birthday has always been celebrated on the 20th August because her Dad had had a wee dram at the time of registering her birth!

She went to school in Ellon, until she was 12 then the family moved to Letham, Forfar. During this time Lena would look after her younger siblings whilst her parents were out early, working on the farms. Her dad was a farm hand and the family lived a fairly nomadic existence moving from farm to farm in order for her dad to earn an extra shilling a week to help feed 7 mouths.

Lena left school when she was 14 and started her working life in Woolworths in Forfar, she then left to work in the local jute factory in Kirriemuir, until she had her chance to join the police in Guildford, Surrey as a constable.

She left the police force to join Marks & Spencer where she spent many happy years working in store security in Oxford Street. She was never short of an interesting tale to tell of how she apprehended the latest villain when they decided to chance their luck in 'Lena's store'!! When she retired from M&S she became an outdoor clerk to a barristers, which required her to attend many of the courts in London. Lena enjoyed this work immensely which took her well into her retirement years.

During this time, Lena and her husband (of 47 years) Tony often spent their summer holidays driving to the South of France and Spain. In the winter they would frequently go skiing until Lena broke her leg. Though this did lead to a funny experience on the flight home. A male flight attendant said that it

was the first time he had his hands on a ladies bottom as he got Lena into her seat and this called for champagne, which Lena enjoyed.



Lena always had a love of animals, she fed a stray cat which soon became part of the family, called Pebbles, and for 8 years walked a neighbour's dog called Holly. While walking the dog Lena would talk to many residents and listen to the complaints about the neighbourhood: dumped rubbish, broken pavements, holes in the road. Lena would then report these to the council. Her

ongoing commitment was to improve the neighbourhood and make Sudbury a better place to live. Lena was a member of the Sudbury Court Residents Association and was well thought of by the community.

Gardening was one of Lena's many passions. This was obvious for anyone to see when walking past her front garden for which many compliments were received. She won several prizes from Brent Council Parks Department. Some of these were presented by the Mayor of Brent

Collecting money for charities was another passion of Lena's. Every year Lena held a garden party to raise money for local charities including Macmillan cancer support. She raised thousands of pounds over the years. Macmillan is the charity that has been chosen for anyone who would like to make a donation in Lena's name.

Lena also took up the art of painting in a local art club, and enjoyed visiting many locations especially gardens to paint the landscapes.

Lena will be remembered as being a happy bubbly person who enjoyed life to the full and will be very sadly missed by all who knew her, particularly her dearly loving family. She was a unique and remarkable lady.

AGM—Summary Report

Welcome: The meeting began at 7.30pm. Members and guests were welcomed by resident Steve Werren.

One Public Estate: Brent Council Officers confirmed that Brent Council, in partnership with the University of Westminster, London North West Healthcare NHS Trust (Northwick Park Hospital) and Network Homes Ltd, has won funding to deliver an ambitious property-focused programme at Northwick Park, which is described as a “landmark development” as part of the Government’s OPE initiative.

The exact location and scope of the project remains unclear, despite questions asked by residents to ascertain the specific whereabouts of the site and the size of the development. The Council stated that no plans have yet been made for the Northwick Park Pavilion; however, the Pavilion is part of the project.

The majority of the answers provided by the Council to probing questions asked by residents were considered vague and unsatisfactory, especially with regards to whether there would be a public consultation, whether traffic would increase as a result of the project (too early to tell) and whether Metropolitan Open Land was going to be built on.

Byron Court Expansion: The contract with Morgan Sindall has been terminated by Brent Council, and a new contractor – Graham Consulting – has been appointed. The proposed start date for the works is the end of July 2017, with completion expected at the end of September 2018.

Nathans Road will be used for building access; for safety purposes, temporary parking restrictions will be put in place. No consideration seems to have been given by the Council to the traffic chaos that would be created when Nathans and surrounding roads were heavily parked and residents’ vehicles were travelling in the opposite direction to the construction traffic!

Elections: Sophie Seifalian and Arlene Howard were thanked for their many years of service to the SCRA.

Officers

Kaye James stood down as Chair. No nominees.

Sanjay Patel stood down as Vice Chair. No nominees.

Pareet Shah will continue as Treasurer.

Noura Abdul-Cader will continue as Secretary.

Executive Committee Members

The current committee members (Sukaram Chopra, Beverley Persaud, Paul Davis, Dolores Davis, Keith Barker, Vanessa Barker and Frank Manches) were all re-elected.

Narinder Bhajwa and Hardip Singh were proposed and seconded as new committee members.

Other

Paul Lorber was proposed and seconded as Honorary Auditor.

Chris and Aileen Bommer will continue in their joint role as Membership Secretary.

Barry Gardiner, MP: Barry Gardiner made a brief presentation.

As part of the North West London NHS Sustainability and Transformation Plans, Brent Council has announced that it plans to close its adult day care centres and will follow a model of outsourcing adult care to external providers.

Safer Neighbourhoods Team: PCSO Charlie Charalambous provided a brief update, confirming that while there have been a couple of aggravated burglaries and an increase in vehicle crime recently, crime figures are generally quite low at the moment. A new Police Sergeant – Jimmy O’Sullivan – has recently joined the team, as has a new probation officer – Kat Young. Police Sergeant Bernard Cryan has left.

Accounts: Paul Lorber presented the SCRA accounts for the financial years 2015 and 2016. An issue has been flagged, pertaining to past profits made by The Courier account; the Executive Committee believes that a chunk of income belonging to the SCRA was withdrawn, and it is up to the SCRA members to suggest what follow-up action they would like the Executive Committee to take.

(cont'd page 24)



CALLING ALL GARDENERS

**Sudbury Court
Horticultural Society**

Your local gardening club

We have had a wild and windy start to June this year. Returning home after a couple of days away we found hollyhocks blown over with just their tips reaching for the sky. Tying them up I fear they will have permanent kinks in their usually straight stems.

At the end of a stormy week of wind and rain that has played havoc with our gardens our Early Summer Show fell on 10th June this year. This is usually the time to celebrate roses, but as I mentioned last month, the roses have come early this year and in many of our gardens the storms have just about finished off their first flowering.

I say this, but the show came up with some surprises. Quality roses were there to be seen, but only a few growers were able to show blooms unaffected by the weather. However, on the way home, I noticed the front garden of a house in Abbots Drive with a most wonderful display of roses, some climbing over the porch with others free standing in the garden. We are fortunate that this queen of flowers flourishes in our gardens, every year giving a wonderful display of colour and scent, and the chance to bring these flowers indoors to be enjoyed.

It was good to see so many strawberries on display. Most of them were eaten at the end of the show! Some beautiful house plants and outdoor pot plants were also much

appreciated. Flower arranging is always a popular challenge: we saw a number of delicate interpretations of the summery themes set for this show and we all learn so much from viewing each other's efforts. Several fine vases of garden flowers showed the variety of plants blooming in June.

Chefs had been busy to produce many edible treats; some excellent chocolate cakes pleased our very discerning judge.

Our flower shows are always happy, social events with many people coming to view the exhibits, learn from the judge's comments

and get together with friends and neighbours over a cup of tea. However, the effort of putting on these shows falls increasingly on a few people and we would dearly love to have more of you come and join in.

Try to make it to the Autumn Show on Saturday 16th September.

The rain, though, has been kind to those newly-planted bedding plants which will soon be filling our gardens with colour. When the sun shines its warmth, together with long hours of daylight, it encourages everything to grow. Those weeds need a regular check of course, but this is the time to relish your garden – perhaps to plan a party or a barbecue, to relax with a good book in your garden chair and enjoy the summer out of doors whenever the chance comes along.

Margaret Roake



AGM—Summary Report

(cont'd from page 22)

The general financial position of the SCRA is healthy; ward funds and donations made by residents were spent appropriately and for their intended purposes.

Misc:

The National Federation of Parks and Green Spaces has recently set up a Brent North Residents' Association run under the Chairmanship of Dave Morris – it is free to join, and all residents' associations in the area are welcome to be represented. No over-arching constitution will be enforced – this is about pooling resources, sharing expertise and creating a forum where residents can come together to protect their parks and green spaces.

Councillor Keith Perrin announced the good news that Harrow School's proposal to divert two ancient local footpaths has not been given approval.

Thanks:

To Reverend Steve for the use of the Church for the AGM; to Committee members Beverley and Sukaram for providing refreshments; and to the Secretary for taking minutes. And finally, thanks to the members who attended

Close: Guests and members were thanked for their attendance.

The AGM closed at 10pm.

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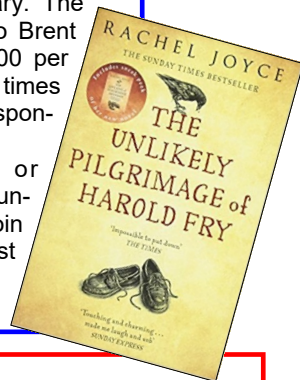


SPONSORED RUN



Paul Lorber has started to train for his annual sponsored run in aid of the Community Library. The Library pays an annual rent of £8,500 to Brent Council; we need to raise around £1,200 per month to pay all its costs. Paul will run 5 times around the Park (around 5km). Please sponsor him—every little helps:

barhamlibrary@hotmail.co.uk or 07917094239. Other walkers and runners are more than welcome to join the sponsored event in late August or early September, date to be confirmed.



PICNIC IN BARHAM PARK

Friends of Barham Library are encouraging local people to make the most of beautiful Barham Park by having a picnic in the Park with friends and neighbours on **Sunday 9 July 2017**.

There will also be an opportunity to pop into the Library for free refreshments and to have a look around.

NEW ACTIVITIES

Under 5s Story & Rhyme sessions are being held on Tuesdays between 10:30 and 11:30a.m.

A **Book Club** is starting on Monday 10 July at 3p.m. and then monthly. The 1st book is "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce: a free copy can be collected from Paul Lorber at The Library, 660 Harrow Road Wembley HA0 2HB. For info, contact Paul barhamlibrary@hotmail.co.uk

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

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Kids' Page



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Jokes

Why are fish so smart?

Because they live in schools!

What is the biggest kind of ant?

An elephANT!

What gets wetter the more it dries?

A towel!

Knock, knock

Who's there?

Pizza.

Pizza who?

Pizza really great guy!

Who absolutely loves cocoa?

A coconut, of course!

Why did the burglar take

a bath?

Because he wanted to make a clean get-away!

Knock, knock

Who's there?

Little old lady.

Little old lady who?

Hey, I didn't know you could yodel!

What do you call a baby insect?

A baby buggy!

Knock, knock

Who's there?

Lettuce.

Lettuce who?

Lettuce in, it's freezing out here!

What kind of beans don't grow in the garden?

Jelly beans!

Riddle

What am I?

I twinkle.

There are millions of me.

I will light your way.

I come out at night.

I hide in the city.

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Halifax Bank will be sponsoring a tea party on **TUESDAY 18th JULY**, 1.30-3.30pm. Cost £7, music, entertainment and tea at the Centre, 809 Harrow Road, behind the Methodist Church.

HARROW PHILHARMONIC CHOIR—If you are looking for a friendly and successful Choir to join, then look no further! We meet for rehearsals on Monday evenings (7:45 - 9:45pm) at Victoria Hall, Sheepcote Road, Harrow HA1 2JE.

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

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

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

South Kenton & Preston Park Residents Association (SKPPRA)
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