

The Community Magazine for the  
Sudbury Court and Pebworth Estates

November  
2017

*The Courier*

86th  
Year



*Join us for a weekend of  
planting Spring bulbs across the  
Estate – November 18/19th  
(see page 3)*

# 25Years

1992-2017

**daniels**  
danielsestateagents.co.uk

## We just sold the most expensive house in Sudbury Court Estate EVER!

To celebrate we are officially continuing our 25th  
Anniversary offer of 25% off standard fees for Sales &  
Lettings until the end of the year for new instructions.

**Sales 020 8904 4888**

**Lettings 020 8452 7999**



Wembley | Sudbury | Neasden | Kensal Rise | Willesden Green



**November 2017**  
**Number 181 (1,021)**

**Chair:** Kaye James, (Interim) [chair@the-scra.co.uk](mailto:chair@the-scra.co.uk)

**Vice-Chair:**

**Treasurer:** Pareet Shah, [treasurer@the-scra.co.uk](mailto:treasurer@the-scra.co.uk)

**Secretary:** Noura Abdul-Cader, [secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk)

**Courier Editor:** [editor@the-scra.co.uk](mailto:editor@the-scra.co.uk)

**Courier Advertising:** [advertising@the-scra.co.uk](mailto:advertising@the-scra.co.uk)

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

---

Dear Neighbours,

I caught this sky (front cover) last November, looking out towards Harrow, from The Pimple. If you took any tips from last month's Hobby Lobby, and you've been out and about taking pictures, especially locally, please do submit them to us for inclusion in our magazine.

At our last committee meeting, we discussed **planting spring bulbs** across the estate, with the help of residents—we didn't fix a date, so I've decided to name the weekend of the **18/19th!** The brilliant thing about this activity is that it will only take you, maybe an hour at the very most. If you're interested, please get in touch by email ASAP, so that we know how many of you are going to take part—and maybe we can also meet for a cup of tea after our planting. (The only way the tea part will happen, is if someone volunteers to help organise it!!) So, come on, get in touch—everyone can join in! Children, especially, love to see things they've planted 'spring' to life. We have other future plans, if we can get funding, to replace benches and trees. If there's an area that you would like to see tidied up, let us know.

Please see page 4-6 for some timely reminders from the **Safer Neighbourhood Team** about fireworks, and the possibility of an increase in criminal activity as the days are getting shorter.

We've introduced a new feature for you if you have children/young people in secondary education. We all know how important it is for everyone to achieve good grades, especially in **English**, so we asked local resident and teacher Dee Sehgal to give us some top tips for revision—she also has a blog site with other tips, so please do check it out. (page 9)

Councillor Perrin and I have been attending weekly meetings with the construction company, undertaking the **Byron Court School** expansion works, together with Brent's appointed project manager. Some progress has been made, in terms of commitments to safer and more considerate practices of, in particular, the construction traffic—please see page 11 for a report from Keith Barker (SCRA Committee) on the residents meeting that was held on October 11th. If you were unable to make the meeting, but have some questions, or you would like to report any incidents of damage or illegal parking of construction traffic (or anyone else for that matter!) please do let us know, and if you can, take a picture—especially of the number plate. We are very keen to hold the contractors to account, but can't if we don't know about it. Help us to help you.

And finally, we sadly lost one of our 250 year old Oak trees a few weeks ago—having included some do's and don'ts for tree work last month, we have followed this up (page 20-21) with some more information. PLEASE—it is really important that trees are treated professionally and considerately, and where possible we should be creative about saving them—they form such an important part of our landscape and environment and are so beneficial in combating the effects of air pollution. They are good for us!

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

In an emergency dial **999**.

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

For Crimestoppers dial **0800 555 111**.



## Dear Residents,

You will see from the residential burglary figures (see below) that the past month (up to 11/10/17) has been good in that there have been only three attempted burglaries and one historic residential burglary. But Winter is almost upon us, and in previous years Northwick Park ward area has suffered considerably – we remind residents to be vigilant and report any suspicious sightings; to look at crime prevention measures, and assess your house in terms of what security measures you adopt and what you can do to improve your home security.

The two late-night attempted burglaries in September, in Bengeworth Road and Pebworth Road, led us immediately to conduct a number of late-night plain clothes patrols in unmarked cars. We believe that both attempted burglaries were in an effort to steal the cars in the addresses. I know it is 'old school' but if you have a car, a steering lock is still advisable even if you have a top of the range new car.

Whilst conducting these plain clothes patrols, officers had a number of different sightings of stolen scooters in Northwick Park. Unfortunately, in two of the instances where stolen scooters were sighted, it was not possible to catch the riders. The third wasn't so lucky, and on the 14/09/17 a youth riding a stolen scooter was arrested after decamping the scooter, and was arrested with a quantity of drugs in his possession – he was subsequently charged with a number of offences.

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. Do try to record them: sometimes the clothing might be known to the police and might lead to the offenders' apprehension.

As you will also see from the crime figures

below, a significant number of scooters and mopeds get stolen. They are a very convenient way to get to work, so if you are considering getting one, please use a substantial lock, and try to lock your scooter to an immovable object. There is an amount of crime prevention material specifically for scooters/peds on the Metropolitan police website – please have a look at it.

## FIREWORKS:

The firework time of year is here again. We get a lot of complaints in relation to fireworks. If, like me, you are a dog owner you probably wish the things were banned altogether. The sort of complaints we get is the persistent setting off of fireworks, and the fireworks going into another address or across the road.

**If you are setting off fireworks, be careful. They must not go into a neighbouring property or across the highway – there are offences for which you can be prosecuted, so be careful.** They are very dangerous devices and children are frequently hurt by them.

The law says you must not set off or throw fireworks (including sparklers) in the street or other public places.

**You must not set off fireworks between 11pm and 7am, except for:**

Bonfire Night, when the cut off is midnight  
New Year's Eve, Diwali and Chinese New Year, when the cut off is 1am

Check with the council to find out about any local rules for setting off fireworks.

Buying fireworks:

You can only buy fireworks (including sparklers) from registered sellers for private use on these dates:

15 October to 10 November

26 to 31 December

3 days before Diwali and Chinese New Year

At other times you can only buy fireworks from licensed shops.



It is an offence to **Throw/set off fireworks into any highway, street or public place.** It is an offence to **Discharge fireworks/light fire within 50ft of the centre of a highway.**

### **CONTRACTING BUILDERS:**

I attended an address on Norval Road and several addresses in Carlton Avenue West following complaints made in relation to contracted driveway builders – it was the same builder in all instances. In some cases, the residents were not cold-called by these builders but had seen them working at nearby addresses. All four residents were extremely dissatisfied by the standard of work, the price, and mess left at their property. One resident had significant damage to their porch.

Before you contract any builder, check thoroughly their credentials, ask for their full name, if they are a limited company, check with Companies House and any other federations that they say they are a member of. Also, speak to other residents who have had work done by the builder, what sort of labour are they using (alarm bells should ring if you have a different face at the site every day or children on site; insurance would not cover children on a building site even if they are members of the contractor's family), how clean they maintain the building site and how they dispose of the waste from your site are **your problems**. You are responsible.

Recent driveway “contractors” in the Northwick Park area were from Luton and had been arrested some years ago for using “slave labour” – keeping non-UK nationals in terrible conditions and getting them to do work on addresses for well below the minimum wage.

Please be very aware of who you employ, and set out clearly the way you want them to carry out the works, give staged payments, and remember that you are responsible for anything left on the public highway such as skips/building materials etc.

### **DRIVING AND PARKING ISSUES:**

If you have any large vans and you live in the neighbourhood, please be mindful of where you park these vehicles, and frequently the placement of these vans can lead to the

obstruction of view of residents trying to exit their driveways in their cars. Parking and it's enforcement is a council matter but, as always, we are here to help, so if you find that nothing is being done then we can try to do something.

### **TAX SCAM:**

A number of residents have contacted us to state that they have had telephone calls regarding tax rebates or voicemail messages to state that they owe the HMRC monies. If you get a letter, email or telephone call purporting to be from the HMRC, or regarding tax rebates be on **high alert**, it is most likely a scam.

Look on the internet at the official HMRC website if you are worried that it (phone call/letter) might be genuine, then obtain the telephone number from the website and ring the HMRC. The website for the HMRC is contained in the following website:- [www.gov.uk](http://www.gov.uk) and the HMRC helpline for self assessment is 0300 2003822.

### **DRONES:**

I recently met a man who introduced himself as an “amateur drone pilot” who had lost his drone, he said it had come down somewhere and he was trying to find it in the rear hospital car park at Northwick Park but really hadn't a clue where it was.

If you are a resident and considering using these devices, please stick to the designated area in Northwick Park, the field on the left as you enter from THE FAIRWAY – there are restricted times that you can use the field to fly model aircraft, although you do have to become a member of the flying club to do so. [www.northwickparkflyingclub.co.uk](http://www.northwickparkflyingclub.co.uk)

### **DRUG ISSUES:**

Your team is aware that the **Pavilion** in Northwick Park seems to be a meeting point late at night for those involved in drugs. We are aware of this, and we continue to mount plain clothes patrol there and in **The Pimple**.

If you have information or sightings of vehicles involved in drug dealing/misuse or have instances of ASB (anti-social behaviour) in your road in relation to this let me know, we will work on trying to do something about it.

Overview of location of offences from period 11<sup>th</sup> Sept to 11<sup>th</sup> Oct:

**Burglary residential:** Nightingale Ave (07/10/17 – 1825hrs, no further info)

**Attempted burglary residential:** Beneworth Rd (12/09 0100hrs -0139hrs, window next to front door tampered with, alarm activated, suspects made off), Pebworth Rd (12/09 2330hrs- 2350hrs, rear patio door smashed, occupants inside and suspects fled), Kenton Rd (04/10/17, 0019hrs, full particulars unknown)

**Attempted Burglary commercial:** Norval Road (07/10 1825-1835hrs, Kenton Road, full particulars not known).

**Theft of motor vehicle:** Sudbury Court Drive (10/9 0330hrs – 11/9 1340, 11 Plate Ford Galaxy), Rushout Avenue (12/09 2155hrs, 11 Plate Merc), Norval Road (16/09 0230hrs – 1830hrs, scooter stolen subsequently found), East Lane (15/09 0900hrs – 1320hrs, scooter stolen), Holt Road (19/09 0710 – 715hrs, 12 Plate Honda, Paxford Road (24/09 2200hrs – 25/09 0700hrs, 11 Plate BMW stolen subsequently recovered), Elms Lane (06/10 0830hrs -1450hrs, 16 Plate Audi stolen subsequently found), Holt Road (09/10 -0150hrs, 16 plate BMW x5 car stolen).

**Attempted Theft of Motor Vehicle:** Carlton Avenue West (04/10 – 2300hrs, attempt to steal a van).

**Theft from motor vehicle:** Northwick Park hospital (04/10 1555hrs – 1650hrs, property stolen from car, no signs of forced entry).

#### 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 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)

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



## SCISSORS HAIRDRESSERS

YOUR LOCAL SALON  
IN WINDERMERE AVENUE  
(NEXT TO SOUTH KENTON STATION)  
Busy and Friendly Unisex Salon



Experienced Stylists  
Competitive Prices - Free Advice  
Try us for a Set, Blow-dry,  
Cut, Colour, Perm or Highlights.

**020 8904 1488**

## R & J Services Home Improvements

- Extensions ➤ Roofing ➤ Flooring
- Fitted Kitchens & Bathrooms ➤ Tiling
- Plumbing & Electrics ➤ Refurbishments
- Decorations ➤ Disabled Adaptations
- Carpentry & Joinery

**The One Stop Solution  
from Concept to Completion**

**For information please contact  
Randolph on: 07743 140 937**

Email: [info@randjservices.co.uk](mailto:info@randjservices.co.uk)  
Website: [www.randjservices.co.uk](http://www.randjservices.co.uk)



# Councillor's Comments

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

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

What I have learnt from the people of Northwick Park.

Some of you may know that I will no longer be your Councillor this time next year. It has been a rewarding experience to be a Councillor in a place that I have called home for the last 24 years. This time next year I will hopefully be the Councillor of Harlesden ward. The key experience that I would like to bring from my time as the Northwick park Councillor is the community atmosphere. The community atmosphere in Northwick Park is one of the best in the borough. However, 'community' is so easy to say. The word itself attaches us with each other. It defines an experience so common that we never really take time to understand it. It seems so natural. But the meaning of community is complex. And, unfortunately, inadequate understanding of what a community is and its role in the lives of people in diverse societies has led to the downfall of many well-intended "community" efforts. However, this lack of understanding doesn't exist in Northwick Park. We understand what community is all about and **it is about the people.**

Here at Northwick Park we are blessed to have so many community institutions. These institutions, such as the Sudbury Court Residents Association, which was galvanised by former chair Suzanne and then taken on to new heights via Kaye. We are also fortunate to have such a great Safer Neighbourhood Team. Our institutions are something to be celebrated. What I have learnt as Councillor is these institutions are pivotal to shape a better, stronger community. If you have not signed up to local groups within the community, please continue to read The Courier and find out what group best fits you.

Speaking about community, we would like residents to monitor the increased number of vans within the area. Some of these vans are recklessly parked, for example, on double yellow lines. If they are, please do not hesitate to report it to my fellow Councillors or myself and we will report it to the right authority.

In addition to this, Brent are putting forward a more Green approach towards climate change. We at the council want Brent to

## Belgrave Sew Creative

Room 202, 10 Courtenay Road, East Lane  
Business Park, East Lane, Wembley, HA9 7ND

**We design, make and fit  
curtains, blinds, loose  
covers, cushions etc**

Phone and make an appointment to  
visit or we will visit you

**Call: 07712 123 783**

**Email: [mertisbel57@gmail.com](mailto:mertisbel57@gmail.com)**

Professionally made by us here in our workroom  
*Fabrics, tracks and poles to order*

**Website: [www.belgravesewcreative.com](http://www.belgravesewcreative.com)**

## G. V. ELECTRICAL SERVICES

*for all types of electrical work*



DOMESTIC  
INSTALLER

- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



**020 8904 7923**

**Mobile: 07947 595 112**

become a more bio-diverse place. Northwick Park is known for its beautiful grass verges and astonishing front gardens. Please can we continue to showcase your incredible gardens for now and the foreseeable future. Furthermore, if you live next to an elderly resident and they are struggling to maintain their garden, please ask them if they need some help. Because Northwick Park knows what community is about and it is about the people.

#### **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.

#### **SOME VERY USEFUL NUMBERS**

**If you are a tenant or owner occupier, there is *Special Waste Collections*, (furniture, mattresses, fridges etc.)**

Brent Council are now charging to collect bulky items. To book a collection call **020 8937 5050** option 2 or register online via the Brent website.

#### **Report Fly Tipping**

Download the **Brent app** if you have a smart phone or tablet or call **020 8937 5050**

**Anti-social Behaviour** (which includes neighbours who make excessive noise after 11:00pm).

For noise nuisance—**0208 937 1234** in the first instance

For NON emergency crimes **Dial 101**. At the end of your call you will be given a **CAD** number. *PLEASE NOTE: you will pay 15 pence per call, no matter what time of day you call, or how long you are on the phone.*

#### **Building works**

##### **Permitted Hours of Work:**

Mon – Fri: 8am – 6pm

Sat: 8am – 1pm

Sun (inc bank holidays): **No Noisy works**

You can report noise from building works outside the permitted hours—whether from the school development, or from residents undertaking renovation works on **020 8937 5252** if urgent attention is required, or use the online form

## **ADZ BEEMERZ**



**BMW & MINI SPECIALIST SERVICE, REPAIRS & SALES**

■ **SERVICING** ■ **REPAIRS** ■ **SALES** ■ **ADVICE**

- Bespoke Servicing and repairs
- Only genuine approved parts used
- Castrol lubrication centre
- Forté treatment centre



**020 8908 4957**  
**07836 326 927**

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

- Diagnostic repairs
- MOT preparation and MOTs
- 23 years BMW experience
- Used car sales



**203 Watford Road,**  
**Harrow, HA1 3UA**

[www.adzbeemerz.co.uk](http://www.adzbeemerz.co.uk)



## Revision

After the first half term break, we're back into the swing of school assessments, revision and homework. Now is the perfect time to find revision strategies that work best for **you**. Effective revision comes from finding your own approach to memorising information and practicing this in various ways.

If you're determined to get **top marks in GCSE English**, you need to find revision strategies that work for you.

While hard work is crucial, there are ways that you can train your brain to make remembering information and practicing skills a whole lot simpler.

Check out my range of simple yet effective revision strategies, that have proven to help pupils revise key information and practice their English skills.

### Top Seven Revision Practices for Analytical writing

#### 1. Know the audience

Who was the text written for  
e.g. Shakespeare - Jacobean audience  
Dickens - Victorian audience

#### 2. Know the initial and final portrayal of main characters.

e.g. Macbeth: Lady Macbeth shifts from ambitious to mentally unstable woman.  
Great Expectations: Pip, the protagonist shifts from being humble to arrogant due to his wealth, then remorseful.

#### 3. Know the writer's social messages

e.g. Did Shakespeare warn Jacobean society that the oppression of women would lead them to madness?  
Did Dickens use Pip to criticise the social class system?

#### 4. Practice finding your argument

Read the passage again.  
Ask yourself: what is your impression of the character? Write this down.  
Highlight the key words, phrases  
Annotate: what do these words suggest about the character?

#### 5. Practice P.E.E

*Point* (argument): What does the writer present?

Maybe you think Shakespeare presents Lady Macbeth as an evil person.

*Evidence*: What words, phrases give you this impression?

Possibly, because she invokes evil "spirits"?

*Explain* the plot: At this point in the story line, why do you think she's evil?

Maybe you think she appears to be evil as she has ruthlessly turned to supernatural "spirits" to empower her and her husband to take the "golden round", i.e. kill the king. Which in Jacobean times would have been thought of as a crime against God

#### 6. Know the difference between language and structural analysis:

Language: imagery, metaphors, similes, personification, etc

Structure: openings, narrative voice, change in perspective, shift in tense, etc

#### 7. Use words (or synonyms) from the question in every point of your answer.

e.g. How does Shakespeare present Macbeth as a dominant character?

Answer: Shakespeare presents Macbeth as a **dominant** character as he tries to **bully** the Witches to answer him

If you'd like more quick tips on how to get top marks in GCSE English, just follow me at :

[EnglishLearningMadeEasy.site](http://EnglishLearningMadeEasy.site)



## NEIGHBOURHOOD WATCH MEETING SATURDAY 30<sup>th</sup> September 2017

Thank you to all of you who came along to the NHW Meeting at St. Cuthbert's Church Hall. With 3 police, 2 councillors and 1 vicar in attendance it was guaranteed to be an interesting and informative afternoon.

As it was PCSO Charlie Charalambous' 10<sup>th</sup> anniversary in the Metropolitan Police and all of that time spent in Northwick Park Ward we could not let the event go by without some small token of our gratitude for all that he has done and achieved for our Ward during that



time.

We must not forget that Charlie is just one member of the Northwick Park Safer Neighbourhood Team, who have all worked hard to combat crime in our Ward over the past decade. I think this is the right time to give them our grateful thanks – and here's to their next decade.



# *Look as young ...as you feel*

**Our facial rejuvenation treatments can achieve:**

- \* Skin rejuvenation
- \* Fewer, softer facial lines
- \* Reduced pigmentation
- \* Radiant skin
- \* A smooth, fresh complexion
- \* Facial acne improvement

**Ask about Botox®, dermal fillers and facial peels**



**Blue Court Dental Centre**  
201 Watford Road, Harrow HA1 3UA  
Telephone: 020 8904 9440



# Byron Court Expansion—Event Report

## Drop-in event hosted by Graham Construction Weds 11th October 2017 5:00-6:30pm.

The meeting commenced with a brief introduction by Michael Thereon, Project Manager for Graham Construction; he introduced his colleague and Community Engagement Officer, Lorraine Lane. He named other key members of the construction team. Kelly Wallace attended to represent Brent Council in her role as the new Project Liaison Officer. The meeting commenced with a PowerPoint slide presentation demonstrating the building sequences, linked to a representation of planned monthly progress. The expansion is planned for completion in November 2018, with main substructure, foundation and frame operations being carried out over the winter months 2017/2018. Watch out for muddy roads and high site activity during this period.

Approximately 30 residents attended, including Councillor Perrin, Kaye James and several SCRA Committee members. Attendance numbers were difficult to assess due to the early evening arrangement for the meeting, a time when many residents would still be working or commuting home. Some residents joined the meeting at intervals during the course of discussions. The inconvenient timing of this and other meetings was brought to the attention of the organisers by several attendees. The organisers stated that they plan to address our comments when arranging future resident briefing meetings.

The meeting was very lively, as expected, due to many pent-up frustrations resulting from a lack of progress and solutions from the Contractor and Brent Council when responding to our many criticisms of their activities since the site works commenced.

A lack of direction signage for Construction traffic, the use of incorrect and unapproved routes through the Estate by Construction traffic, illegal parking by the school's parents and Contractor, early deliveries and working outside of agreed times; damage to trees, verges, footpaths and vehicles, all featured on our list of complaints.

We were assured that our complaints would receive immediate attention in future, and their commitment to resolving any future issues raised. Residents stated that we had received similar assurances in the past but they resulted in a distinct lack of progress or resolution. Most residents were unconvinced by these latest assurances and made their feelings known.

The Contractor has produced a Resident's newsletter and published a list of contacts for any future complaints or issues. Kelly Wallace is also going to raise several topics and complaints with her colleagues in Brent Council, namely in the Traffic department, Parking enforcement team, tree officers, etc. Timing of future briefing meetings will be reviewed, hopefully enabling more working residents to attend.

A final comment from a resident, stating that the Contractor and Brent Council shouldn't be relying on local residents to carry out monitoring of violations on their behalf when this role should be the responsibility of their paid employees.

The meeting ended at 6:30pm.

\*Note: if you witness any issues across the estate, with regards to the construction project (illegal parking, damage caused, etc) please do let us know in order that we can bring this to the attention of the relevant parties.

Keith Barker

## LAWRENCE J MAGNIER

86 NATHANS ROAD, NORTH WEMBLEY

BLOCK PAVING • DRAINAGE  
BRICKWORK • FOOTPATHS  
PAVING & FENCING

## GENERAL BUILDING WORKS

ESTIMATES FREE

PLEASE RING AFTER 5.00 pm

**020 8904 4879**

# The Memory Cafe

Support for those experiencing memory problems



## A wonderful night at the café

Many of you reading this will have been there. It was the night that the memory café choir made its public debut. With 200 people packed into St Cuthbert's Church we began with the Metropolitan Police Choir. They sang very beautifully and the crowd really appreciated them. Then Francis, our choir master, and Anna, our pianist, took the stage. There was a moment's hush and then the Memory Café Choir began singing - and what a beautiful sound.

There was hardly a dry eye in the house, and soon people began joining in. It really was totally wonderful. And the music was only the start of it. The mayor came and welcomed us. We had refreshments provided by the Friends of Barham Library. And we were

helped by a grant from Brent Council. All in all we could offer a very special evening with real quality about it. Just hearing the Met Choir was rather wonderful.

For me, this was church at its best, and community at its best too. I not sure if you all realise what an amazing community we have round here. I have lived all over London and this place here has the best community spirit I can ever recall. So, we ask you to come and join in the fun at Memory Café. Come and sing. No-one will be turned away. We are setting our sights on our next concert and our next outing for the choir. if you have any ideas, please do let me know. In the meantime, go well and take heart. The world seems a dark and dangerous place at the moment - but with things like Memory Café we say that Love always wins.

## Easy Electrical Care

Tel: 020 8900 2287  
or 07976 535 867



- All Electrical and Building Work Undertaken
  - Inspection & Testing Reports
  - Fault Finding to Complete Rewiring
  - Free Quotes
  - NICEIC Guarantees/Warranties
- Email: [info@eecare.co.uk](mailto:info@eecare.co.uk)  
Website: [www.eecare.co.uk](http://www.eecare.co.uk)

## Karisma

### BEAUTY, HEALTH & HOLISTIC THERAPIES

Qualified, Professional Beauty & Holistic  
Therapist IHBC / IHHHT / ITEC

*Come Relax, Rejuvenate Your Mind Body & Soul . . .*

*Modern, Relaxing & Hygienic Ladies' Salon on the Sudbury Court Estate*

- ◆ LUXURY "ORGANIC AROMATHERAPY FACIALS" & SKIN CARE
- ◆ LUXURY MANICURE & PEDICURE ◆ NAIL & EYE TREATMENTS
- ◆ HAIR REMOVAL ◆ HOLISTIC BODY MASSAGE
- ◆ BRIDAL HAIR & MAKE UP ◆ REFLEXOLOGY
- ◆ INCH LOSS, ANTI CELLULITE, BODY-FIRMING THERAPY
- ◆ AYURVEDIC THERAPIES & THAI TREATMENTS AVAILABLE



**07952 122 411** Special Offer - 10% off 1<sup>st</sup> Treatment to New Clients (Sudbury Court Residents)



# saintcuthberts

worship ♦ demonstrate ♦ equip

Carlton Ave West . 020 8904 8599 . [www.stcuths.org](http://www.stcuths.org)



Hello friends. We continue our work here in this community. And we have a new lighting system throughout the church - let there be light! The place looks very cheerful. Indeed the church is now lit properly for the first time since it was built in the 50s. It looks like a real cathedral.

A couple of things on our radar.

Our new **Toddlers' Group** starts on November 3rd and then again on November 10th from 10-11.30am. It will be really great, with singing and play and a Bible story. We would love you to come and bring your toddlers. Do email me if you want further details [steve\\_stcuthberts@hotmail.com](mailto:steve_stcuthberts@hotmail.com). We see this as a start of something very lovely and very significant for this community and we would welcome you very much.

Sunday November 12th is **Remembrance Sunday**. We have our public service of

remembrance at 10am at the church. I am personally so grateful to all those who gave their lives that we might be free. My own grandfather died in Second World war and so we, as a family, know the cost of freedom. At the service we pray for peace and honour those who gave so much for all of us - so we can now live in harmony. I would really urge you to come to your local church to take part in the act of remembrance. My grandfather died on the very last day of the war and his death had devastating consequences for my father and his sister and mum. In some ways, as a family, we carried the sacrifice through the generations - just like so many other families.

So do join us - do wear your medals if you have some. We welcome everyone from every faith and no faith.



Go well. It may be getting cold but you will always find a very warm welcome here.

Rev'd Steve

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



*For the very best service available,  
call St. John's on 8902 2085, 8903 3666 or 07966 252 643  
and ask for Danny or Yogi*

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Servicing and repairs  | <input checked="" type="checkbox"/> All latest diagnostic equipment |
| <input checked="" type="checkbox"/> M.O.T while-you-wait   | <input checked="" type="checkbox"/> Tyres fitted while-you-wait     |
| <input checked="" type="checkbox"/> Auto electric specialists     |   |
| <input checked="" type="checkbox"/> Key cutting and programming provided in house  |   |
| <input checked="" type="checkbox"/> Air conditioning services provided in-house  |   |
| <input checked="" type="checkbox"/> Bosch trained fuel injection & A.B.S.  |   |
| <input checked="" type="checkbox"/>  Paintguard approved bodyshop |   |
| <input checked="" type="checkbox"/> Insurance approved repairs   |   |

**Friendly Family Firm**  
Established over 30 years  
Open 6 days a week

## St. John's Road GARAGE.



2/4 Eccleston Court, St John's Road, Wembley HA9 7HY.  
(Just behind Primark)

# Menopause - Part II

Menopause happens, usually, between the ages of 45-54. It is as inevitable as puberty, as unfamiliar as childbirth and as challenging as building a career! Menopause Specialists like me have been offering help to women for some years, we have been a quiet voice in the wilderness arguing for the benefits and safety of treatment, and the importance of reaching out to women in trouble.

Women who have obvious menopause symptoms such as flushes, sweats and mood changes should be offered appropriate help by their doctors and it is now neglectful *not* to discuss a hormonal therapy for these patients. Hormone Replacement Therapy is safe for the vast majority of women in the menopausal age group, providing they have not had hormone dependent cancers, blood clots, recent heart attacks or strokes.

There is increasing appreciation for the value of hormone replacement therapy if used during what we term the 'window of opportunity', which falls within a few years of the onset of your menopause. For the one percent of women whose menopause occurs

below forty, hormone replacement is essential to protect them from the adverse effects of oestrogen deficiency on long term general health and life expectancy.

Taking hormones will actually reduce your risk of heart attacks, stroke, osteoporosis, memory deterioration, onset of diabetes, and keep the collagen in your joints, skin and hair stronger and healthier without the need for botox! And I could talk for ever about the huge benefits HRT can offer for women with more personal symptoms.

Life expectancy for women is now 83. We might live almost half our lives post-menopausally. I would love everyone to have a health check around the time of their menopause, to view lifestyles, risk factors and susceptibility to conditions that run in the family. We do our financial planning by viewing our current assets, our likely future risks and our hopes for the future, and we should do the same with our health.

Next time, we have some questions and answers.

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

PRIVATE GPs

TRAVEL CLINIC

OCCUPATIONAL HEALTH

MEDICALS

MENOPAUSE

IMMUNISATIONS



The Harrow Health Care Centre

PRIVATE GENERAL PRACTICE

TRAVEL VACCINES,

SPECIALIST  
IMMUNISATIONS

Our Address:

1st Floor Reception & Consulting Suite  
The Clementine Churchill Hospital,  
Sudbury Hill, Harrow HA1 3RX

To book an appointment, call us on:

**0208 861 1221**

[info@harrowhealthcare.co.uk](mailto:info@harrowhealthcare.co.uk)  
[www.harrowhealthcare.co.uk](http://www.harrowhealthcare.co.uk)

**Surgery Hours:** Monday - Thursday 8am - 8pm, Friday - 8am - 6pm,  
Saturday Morning - 9am - 12 noon

We are regulated by The Care Quality Commission Reg. No. PO50002272

HHCC is a Yellow Fever and NaTHnac registered travel centre

## LOCAL SCAM—BEWARE

Please be aware that someone is posing as a Brent local authority housing officer. They are phoning residents to say their house is incorrectly banded, are paying too much council tax and are therefore due a refund. **This is a scam** and please do not reveal your bank details!! Brent would never phone you.

Thanks PF

*If you have any information with regards to local scams—firstly, you must notify our intrepid Safer Neighbourhood Team (details page 4) And then let us know at the SCRA/ Courier. If you are a member of the SCRA, we will be there to offer support and any other assistance open to us.  
Regards, Editor*



**Your Local Printer  
for all of your  
printing needs!**

***Business Cards, Leaflets,  
Invitations, Booklets,  
Banners, Apparel,  
And much more!***

**Call us for a free  
quotation:  
0208 9037524**



**wembley@minutemanpress.com  
www.wembley.minutemanpress.co.uk  
58 Harrow Road, Wembley, HA9 6PL**

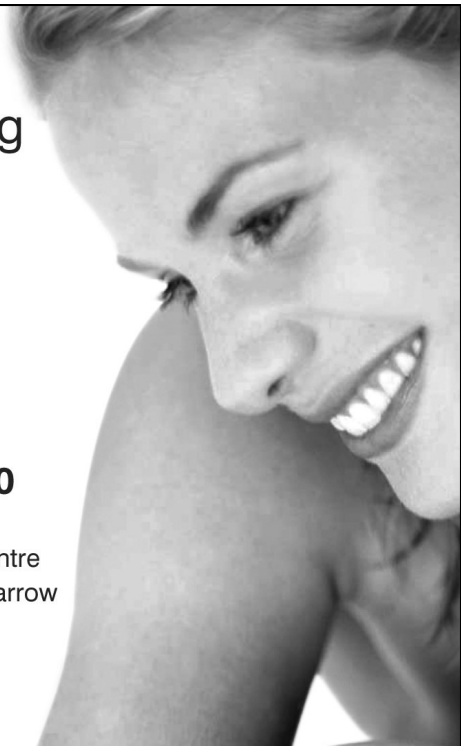
## Creating & maintaining natural smiles

- Quality care for all the family
- Full range of cosmetic treatments
- Facial rejuvenation using Botox®
- Early, late & Saturday appointments
- Highly experienced, friendly team
- New patients always welcome

Call us now on **020 8904 9440**



Blue Court Dental Centre  
201 Watford Road, Harrow  
Middlesex HA1 3UA



# 20 Years and Counting

A lot happened back in 1997.

**The biggest story was the tragic death of Princess Diana in August.**

**Tony Blair came to power when the Labour party won May's General Election.**

**Manchester United comfortably won the Premier League title.**

**Candle in the Wind 1997, Elton John's tribute to Princess Diana was by far the biggest selling song.**

**An unknown writer called J K Rowling released a debut book about a bespectacled boy wizard called Harry Potter.**

And in other news my wife, Jo, and I got married and the Foot Comfort Centre opened in September in 130 Llanover Road as a full-time practice.

This was after working 5 years part-time (and working for the NHS between 1988-1997) in the living room of our then home in 128 Llanover Road, Wembley, next door to what is now the Foot Comfort Centre.

A lot has happened in those twenty years. The World has changed so much that it's barely recognisable. Over that time Jo and I have welcomed three beautiful daughters to the World with my eldest going to university last month.

We're planning to hold several events and special offers over the next twelve

months culminating in an open day event at the centre.

We're also working on creating a competition which will encourage children and young people to look after their feet and educate them how to do it.

It's been such a pleasure and privilege to have served thousands of local people over the past two decades and it's something we never take for granted.

We're excited about the future and are constantly investing in our team, our equipment, centre and of course our services.

Despite 29 years in practice every day brings a challenge and I get as much fulfilment out of looking after people's feet and ankles today as I did way back in 1997.

Thanks for reading, *Firoz*

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



1997 – When it all started

## Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

**Open 7 days**

[www.footcomfortcentre.co.uk](http://www.footcomfortcentre.co.uk)

**Tel: 020 8908 1425**

**130 Llanover Road, Wembley  
Middlesex HA9 7LT**

Bus Route 245



North Wembley Underground  
& Overground station







# Ladies and handbags

Where would we be without lugging round cumbersome handbags? Something we will not be giving up, but they can be a problem. Like when it is left lying in a supermarket trolley whilst picking an item from a nearby shelf, and on putting that item into the trolley to discover handbag is missing! Like having your handbag by your side as paid for items are removed from your supermarket trolley into your bags, and then discovering that your handbag is gone! As if that shock is not enough, I know, from previous experience, the hassle of cancelling plastic cards, travel cards, changing door locks and then realising that without plastic cards it is difficult to draw any cash—and all of that can last for days until replacements are received.

Please keep a tight hold of your handbag, loop it over the shoulder, clutch it tightly, make sure it's zipped up tight—but never leave it hooked over the back of a chair or sitting on top of your shopping trolley, they have a nasty habit of going A.W.O.L.

Jill Gilbert

## SUDBURY COURT MAINTENANCE

- Gardening • Tree Cutting • Fencing
- Pressure Washing - Patios & Driveways
- Garden Clearance • Rubbish Removal
- All General Cleaning • Gutter Clearing
- Window, Carpet & Upholstery Cleaning
- Roof repairs • Light Removals
- Handyman • Decorator
- Large van for house removals, clearance and deliveries

**Call: 020 8904 8734 or 07932 300642**



**PLUMBING  
& HEATING  
SOLUTIONS**

- Boiler upgrades supplied and fitted
- Full central heating installations
- Mego-flo's to Power flushing
- Gas leaks & burst pipes
- Full bathroom installations
- All aspects of plumbing covered
- Landlord Certificates



**07956 189 115**  
**020 8902 3477**

33 Tudor Court, North Wembley



**PLUMBING &  
HEATING  
SERVICES**

- Central Heating
- Boiler Installations ➤ Kitchens
- Bathroom Suites ➤ Showers
- All work guaranteed



**Tel: 020 8908 6021**

**Emergency Tel: 07831  
544 538**

**No call charge Mon-Fri 9am-5pm**

**City & Guilds Qualified - Corgi Registered**

29 Woodcock Dell Ave, Kenton, Harrow, HA3 0PW

Email: [info@j-and-a.co.uk](mailto:info@j-and-a.co.uk)

**WEMBLEY ABC**  
BOXING CLASSES ULTIMATE FITNESS  
DISCIPLINE FOCUS

**GOT  
WHAT IT  
TAKES?**

**FIRST  
SESSION  
FREE**

**ALL WELCOME  
EVERY WEDS/FRI  
@ 6.30pm**

ALAN 07466 789013  
QUALIFIED, INSURED AND DBS CHECKED  
St Andrews Church Hall - 956 Harrow Rd HA0

## 245 BUS ROUTE

We have received a letter from residents who are concerned and angry that the 245 bus no longer goes into Sudbury Town station.

At time of writing, TFL seem unconcerned. Are any other residents concerned about this issue? Please get in touch with us.

We have passed this on to our local Councilors, and also referred it Navin Shah, our GLA member.

A point to note is that TFL can make changes, but they are answerable to the GLA, although not the local Council.

We will update you with any news.



**ARCHITECT**  
MITESH PAREKH  
RIBA - ARB

**PLANNING APPLICATIONS  
CONSERVATION AREA CONSENT  
BUILDING REGULATIONS**

Architect experienced in all types of planning applications; from conversions and extensions, to conservatories. Working closely with you and the council to meet your renovation requirements.

info@miteshparekh.co.uk  
07951489111

## WINDERMERE NURSERY

Windermere Avenue, South Kenton

**Children aged 2 to 5**

OFSTED APPROVED

**Now open 8.30 am to 4.00 pm**

**51 weeks per year**

**Grants available**

**for all 3 and 4 year olds. Free 15 hours per week for 2 year olds, subject to status.**

**020 8904 3327 (Nursery)**

**07715 412 168 (Home)**



**J S P ACCOUNTANTS**

**020 8427 0086**

For friendly and helpful assistance with all your financial matters, our trained, professional staff will be delighted to assist you.

Call us now to arrange a **FREE** preliminary appointment, email us via our website at [www.jspaccountants.co.uk](http://www.jspaccountants.co.uk) or feel free to visit us at our local Harrow offices.

**JSP Accountants Limited**  
First Floor  
10 College Road  
Harrow, Middlesex HA1 1BE

**Business Services ... Specialist Sector Advice ... Tax & Audit Enquires ... CALL NOW!**



# SUDBURY COURT BIRD WATCH

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



## Pigeons beware!

A few weeks ago, Margaret was amazed to see a hawk flying around Northwick Park Hospital, where she works. Investigating, she discovered it was a tame (well, tame to us!) Harris Hawk busily frightening off the feral pigeons that infest the hospital grounds.

Then she met the keeper of the bird who called the bird to perch on his arm to meet her. Apparently, he patrols the hospital grounds for 2 hours a day, for a week at a time, releasing his hawk to create havoc and mayhem among the pigeons, frightening them off, long term, in every direction.

Margaret actually stroked the bird, admiring its wonderful colours. I might have admired its colours from a distance, but I wouldn't have put my fingers anywhere in biting range! But this three year old bird seemed to be more like a pet to its keeper than a killer.

Harris Hawks are medium sized birds of prey, and are natives of south western United States, down to Chile. They have a lovely chestnut plumage with white tips on their tails. In the wild, they hunt co-operatively to great effect.

They are very intelligent birds and are comparatively easy to train to work with their keepers. They are increasingly being used to attack and disperse local feral pigeon populations, Wimbledon being one satisfied customer! I can imagine that many of us would happily be satisfied customers if the keeper could pay us a visit too!

## Winter visitors

Many bird species migrate to England from northern Europe and the Antarctic to escape the bitter cold winter weather up there. However, the overwintering birds we are most likely to see on the estate are Fieldfare and Redwing.

Both are of the thrush family, complete with their spotted breasts.



The

### Redwing

is the smallest of our thrushes and has clear rusty-red flanks by its wings, giving it its name. Its face patterning is said to make it look cross about everything – probably our weather!



The larger  
**Fieldfare**

is a more colourful bird with a wonderful blue-grey neck and nape. Very distinctive. They are a very gregarious species so, should you see several 'thrushes' perching together in a tree, they will be fieldfare!

Both species feed on berries, so if you have a berry bush or tree in your garden, you could be in line for a visit by either or both species. Do let me know if you do.

We acknowledge the RSPB for the illustrations.

## Recent sightings

Francis watched a group of honking Canada geese flying in perfect formation across East Lane and over his house. My birder friend would call that a 'quality sighting'!

I haven't heard of any sightings from The Rest of us this month, so that means Francis is one ahead of us at the end of September.

Rod Lake

# Trees - Do's and Don'ts (part 2)

This is a very personal response from me, (not in my capacity as Chair or Editor) before I continue with some further advice on what you should do if you think you have trees that need work.

Following our article last month with regards to 'Do's and Don'ts' when it comes to dealing sympathetically with our trees, it is with sadness that I have to report that we have lost one of our 250 year old Oak trees from Northwick Park due to 'unsympathetic' actions; made all the more sad as it was avoidable. I cannot go into further details at the moment.

Kaye

## Arboricultural Association Approved Contractors List for this area

<b>Red Squirrel Tree Surgery</b> W12 0JX. <b>Tel:</b> 020 3509 0108 <a href="http://www.redsquirrelts.co.uk">www.redsquirrelts.co.uk</a>	<b>Modern Arboricultural Services</b> NW9 7NB. <b>Office:</b> 0208 200 9992 <a href="http://www.modernarb.co.uk">www.modernarb.co.uk</a>
<b>The Tree Company (London) Ltd</b> TW3 2EB <b>Tel:</b> 020 8577 8118 <a href="http://www.thetreecompany.co.uk">www.thetreecompany.co.uk</a>	<b>Treecare (Arboricultural Specialists)</b> W3 6TT. <b>Tel:</b> 0208 993 1443 <a href="http://www.treecare.co.uk">www.treecare.co.uk</a>
<b>Custom Cutters Tree Specialists</b> N11 2LE. <b>Tel:</b> 02083657722 <a href="http://www.customcutters.co.uk">www.customcutters.co.uk</a>	<b>Bartlett Tree Experts (Radlett)</b> AL4 0PG  <b>Tel:</b> 01727 825090 (Option 1) <a href="http://www.bartlett.com">www.bartlett.com</a>
<b>Urban Forestry (Tree Surgeons)</b> WD5 ORP <b>Tel:</b> 01923 268066 <a href="http://www.treesurgeonhertfordshire.co.uk">www.treesurgeonhertfordshire.co.uk</a>	<b>Artemis Tree Services</b> WD3 9XY <b>Tel:</b> 0800 030 6212 <a href="http://www.artemistreeservices.com">www.artemistreeservices.com</a>

## ALL SYSTEMS GO!

### BOILER BREAKDOWNS

Repairs - Replacement - Servicing  
**HEATING SPECIALISTS**

Gas Safe Registered

Central Heating Installations  
Power Flushing - Landlord's Certificates  
Free Estimates

Alan Lazarus C.I.T.B. A.C.S. Qualified

**8904 4059 / 07956 298867**

Blockley Road - Sudbury Court Estate

## 3 G's SERVICE CENTRE

Repairs – Services – Accessories

*All makes and all models*

141 Harrowdene Road  
North Wembley, HA0 2JH

**020 8904 8810**

Washing Machines, Dishwashers, Tumble  
Dryers, Fridge Freezers, Cooker Hoods, Hobs,  
Ovens, Microwaves, Vacuum Cleaners –  
Bags, Belts, Rollers, Filters, Tools, Etc.

**All work guaranteed**

Parts available for all appliances  
[www.3geeselectronics.com](http://www.3geeselectronics.com)



## Why employ a professional Arborist?

An Arborist or Arboriculturalist will take proper care of your trees, he or she will advise on the best course of action, even if that sometimes means no work at all. The skilled arborist is trained to identify problems relating to the health of your trees including the identification of tree and shrub-related pests and diseases. They will also carry out a wildlife survey to ensure that there are no implications to local wildlife, e.g. disturbing nesting birds or bats.

For further information regarding trees we recommend you visit the Arboricultural Association website at <http://www.trees.org.uk/> or contact Lawrence Usherwood, the Council's Principal Tree Officer on: **0208 937 5247**

or by email at:  
[lawrence.usherwood@brent.gov.uk](mailto:lawrence.usherwood@brent.gov.uk)

An Arboricultural Contractor, more commonly known as a tree surgeon, will undertake tree work to a previously agreed specification of works and cost. A good contractor will provide the client with recommendations for work to be undertaken to trees. The recommendations will be based on the client's requirements whilst also being in accordance with the latest industry best practice which is currently (**British Standard BS3998:2010 Tree Work-Recommendations**)

**They will also hold insurance—which you should check before any works are carried out**

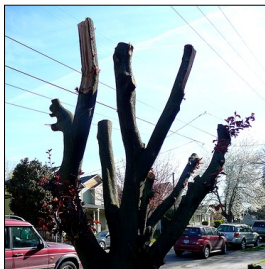
Before inviting quotations, decide exactly what is required, including disposal of any waste. It is advisable to obtain more than one quotation; these will normally be free of charge unless further specialist investigation of the tree(s) is required.

Before arranging any works to trees, check with your Local Authority as to whether any of your trees are protected by a **Tree Preservation Order** or to see if your property is within a designated **Conservation Area**. To check if you require consent please contact **Lawrence Usherwood**—contact details above

## Examples of pruning work:



Work carried out by someone unqualified



Above left is a Purple leaved Plum tree that is now open to disease and decay pathogens. On the right is a slightly larger tree showing a tear beneath a poorly removed limb. Both trees will go into decline and do nothing to visually improve the landscape.



Work carried out by an arborist



Above left is a carefully manicured group of Yew, while on the right a tree surgeon (arborist) carries out careful hand saw work in the crown of a large tree, without causing damage to the healthy tree.



# The Hobby Lobby

Another poem from our local resident, Anne Gander (Aunty Annie)—one which is quite timely, with this being the month of Remembrance.

Sukaram had a chat with her :

"I've known Anne for 41 years and she has lived on the Sudbury Court Estate for 47 years. I wanted to know what inspires this 91 year young lady. Anne told me that she has been writing poems for as long as she can remember, perhaps starting when she was at school. She enjoys writing and has a good collection of her poems since her grandchildren arrived more than 30 years ago. Anne writes in the morning as she said "there is nothing clouding the mind". If she cannot sleep, she will get pen and paper and write a poem."

I think the most important thing is not to judge yourself too harshly—just practice, it gets easier and is very satisfying

To my Land Army friend on her 89th birthday.



I picked this rose the other day  
The reason being clear.  
I'd paint it for my Land Girl friend  
It's her birthday soon I hear.  
Then the weather turned quite hot  
So I slumped in my garden seat  
To warm, to wield a paintbrush.  
Never could stand the heat.  
This morning it's raining very hard.  
A good time to do your birthday card.  
Mind you, the rose has drooped a bit,  
Just use your imagination on it!!!  
Many happy returns to you, my friend  
My love and good wishes to you I send.



## St. George's Nursery- Dragons

Sudbury Hill, Harrow, HA1 3SB

Open 49 weeks a year



Managed by  
Governors of  
St George's  
Primary  
School.



For enquiries please telephone  
020 8423 9846

or email  
[dragons@stgeorges.harrow.sch.uk](mailto:dragons@stgeorges.harrow.sch.uk)

Term-time availability

15 & 30 hr  
funded  
sessions



Providing exceptional nurture, care and education.



# CALLING ALL GARDENERS

**Sudbury Court  
Horticultural Society**  
Your local gardening club

Can it possibly be November already? How the year has flown! Every season has its advantages and I suppose that November, with shortening days and cooler weather, encourages us to enjoy the pleasures of indoors – putting our feet up and avoiding those outdoor jobs that have been left undone. It is wise though, to have a tidy up, to sweep and re-organise the toolshed or greenhouse, to clean all the tools, sweep the fallen leaves and to bring into a sheltered place any potted plants that may not stand the winter.

It seems some time since we enjoyed the SCHS Autumn Show on Saturday 16<sup>th</sup> September. This show celebrates the crown of the gardening year when we hope that flowers and vegetables will be at their best. This year it proved to be a week too late for many of us. Our best blooms had withered, our juiciest corn cobs had shrivelled and the beans had run to seed. However, there were spectacular trusses of tomatoes on display and the bakers and jam makers produced some very tasty offerings. Two professional growers of chrysanthemums and dahlias put on a magnificent display – but they are in a different league from most of us who just enjoy our gardens and present for show whatever we have that complies with the catalogue! Why not join us next season in friendly competition? Susan Friend took these colourful pictures before the crowds arrived at 3.30pm for tea and cakes – always a popular feature of our Horticultural Shows.



It would be nice to think that some of our young people, with the help of parents, have taken up the challenge, set last month, to 'adopt a tree' and make a book to record its changes through the year. If your tree is deciduous it will drop its leaves in Autumn. After leaf fall the structure of the tree is revealed, its trunk and branches forming a shape that is different for each tree variety. Try to capture this shape in a drawing of your tree in winter.

This is quite a challenging exercise! Did anyone choose that tree in last month's picture? I noticed in Spencer Road that a very old street tree has recently been felled. It may have been the last of the cherries with lovely white blossom that used to line that road some years ago. At blossom time those trees gave such pleasure on the walk to school. If you look at the stump that remains you might count the rings and discover its age, one ring for every year of its life.

Roses are such an attractive feature of our gardens. Many of them now are producing a wonderful display of late flowers, bringing welcome colour to the end of the gardening year. Now is a good time to plant new roses if you have some space. On a more humble note, have you noticed the abundant autumn flowering of yarrow in our grass verges this year? I do not remember this happening before and wonder whether it has been sown to save grass-cutting as the season slows down? Does anyone have the answer?

Margaret Roake

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

we're still looking for photos and stories  
for the new website,  
especially historic photos  
Please contact  
[editor@the-scra.co.uk](mailto:editor@the-scra.co.uk)

## Refrigeration and Air Conditioning Specialist

**Installation**

**Services**

**Repairs**



All works undertaken are guaranteed  
Engineers are F'Gas Registered.  
Free quotation provided  
Domestic and Commercial works done

**08450 514 636**

**07956 625 736**

Local company serving local people



1009027

**40 Elms Park Ave, Wembley, HA0 2RS**

**[info@hilldenservices.co.uk](mailto:info@hilldenservices.co.uk)**

## Rosalina Hair & Beauty

صالون روزالينا للسيدات

Highly experienced stylist in colouring, threading, tinting, waxing, cutting, perming, permanent hair straightening, Brazilian keratin treatment, hair botox, Olaplex treatment, hair extensions, semi-permanent eyelashes, LVL lift curling eyelashes and party 'up-dos'.

Bridal packages available. Specialist in Asian, Arabic and Western hair types

### Ellipse IPL Laser System

Hair removal, sun damage, brown spots, acne, collagen rejuvenation, thread veins, in-grown hair, large pores, redness, fine lines

**50% discount on large area**

**30% Discount on small area**

**143 Harrowdene Road, North Wembley HA0 2JH (North Wembley station)**

Mob: 07827 769 300 Tel: **020 8908 5790** [Rosalina-2011@hotmail.co.uk](mailto:Rosalina-2011@hotmail.co.uk)

## THE BONNER BUILDING COMPANY

"FOR ALL YOUR BUILDING NEEDS"

For a professional Quality Service call now

**07970 983 244** (Mobile)

New Build • Renovations • Refurbishment  
Extensions • Garages • Garden Walls  
All Types of Paving • Landscaping  
Fencing • Plastering • Pebbledashing  
Roof Repairs • Repointing • Guttering

**"WE BUILD ON OUR REPUTATION"**

# Friends of Barham Library



## OUR COMMUNITY LIBRARY - 1 YEAR OLD

The 1<sup>st</sup> anniversary of returning to Barham Park was celebrated by Friends of Barham Library with a very big cake. Paul Lorber picked up the cake after singing in the Community Choir at the concert in support of the Memory Cafe at St Cuthbert's on Friday 6 October.

And "NO – you do not have to dress up if you want to volunteer or visit us in Barham Park" says Paul.



## ALICE IN THE CUCKOO'S NEST

We invite you to a theatre performance of 'Alice' at the Library in Barham Park.

There will be two evening performances on Tuesday 12 December and Wednesday 20 December 2017 both starting at 7:30pm

Previous productions of Hamlet and A Christmas Carol, performed by professional actors from the Librarian Theatre, were very much appreciated and tickets sold out - so early booking is recommended by contacting Paul at the usual contact details.

## THANK YOU

Paul ran 13km (8 miles) on Saturday 7 October and raised over £500 for Barham Community Library and says "THANK YOU" to everyone who sponsored him.



## KEEP FIT & HEALTHY WITH YOGA

Yoga—the latest addition to our activities: MONDAY 7p.m cost £5 for 60 minutes – bring a mat.

On TUESDAY at 12 the Memory Lounge Group do easy chair exercises – suitable for older people. This is currently FREE.

On WEDNESDAY at 12:45 the Sewcial Group also do a more intense chair exercises for a donation of £3.

For more information contact Paul, or just pop in during these times.

## CURRENT OPENING TIMES

The Library is open Monday, Tuesday & Wednesday 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 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.

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.

There is also a shop at Sudbury Town Station which sells books and other items to help cover costs for the Library.

Contact for more information on any of our activities:

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

07917 094 239

The Library is at Barham Park:  
660 Harrow Road  
Wembley  
HA0 2HB  
buses 18, 92, 82, 204  
and H17 stop nearby.



# The Achievers Club

HELPING CHILDREN TO REACH GREAT HEIGHTS

CENTRES  
COVERING:

**Brent  
Ealing  
Harrow**

## Is your child in need of extra tuition

The Achievers club offers a wide range of one to one and group tuition, providing quality support for primary age children.

### KEY STAGE 1, 2 & 3 SUBJECTS INCLUDE:

- English & Maths
- SAT
- 11+ Exam Preparation
- Confidence building through Coaching & mentoring techniques
- Creative Writing
- Public Speaking
- Debating Skills

**25%**  
**DISCOUNT**  
on registration  
fee for the first  
25 children  
registered

The club provides high quality, personal tuition to children of all abilities.

We will also equip your child with the tools and life skills that will enable them to be more confident, articulate and to excel at school, ensuring success.

**Do you want your child to perform better at school? Knowledge is the key to success.**

**Contact Kate Jones  
for more information**

**E: [info@theachievers.club](mailto:info@theachievers.club)**

**T: (0203) 780 7529**

**[www.theachievers.club](http://www.theachievers.club)**



# Kids' Page



Hello Kids -

How are you all?

Please email me your best jokes and riddles

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

How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

Why don't mountains get cold in the winter?

A: They wear snowcaps.

What did the snowman say to the customer?

A: Have an ice day!

Why did the farmer wear one boot to town?

A: Because he heard there would be a 50% chance of snow!

Where does a polar bear keep its money?

A: In a snow bank!

What do you call a snowman in the desert?

A: A poddle!

How does an Eskimo mend his house?

A: With igloo!

What is a snowman's favourite breakfast?

A: Frosted Flakes!

## Logic Question

A man is stranded on an island covered in forest. One day, when the wind is blowing from the west, lightning strikes the west end of the island and sets fire to the forest. The fire is very violent, burning everything in its path, and without intervention the fire will burn the whole island, killing the man in the process. There are cliffs around the island, so he cannot jump off.

How can the man survive the fire? (There are no buckets or any other means to put out the fire)

## Solution

The man picks up a piece of wood and lights it from the fire on the west end of the island. He then quickly carries it near the east end of the island and starts a new fire. The wind will cause that fire to burn out the eastern end and he can then shelter in the burnt area.

The man survives the fire, but dies of starvation, with all the food in the forest burnt.

Did you spot the deliberate mistake?

Answer - "poddle" should be puddle





## Safeclean

*The furnishing care specialists from* 

[www.safeclean.co.uk](http://www.safeclean.co.uk)

**Professional Cleaning of Carpets, Upholstery, Curtains & Leather.**

Independently Owned & Operated by Robert Loomes

**Specialist in Stain & Odour Removal Recommended by Leading Furnishers Throughout the U.K.**

**Guardsman Anti-Stain Protection With a 5 Year Guarantee**

- Domestic & Commercial •
- Guaranteed No Shrinkage •
- Free Estimate & Advice •

**All Work Fully Insured and Guaranteed**

# FREE PHONE 0800 328 6017

67 Lankers Drive, Harrow HA2 7PA. Email: [robertloomes@safecleanharrow.co.uk](mailto:robertloomes@safecleanharrow.co.uk) [www.safecleanharrow.co.uk](http://www.safecleanharrow.co.uk)



# WHAT'S ON

IN AND AROUND THE ESTATE?

## DATES FOR YOUR DIARY

A free community service -  
just let the Editor know.



**SUDBURY NEIGHBOURHOOD CENTRE** - Our Christmas Fair will be on **Saturday 25th November** from 10.00am until 3.00pm. Including a special section for children this year as well as craft, bric-a-brac, preserves and Christmas gifts stalls. Refreshments available and all monies raised to go to the work of the Centre. Apologies for the late postponement of the Tea Party in September, now to be held on **Thursday 7th December**, sponsored by Santander.

**HARROW PHILHARMONIC CHOIR** - the Autumn Concert, will be performing the St Cecilia Mass by Gounod; Brahms Song of Destiny; and Vaughan Williams Benedicite, on **Saturday 18 November 7:30pm** at St John's Church, Harrow, HA1 2JE (Opposite Debenhams). Box Office 020 8863 7009. Tickets will be available at the door.

**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

**WEMBLEY PARK FIREWORKS 2017**— **4th November** 6-9pm. An exciting fun family event with vibrant street entertainment from a number of performers, great street food to tickle your taste buds and an exciting fireworks display set to a top-secret soundtrack in the evening. ,Brent Civic Centre, Engineers Way, Wembley HA9 0FJ

**TEA DANCES AT BRENT CIVIC CENTRE**— **6th, 13th, 20th, 27th November, 1.30-4.30pm**. Brew up a storm, and swirl the afternoon away. Doors open at 12.30, £5 at the door or £2.50 on presenting a car parking ticket for the Civic Centre car park. The Melting Pot is open for lunch and light refreshments until 5pm, and the coffee shop is open from 12-4pm for tea, coffee and snacks.

## MO GENERAL MAINTENANCE

- |                   |                                |                      |
|-------------------|--------------------------------|----------------------|
| ◆ Handyman        | ◆ Fencing                      | ◆ Pressure Washing   |
| ◆ Decorator       | ◆ Light Removals               | ◆ Patios & Driveways |
| ◆ Rubbish Removal | ◆ Garden clearance             | ◆ Wood Flooring      |
| ◆ Gutter Cleaning | ◆ Window Cleaning              |                      |
| ◆ Roof Repairs    | ◆ Carpet & Upholstery Cleaning |                      |
| ◆ Gardening       | ◆ General cleaning             |                      |
| ◆ Tree Cutting    |                                |                      |

**Call: 07963 447514**



[www.facebook.com/mogardenmaintenance](http://www.facebook.com/mogardenmaintenance)



# CLASSIFIEDS

30 words £8.70 (min) plus up to 50 additional words at 20p per word.



## LOCAL CHIROPODIST/PODIATRIST

Professional foot care in the comfort of your own home. Qualified State Registered Podiatrist with over 25 years of experience. Please call Sue on 07821 771 663.

## EXPERIENCED TUTORS

For Maths (up to GCSE). 11+ grammar school entrance, exam preparation for verbal reasoning, non-verbal reasoning, Maths, English and Science. References available. Good rates. Tel 07799 412 756

**SAMARITANS**



Brent: 0208427777  
Harrow: 02089616181  
National: 116 123 (free to call)



jo@samaritans.org

Talk to us any time you like, in your own way, and off the record – about whatever's getting to you.

You don't have to be suicidal. Please don't suffer alone.

We're here for you 24 hours a day, 365 days a year.

You can also contact us by email, or arrange to see someone face-to-face.



**St Andrew's Church**  
**956 Harrow Rd**  
**Sudbury HA0 2QA**

## CHURCH HALL FOR HIRE

*Beautifully refurbished Church Hall available for hire at competitive rates.*

*Telephone 020 8904 9224 or email [standrewssudbury@aol.com](mailto:standrewssudbury@aol.com) for more information.*

*Office open: Tues – Thurs 9 am. to 12 noon.*

## ROOFING

ALL NEW ROOFS ▪ FLAT ROOFS

ALL TILES ▪ SLATES

LEADWORK ▪ U.P.V.C. FACIAS

GUTTERING ▪ REPAIRS

**All Work Guaranteed**

**For free estimates call:**

**07940 908 596**

## D & M & Son

### BUILDERS & DECORATORS

**FREE ESTIMATES** - No job too big or too small  
Insurance Work Undertaken

**Tel: 020 8966 9140**

**Mob: 07977 840 123**

Complete Building and Decorating Service  
Kitchens & Bathrooms fitted

Electrical, Plumbing, Tiling & Plastering

New Roofs / Repairs / Guttering replaced

UPVC Facia Boards / Soffits fitted

Garage / flat roofs replaced in 3 layer Torch Felt

Windowbays replaced in Lead & Felt

Fencing replaced in Panels & Featheredge

# ADVERTISER FINDER

	Page		Page
Accounting, Tax & Audit	18	Garden	9,28
Air Conditioning	24	Hairdressing	6,24
Appliance Service/Repair	20	Hall Hire	29
Architectural Services	18	Health & Beauty	12,24
Boilers/Heating, Plumbing	17,20	Home improvement	6,9,17,29
Building Services	11,24,29	Nursery, Pre-School	18,22
Car Sales, Servicing, Repair	8,13	PC/Laptop Repair	20
Cleaning Services	17,27,28	Printer	15
Conservatories, Porches	31	Property Maintenance	17,28
Dentist (private)	10,15	Roofing, Gutters	29
Doctor (Private)	14	Soft furnishings	7
Education/Tuition	26,29	Window Cleaners	17,29
Estate Agents	2,32	Windows, Double-Glazing	31
Electrical Services	7,12		
Foot Care	16,29		
Fitness (boxing)	18		

**Thank you for supporting our advertisers**  
They make this magazine possible

## Next Copy Deadline

The Courier is published monthly.  
Copy, advertisements and remittances for the  
December issue should be received by

**10th November 2017**

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

Please mention

*The Courier*

When contacting them.

If they do a good job, recommend  
them to a friend / neighbour

## ADVERTISING

Advertising rates and Terms & Conditions  
are available from:  
[advertising@the-scra.co.uk](mailto:advertising@the-scra.co.uk)

All advertisements are accepted in good  
faith and no responsibility is taken by the  
producers of this magazine for claims  
made by advertisers. Readers must sat-  
isfy themselves as to the suitability of any  
contractor or supplier they engage. No  
recommendations are made or implied.  
Neither The Courier nor the SCRA can  
become involved in any disputes be-  
tween advertisers and their clients.

\* **SCRA NEWS** is the latest news from the Associa-  
tion Committee. All other articles are from third par-  
ties and do not necessarily reflect the views and  
opinions of the Committee. As such, the Editor and  
Committee will not accept responsibility or liability for  
any such material.

\* **The Editor** reserves the right not to publish all or  
part of any material submitted for publication.  
The Editor/Committee's decision is final

\* **All rights reserved.** No part of the publication may  
be reproduced in any form, without the prior consent  
of the Editor

\* **Produced and published** by the Sudbury Court  
Residents' Association.

\* **Printed** by Minuteman Press Wembley (0208 903  
7524)

**ADD AN EXTRA DIMENSION TO YOUR  
HOME WITH A NEW CONSERVATORY**



**From concept to completion  
Timber, Aluminium or U.P.V.C  
Windows, Doors and  
Conservatories**

Conservation Area requirements catered for



**Celebrating  
26 years  
in business**

**Tel/Fax: 020 8428 5433**

Email: [williamswindows@fsmail.net](mailto:williamswindows@fsmail.net)

Website: [www.williams-windows.co.uk](http://www.williams-windows.co.uk)



# Property Hub

Residential Commercial Land

[www.propertyhubltd.com](http://www.propertyhubltd.com)



## Thinking of moving this winter?!!!

### Property Hub's offices:

Wembley Branch:  
Tel: 0208 903 1002

Willesden Branch:  
Tel: 0208 459 3333



**ALL UK PROPERTIES AT ONE PLACE**