

The Community Magazine for the
Sudbury Court and Pebworth Estates

October
2017

The Courier

86th
Year



Thanks to Pradeep Luther—local resident—for this month's cover photo—see page 22

Byron Court Expansion . . .

Contact details and news of **public drop-in event** for updates and Q&A (pg11)

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October 2017
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Dear Neighbours,

It's feeling quite autumnal, and has been quite grey and stormy in recent days, so I thought the picture that arrived from Pradeep was quite timely, to add a bit of exotic colour to our October issue—and the picture is a local one as it was taken in his front room!

There are a number of items in this issue that I'd like to draw your attention to, although our regular contributors are always worth reading—which reminds me to thank all contributors for their words of wisdom each month—the Courier wouldn't exist without you.

Crime Update—pg 4-6. As well as updates on recent activity in the area, there are words of warning regarding the increase in moped crime—please read and take note. The Safer Neighbourhood Team would also like to start a WhatsApp group for the area—if you're interested, please pop along to the Neighbourhood Watch meeting on 30th September (pg 10 for details).

Councillor's Comments—pg 7-11. Flavour of the month is local construction projects. Please note that your Councillors and the SCRA have now been invited to a weekly meeting with representatives from the Council and the construction company working at **Byron Court School**—the first one was yesterday, so hopefully, from now on, we will be able to have useful updates, and also hold them to account for any issues arising. There will also be a drop-in event for you to attend and direct contact details available now—pg 11—although please continue to keep us informed of any issues, in order that we are able to monitor all information.

SCRA Membership—pg 11. Please see our reminder—if you haven't paid your subs yet, please could you organise it this month?

Parking—pg 15. A resident contacted us and asked us to print information with regards to who to contact if someone is blocking your driveway. If you have any success with this, or if you have any other tales to tell, please let us know.

Our new feature last month **Did you know . . . ?** - pg 20. prompted a couple of residents to add some memories. Get in touch if you have any other local information that you think our readers would be interested in.

Trees—pg 21. Recent tree 'incidents' locally prompted Brent's Principal Tree Officer to get in touch with some helpful tips.

The Hobby Lobby—pg 22. Pradeep's contribution of his photo suggestion for the front cover, prompted him to also write a few words about photography. If you have a hobby or interest that you'd like to share with readers—maybe encouraging others to get involved, please do let us know. I, personally, would be interested to hear from any knitters—it's around this time of year, when it's getting dark early, and it starts getting colder, that I get a pair of knitting needles out—my skills are really basic, and I'd welcome any tips for learning more—anyone able to help me/others?

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**.



● NEIGHBOURHOOD WATCH MEETING:

Before I let you know about the topical issues on Northwick Park, I urge you to become involved in Neighbourhood Watch – see page 10 for details. The NW would like to set up a WhatsApp group for Northwick Park and perhaps if you are interested in being part of this pop along to the meeting to register for this at least.

● ROBBERIES:

At time of writing (09/09/17), I (PC KENNEDY) have to report that there have been two recent robberies in the area – one in Northwick Park itself on the 28/08/17 in the evening and the other on EAST LANE near Subway on the 30/08/17. Three teenagers in their late teens have been arrested for this offence on EAST LANE.

The robbery in Northwick Park occurred in the early evening and three males approached two males playing football and asked to play. These three males then proceeded to take the bags belonging to the two males that they were playing football with and threatened the males with being stabbed if they tried to get the items back.

In both instances, items taken included mobile phones – robbers are still after mobiles these days, other items typically stolen in street robberies are cash and jewellery. Please be aware of who is around you, keep your valuables out of sight if you see someone taking a particular interest. Consider walking to the other side of the road or going into a shop or busy place where you are less likely to be singled out if you feel someone is following you.

● MOPED CRIME:

There is an increase in the use of moped and scooters being used to commit a variety of crime in LONDON and BRENT. You might have seen the news about groups on mopeds committing crime; this is also happening in Brent. In the last few days in south

Brent, several youths on mopeds robbed multiple victims of their phones and belongings after mounting the pavement and surrounding their victims and threatening them with weapons.

Please try to be aware: if you hear the high pitch sound of a moped being driven at speed or erratically, pay attention as to what is going on and what they are doing, particularly if the moped rider appears to be a youth. Try to avoid anyone on a moped who you believe might be up to no good and when it is safe to do so, ring the police.

I had an incident off duty recently where I saw a lone male on a scooter, with no number plate, double back on me when I took out my phone to make a call. If you are using your phone in public, please pay attention to who is around you.

Mopeds and scooters are notoriously easy to steal with the know-how, if you are the owner of either please secure them to a secure post or ground anchor with an approved lock when not in use. Even whilst you are using the scooter/ped, please be aware of whether you are being approached by youths on mopeds with pillions: some moped riders have been pushed off their vehicles whilst waiting at junctions by robbers on mopeds.

On a positive note, I recovered a stolen white scooter following a chase on LANGHAM GARDENS recently. I had a good look at the young riders as they weren't wearing any helmets. They abandoned the ped on LANGHAM GARDENS near CARLTON AVENUE WEST, and fled the scene only for the rider to return later whilst I was still on scene. He was chased again and, although lost in the BYRON ROAD area, I had a brilliant look at his face and will be on the lookout for him. I would like to thank several residents of Langham Gardens who assisted looking after the stolen moped during the chase and assisted with the follow up enquiries.

If you see mopeds being ridden around dangerously, or by youths without helmets, there is a strong likelihood that they are stolen – report them to the police immediately.

● **COLD CALLERS:**

Cold callers continue to be a problem: if someone you don't know knocks on your door trying to sell you something (driveway cleaning/tree cutting/rubbish clearing/driveway construction/roofing/building services/security), politely decline. If, in doing so, you hear a company name or notice a vehicle, then please let me know – phone number and email below. I have dealt with a number of cold calling fraudsters over the years and would strongly advise any NOT TO EMPLOY any cold caller. If they don't over-charge you, do a sub-standard job, defraud you, fly tip the trees or rubbish you ask them to clear, then you will be the exception. Several fly tips in the area have occurred by residents using cold calling rubbish clearance and tree cutting cold callers.

We appreciate information on cold calling but categorically discourage and warn against using any cold caller "builders", "roofers", "driveway cleaners", etc.

If you know of any elderly residents, please keep an eye on them as they are more likely to be targeted by these cold caller con merchants!

● **SCRAPPIES:**

(may have invented a word, maybe it's police slang!) i.e people going around collecting scrap metal, etc— they love roving around our area, very rarely will they ask permission to go onto your property, and some are opportunist thieves – I have dealt with scrapies stealing bicycles from people's front gardens. One resident had a door he was fixing stolen from his front garden, most likely by scrapies.

If you have items to recycle please contact Brent Council and don't leave them out to encourage these scrapies in our area.

● **LITTERING AND FLY TIPPING:**

These are crimes, environmental ones: people will be prosecuted. I have even been to Crown Court with a fly tipper. Where at all possible I will assist the council to ensure offenders are prosecuted.

If you want to live in a clean area, keep it clean!

You are not permitted to put anything on the pavement whether your intention is that it be recycled etc. I will not have residents leave bags of clothing out on the street for others to rifle through it and create a mess on the street. You are not permitted to leave any waste item out on the pavement or street for that matter.

Dog fouling – if you have a dog pick up it's mess.

Litter bugs and fly tippers, I really detest your activities.

Keep Brent and the Northwick Park area clean.

● **DRUG ISSUES:**

There continues to be an issue with youths frequenting THE PIMPLE to smoke drugs, littering and causing a disturbance there. We are regularly conducting patrols there, we have caught a number of persons there with drugs (cannabis). We are using the Anti-social behaviour legislation to take action against the persons involved.

● **EMAIL CONTACTS:**

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

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

Overview of location of offences

9th August to 9th Sep:

Burglary residential: Blockley Rd (11/8/17 1800-2200hr, back door forced open, jewellery stolen); Nathans Road x 2 (05/09/17, laptops, jewellery stolen); Watford Road (09/09/17, 0016hrs, entry gained through unlocked side window, house in darkness occupier in bed, burglar shone a torch in the bedroom, fled on seeing someone inside).

Attempted burglary residential: Aspen Drive (14/08/17 2100hrs, males seen by neighbours trying to force open window to flat).

Robbery person: Woodfield Avenue (14/08/17 2040hrs, pizza delivery rider robbed of pizzas and moped), Northwick

Park (28/08/17 1730hrs, 2 young men robbed by three males who approached them as they were playing football and asked to join in, males then took the pairs bags after threatening them), East Lane outside Subway (30/08/17 1740hrs, 16 y.o boy approached by three males outside Subway, threatened with knife, three males arrested by police regarding this, investigation ongoing).

Theft of motor vehicle: Amery Road (10/08/17, car stolen, 0341hrs), Pasture Road (13/08/17 02.08hrs, Tow van steals VW transporter, police recovered in Ealing in secluded location), The Fairway (13/08/17 1940hrs, Smart car stolen during test drive), Carlton Avenue West (car stolen, 1230hrs – 2100hrs), Dean Court (23/08/17 1900hrs – 24/08/17 0730, theft of 12 plate car), Pasture Road (30/08/17 0100hrs – 1850hrs, pizza delivery moped stolen later recovered abandoned East Court on 01/09/17).

Theft from motor vehicle: Churchill Avenue (10/08/17 1900hrs – 11/08/17 0100hrs, no damage caused to car, sunglasses and loose change stolen), Churchill Avenue (10/08/17 1900hrs – 11/08/17 0700hrs, no damage caused to car entry gained, glasses and car key stolen), Pasture Road (11/08/17 2100hrs – 12/08/17 0800hrs, number plate stolen), Pebworth Road (15/08/17 2330hrs, entry

gained to car and ransacked), Sudbury Court Drive (18/08/17 0135, entry gained to car no damage, credit card removed and used), Pebworth Road (17/08/17 1600hrs – 18/08/17 0900hrs, entry gained to car no damage caused, items stolen including cash), Lothian Close (29/08/2017 0630hrs – 1200hrs, registration plate stolen from car).

Your team would welcome any information on anti social behaviour or criminal offences that are occurring in the area - please feel free to contact us on 0208 721 29 69 or email: NorthwickPark.snt@met.police.uk

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

Useful numbers:

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

For non-emergencies, ring 101

To give information anonymously call Crimestoppers on 0800 555 111

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

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Councillor's Comments

Cllr Margaret McLennan - Northwick Park Ward

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

Tel no: 07949 398193

Autumn greetings to all and good to speak to you. Hope you all had a lovely summer with family and friends. With the onset of Autumn, Councillors' thoughts turn towards budget setting, but for residents, particularly in Brent, thoughts turn to the new school year and ensuring their children are safely ensconced in a new school and/or year. Our ward is no exception with Wembley High and Bryon Primary Schools and it is here that we Councillors have been active throughout the summer.

An Apology.....

Keith, Joshua and I send to all residents of **Nathan's, Norval, The Fairway and Spencer Roads** an unmitigated apology for the inconsiderate practices used by the constructors building on the grounds of Bryon Primary. Ward Councillors sought stringent guarantees on the Construction Plan prior to development and we were categorically promised that one would not know there was a development occurring at all. Well, very sadly for residents, this was not the case and for this we truly apologise. Keith has been a total trooper throughout the initial development process and has

been at the construction entrance gates daily for over a month, whilst Joshua and I speak with relevant officers over the woeful lack of consideration given by many deliverers. Why, you might ask, when stringent construction plans have been agreed, including always reversing any vehicle into the Nathan's road site entrance!

Part of the issue is that the construction company employs a gamut of sub-contractors; some are there throughout the build, whilst others might be a one-off delivery, so a general attitude of 'drop off as quickly as possible' is their delivery strategy. Several site staff have been replaced and now distilled to an overall construction site manager to work closely with the Council Project lead and Ward Councillors.

It has been agreed that, as of 12th September, there will be weekly site meetings, with the Site Manager, Council Project Lead, Ward Councillor, Chair of SCRA and Chair of Ward Neighbourhood Watch to discuss the week's construction and iron out any direct resident issues. We also want to ensure that street furniture, damaged by construction traffic, is repaired and that they do not hurtle dangerously down our quiet streets, but stick to the agreed plan.

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NAIL – New Accommodation for Independent Living

Keeping within the construction theme. You will hopefully be aware that the Council is constructing 12 new flats, including one warden assistant accommodation, for those entitled to Special Needs Accommodation, at 1-5 Peel Road. We Ward Councillors are great supporters of the NAIL initiative as the 21st Century is no place to have those who have special needs to be locked away in secure accommodation. Brent has a proposal to build a further 520 such properties across the Borough and we are delighted we have developed such a scheme in Northwick ward. The attached statement below is taken directly from the letter sent by Brent Housing Property to residents of Peel, Byron, East Lane and Woodfield Road.

This is what you call 'community engagement!' I do hope residents note the contrast!

There are many witness statements gathered to date—and if you should witness any other transgressions, please do let us know in order that we can keep on top of the construction company and their partners.

Once again, our apology and note that the Director of Regeneration and Planning is personally involved and insisted that a new site construction management team be organised and proactively work with the council, residents and Councillors to truly achieve 'considerate construction'.

Updates next month.



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'I am writing to update you on the progress made at 1-5 Peel Road. The piling works have now been completed with the foundations and drainage now commenced. A delivery and erection of the tower crane will take place on Thursday the 31st of August and Friday the 1st of September these works will take place on site however there will be a large volume of deliveries over these 2 days. This will be controlled by our contractors on site to minimize any disruption while these works are taking place'.

Planned works for coming month:

- Erection of Crane
- Foundations/Groundworks
- Completion of Groundfloor Slab and Columns to 1st Floor

*Should an emergency occur please contact my colleague **Derrick Walsh Mob: 07921862360***

We are delighted to be part of this project in your local community.

Kind Regards,

James Nugent
J.Nugent
Project Manager
Glenman Corporation Ltd
Tel: 07908 781 190

Houses of Multiple Occupancy – HMO's

A big thank you to all residents who have notified us of possible overcrowded accommodation. All reports are sent to our Landlord Licensing and enforcement teams and just to inform, the ward has seen a 150% increase in the number of HMO's from 2014. As stated previously, prospective disreputable landlords value the Northwick area for the fact they get more value from overcrowding large three –bedroom properties as most roads in Northwick have few parking restrictions and so households with business attached can run unfettered, unless directly reported as an issue.

As we move on, even with Brexit, the clamour for properties in this area grows ever larger as it is seen as a dream for landlords as savings are made on the fact they can have cars associated with businesses parked across the ward and no-one presently can touch them, unless untaxed and even then, there is a three month moratorium, before removal.

During my next article I will update on the budget from 2019/20 onwards and how you can help the council help you.

Councillors' Residents' Surgery

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

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NEIGHBOURHOOD WATCH MEETING

SATURDAY 30th September 2017

**From 2.00 – 4.00 p.m. at
St. Cuthberts' Church Hall**

So, you think that Neighbourhood Watch is all about twitching the net curtains and spying on the neighbours, being a nosey busy-body? *Wrong, wrong, wrong!*

So why not come along to PCSO Charlie Charalambous' Neighbourhood Watch Meeting at St. Cuthbert's Church Hall on

Saturday 30th September at 2.00 p.m.

and find out from the guest speaker just what Neighbourhood Watch is all about, how it is evolving, how it can help the neighbourhood in which you live.

Charlie will give you the latest crime figures – or none – which would be good news, there will be freebies to hand out and where would our meetings finish if not with a cuppa,

biscuits and a chat with friends, neighbours? If you have any questions to ask that is the perfect time to speak with either Charlie or our guest speaker.

Looking forward to meeting up with you all once again.

As if that is not enough, that weekend Charlie will be "celebrating" his 10th anniversary as a PCSO on Northwick Park Ward. This is no mean achievement with all the cut-backs and changes in the Met. Police. So please, please, make it a good celebration for him and let's pack the hall (and say a 'thank you' for his dedication to our community).

Jill Gilbert

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Byron Court Expansion—Event and contact details

You are invited to a drop-in event, hosted by the contractor, Graham Construction, at:

Byron Court Primary School, Spencer Road
Weds 11th October 2017, 5-6:30pm

The event will provide residents with information regarding the construction programme and key activities as well as the opportunity to meet the construction site team. There will also be presentation boards and a computer-generated simulation, demonstrating the new building as it is being constructed, through to completion.

Questions are welcomed from residents.

The second monthly newsletter was delivered in September, providing updated information on progress and up and coming activities.

Graham Construction's site management team ask that if, in the meantime, you

witness any events on or off the approved construction traffic management route, that you contact the site team directly to report this, to assist them in managing drivers who are not conforming to the approved route, speed restrictions and other reported issues. If you have any concerns or just have a question, please contact the site management team:

Project Contact Details:

Project Manager: Michael Theron
07384 231 813

Site Manager: Andreas Eleftheriou
07392 124 344

andreas.eleftheriou@graham.co.uk

Construction Director: Kieran McDaid
07393 752 653

kieran.mcdaid@graham.co.uk

Community Engagement: Lorraine Lane
07469 406 551

lorraine.lane@graham.co.uk

SCRA Subscriptions—reminder

SCRA Membership

Any Residents' Association is only as strong as it's membership—the SCRA needs and values your support. We are here to maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates. We will certainly need your support to ensure that we hold the Council to account with regards to any plans they have for developments in Northwick Park. In addition, every house on these Estates receives a monthly copy of The Courier.

£5.00 per household per calendar year (senior citizens £2.50).

The amount is small (Very good value!), but added together it makes a HUGE difference to what we can do for you.

With half the year gone, we are yet to receive more than a quarter of the membership subs—please—if you haven't paid your subs yet, could you do so this month?

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The Memory Cafe

Support for those experiencing memory problems



As you read this we will be gearing up for a really important evening. On **Friday October 6th at 7.30pm**, the Metropolitan Police Choir will be at St Cuthbert's.

The event is completely free. We aim for it to be a celebration of community, and this community in Brent in particular.

On the bill will be our Memory Café Choir. This is a huge deal for us. It will be the first public outing of the choir. Radio London will be here. The choir has grown in numbers and confidence. It is made up of ordinary local residents and is totally heart-warming. Some have

dementia, others don't. We don't distinguish or make a fuss about it. People are people. So come on folks, come along to support us. There are no tickets so just turn up. We will have some refreshments on the night and we might run a raffle.

It is going to be a fundraiser for Memory Café, so can I encourage you to bring your chequebook!

But the main emphasis is to be there, to be happy, and to make a great night of it.

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Hi all. This is the season of new beginnings for us at church. We would love you to get involved. But as well as these you are so welcome to join us on a Sunday. Our 9.30 service is more traditional. Our 11am is more informal.

The **Celtic Service** was a great success with new people coming from the estate. It was gentle, poetic and left time for quiet and reflection. I certainly appreciate a time to be still before the busy week begins. The Celtic style was the earliest form of Christianity in this country and it has a lovely seasonal feel. The next one is on **October the 1st at 6pm**.

Do join us, for peace, and a chance to be still.



We are starting a new **parents and toddlers group** called St Cuth's Tods on Friday 3 November from 10-11.30am. Do email me for details steve_stcuthberts@hotmail.com. It will run on the last and first Friday's of every month on Friday afternoons. This is something we have been wanting to do for such a long time and we are very excited about it. Anyone can come and we hope it will be a vibrant addition to the life of this community.

Last year we had a very successful Christmas **Bazaar** (yes I know it is ages away). We will be having another on Saturday December 9th. If you are interested in having a stall, please do contact me at the email above.

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Menopause - Part I

I have been writing about sleep and dementia, but this is something I feel even more passionate about. I am a GP, but also a Menopause Specialist and I work at Northwick Park Hospital in the Menopause and Clinical Research Unit and also at my practice at the London Menopause Centre at the Clementine Churchill Hospital.

Menopause is a unique and individual experience. 5% of fortunate women have no troublesome symptoms and do not need help. You may have a few symptoms and perhaps look for something in the health shop; most women try to manage without seeking medical help. 85% of women will look for so called alternative or complementary treatments rather than see a doctor.

However, menopause can be a living nightmare, leaving you unsure as to what to do, how to best manage it in your daily life and who to turn to.

You may have experienced some unbearable hot flushes. You may have night sweats and sleep disruption. You may have suddenly become depressed, with an

accompanying sense of worthlessness and moods that can turn on a sixpence. We now recognize that the average length of time a woman has hot flushes is seven years, and about 5% of unlucky ladies still have hot flushes at the age of seventy.

Your joints have started to ache. Your partner no longer seems as attractive as he or she once was, you may feel itchy and sore. As women, we are now also expected to work until the age of sixty seven....quite a challenge when you consider declining memory, lapses in concentration and tiredness due to lack of sleep.

We *can* do it; there is evidence that older women function just as well in the work place as younger women, but the simple truth is that we work harder to do so. We put failsafe mechanisms in place to make sure we don't make mistakes, which in turn can make us fussy and anxious.

More next month!

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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PARKING

" I have previously contacted the Courier to discuss the issue of bad parking within the estate, particularly during the school run hours. Having lived here for 30 years, I have noticed this issue becoming more and more of a problem.

If residents wish to report cars parked illegally (i.e. blocked drives / double yellows) then they should contact Serco who are the company responsible for parking enforcement within the area. They can contact **Serco on 0208 290 8300** and then select option 5 (vehicle removed, blocked drive-way) followed by option 1 (blocked drive-ways). I have used this option frequently for cars parked on double yellow lines.

Regards,
DP"

Thanks DP,

If any other residents have any comments to make with regards to this solution—or if you have found other solutions, please do let us know.

Regards, Editor



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Back in May this year we introduced a service helping people to reduce unwanted cellulite. We invested £20,000 on a state of the art machine which can dramatically reduce the dimpling of the skin caused by deposits of fat. And since its introduction it has proved very popular with women and men.

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We've been using Lipotripsy to treat people's bottoms, thighs and the back of the arms. With great success.

It works by stimulating fat break down, collagen synthesis and lymphatic drainage. It is delivered by placing a probe up against the areas of cellulite, as it passes over the area it emits radial waves through the skin.

As it passes through the skin, it activates the fat cells and increases blood flow. This in turn reduces the cellulite appearance and increases skin elasticity. The machine also has a specification application for treating long standing chronic musculoskeletal condition which have not responded to other therapies.

If you are interested in finding out more about either service or wish to book an appointment please contact the centre.

Thanks for reading,

Firoz

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A Day out in Brighton



For many years SCRA has organised a trip to the seaside for residents; on the first Wednesday in August. Every year the chosen day has been sunny. Until this year, which was rather different. On August 2nd, 36 residents set out from the Sudbury Court Estate on a day trip to Brighton. The choice of date turned out to be unfortunate, but it was lucky that the destination was Brighton, where there is more to do than at most resorts. Wednesday 2nd August turned out to be a day of wind and rain on the south coast. Definitely not a day to sit in the sun.

The coach arrived at the seafront at midday, and bravely we all set out to explore Brighton. The seafront was very windy, driving many to go into the more sheltered areas such as the Lanes and the Cultural Quarter. (It is amazing how cultured one becomes when it is raining!) In our case, having visited the Brighton Pavilion a few years ago, we decided to go to the excellent Brighton Museum nearby.

Despite the weather we had a stimulating day out, and a big thank you is due to Susan Friend and Maggie Norman for organising the outing and the on-coach raffle.

Edward Kafka



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Pavements and Works

It looks as if the long-overdue reconstruction of pavements on Stilecroft and Langham Gardens is imminent—by the time you read this, the works should have been carried out.

The SCRA and Councillors will also be reviewing the works at the John Lyon roundabout and Pebworth Road.

Please forward any comments to: editor@the-scra.co.uk and they will be passed on to the relevant parties.



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SUDBURY COURT BIRD WATCH

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



My wife and I were strolling beside a slow moving stream a month or so ago, when we saw two newly hatched black chicks swimming out from the undergrowth of the far side bank. Two mallards showed great interest in a quick bite to eat and moved in swiftly towards the chicks.

Mother moorhen was quickly there to the rescue shouting, *"Get back to the bank where it's safe - and stay there. How many more times must I tell you?"*

You couldn't actually hear her shouting, but the way she hustled them back to safety said it all.

We marvelled at these saucy little chicks constantly disobeying their mum and venturing out again and again. And mother constantly chasing them back to safety!

Just then an armada of fifteen mallards appeared from upstream!

We stopped to watch what would happen. The odds on the chicks surviving seemed, on the face of it, to be pretty slim.

But mother moorhen set into the mallards, sometimes two and three at a time, with vigour and viciousness and, within two minutes, she had dispersed them all downstream in disarray!

And the chicks? They had hidden in the undergrowth whilst the danger was there and only cautiously reappeared when it was safe to do so.

Mother moorhen and her chicks then serenely paddled their way upstream as though nothing had happened. Isn't nature marvelous?

Our photo, with a mum and chick in a more peaceful setting, is by courtesy of *kormorant* (Google).

Recent sightings

Several weeks ago, I watched a **lesser black back gull** circling over my and my neighbour's gardens. A majestic joy to watch with its beautifully smooth wing beat. There

was nothing in my garden to interest it so I think there was something in my neighbour's garden, but I don't know whether it landed or not.

That **heron** has again (twice) visited in recent weeks with a view to

having its breakfast on my goldfish. I know I have too many fish in my pond, but I am not inclined to share them with him!

Francis saw a **willow warbler** last month and, a more unusual sighting, was a **little owl** perching on a neighbour's television aerial. These are lovely little birds, smaller than a blackbird, often coming out during the day. They sometimes perch quite conspicuously, hardly moving for hours. I once saw one perching on a clothes line. It did not move and was there for so long that I thought it was a dummy! They feed at dusk or night time however, and eat small rodents, insects and the occasional earthworm.

Francis v The Rest

We are still neck and neck! With the reports above, together with last month's sightings, we have each seen thirty three species. Not all the same species, as I have mentioned before.

The nights are drawing in and, with the cold weather approaching, the winter visitors will soon be arriving. More about them next month. Meantime, keep watching!

Rod Lake



Did you know . . . ?



. . . There used to be two outdoor swimming pools within walking distance? And also, GEC Research Labs at North Wembley, carried out some very important work during the war.

Here's what Margaret, a local resident, had to say:

"I remember swimming at the Ducker pool one summer holiday. The Girl Guides were given the use one evening. We had fun avoiding the leaves floating in the water. The changing facilities wouldn't have got past Health and Safety today! I also remember the Vale Farm outdoor pool, with it's tiered steps for sunbathing, or for seating at galas. Some of us keen swimmers would try to swim the first day it opened – I think it was 1st May – it was very cold, we must have been mad!

I also remember the wonderful children's Christmas parties at the GEC Research Labs at North Wembley. Local children were invited, with the children of parents who worked there. There were many activities and experiments for us to do, all made specially by our Mums and Dads. I loved the Alice in Wonderland Rabbit Hole – a slide into the depths of the building. The food was a highlight, particularly after rationing finished.

The Research Labs were one of the main places developing radar during the war, all very hush-hush then. My father was involved with it, but we didn't know until he got his MBE some long time after the war ended.

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Trees - Do's and Don'ts

With the knowledge that trees provide a myriad of benefits, why are we so cavalier in our approach to their management in our own gardens? As Brent's Principal Tree Officer and a former 'tree surgeon' myself, I am bemused that, time and time again, residents entrust the management of one of our most valuable and beautiful resources to a bunch of questionable individuals. Why employ a bloke with a chainsaw that hasn't got the foggiest idea what he's doing to a small, medium or large living organism? Once a tree has been poorly pruned or removed, the damage is irreparable.

How do we spot the non-tree surgeon?

Some tell-tale signs: 'topping,' 'lopping' and 'trees expertly removed' are terms often used by unscrupulous contractors that are generally uninsured and certainly have no formal arboricultural training or knowledge.



an illegally felled pine tree in the Sudbury Court conservation area. The tree fell across the neighbour's garden narrowly missing their house but damaging many beloved plants.

When hiring a tree care professional.

Do not use anyone that puts a card or leaflet through your door.

Do not use anyone that pertains to belong to unconnected organisations such as The Guild of Master Craftsmen.

Do not use anyone who can do the work immediately and always ask for a written quotation.

Do not use anyone that claims they work for Brent Council because they don't!

Do use contractors who have attained Arboricultural Association (AA) approval.

Do use members of the International Society of Arboriculture (ISA).

Do use contractors on a list of Arboricultural Association approved contractors, available from The Planning Service at Brent Council.

Do ask to see an insurance document that

distinctly states the insurance is to cover all tree work operations and not general garden services.

Do ask to see National Proficiency Test Council (NPTC) certificates of competence for climbing trees with a chainsaw as well as aerial rescue (being able to rescue a colleague from a tree following injury at height).

Do check with the Council to see whether your property is within a Conservation Area or whether your tree is protected by a Tree Preservation Order. Carrying out works to protected trees without the Council's written permission may carry a fine of between £2000 - £20,000 and a criminal record.

Yellow Pages, Check a Trade, etc are **not** vetting organisations and are unable to verify the competence of so-called 'Tree Surgeons' You are the boss!

When we invite a trader onto our property to carry out works, we are legally responsible for their health and wellbeing. **If we knowingly employ someone that is uninsured and unqualified and that person has an accident or injures or damages a third party or their property the responsibility is down to us.**

I was recently shown a photo of a very poorly pruned tree that will fall into decline relatively quickly. However the most alarming aspect was that the tree was in close proximity to a railway line; the consequences of material falling onto the line or coming into contact with high voltage electrical apparatus does not bear thinking about!

Again, *the bottom line is that should something go wrong the customer, along with the 'cowboy', contractor is responsible.*

On that thoughtful note I'll sign off but leave you with one of my favourite Chinese Proverbs:

"The best time to plant a tree was 20 years ago. The second best time is now."

The full document "Connecting Londoners with Trees and Woodlands can be found at [https://www.forestry.gov.uk/pdf/ltwf_full.pdf/\\$FILE/ltwf_full.pdf](https://www.forestry.gov.uk/pdf/ltwf_full.pdf/$FILE/ltwf_full.pdf)

Lawrence Usherwood
Principal Tree Officer
Brent Council.

The Hobby Lobby

Our smartphones have superb cameras: we can whiz out the camera at any time. We can use it for special occasions as well as to record the day-to-day world around us. Then we can easily share these pictures with friends and family via Facebook, Instagram, email etc.

But the smartphone camera goes beyond just recording a scene; it also gives us the opportunity to review the pictures. This means we can improve our photography skills. By viewing, critically, the image on the LED screen of the phone, we can ask ourselves whether the picture conveys the message we want. For example, we could check whether there is excessive clutter surrounding the subject, which can be cleared, and maybe we can improve the lighting by repositioning the camera or the subject. Lots of



advice to improve your skills is available on the web, in books and even evening classes. Once we start to shoot critically, we can also look critically at pictures everywhere around us; this includes newspapers, the internet, adverts, etc. You may

have seen the scintillating giant pictures on billboards with the caption "Shot on an iPhone". Many phone brands have matching, if not superior, quality. (Digital compact cameras and SLRs are even better but that is another story).

If you get the photography bug, I urge you to enter your masterpieces at the regular shows of the Sudbury Court Horticultural Society, which include a photography section. I am a regular judge there and I look forward to seeing your work exhibited at a future show.

Pradeep Luther



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CALLING ALL GARDENERS

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How quickly the season changes! While the memory of a sunlit August Bank holiday weekend is still with us; now, as I write less than two weeks later, the year has tipped over into Autumn. Cloudy skies, chilly evenings, shorter hours of daylight mean that nature is preparing for a seasonal slow-down.

In the garden it is time for a tidy up. Venture out with brooms and rakes to sweep up the leaves, sharpen up the shears and the secateurs to cut back plants that have overgrown their space.

This is the seedy season. Seedheads are replacing flowers and some are beautiful enough to use in indoor decorations. Fallen seeds can germinate readily as the soil is still warm. Some are more welcome than others. Weeding is on-going. This is a good time of year to repair any worn patches on the lawn. Grass-seed can be mixed with compost and sprinkled where needed to fill the gaps.

Trees are such a feature of our estate that it was good to read last month that Sophie Seifalian's work in promoting the planting of new street trees has been recognised. Last month I wrote words of encouragement to young people to make a drawing of a tree to enter in our Autumn Show. This could be the start of a lifelong interest. For over half a century I have watched the progress of a favourite tree on this estate which I 'adopted' when I was young. As today's youngsters walk or scoot their way to school it would be good for them to choose a favourite tree in their garden, in the street or park near home, to befriend it and record its progress through

the seasons.

This idea may well be encouraged in future SCHS shows as an on-going challenge to our younger residents. You might make your own book about your tree; draw around a

fallen leaf and paint its colours, make a rubbing of its bark; when the leaves have fallen, draw a picture of its bare branches and note the date of the last leaf to fall. Take photographs too and stick all your observations in your tree book. To start you off, do you recognise the tree in the picture? Do you know



its name?

As for the trees in our gardens, this has been a good apple year. Many of the best fruit have grown at the very top of the tree, but the birds know exactly when the apples are ripe. They then come in flocks to feast on the cream of the crop. It takes just one peck for rot to set in, then the apples are bruised as they fall and are fit only for the compost heap! The birds give us a timely reminder to pick the ripe fruit, to store it for the weeks ahead, or more likely to share it with neighbours and friends.

Sharing is the theme of the Sudbury Court Horticultural Society. Sharing ideas, sharing skills and plants with others is all part of the pleasure of gardening. To round off the season, our AGM will be held on **Saturday 28th October** from 3pm to 5pm in St Cuthbert's Church hall. Plans for next year will be discussed, trophies for the 2017 season will be awarded, tea and cakes will be enjoyed. Everyone is welcome to come and join in.

Margaret Roake

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BRIGHTENING UP WEMBLEY

With the help of a grant from Wembley Futures Alessandra Grasso an Artist from Friends of Barham Library painted 5 colourful murals to brighten up part of Wembley High Road.

The 5 Murals can be seen on the corner of the High Road and Park Lane where Chesterfield House and Argos used to be.

"Alessandra wanted to bring a bit of colour and nature into a part of Wembley which will be a building site for a few years. Please go and have a look and enjoy a bit of original art" says Paul Lorber from Friends of Barham Library.



BOOK CLUB

Led by Gaynor Lloyd the group met for the 1st time in August. The next book being read is Honour by Elif Shafak. The next meeting is: is yet to be arranged, do call Paul for details or call in at the Library.

SPONSORED RUN

Paul will do his sponsored run in early October 2017 to celebrate the 1st anniversary of the opening of our Community Library.

Paul has so far collected over £400 towards his £1,000 target - but there's still time to **help** him reach his target! To make a donation, please send to: Friends of Barham Library, c/o 17 Stapenhill Road Wembley HA03JF or drop it directly to Paul at your next visit to the Library in Barham Park.

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ACTIVITIES

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Barham Walkers - refreshments. Tuesdays 11-12
Sewcial - knitting & chat. Wednesdays 10.30-12.30

Chair yoga & stretching exercise session are being planned for Wednesdays 12:45-1:30p.m. for a contribution of £3. Please come along or email

Memory Lounge - Tuesdays 11am-1pm

English Classes for women - resumes in October

Email for more info: barhamlibrary@hotmail.co.uk

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Kids' Page



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Who's there?
Canoe.
Canoe who?
Canoe help me with my homework?

Knock, knock.
Who's there?
Orange.
Orange who?
Orange you going to let me in?

Knock, knock.
Who's there?
Anee.
Anee, who?
Anee one you like!

Knock, knock
Who's there?
Iva.
Iva who?
I've a sore hand from knocking!

Knock, knock.
Who's there?
Dozen.
Dozen who?
Dozen anybody want to let me in?

Knock, knock.
Who's there?
Needle.
Needle who?
Needle little money for the movies.

Knock, knock.
Who's there?
Henrietta.
Henrietta who?
Henrietta worm that was in his apple.

Knock, knock.
Who's there?
Avenue.
Avenue who?
Avenue seen me before?

Knock, knock.
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Harry.
Harry who?
Harry up, it's cold out here!





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SUDBURY NEIGHBOURHOOD CENTRE - invite you to join us at the following events:

Saturday Oct 7th 6.00pm till 10.00pm, Race Night sponsored by the local Lions' groups, £10 entry. **Thursday 12th** from 7.15pm our popular Quiz Evening, refreshments incl. £6 p/p, enter as teams of 6 or individuals. **Saturday 14th** 12.30 - 2.30pm, Winter Bargains Sale, some excellent clothing and bric-a-brac available.

Please phone Katia at the Centre on 02089081220 to book for Race Night and Quiz.

HARROW PHILHARMONIC CHOIR - Rehearsals are Mondays 7:45pm-9:45pm, for the 2017-18 season, at Victoria Hall, Sheepcote Rd, Harrow.

New members welcome. Please contact our membership secretary: 020 8866 0382

We are preparing for **Voices 4 Hospices—St Luke's**, on Saturday **21st October** at 3:15pm, in the Harrow School Speech Room. This is a unique opportunity to hear eight of Harrow's choirs performing together to support St Luke's Hospice in Harrow.

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

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

COMMUNITY EVENT - Metropolitan Police Choir with the debut of Memory Café Community Choir. Friday Oct 6th at 7.30pm. The event is free entry, but please bring along a donation for the Memory Café. St Cuthbert's Church, 214 Carlton Avenue West. (see page 12 and flyer)

CONSERVATION PROJECTS at Fryent Country Park—On Sundays, 10am to 12.30pm, Fryent Country Park. Tea and coffee are provided. Projects run from 10am to 12.30pm. Learn about wildlife and techniques for restoring and creating new habitats. Several of the projects involve features for wildlife and views. See Brent's website for full details

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