

The Community Magazine for the
Sudbury Court and Pebworth Estates

March
2018

The Courier

87th
Year



Update on One Public Estate pages 8-14
Sudbury in Bloom pages 26 & 30

SPRING IS BACK



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March 2018
Number 185 (1,025)

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Dear Neighbours,

I've noticed daffodils popping up around the estate—it's always a welcome reminder that winter is nearing its end—although it has been particularly cold for the last few days.

We have a packed issue this month—even with a few extra pages, it's been a challenge fitting it all in. I would like to thank those residents who have been in touch with regards to local issues, including those of you who responded to the call for comments on the Byron Court traffic management. It's really heartening to receive input from you, after all, that's what we're here for. Please do continue to engage with us—we're happy to hear from you.

Sadly, and despite many reminders, many residents are still being caught out by cold callers—please read our Safer Neighbourhood Team's updates and reminders—page 4-7.

Councillor's Comments has an update on One Public Estate (amongst other local issues), which I know many of you are concerned about—page 8-14. You should also find updates on the Brent website following a meeting on February 12th.

We have heard from a local resident with regards to damaged pavements and verges—page 18—if you are aware of any issues near you, please do take photos and let us know.

We are in need of a couple of volunteer Courier deliverers—see page 14 for details. Please do put yourselves forward, especially if you are local to Byron/Watford Road, to ensure that all residents receive their copy every month—it really doesn't take up much of your time.

We've had some great news with regards to bringing more flowers and trees to the area. Details of 'Sudbury in Bloom' can be found on pages 26 and 30. Please do have a look. And we're going to start, on **April 15th**, with tea and cake, and a 'Clean the Green' (by St Cuthberts) afternoon. We will have further details in next month's issue about what we're going to do on the day—and even if you just want to show your moral support, you'll be most welcome to join us for the tea and cake part. Put the date in your diary, and look out for more details.

Notice of our AGM

Please note our AGM will be on **April 11th**. We plan to have Brent Council representatives talking about Byron Court School Traffic Management, as well as One Public Estate, and a talk by Barry Gardiner MP—we will confirm the Agenda and full details in next month's Courier. If there's anything in particular that you would like on the agenda, please do get in touch with us before the 10th March.

And finally, you should have received your subscription envelope with this issue. I cannot emphasise enough how important it is that you pay your subs. We are asking for a minimum of £5, but if you would like to donate more to the association, or the Trees campaign, we will gratefully accept :-). Please see page 25 for details.

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**.



We would urge you to join our email list so that we can send you alerts about crimes/issues that are happening in the area. Please send your name and address to me on email p199114@met.pnn.police.uk

An excellent example of the alerts in happening has been today (09/02/18), I sent an email alert about a tipper involved in an attempted theft from a van on Byron Road on the 2/2/18 – I didn't have the registration. Today I was sent an email of the tipper with it's registration number. Now, I can do something about this criminal.

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

What have we been up to in the past month?

- I am still investigating a series of thefts from cars in the Sudbury Court Estate area, there are several victims involved and a large quantity of property seized.

- Last month I arrested a male sat behind the wheel of his car in Northwick Park, he was smoking a cannabis spliff and in possession of cannabis. He has now been charged with being in charge of a car whilst being over the specified limit for cannabis and possession of the drug. Drink/drug drivers pose a risk to the public; police will make every effort to arrest such drivers and take them off the road.

- Your team makes efforts to deal with speeding motorists as speed kills. We work with our safer transport /traffic officers employing the use of the speed gun to apprehend speeding motorists. Sometimes, despite the speed limit, the motorists' speed

might be inappropriate and dangerous for the road conditions.

- Your team does a variety of shifts to prevent, deter and detect a variety of crimes and anti-social behaviour. On the 26/1/2018, whilst your team was conducting some shifts into the early hours of the morning, two males were arrested in separate stops on the patch: – Two drunk males were loitering around Northwick Park train station, one of them was arrested as he was wanted for some time for questioning in relation to a criminal damage offence, he had evaded capture during previous attempts to arrest him.

- In another incident, your team was on patrol in Aspen Drive when a rental car drove into the estate at a fast speed, on seeing police the car was driven to the dead end in the estate and the occupants decamped the vehicle. Found in the car was a quantity of drugs, a male was subsequently arrested and processed in relation to the drugs found. Your team is liaising with this male's registered landlord (Brent Housing Partnership).

- In another incident, a large amount of drugs was found in an unattended car in the area, this is now being investigated and a person interviewed under caution for possession with intent to supply drugs. Every effort will be made to bring drug dealers to justice.

- We welcome your information on abandoned / suspicious vehicles – we do look into them. One resident reported an abandoned vehicle on Oldborough Road that turned out to be stolen.

- Your team continues to conduct patrols in and around Northwick Park and the university, we have received reports of a male in his late teens / 20s approaching women,

stating that he is autistic but grabbing the women and trying to pull them towards the bench. A description will not be given, as I would like to consider the behaviour and not focus on the description. If you do witness this behaviour please ring police, as several women have been approached and we need to know who this person is so that we can ensure that he doesn't do it again.

• Residents please, please, please, do not engage with cold callers. Be cautious, even of people you see doing the driveways of other addresses. In the past couple of days I stopped a male in the Sudbury Court Estate who has a registered company paving firm, he had a Serious Crime Prevention order issued by the Crown Court to him in relation to human slavery offences and offences in relation to his driveway/paving business practices.

• CONTRACTING BUILDERS:

Before you contract any builder, check their credentials thoroughly: 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 they are 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 contractors family), how clean do they maintain the building site and how do they dispose of the waste from your site are your problems and should be your considerations. You are responsible. Most builders worth their salt will have a long waiting list.

• Litter and fly tipping: There is a persistent problem of litter and fly tipping, particularly in Peel Road and Byron Road. Peel Road has improved recently, but we want to keep it clean. Residents and landlords are approached by us if their properties are dirty or a health hazard.

I have and will prosecute people involved in making the area look dirty!

If you have waste/unwanted furniture/an item that you want to recycle then bring it to the charity shop or leave it within your house boundary (behind your wall or behind your gate with a note 'please take' on it).

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

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

Overview of location of offences from period 9th Jan to 9th Feb

Burglary residential: (i) Abbots Drive (in 170s, odds side) 20/01/18 2000hrs – 22/01/18 0800hrs, house under renovation broken into via breaking lock to hoarding, removing window from kitchen, boiler and fixtures stolen (ii) Watford Road (in 260s, evens side) 29/01/18 2120hrs, rear door window smashed, search appears focused for jewellery (iii) Norval Road (in 40s, odds side), 03/02/18 0127hrs, forced entry via rear window which was removed, suspects fled via the park (iv) Abbots Drive (in 140s, evens side) 24/01/18 – 06/02/18 1300hrs, rear patio

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door forced open, search for jewellery (v) Paxford Rd (in 100s, evens side) 07/02/18 0050hrs, rear window forced open, search apparently for jewellery and the like

Burglary Non Residential: (i) Northwick Park Hospital 02/02/18 1300hrs – 07/02/18 1200hrs, laptop stolen from staff room

Theft from motor vehicle: (i) Paxford Road 09/01/18 1705hrs, - window of car smashed and bags taken from car (ii) St. Andrews Avenue 10/01/2018, 2030-2120hrs, no damage entry to car (iii) Audrey Gardens 21/01/18 1230hrs – 23/01/18 0900hrs, no damage entry to car, briefcase and belongings stolen (iv) Bengeworth Road 25/01/18 1700hrs – 26/01/18, car reg plates stolen

Vehicle interference (attempt to steal from vehicle): (i) Pasture Close, 15/01/2018 2100hrs – 16/01/2018 0500hrs, no damage entry to car, car rummaged through nothing stolen (ii) Carlton Avenue West, 23/01/18 0001hrs – 24/01/18 1000hrs, no damage entry to car, glove box opened and rummaged through.

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

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.

- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.

- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.

- Keep your car keys hidden and not on/in the cabinet near your front door.

- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!

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- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try to be aware of your surroundings when you are out and about, this is especially important if you listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

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

Bicycle Thefts -

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

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 websites below have a whole host of useful information from crime prevention to crime statistics to Identity theft!

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

Email: cldr.keith.perrin@brent.gov.uk or keith@keithperrin.co.uk

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

It is now almost 4 years since I was elected as one of your three Ward Councillors along with Margaret and Joshua (May 2014). The next Council Election will be held on the first Thursday in May to decide who will represent you for the next 4 years. So this could be the last time I write in the Courier as an elected representative. Margaret and I have been reselected to stand; Joshua decided that he'd rather stand in Harlesden Ward, and has been selected to do so. Robert Johnson, who lives in the SCRA area (Peel Road), has been selected to join us as the third prospective Candidate to represent Northwick Park Ward.

It has been a very eventful & fulfilling 4 years starting with the charges for Green Bins to save the Council money. It was quite a difficult pill to swallow but millions of pounds have been saved by not collecting thousands of empty bins across the Borough. Our own area has seen a reduction in collections of around 2,500 green bins. Obviously there have been other contentious issues,

such as the persistent Fly Tipping.

Some of the hot spots such as the Fairway, South Kenton Station, East Lane and Northwick Park Pavilions were resolved simply by removing the litter bins and recycling receptacles: an easy solution but not at first the obvious one, and met some initial resistance.

I don't know the exact reason why we have so much fly tipping. Perhaps it comes from a change of people's attitude, houses of multiple occupancy (HMOs) - some of our three bedroom properties now have over twelve rooms rented out separately! Maybe some of the paving 'businesses' that constantly tout for business in our streets by door knocking and often provide appalling service and experiences? I'm sure the privet hedges I found in the works compound on Pasture Road were the ones removed from front gardens on Carlton Avenue only the day before; unfortunately I couldn't prove it.

Fly Tipping remains an enormous challenge to us all; it needs reporting and dealing with, where possible by prosecuting those responsible. One particular source of rubbish that really annoys is that which, presumably, is

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dumped out of car windows between 8pm and 6am, normally on blind corners (with no house overlooking the area). You might be aware or guess that the main items dumped are: alcohol bottles and tins, cigarette detritus, fast food wrappings etc, etc. It bemuses me because these items are not purchased locally; they are brought into our unmonitored roads, presumably so the culprits cannot be seen and recognised? What are they hiding from? Besides littering, why are they hiding? Fortunately, the Council now has at its disposal a device which can be used to counter these crimes; the devices are known as Twitters (apparently because birds often set them off when they land on them). Basically, they are battery operated motion detecting cameras that can be located on posts near "hot spots" and used to collect evidence. Hopefully, these devices will be deployed in our area in the very near future, and the culprits dealt with appropriately (at last).

What have I been most pleased about? Obviously, the 100 plus trees around the Ward especially the elms on Elms Lane and the cherry trees on Sudbury Court Drive, to name but two groups of trees. Then the yellow lines installed in dangerous locations, such as around the junction of Sudbury Court Road and Drive. We have asked Harrow Council to install yellow lines on their adjacent highway, especially near St George's Place, sadly to no avail - as yet.

Good news though! I have been working since being elected to have LED street-lighting installed, as it uses 90% less electricity. Finally they are being installed locally. I'm not enamoured by their very harsh blue light, I would have preferred a warmer tone but I'm told a warmer tone would cost more

to purchase & run; therefore, due to the draconian cuts by Central Government since 2010, we've purchased the cheaper option.

Bad News: The severe CUTS to the Council grant received from Central Government is now circa twice the amount that the Council collect in Council Tax. I believe these are unnecessary and deflationary CUTS that are totally unnecessary and have brought the Economy to its knees unless you are a property developer or similar. These CUTS are the reason that our Council Tax will be raised again this year- and this time by a massive 5.01%! The Government itself acknowledges - and here I quote from the Council's Cabinet Report: **"Taking into account the inflationary pressures that the Council is subject to (which Ministers have confirmed were a significant factor in their decision to increase the referendum limit)"** This is a Central Government contrived tax increase by our current Government via the backdoor.

It is with great disappointment - and shows up our disjointed government nationally - that I have to report that Wembley is to have **yet another** Primary School (three Form Entry 6-700 pupils), even though reports show - and we reported to the Planners - that there is a falling need for, and take up of Primary school places in Brent. We all know about the Primary School place "emergency" that resulted in the massive and extremely contentious and disruptive Byron Court School Expansion. Well, Central Government have decided (without any reference to Brent Council) to fund an Ark Academy Primary School on Wembley Hill Road in the York House car park near the Hilton Hotel - yes, on a highly polluted road in Central Wembley Park!!

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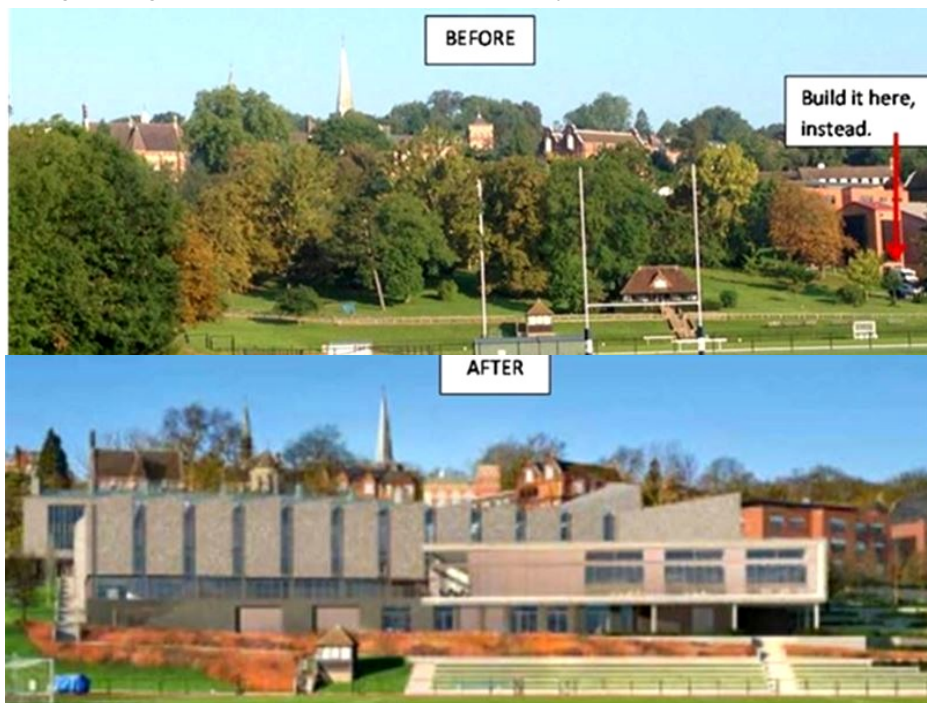
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Blockley Road - Sudbury Court Estate

Harrow School Sports Centre and Science Block Planning Application or an Inappropriate (depending on who you are) Building on 'Protected' Metropolitan Open Land on the South side of Harrow Hill. Episode II - The Mayor's Decision!

At the end of January 2018, Harrow School received a blow at the hands of the Planners when London Mayor, Sadiq Khan, rejected plans for a new 7,300 sq m sports facility which would have been built on 4,600 sq m of Metropolitan Open Land (MOL). The Mayor made it clear that he supports the expansion of Harrow School's sporting facilities and would welcome greater access offered to the local community - but that it should not come at the expense of protecting open, green spaces such as MOL, particularly when alternatives are available.



The Mayor's Refusal Notice states: "The proposed sport building is inappropriate development within MOL & causes substantial harm to the openness - by reason of its excessive footprint & location. The harm to MOL by reason of the proposed inappropriate development, & harm to openness, to which substantial weight is attached, is not clearly outweighed by other considerations. Very special circumstances do not exist. The proposed sports building is contrary to London Plan Policy. I would, nevertheless, be minded to withdraw this direction if the applicant were to submit revisions to the application that would propose a new sports building (of a significantly reduced footprint to that currently proposed) on the site of the existing sports hall. I strongly encourage the applicant to engage with GLA Planning, Harrow Council & other relevant stakeholders in order to pursue this."

Interestingly, this is exactly what the Harrow Hill Trust and many local residents have been asking for all along. While this has been going on, Harrow Council has granted the School planning consent to extend and "enhance" the green keepers' hut within Capability Brown's Harrow Park boundaries (the end of the lake). It is of concern that this building will be lit at night and will no doubt affect and endanger the large bat populace which uses the lake and surrounding area to forage. This begs the question: have the current buildings been searched for bat roosts?

**One Public Estate - or - Building on Publicly Owned Land
at the rear of Northwick Park Hospital and Westminster University -
It is many things but present plans don't show building on the Playing Fields**

I, and fellow local campaigners, have been monitoring the proposals under the Government's One Public Estate (OPE) programme for some years and have reported our observations in this magazine. After a very quiet 12 months (other than the publication of the Memorandum of Understanding (MoU) at the beginning of last year), there has finally been movement. Brent Cabinet received a Feasibility Study for the future of the combined Northwick Park site and discussed a report at their February Meeting. I believe that this new position is as startling as the previous proposals used in the bid documents for public funding to pursue the objectives of OPE. (NB a 2nd bid for funding has been agreed). It should be noted that Central Government has adopted the Naylor Report on NHS real-estate, which has similar objectives of realising capital receipts for NHS land sales, especially in the capital.

So, what is my position, and what do I believe to be that of my fellow prospective Candidates? Well, along with most of the local people with whom I have discussed OPE over the last year or so, we believe it is now time to redevelop the outdated format of the housing at the rear of the Hospital (Network Homes Housing Association) to provide a more appropriate and denser housing offer for Hospital staff and key workers in the locale. We also believe that any new properties should therefore be rented out at a truly affordable or social rent, and not the 'Affordable Rent' oft referred to in Planning Applications - which is actually 80% of the private rental rate (or as much as can be got for it). We three really want to see truly affordable rents in this location; without this, our Hospital will not be able to

attract, recruit and retain the staff which are essential for the Hospital to continue to function properly, perhaps reducing the reliance on agency staffing and saving the Hospital large amounts of money which could be used to fund improved care.

It is clear that, to provide this key worker housing, capital will have to be found; the norm is to sell off land to developers, who will no doubt build properties for sale and rent. Obviously, they will want the most desirable land by the Tube Station and those with views over the nearby playing fields of Brent and Harrow. I personally will resist any high rise developments, as I believe my fellow prospective Candidates will.

So, what is in these reports and what are the current recommendations? The full versions can be found on the Brent Council Website under Cabinet Agendas and Minutes for the February 12th Meeting. If you have problems locating these, ring or email and I'll assist.

The report begins: *This is an exciting, ambitious project where Brent leads a consortium of public sector landowning partners, dissolving ownership boundaries and working collaboratively to deliver a residential led regeneration of the area. There is a collective vision amongst partners to make Northwick Park a landmark destination of choice, delivering a modernised university hospital, central hubs serving local people, improved infrastructure and transport connections, a common energy strategy, shared services and facilities, and reduced running costs. Key objectives for Brent are; more good quality affordable homes, more school places, growth, increased revenue from homes & businesses & generation of growth*

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Obviously, there are contentious phrases within the report but, to be fair, the report was written by Brent Officers in conjunction with the other OPE partners, and is guided by Government Policy as above. The Cabinet Paper Recommendation is to approve a variation to the MoU.

The report goes on (very abridged of necessity): *Brent received grant funding from the One Public Estate Office (OPE), to lead a consortium of land owning public sector partners in examining the potential regeneration of adjacent landholdings at Northwick Park. The other partners are London North West University Hospital (LNWUH), The University of Westminster and Network Homes Ltd.*

The partners have dissolved boundaries of individual ownership and worked collaboratively to produce proposals with a far greater vision than could be achieved individually. Supported by development and planning consultants, GVA, the partners have prepared a feasibility/capacity study, which outlines the next steps required for the project.

Preparation of a supplemental planning brief and a joint master plan for the site, will allow individual or joint development of the site by partners. Whilst two concept plans have been modelled to illustrate potential development scenarios, it is acknowledged more detailed design, due diligence work and stakeholder consultation is required.

2) Spend to date;

Development/Planning consultant (GVA)	£25,000
Architects (PRP)	£24,800
Highway consultants (Peter Brett)	£21,200
Project management costs	£56,250
	£127,250

3) Anticipated spend on next steps (approximate);

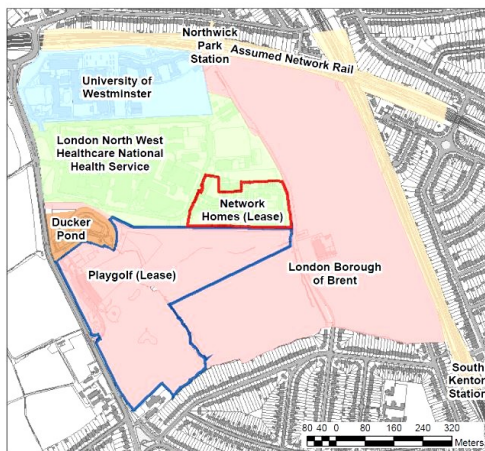
Planning brief	
Planning consultant	£50,000 – 70,000
Technical consultants	£50,000 – 120,000
Infrastructure feasibilities	
Transport consultant	£50,000 – 70,000
Transport consultant (school)	£25,000 – 45,000
TFL study	£25,000
Energy Feasibility	
Energy Consultant	£30,000 – 60,000
Project Management	£90,000 – 120,000
Legal costs (say)	£50,000 – 120,000
Contingency (say)	£30,000 – £60,000
	£319,000 - £690,000

Brent has received **£470,500** to spend on the OPE Project. This will be used to fund consultants to move the project forward.

So, what area are we talking about? This is defined within the Feasibility Study (the current recommendations). I will do my best to summarise, extracting information directly from the study; the MoU also contains pertinent data, e.g., spending from the OPE grant - see the previous chart.

"GVA were appointed in April 2017 to provide development, valuation and planning advice. to determine potential options for the development and delivery of a comprehensive scheme/master plan at Northwick Park. GVA has been supported by PRP Architects ('PRP') and Peter Brett Associates ('PBA') in understanding technical design and transport constraints at the site and defining capacity for redevelopment. The site comprises a number of different uses: 1) Northwick Park Hospital; 2) Playgolf 9-hole golf course and driving range (incorporating baseball batting cages, fitness suite, golf shop and restaurant; sports pitches, public park and pavilion; University of Westminster; and Ducker Pond, the site of a former swimming pool (overgrown). The locations and extents of these uses is demonstrated in the plan on the next page."

Figure 1: Land Usage and Ownership Plan



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All the Council freehold ownership, & Ducker Pond, is designated as Metropolitan Open Land ('MOL') & as can be seen from the Har-row comments, the Mayor may rule against

development on MOL as “inappropriate”. However, the GVA Feasibility states: There is site specific local policy for the Trust land & Ducker Pond in combination. This supports redevelopment of the hospital for new hospital space, plus ancillary retail & leisure uses, & enabling residential development on land deemed surplus to the hospital.

I am surprised at the statement in the GVA study, as The John Lyon Trust hold Covenants from 1937 over all these lands defining specific uses; these Covenants are at odds to the the study's statement! They did get some facts right: *Vehicular access to the site is from Watford Road which is already congested with traffic moving between the Harrow and Wembley areas, and visiting Northwick Park Hospital. New development at the site is only likely to increase pressure on this route. The solution seems to be creating a 2nd access point! Stating the obvious?*

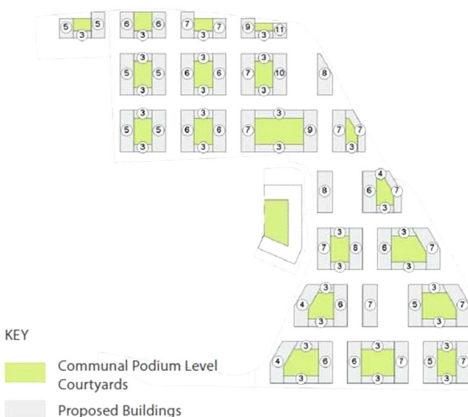
What do they want to build?

Student (bed spaces) **1,381**; NHS Flats **580**; private rental **221**; shared ownership **273**; affordable rent (80% full market rent)

Figure 2: Development Area



What will it look like?



You can see (with a magnifying glass) that the blocks towards the outside, near the Tube and park are mainly between 7-9 storeys, & built over car parks. There's even an 11 storey block by the Tube station (the most valuable flats obviously). I'm not sure what's in it for us, are you?

There is so much more information in the published documents—do check them.

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Stop Press: A fellow Brent campaigner has brought to my attention a News Article on Brent's Website about a **Government Grant of £9.9 million to improve the Infrastructure around the Northwick Park OPE site**. Search Google "**Vision for Northwick Park emerges**" This funding is presumably for the new access to the little used park and place making, excuse my sarcasm.

I am completely bemused as to why this was not mentioned at my recent (18th January 2018) OPE Briefing with my fellow Councillors!!! Also, no one at the Council appears to have thought to mention this to me!!!

Please do read the article. If you can't and want to speak to me, please contact me and we can meet up or discuss on the phone.

Regards, Keith

Councillors' Residents' Surgery

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



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The Memory Cafe

Support for those experiencing memory problems



I had one of my all-time favourite moments at Memory Café recently. We have a quiz each week. We don't take it terribly seriously - it doesn't matter who wins. But people love to have a go. Indeed, we also enjoy putting the quizzes together, and our little team beavers away at creating them from scratch.

On this particular week, the quiz questions were looking for answers with words beginning with B. So, the place where the European Community is based is . . . Brussels. So far so good, I hear you say. Question six was . . . We all have 8 pints of this. The answer, of course, is Blood. But I much preferred the answer given in all seriousness by one of the teams . . . Beer. The hilarity that followed was a joy to see. And that fun and

joy sums up the café. There aren't many places that are open every week where you can go for refreshments and fun and come away feeling good. Life can seem a bit grey, especially as winter drags its feet. We all know how hard it can be to make friends. But here we find 70-80 people each week who have got to know each other and support each other.

So as Spring starts to get sprung why not come along one week and give us a try? There is bound to be a quiz team that will need your answers. And if you are the kind of person who says Beer instead of Blood you will be very welcome indeed.

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Hi folks from your friendly local vicar.

I know it seems as though we have just got over Christmas, but Easter beckons. Easter celebrates hope . . . hope that light wins out over darkness. So it is very appropriate that Easter also heralds Spring. I love Easter and especially the beautiful traditional services leading up to it. They have stood the test of time, and I know that many of you enjoy coming and being part of them. The deep connection with the rhythms of the past is very important in a world that seems to be speeding up! So here's what's coming up.

Sunday 11th March at 10am we have our Mother's Day service.

Sunday 25th March is Palm Sunday, again at 10am.

Friday 30th of March we spend an hour reflecting on the Cross from 12 midday.

Sunday 1st April is Easter day and we have café church at 9.30am for a joyous breakfast.



When I was a boy growing up in Northolt I wasn't really a believer but I used to love going to our ancient parish church. St Cuthbert's isn't an ancient church but it is very beautiful in its way - especially inside. When I first came here I commissioned a painting of the Church. It is brilliant and the artist called the picture Let there be Light. It hangs on my study wall and I like the idea that the light wins out over the darkness. I am sure we all do.

Steve

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On the verges

An email received from a local resident in reference to Cllr Perrin's comments in the December issue, regarding "Parking on Pavements".

"I have, in the past, sent records and photographs to Brent Council showing the severe damage to grass verges and pavements caused by indiscriminate lorries and van drivers down Abbotts Drive. To date nothing has been done about it. There are many broken and loose pavements, some sticking up as high as 50 centimetres.

A little before Christmas, one elderly lady tripped on one of these raised pavements, fell and broke both her wrists leaving her incapacitated. I believe the council has now repaired that particular pavement.

On 9th January I caught a John Lewis delivery van parked opposite my house with all its wheels parked on the pavement and grass verge: I reported it to John Lewis, together with photographs.

I have sent this through to Cllr Perrin in the hope that, with this evidence, some pressure can be applied on the council to take forceful action.



In the hope that the council successfully acts, this will give me and other residents some leverage when approaching drivers that violate our street environment. In the case of the John Lewis driver, he insisted that he had no other choice and would not accept that he was breaking the law, causing damage or obstruction. If, as a resident, I could show evidence that such street violation can

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and will end up in a prosecution then my action in photographing, recording and challenging these drivers could reduce this abuse and restore what is defined by Brent as a "Conservation Area"

Thank you for your attention,

Yours Faithfully,
RT - Abbotts Drive

Dear Mr RT,

Thank you for your email—I'm sure other residents will recognise your issue. We will ask Cllr Perrin to comment in next month's Courier.

In the meantime, if other residents could please detail transgressors, as you have done, and keep us informed, then we will have more evidence to put forward to the council to try and rid the estate of this behaviour.

With many thanks,
Kaye



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How to put the spring back into your step

A lot of things happen in March.

There's Mother's Day, St Patrick's Day and of course on March 20 Spring officially is sprung.

The arrival of spring is the cue for many of us to get out more and in turn spend more time on our feet.

It's a great time to become more active. It's also the perfect time to have your feet and ankles checked to ensure you get the most from the 'outdoor' months.

MOT Your Feet

Our Foot MOT service is very popular at this time of year. It's a bit like going to your dentist for your six month check up.

When you arrive we will examine your feet, nails, toes, feet and ankles. We'll look at your foot posture and the way you walk.

We will also discuss your health history, occupation, the activities you do and look at your footwear.

Based on what we discover we'll either offer you free basic foot care, suggest further treatment or give your feet a clean bill of health.

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For a 30-minute MOT it's just £29.99. This is a great investment in ensuring you really do have a confident and pain free spring in your step this year.

Talking of confident feet, our pedicure service is extremely popular right now as people prepare to ditch their shoes for sandals, open toe footwear and flip flops.

To make an appointment to get a pedicure or to book your Foot MOT please call us on the number below.

Thanks for reading, *Firoz*

For more foot care tips visit our website www.footcomfortcentre.co.uk

PS: Look out for news next month about our 20th anniversary of looking after the people of Brent and Harrow's feet and ankles.



By Mohammed-Firoz Hussein
DPodM, CPed, FAFS



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Get Locked up for St Luke's!

Last year bold and brave members of the community were jailed and managed to raise over an amazing £15k for the Hospice. We are now recruiting a new batch of 'detainees' to get involved and be locked up in jail!

On **Friday 20th April** 2018 we are holding our seventh Jail and Bail event and we are looking for prominent members of the local community to take part.

If you choose to do so, you'll be 'arrested' by local police officers and locked up at Pinner Police Station, all in aid of St Luke's.

Detainees will be asked to raise a minimum of £1,000 'bail' money for St Luke's. This can be raised in the run up to the event, with lots of support from our team of professional fundraisers and will also be allowed access to a mobile phone to raise any shortfall on the day.

However you decide to raise the money, we'll be here to help you and provide an experience worthy of any criminal mastermind.

To register or for further information please contact Aneka Shah-Levy on 0208 382 8056 or email ashah@stlukes-hospice.org



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SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



RSPB Birdwatch

As I mentioned last month, the annual RSPB Big Garden Birdwatch took place during the last weekend of January, when we hope to see and count many bird species.

I have just been reading an article in the subsequent weekend's paper by an expert

bird watcher and nature man. He was bemoaning the paucity of birds to count during his chosen hour of RSPB watching. Only a few of his regular birds were there in much smaller numbers than he usually sees. And his special birds didn't turn up at all.

Not until the hour was up, whereupon all his birds came back again in force! He didn't say it, but what he meant was, "Bah!"

Very often that has been our experience when doing the RSPB count ourselves. But this year was a much better reflection of our normal daily sightings, each of us who undertook the count seeing about 13 or 14 species, which is really quite good. And, between us, our total count was 22 species put together.

The RSPB will announce the results of their Birdwatch at the end of March. I fear that we shall hear again of further decline in many species of garden birds - except feral pigeons!

As always, it was good fun and the chosen hour passed all too quickly. It is a relaxing time just watching the birds, very therapeutic. I commend birdwatching to you. You won't regret doing it.

Recent sightings

Comparing notes with a fellow birdwatcher the other day, I learned that she had watched a grey wagtail bathing in the rain puddles on her flat roof a week or two previously.

The grey wagtail is a rare sighting on the estate. As a species it prefers the terrain of



the babbling brook or a shallow stream flowing through woodlands. It seldom ventures far from water but, on occasions after heavy rain, it will sometimes grace the puddles of car parks or flat roofs.

I chose the word 'grace' in the last sentence deliberately, because it is a beautiful bird, full of subtle colours belying its name, (as you can see from the photo) and it holds itself so smartly. It is the sort of bird that could start one off as a birdwatcher! Or, if you are already a birdwatcher, it confirms that you are hooked!

We don't usually mention sightings outside the estate, but Grace saw a little egret in a rubbish filled brook which she thinks is the beginning of the Pinn River near North Harrow. Granted that the little egret is expanding its range year by year, this was still a most exciting find. After all, North Harrow or Pinner is just a few wing beats to here so, if you are walking in the fields along Pryors Path, you might see it.

Who knows? That's the fun of birdwatching!

And do let me know what birds you see around the estate. The more we can share, the more fun it is.

Rod Lake

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SCRA Membership

Any Residents' Association is only as strong as its 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 (One Public Estate). In addition, every house on these Estates receives a monthly copy of The Courier.

Our membership fee is very good value—and the amount has not increased in many years. We are, however, this year, asking that members contribute a minimum fee of £5.00 per household. The fee covers an entire calendar year.

The amount is still small, but when every household contributes, it makes a HUGE difference to what we can do for you and our community.

You can also add a donation toward the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. See page 26 and 30, where you will see news that we have been able to successfully apply for a grant to plant more trees, but there will still be gaps in our streets and local green areas. As traffic increases, trees offer us some environmental protection against pollution—as well as offering us a 'feel good factor'.

Please give as generously as you can, in order that we can keep our streets 'leafy'!

Sudbury Court Horticultural Society

Members of the SCHS, and those who wish to join, should include their annual subscription

of just £3 in the envelope. All subscriptions collected are passed on to SCHS by the SCRA.

Besides being able to participate in its shows, held at St Cuthbert's Church, you can also order all your Spring bedding plants (and more) through the Society, at very competitive prices; this can save your annual subscription many times over.

Again provision has been made for you to add a donation to your subscription, if you would like to do so.

Do it now! (please)

Sadly, the number of residents paying their annual fee has dwindled hugely in the last few years. Maybe you think that because you receive your monthly Courier magazine, that you are automatically members—that is not the case. Please pay your membership before you forget!

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Sudbury In Bloom *Cont'd on page 30*

Brent has been successful with their recent GLA Grant application made at the end of last year. This is a joint project with SCRA and STRA. We will be looking for resident volunteers to get involved in local improvement works, including bulb planting at six identified areas locally, near to residents' homes.

GLA Grant works – Jan—Dec 2018.

The scope of the Grant works includes:

Planter boxes to be installed in Sudbury Town Centre and planted out.

The planting of additional trees in Northwick Park, extending the avenue of trees at the entrance road, past the children's play area and part way along Pryors Path.



Six areas identified for resident participation; currently:

1. The Green near St. Cuthbert's Church
2. The Green near Wembley High School, in East Lane.
3. The Pimple.
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5. Elms Lane Green.
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CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

March is the month that your local horticultural society stirs into life for another gardening year, with our Spring Show on **Saturday 10th March**. We hope you will join us in welcoming the Spring. This show features all the early-flowering plants, but specially celebrates the many varieties of daffodils and other bulbs as well as pot plants that you may well have kept all winter.

We are so lucky to have gardens around our homes, and this year we want to specially encourage our multi-cultural community to share in gardening traditions

Maybe you too have enjoyed Monty Don's recent television series on Paradise Gardens, where he travelled to Iran, India and beyond to show how the making of a garden, divided into four parts by hedges, flower beds and water channels has been adapted to suit all cultures. Among the most cherished blooms in the paradise garden was the rose, in all its variety - a plant that flourishes so well in our London clay soil.

Our homes were first built in the 1920s and 1930s when many young families sought to escape the smoky air of London to live in the suburbs where every house had a garden with space for children to run and play and for families to grow flowers, as well as fruit and vegetables for a healthy diet. It was in this happy environment that many of us in the SCHS learned our gardening skills. Some of us are keen to bring these pleasures to the young people who live in Sudbury Court today. So, before each of our shows, from 5pm on the Friday evening, just before the Saturday show, we are offering

workshops with various gardening and craft activities for young people of school age, who must be accompanied by a parent or responsible adult to comply with the law.

You will already have read of my enthusiasm for young people to take an interest in our local trees: to 'adopt' a chosen tree and record its progress through the year in a book with drawings, photographs, and study notes. If you come to the workshop on **9th March** you can collect your free 'Adopt-a-tree' record book and



bring it to each show through the year. There will be other things to do - sowing seeds of flowers and vegetables for you to take home and care for and hopefully bring to the summer show on 16th June. We will also show you ways to arrange flowers and make flower drawings that you can put into the show, ready for Saturday. We hope that some of these ideas will appeal and that you will want to join in. It's all free and everything you need will be provided. However, we do need to know how much space and equipment is required so hope that you will phone me on 020 8904 2531 or e-mail roake@btinternet.com to book your place, leaving your name and contact details please. During the summer holidays we shall offer a guided walk in Northwick Park to learn more about the trees of many varieties and ages.

We hope that some of these ideas will appeal and encourage you, young and old, to join our happy band of gardeners for the 2018 season. There are trips coming up too. More about those next time.

Margaret Roake

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3. For the next few weeks a local Artist is taking Art Classes from 1:30 to 3:30p.m. Why not come and have a go.

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To experience all or some of these all you have to do is to pop into Barham Community

Library at 660 Harrow Road Wembley HA0 2HB – the 182 stops nearby – or contact Paul Lorber on barhamlibrary@hotmail.co.uk or 07917094239 for more information.

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Sudbury In Bloom *Cont'd from page 26*

We have been invited to assist with seeding and planting of bulbs etc in these designated areas. All bulbs will be supplied by Brent Council, with the seeding works carried out by Brent contractors. The aim is to encourage local resident involvement. Brent's Contractors will provide delivery trucks, tools, and the main workforce for heavy works like tree planting and wildflower seeding. Brent will supply the necessary bulbs / plants for planting out by volunteers from our community.

This scheme should improve the overall appearance of Sudbury and encourage residents and local people to take a long term interest in its appearance. This should not be an onerous task, as once planted out, the once a year mowing of the wildflower areas will be carried out by the Brent contractors at the correct time of the year. It would be highly beneficial if residents could take an interest in these improved areas and generally monitor their tidiness and condition.

This will be a good opportunity for Horticultural Society members to assist and give their professional guidance and advice to less experienced volunteers. We plan to organise occasional event days for residents and local volunteers to participate in this programme.

Martin Page (Brent's Principal Landscape Architect) is responsible for organising the project. Sophie Seifalian, Keith Barker, and Cllr Keith Perrin are the local Sudbury Court area subcommittee for this programme.

Keith Barker will be collecting the names and contact details of people interested in

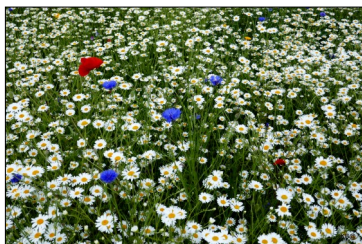
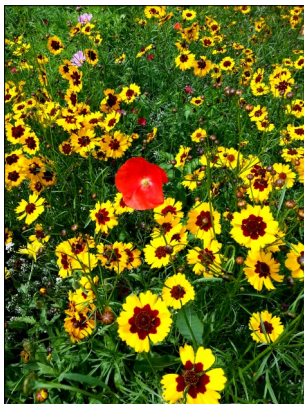
volunteering for this very worthwhile programme. Email addresses are preferred, to enable group notifications of event times to be publicised as they are organised. Registering as someone interested in volunteering doesn't necessarily mean you will be committing yourself to attend any or all of the events. It's just an expression of interest to be involved in the programme. Of course we would welcome as many volunteers as possible to make it an enjoyable, productive and successful experience for all. It will be your chance to put something back into the community and make the estates an even more pleasant place to live.

In addition, Brent have a Sudbury Tree Planting project with new Cherry trees along the Watford Road from Butlers Green in Sudbury Town up to the John Lyon Roundabout, and extending into Rugby & Eton Avenues.

Martin Page at Brent would like suggestions for other potential tree planting locations anywhere in the Sudbury area, these can be put forward through Keith Barker or Cllr Perrin. The John Lyon roundabout will also be considered for wildflower seeding at an appropriate time of the

year; spring or autumn. The programme of tree planting is planned to commence very soon to fit in with the season for planting.

The attached photographs act as an indication of the appearance and range of flower colours which could result from Wildflower seeding. The seed mix produces changing flowers and colours over an extended period during summer months.



Kids' Page



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

preeyaatthecourier@hotmail.com

Knock, knock
Who's There?
Ashe
Ashe who?
Bless you!



Knock, knock
Who's there?
Nobel
Nobel who?
No bell, that's why I knocked!

Knock, knock
Who's there?
Leaf
Leaf who?
Leaf me alone!

Knock, knock
Who's There?
Lettuce
Lettuce who?
Lettuce in and you'll find out!

What has one head, one foot and four legs?
A Bed

Did you hear the joke about the roof?
Never mind, it's over your head!

How many letters are in The Alphabet?
There are 11 letters in The Alphabet

How can you spell cold with two letters?
IC (icy)

David's father had three sons: Snap, Crackle, and ?
David!

If you were in a race and passed the person in 2nd place, what place would you be in?
2nd place!

What is the center of gravity?
The letter V!

What English word has three consecutive double letters?
Bookkeeper






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WHAT'S ON

IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE - invite you to join us in the forthcoming activities to raise funds for the work of the Centre:

Tuesday 6th March 1.30-3.30pm. Tea Dance with Harrow School Swing Band. £7 p/p

Tuesday 13th March 12.15pm St Patrick's Day Lunch. £10. Please phone Katia on 0208908 1220 to book for these events.

Saturday 24th March The Friends' Easter Bazaar from 11.00am. EGG HUNT for the children at 12.30pm!

HARROW PHILHARMONIC CHOIR - are looking forward to their Spring Concert, on **Saturday 17 March at 7:30pm**. They will be performing 'Mass in Time of War' (Paukenmesse) by Haydn, and 'Te Deum' (for the Peace of Utrecht) by Handel.

Please come along to **St John's Church, Greenhill, HA1 2JE**, to enjoy this concert.

Tickets £15 (£12 concessions); under 19's free; 020 8863 7009 or on the door.

CUTH'S TODDLER'S GROUP—Fun. Play. Stories. Support. Every Friday 10-11.30 (except school holidays) £1.50 per family. St Cuthbert's, 214 Carlton Ave West, HA0 3QY 020 8904 1457 www.stcuth.org

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

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

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	Page		Page
Accounting, Tax & Audit	22	Furniture repair	5
Air Conditioning	28	Garden	8,32
Appliance Service/Repair	25	Hairdressing	6,28
Architectural Services	22	Hall Hire	33
Boilers/Heating, Plumbing	9,21	Health & Beauty	16,28
Building Services	6,13,28,33	Health & Life	15
Business Services	11	Home Carers	24
Car Sales, Servicing, Repair	17,29	Home improvement	6,32,33
Cleaning Services	8,31,32	Nursery, Pre-School	22,26
Conservatories, Porches	35	PC/Laptop Repair	25
Dentist (private)	14,19	Printer	19
Doctor (Private)	18	Property Maintenance	8,32,33
Education/Tuition	18,33	Roofing, Gutters	33
Estate Agents	2,36	Soft furnishings	7
Electrical Services	7,16	Window Cleaners	8,32
Foot Care	20,33	Windows, Double-Glazing	35
Fitness (boxing)	22		

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