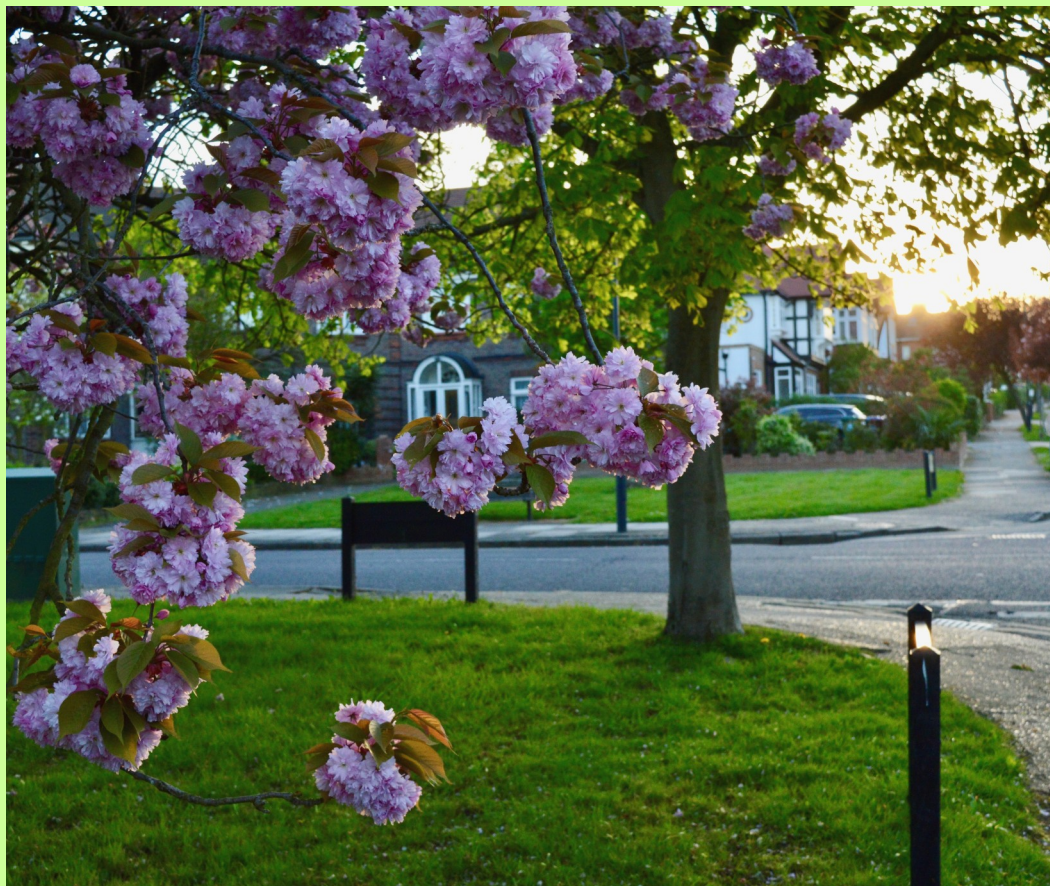


The Community Magazine for the  
Sudbury Court and Pebworth Estates

April  
2018

# *The Courier*

87th  
Year



## *AGM April 11th*

*And you're invited - see page 3 for details*

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**April 2018**

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Dear Neighbours,

We are packing in the information again this month, in preparation for our AGM, so I'll be brief here.

There are some updates from the Safer Neighbourhood Team which you should really look at (page 4-8). Our summary report of the year 2017/18 is on page 25 and 30, with some extra words on Membership on page 13 (please join us by paying your subscription, if you haven't already done so). And if you fancy a new career, or know somebody who does, please see details of Public Services Career Day on page 9.

Our usual contributors have written some words of wisdom for you, so please enjoy. And if you would like us to include any other information on a regular basis, please do let us know.

The Committee's main focus for March has been to organise the **88th Annual General Meeting** of the Sudbury Court Residents' Association. The meeting will be held at St Cuthbert's Church, 214 Carlton Avenue West on 11th April at 7.30pm. Please come along at 7.15pm in order that we can say hello and make a start on time—there's a lot to get through! Please note that our proposed agenda includes an update from council officers regarding One Public Estate as well as a talk from our MP Barry Gardiner—at time of writing, we are very hopeful that these will take place, although we haven't received absolute confirmation.

All residents are invited!

Agenda:

- 7.30pm —Welcome
- 7.35pm —Byron Court School Traffic Management—update, followed by Q&A
- 8.05pm —One Public Estate—update, followed by Q&A
- 8.25pm —Safer Neighbourhood Team—update
- 8.40pm —break for refreshments
- 9pm —Barry Gardiner MP
- 9.15pm —AGM business:
  - Apologies
  - Minutes of previous AGM
  - Financial Report 2017
  - Election of Officers
  - Any other business

See you on the 11th.

With best regards,

*Kaye*



# Northwick Park Safer Neighbourhood Team

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

Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**.

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

For Crimestoppers dial **0800 555 111**.



Dear Residents,

At time of writing, I have to report that there have been some nasty burglaries recently. I would also note, however, that burglaries that occur when the property is occupied are extremely rare. Your team is conducting patrols, both in uniform and plain clothes, to try to catch the burglars. The recent burglaries appear to be occurring when it is dark, from 7pm onwards. Please lock up your house securely, even if you are at home, especially when it is dark; if you have an alarm, consider setting it even when you are inside on a partial set. Investigate all noises that you hear when it is dark but do not attempt to apprehend a burglar as some may be armed with tools/weapons.

Most recently on the **5/03/2018 at 2155hrs** on **SUDBURY COURT DRIVE** (in 30s, evens side), a very disturbing burglary occurred when the occupiers were in. The middle aged Asian occupier, her daughter, elderly disabled family member were at home watching TV, with their car on the drive, when they heard crashing noises from the rear. The occupier has bravely used a kitchen broom to fend off the burglar who was reaching in through the smashed hole in the kitchen door. The burglar has grabbed the broom and continued to smash the door to try to gain entry, the occupier's son (who was upstairs watching TV) has rushed down when he heard his mother and sister screaming, and it is then that the burglars have fled through the garden to the front of the house and into a silver AUDI A3 four door car that was parked in front of their drive. The car has then sped off towards the HARROW ROAD/GREENFORD ROAD junction. All three burglars were wearing balaclavas and gloves.

There was another disturbing attempted burglary at an address on **LITTLETON ROAD on the 19/02/2018 at 2025hrs**, four masked and gloved men were seen creeping by the side of an address. One of the occupiers immediately secured the rear kitchen door, shouted for her husband, who ran out the front to see the men fleeing into a blue BMW 1 SERIES (believed to be on false plates). One of the burglars turned around and pointed a knife at the occupiers as he fled. The neighbouring house had damage consistent with an attempted burglary – these occupiers were also in at the time of the incident.

**CCTV:** CCTV is invaluable, and a great tool to catch criminals and burglars, however, it is extremely time-consuming for police to interrogate CCTV and we simply do not have the time to view more than an hour of footage for any investigation. If you have got your own house CCTV installed then please learn to use the system. If you do get one of our appeals letters please look at your CCTV for the relevant timings and let us know if anything is captured. Police are frequently going from call to call; we appeal to the public/residents to help us help you.

**INFORMATION:** You, the public, are our eyes and ears. It is extremely rare for police to catch a burglar as they are committing an offence. 9 times out of 10, a resident or passerby has seen something suspicious, called police and we have managed to get there quite quickly and apprehend the criminal. If you are walking the dog, or out and about, take a look at what is going on around you – are you looking at someone sitting up in a car about to commit a burglary? Please be observant, be our eyes and ears! Contact us using the numbers at the end of this article.



It is as a result of your calls that has led us to discover stolen cars, cars on false plates, deal with ASB (drug dealing etc), the fraudster cold callers who are preying on our elderly and vulnerable. Please keep the information coming – we try to act on the information as quickly as possible.

#### **MOTOR VEHICLE CRIME & GENERAL ADVICE:**

##### **VEHICLE ENGINES LEFT RUNNING -**

Firstly, please please DO NOT LEAVE your car unattended with the engine running for any reason. Over the cold snap several residents had their cars stolen in this manner. It is also an offence to leave the engine on with no one at the controls of the car – the reason being, the risk that if the car is hit or receives a jolt it might collide or propel itself. Police cars are equipped with a special run lock system that prohibits this possibility, as we have to leave the cars with the engines on to run the onboard computers.

**TOW TRUCK THIEF:** Your team has had a report of a theft of a car by a white tow truck. If you see a tow truck picking up a car try to ensure that they are doing so legitimately. If the car belongs to your neighbour, are they aware that someone is trying to remove their vehicle?? Ask them!

**ABANDONED CARS/VEHICLES:** Are there abandoned vehicles outside or near your address, or vehicles that you don't think belong to anyone nearby?? It is as a result of residents reporting two vehicles that I discovered a stolen vehicle and another on false plates. Email us about abandoned vehicles on:

[Fionnuala.kennedy@met.pnn.police.uk](mailto:Fionnuala.kennedy@met.pnn.police.uk) and [NorthwickPark.SNT@met.pnn.police.uk](mailto:NorthwickPark.SNT@met.pnn.police.uk)

We can't promise that we will be able to remove it from your street, but we will try and check it out.

##### **MOTOR TRADERS CLUTTERING UP YOUR ROAD:**

We have been made aware that some residents are involved in motor vehicle trade. If you are involved in motor trade and leave vehicles on the street or encourage your clients to do so, efforts will

be made by the Police, working in conjunction with the Council, for you to cease your activities, this may be done through enforcement action.

##### **DON'T LEAVE ANY LOOSE CHANGE :**

leave your cars / vehicles completely empty with the glove compartments/ centre consoles open if you want to limit your chances of your car being broken into. Recently, a resident saw two hooded males in the middle of the night looking into cars with a torch in NORVAL RD. If a thief sees a collection of loose change they will have no hesitation in breaking into your car; some thieves are drug addicts and that loose change brings them closer to their next fix.

Overview of location of offences 10<sup>th</sup> Feb to 10<sup>th</sup> Mar:

**BURGLARY RESIDENTIAL:** (i) AUDREY GDNS (in 20s, evens side, on 10/2/18, 2320hrs, house left vacant for a number of weeks, burglary discovered on 24/2/18 but believed occurred on 10/2 as house CCTV shows two masked gloved men, using house ladder to access first floor, break in entry to rear first floor, believed suspects disturbed by alarm (ii) NORVAL RD (in 140s, odds side, between 8/2/18 – 16/2/18, first floor rear bathroom forced, point of entry, laptops, jewellery stolen)

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(iii) ST. ANDREWS AVENUE (in 50s, evens side, between 1845hrs on 17/2/18 – 0001hrs on 18/02/18, unknown point of entry, jewellery, laptops, car stolen); (iv) ST. ANDREWS AVENUE (in 40s, odds side, house that had been empty for a number of weeks but looked in on, alarm activated at 1938 hours on 21/02/18, rear kitchen door forced, not known exactly what was taken, search for jewellery and the like). (v) NORVAL RD (in 50s, odds side, between 1000hrs on 24/2/18 – 1130hrs 02/3/18, occupier away for a number of weeks, rear upstairs window smashed to gain entry, not known exactly what is taken) (vi) SUDBURY COURT DRIVE (in 30s, evens, 05/3/18 2155hrs, three masked and gloved men have smashed rear kitchen door, whilst occupiers were in, victim has used broom to try to stop the one burglar trying to open the door handle of kitchen door, burglar has grabbed broom and continued to try to get in, burglars made off only after occupiers son who was upstairs watching TV has heard screaming from kitchen, come down, burglars have run to front driveway of house, and into a four door SILVER AUDI A3 and driven off at speed towards HARROW RD / GREENFORD RD junction).

**ATTEMPTED BURGLARY:** (i) ABBOTTS DR (in 60s, evens side, between 1345hrs on 18/02/18 – 0047hrs on 19/02/18, rear

kitchen door smashed, believed no entry as alarm possibly activated) (ii) LITTLETON RD (in 10s, evens side, 2025hrs on 19/02/18, four masked and gloved men have approached the kitchen via the side path of house, were seen by occupier who shouted for her husband, he has gone to the front of the house, shouted “thief thief”; men have run towards a waiting blue BMW 1 series and one of the burglars turned around and brandished a knife towards the occupier as they were fleeing, no entry gained, no one physically hurt), (iii) LITTLETON RD (in 10s, evens side, adjacent to other property, 2025hrs on 19/02/18 attempt to force entry to upstairs rear bedroom window) (iv) LITTLETON RD (0-10, evens side, 26/2/18 - 2150hrs, rear patio door smashed).

**BURGLARY NON RESIDENTIAL** (i) PEEL RD (building site opposite repair garage, between 1700hrs on 20/02/18 – 0730hrs on 21/02/18, large quantity of hand tools/building tools stolen).

**THEFT FROM MOTOR VEHICLE:** (i) THE CRESCENT (on street on odds side, between 1800hrs on 10/2/2018 – 1100hrs on 11/02/18, no signs of forced entry, glove compartment rummaged through, loose change stolen) (ii) WATFORD RD (in 230s, odds side, 18/02/18, no signs of forced entry, glove compartment rummaged through,



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blue badge and change stolen), (iii) PASTURE RD (in 50s, odds side, btw 0800hrs on 23/02/18 – 0900hrs on 24/2/18, front number plate stolen) (iv) EAST LANE (in 270s, odds side, overnight between 3/318 -4/3/18, hole drilled in works van and tools stolen). (v) NORTHWICK AVENUE (in 90s, evens side, 04/3/18 between 1130hrs-1140hrs, monitor stolen from unlocked car) (vi) BLOCKLEY ROAD (in 20s, odds side, btw 1930hrs - 2000hrs on 06/3/18. Mobile stolen from front seat) (vii) NORTHWICK PARK HOSPITAL (07/3/18 between 0830hrs – 1830hrs, rear number plate stolen).

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

#### 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

possible, 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!

- 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.

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- 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.

### **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](http://www.BikeRegister.com) - this could assist police in recovering your bicycle if stolen.

*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.*

### **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](http://www.met.police.uk)

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

[www.cifas.org.uk](http://www.cifas.org.uk)

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

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# Councillor's Comments

**Cllr Margaret McLennan - Northwick Park Ward**

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

Tel no: 07949 398193

Happy Easter and Spring to all.



As I speak with you again the Authority has achieved two major events this last month. On the 26th February; the 2018/19 budget was approved, that included a Council Tax increase of 5%. Cllr. Perrin, in his last article, explained the rationale behind the increase with all Local Authorities given little choice but to accept and implement as funding is going to be adjudged to cater for the

increase whether accepted or not. However, the good news is the budget is balanced again for next year, unlike some fellow Councils, with whom we completely empathise, as we all have the same issues, burgeoning Adult and Children's social care spend.

## **Brent Borough of Culture 2020**

On the 6th March, Brent was informed it had become the first winners, alongside Waltham Forest of the London Borough of Culture. Brent beat off 21 other Authorities and will receive £1.35 million towards hosting an ambitious year-long programme of cultural events and ties in with Euro 2020 at the National Stadium. Brent's bid was structured around seven key projects, showcasing the borough's spirit of diversity, youthfulness and internationalism. This is a great fillip for the Borough as it will encourage more business and investment into the area to create much needed jobs for our young people. Well Done Us.



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## **Extending Landlord Licensing Across Brent**

You will be aware that the Council introduced Landlord Licensing in 2013, where three wards, Wembley, Willesden and Harlesden had Selective Licensing where all rental properties needed to obtain a five year license, and only after inspection. The Authority subsequently applied to the Secretary of State for the Department of Communities and Local Government, Sajid Javed, to have Selective Licensing extended across further wards, so that all rental properties would be licensed, thereby making it easier to monitor and take enforcement action, should the licensing standards be transgressed with the Landlord failing to achieve acceptable management standards

On 6 February 2018, The Secretary of State for Housing, confirmed Brent's proposal to extend selective licensing to the five wards of Dudden Hill, Kensal Green, Kilburn, Mapesbury and Queen's Park. The Council intends to implement the new scheme from 1 June 2018.

You may ask why we have not requested extension to be across the Borough. In 2015

the Government introduced reforms which seems certain to have ended blanket (borough-wide) licensing schemes. Their intention is that Councils focus their efforts on discrete areas with specific problems. Following this application outcome, Brent is hoping the Government will agree to extend selective licensing across more wards in the near future.

Brent has had more than 125 successful prosecutions and £700,000 received in court fines since widening property licensing in 2015 and increasing its enforcement activity. Rogue landlords have also paid £62,500 in civil penalty fines since these penalties were introduced in Brent in September 2017.

Landlords who rent out Houses in Multiple Occupation (HMOs) anywhere in Brent are also being urged to comply with the law and get a property licence.

I again encourage you to report any property you may believe is an HMO as it is not just about the associated ASB issues arising from them, but also the fact many of the occupants themselves could be victims of Modern Slavery, which is prevalent across London and the Country. More on this aspect in my next article.

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### **Watford Road Trees – Sudbury in Bloom**

As part of the Sudbury in Bloom grant award; Tree works started at Watford Road on Tuesday 6<sup>th</sup> March. As per the agreed proposal and plans; 14 old dead and poor condition trees will be removed and approximately 40 new trees planted.

### **Northwick Park Ward Street Lighting Upgrade 2017/18**

I am sure you will have noticed a change in your street lighting. Existing street lights in Northwick Park Ward have now been replaced with new energy-efficient Light Emitting Diode (LED) lanterns. Roll-out commenced at the end of last year and once all work is completed it will achieve a substantial saving in electricity costs and more importantly will reduce our carbon emissions, making an important contribution to carbon reduction and helping protect the environment.

The LED street lights provide a more natural white light as opposed to the artificial orange light given out by the existing street lights. The new lights will also be more clearly directed towards brightening pavements and roads in order to improve road safety and help residents feel safer when walking in the dark.

Roll-out has commenced along straightforward residential streets with a view to maximising the impact as quickly as possible.

Main roads and town centre locations requires bespoke design and a more complex set of installations, as it is important lighting is matched carefully to protect road safety on busier highways.

The installation on main roads across the borough will start shortly and will complete by November.

A letter will be distributed to each household and commercial property to inform of the impending work, prior to commencement. If you have not received this, then please use the link below to obtain further details and please also let us Councillors know what you think about them once installed.

[www.brent.gov.uk/streetlights](http://www.brent.gov.uk/streetlights)

### **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 (Adjacent to The Vicarage), St Cuthbert's Church, 214 Carlton Avenue West, HA0 3QY

## SCRA Membership

There are a couple of issues around membership that I thought were worth a few extra words.

### Why be a member?

I know we have mentioned this before, but it's worth repeating:

We can assist with many local issues, including but not exclusively:-

- Planning Applications
- Advice on Neighbour disputes
- Advice on refuse collection and fly-tipping

- Anti-social behaviour locally  
- Gather support and evidence for/against local development issues

We also implement community improvement initiatives, and apply for funding where possible.

### Fees

We were struggling to think about when the last fee increase was—certainly not since I have been a resident—so that's over 10 years. And some who do pay, donate extra. The Committee decided that, rather than increase the standard amount, we would drop the concessionary amount and suggest that the minimum fee for all households

would be £5. This has been met with some consternation, for which we apologise, but feel that £5 still offers excellent value.

With a decline in membership, we are not a cash-rich association, and we really are limited by our resources, both financial and people-power. So, in order to continue our services, and to be able to 'up' our involvement, especially in organising a strong voice in opposition to local proposed developments, it was agreed that the minimum fee should be £5.

With greater resources—both financial and people-power, we can supply other services:

- We would like to create a WhatsApp and Facebook presence which would provide up-to-the minute updates on issues around the estate, e.g. criminal/anti-social activities which may affect your property, or your general safety around the estate.

We could also organise more events for local residents.

Some residents are under the impression that, if they receive The Courier, then they are members. This is not the case. Every household receives The Courier regardless of membership status.

Please join us today.

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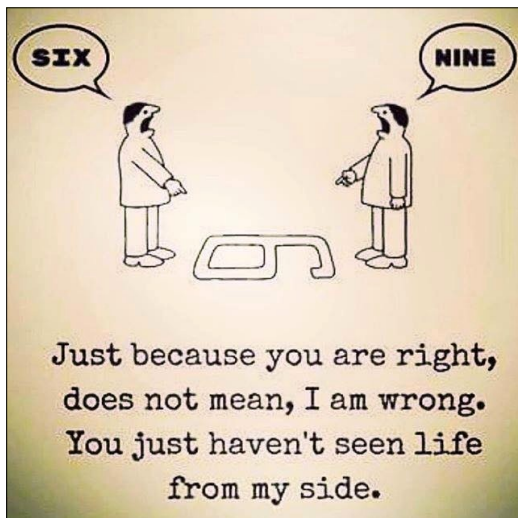
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# Wembley's Air Raid Wardens World War II

This small but interesting Brent Museum exhibition is on display at Kingsbury Library until the end of May. Inspired by a colourful coat of arms from A.R.P. Warden Post 12, it also features the minute book for the wardens' meetings at Post 23, one of five in the Sudbury Court District.

We know that Post 23 was in Blockley Road, because Mr Sage at No. 43 wrote to Wembley Council in November 1939 to complain about it being built outside his home! The warden in charge, when the book began in 1940, was Arthur R. Pearce (appropriate initials) from No. 78. By 1942, he had been promoted to the District H.Q. at 53 Blockley Road, and Norman Friend of 70 Oldborough Road was the new Post Warden.

Weekly meetings of all the Post's volunteer wardens up to August 1940 record mainly training and procedural instructions. Then there is a break until May 1941, while the wardens were dealing with Wembley's own air raid "blitz". After this, fortnightly meetings include some social activities, in addition to training exercises.

Just across East Lane, at the Imperial College Sports Ground, was one of Wembley's six A.R.P. First Aid Posts. One of the nurses there was Vera Butler, of Eton Avenue, Sudbury, who trained as an air raid warden in 1939 before specialising in first aid. Certificates and a photograph that she saved from that time are in the exhibition.

There will be an illustrated talk about Wembley's A.R.P. Service at Kingsbury Library on **24th April** (see "What's On" page for details). Please come along to this, and the exhibition if you can, and if you have any WW2 A.R.P. information or photos, please get in touch.

Philip Grant (Wembley History Society)

*Images: (courtesy of Brent Museum and Archives)*

Vera Butler and her colleagues at  
A.R.P. Post No. 5 in East Lane >



On Tuesday, the 7th October an Exercise was held on the Tactical Board in co-operation with Control.

The Deputy District Warden, Mr. Jarvis was present.

Mr. Gird was the Incident Officer and Mrs. Dickens was at the telephone.

The "Incident" was a 500 lb. Bomb in the Watford Road, between Hill Road and the Roundabout. Two buses were involved and a large number of casualties, some fatal, were caused.

The "Incident" was closed at 22:00 hours and it was agreed by all present that the Exercise had been very interesting and instructive.

< Record of a training exercise from the Post 23 minute book, 7 October 1941.

# The Memory Cafe

Support for those experiencing memory problems



Hi folks. By the time you read this Easter will be over and Spring should be in full flow. I can't wait. This has seemed a grim winter to me. And one week during the snow we had to cancel Memory Café. It's the first time we've cancelled it since we started. We open 51 weeks of the year, which is a great undertaking and quite a responsibility for all of us who are involved in the leadership of it.

The Café has become so much part of our lives that closing it left a gap. A few hardy perennials did make it in and we served them a cup of tea before ushering them home with a prayer that they got back without slipping. It made me reflect on how much our Café has become part and parcel of the fabric of life here. Whenever I venture out for a walk on the estate, or if I pop to the shops, or our excellent local chemist, I generally meet people who come on a Thursday. It is a great

privilege to be part of a community and to play a part in sustaining that community too.

One of the things that is really exciting me is my work as Chaplain at The Clementine Churchill Hospital every Monday morning. I'm getting to know lots of people and often involved in conversations about the Café. We are finding that staff from the Clem are starting to volunteer and come down on their break to help us out. They provide some valuable medical know-how, but mostly they are fine and good-hearted people who have a heart for those in the communities they serve. I do hope that our association with The Clem goes from strength-to-strength. In the meantime may I extend a welcome to you to come and visit us - every Thursday 11-1. You don't need to have any issues with your memory, just come for the fellowship and excellent tea, coffee and cakes. Yummy!

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Life as a parish priest can be quite isolating. I am used to working in an office with colleagues and so it is a bit of a shock being thrown onto one's own resources. But so it is. I am glad to report that I have a helper. His name is Lance and he is my 14-year old tabby friend. We bought him from a pet shop when we lived in Ealing. I remember picking him up from the shop and the owner handing him to me and saying "this one is going to be a bruiser!" It seemed an odd thing to say about a small ball of fluff. But Lance has indeed grown. He weighs an amazing 10kg and our vet calls him "one-and-a-half cats."

As I write this Lance is sitting on my desk. He has been sleeping most of the day but he has roused himself to come and accompany me as I work. Sometimes his purring is so loud that it drowns out other sounds in the room. Lance is a charmer. if you ever come to see me at the vicarage he will usually

welcome you and sit near us as we speak. He refuses to go into the church itself, although he has not let me know why. Although he has an aversion to church he loves hearing people pray and will sit close by. When anyone in the household is sad Lance always goes to sit by them. His calm and loving ways have got us through some tough times.



I have spent so many years in my animal friend's company. I always find something new to delight me about my cat. Indeed I think there is a great deal we can learn from cats - their poise, gentleness, grace and humour are wonderful and their ability to relax is a tonic. I often think that God had a very good day when he made cats and they are a gift to us. So if you are a cat lover why not pop along to church one Sunday and we can swap cat stories after the service.

Steve

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# Health on your travels

Well it's snowing outside as I start to write this first instalment of travel articles. Last summer more people went on holiday to Spain, Italy and Greece, fewer people to USA and the summer bookings for 2018 show 69% increase in travellers to Turkey and 24% to Egypt, and Tunisia is now back on the list as a holiday destination. Most travellers are heading off on a holiday, many are off to visit family and friends living far away. Extraordinarily there are more people travelling now to go to a music event, it's the fifth most popular type of holiday!

Public Health England warned us last year that Glastonbury has become a hotbed of measles. Music festivals are predominantly full of young people, some of whom missed out on their MMR (mumps, measles and rubella) when they were little due to the Wakefield fraud 15 or so years ago. Whilst the UK now has very good levels of MMR uptake, there is the legacy cohort of unprotected 18-25 year olds. European music festivals may be even worse as some parts of Europe have higher levels of measles than does the UK. So think about your youngsters as they head

off to Reading and Glastonbury and just check that they've had two MMR immunisations.

Most of our teenagers now receive the meningitis ACWY vaccination before they leave for college or university and again this vaccine is important to protect against meningitis for foreign travel, particularly for pilgrimages to the Haj.

Malaria.... the good news is that there is much less malaria throughout the world, it has reduced by almost 40%; 88% of all malaria cases now occur in Africa, with 10% in Asia. Many countries that used to require malaria prevention medication (malaria chemoprophylaxis) now no longer require you to take medication but will advise you to avoid being bitten. That means you use insect spray, long sleeved shirts and nets at night. The risk of malaria can vary by the time of year and those who visit family in Africa at different times of the year know that if they go over Christmas they need to take anti-malarial drugs, but if they travel over our summer it will be the dry season and they won't need to take medicine to protect

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against malaria. Don't forget people who are returning to their old homes overseas are more at risk of getting malaria as their natural immunity which they had whilst living there has waned or faded so they are as much at risk as someone not originally native to that area. There were 1,500 thousand cases of malaria in the UK in 2016 in returning travellers and the vast majority were those who had been to stay with friends and family ....they usually believe they are not at risk, so do not even consider consulting a travel clinic.

And don't forget that the best place to catch flu is on an airplane, with lots of people from lots of areas sharing and spreading their bugs via the recycled air, so make sure you have had a flu vaccination if you are travelling in the flu season!

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Perhaps more importantly it's about the pain and discomfort that recurring conditions can bring, especially when there is something long term that can be done to cure it immediately.

There are many issues we deal with where permanent or longer term solutions are available. Sometimes these are as simple as advice on which shoes to wear and when.

Thanks for reading,  
*Firoz*

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# SUDBURY COURT BIRD WATCH

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

Email: lake510@btinternet.com



## Recent sightings

David had a kestrel in his garden, causing havoc and dismay among the birds, but giving him an excellent sighting. Kestrels are infrequent visitors to our gardens and you have to be looking out at the right moment to see them. I am still looking!

Grace had five long tailed tits in her *acer palmatum dissectum atropurpureum* recently. It's good to know what sort of tree it was,

Grace! Why not give us the Latin name for the bird itself and confuse us completely?! It's *aegithalos caudatus* for anyone who did not know!



Photo credit: image Broker/Alamy

In the middle of that bitterly cold snowy snap, my next-door-neighbour-down-the-road (NDNDTR) put out some stale *bagels* and, within minutes, he had at least ten black headed gulls circling around and landing in his garden. It was a stirring sight to see so many of them on the ground in his garden. Well done, Victor.

I had a return visit of the grey heron just after that bitter cold spell. It was a beautiful looking bird as it approached the tempting fish in my pond. Beautiful or not, I was not going to let it get too near the pond, but a couple of crows arrived and attacked it and one of them saw the heron off the premises for me!

That's a really good set of sightings this month.

## Haiku

Well, I didn't know either until Grace emailed me about this ancient form of Japanese poetry. It's three lines of blank verse, (5/7/5 syllables) intended to capture some

significant moment of nature. She wrote this Haiku some years ago:-

*Flock of long-tailed tits  
Flits mouse-like round bare branches  
Flees at man's approach*

Would anyone like to have a go at writing one? It need not be about birds, just about nature.

## **Aegithalos caudatus**

The long tailed tit is not a true tit, as its Latin name reminds us. True tits are of the Paridae species. Thus the blue tit

is *parus caeruleus* – I looked it up! So now we know! Lecture over.

This tiny bird is my all time favourite; its pale pink and white colouring with its long black tail a delight to see! They are a gregarious species, flying and foraging together, chatting all the while. There is a small group of 5 or 6 on the estate at present (as Grace reported above) so keep an eye out for them. They may visit your fat-ball feeder, for which they have a preference, their beaks being so tiny that they cannot really tackle sunflower hearts. They will return to the fat balls time and time again.

They are very vulnerable to the cold and will huddle tightly together to keep warm. They will sometimes occupy an unused nest box, when literally dozens can pack in together. I am concerned about our little group's survival in the bitter cold of early March. I hope there were enough of them to keep warm and I am waiting anxiously to see them again.

Rod Lake

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# SCRA Summary 2017/18

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## Chair's Report

As I write this report, I'm aware that this will be my last act as a member of the SCRA committee. I did actually resign as Chair a year ago, but in the absence of a replacement, I have been chairing meetings and attending meetings at Byron Court School on behalf of the SCRA (more of that later).

It's been a little frustrating at times —I had grand ideas of what I would like to achieve—one of my main ambitions was to increase membership and involvement of residents; hopefully your next Chair will have more luck.

With the feel-good factor of so many people getting involved in the Memory Cafe—a massive round of applause for Steve and his leadership team—together with the Sudbury Court Horticultural Society's events —I'm hoping it's contagious. There's plenty to get involved with, locally, that means that this continues to be such a lovely place to live.

## Executive Committee

Over the past year, we have been active in monitoring the Byron Court Primary School expansion and trying to ensure your voice is being heard; we have been representing residents at weekly meetings with the Council and the contractor. We are also part of a new Working Group, which includes representatives from the School, specifically working on the development of a Travel Plan. We have also fought for better representation of residents by Ward Councillors and have sought to support your Safer Neighbourhood Team.

We are especially excited to be involved with the programmes of local improvements and maintenance of green spaces due to be implemented over the course of this year—and we'll be looking for you to join us.

*It was with great sadness that we said goodbye to Lena Jefferies, who passed away last summer; a life member of the SCRA and a regular attendee of Committee meetings, Lena's community spirit and her commitment to making Sudbury a better place to live in, and will continue to be missed.*

## SCRA Financial Report

This will be available at the AGM

## One Public Estate

You will have seen Councillor Perrin's article on OPE in last month's Courier, detailing the current status of the project as we know it. The latest issue of The Brent Magazine contains the brief mention that 'a proposal to explore options to improve the area around Northwick Park Hospital has been given the go-ahead by Brent Council's cabinet'; the piece goes on to say that '...work will now begin on how (the landowners) can best use the land available, with any redevelopment proposals then being put to a public consultation.' We are continuing, with difficulty, to monitor the progress of the OPE initiative via publications, press releases and Freedom of Information requests and will provide you with updates when available.

## Byron Court School

Construction work on the school began last summer and is well underway. You will have noticed that parking restrictions have been enforced on various parts of the Estate to accommodate the movement of construction vehicles. We have been taking on your reports of violations (speeding, illegal/dangerous manoeuvres, damage to property, trees and pavements and construction mess) and feeding these back to the project manager in weekly meetings with the construction company and Brent's Capital Projects Manager. (please keep these coming in and try to take pictures and/or record timings and details of the vehicle if possible! We can only bring violations to the attention of the developer if we are aware of them)

Your feedback has led to multiple improvements such as smaller vehicles being used where possible, large vehicles having to be escorted, regular road sweeping on construction route, and remedial works to trees. The contractor has also taken on two local residents as apprentices and has stated that it plans to gift the Estate some trees at the end of the project.

*Cont'd page 30*

## Clean the Green

We are **postponing** the Clean The Green event, together with Tea and Cakes for all residents until May, due to resources of the Committee: this month we are busy organising the AGM. This event will be an opportunity for us all to get together, and for some of us to 'kick off' the Sudbury in Bloom project. See next month's Courier for more details.

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# CALLING ALL GARDENERS

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When I wrote last month's article we were looking forward to Spring. I was full of hope that new families would be encouraged by our children's workshops to share in the joys of gardening. However, since no-one has contacted me to join in the workshops, I am starting to write this piece at 5pm on the evening before the Spring Show, instead of running the workshop. I have been watching tearful children pass our gate on the way home from school through the rain – in no mood for sowing seeds! Such activities are indeed more enjoyable when the days are longer and the evenings warmer. Lesson learned! We shall try again at the Early Summer Show on **16<sup>th</sup> June**.

Before then, we have the plant sale and coffee morning on **Saturday 19<sup>th</sup> May**. Always popular, this event is arranged for members of the SCHS, so if you would like to join in this bonanza, you must first join the association. You will then receive a schedule of events and a plant order form which should be returned to Robert Smith by **Sunday 15<sup>th</sup> April** – that is quite soon! A limited selection of plants are available for purchase at the event.

Christine has arranged some attractive days out in the coming months. The Royal Horticultural Society's garden at Hyde Hall near Chelmsford has been greatly improved in the last year or two. We hope that our trip there on **Wednesday 30<sup>th</sup> May**, during the Spring half term, will attract families. Children's

workshops are on offer there to keep youngsters busy and interested. There is an excellent restaurant and garden centre and the gardens themselves will be full of colour and

interest. Guided tours can be arranged. The cost is £17 for adult members, £10 for children. The coach leaves St Cuthbert's Church at 9 am. More details next time.

After that cold and wintry spell a few days of sunshine brought back life into some people's gardens in time for our Spring Show on Saturday 10<sup>th</sup> March. Though the wintry weather reduced the number of garden flowers on display, it was clear that many cherished houseplants have been nurtured into excellent health. So keen was the competition here that the orchid in this picture did not quite qualify for a prize so I thought it should have its moment of glory in the Courier!

David Friend caught on camera this flower arrangement and these multicoloured crocuses that opened up to greet our visitors. Local people came in good numbers to enjoy the exhibits, afternoon tea and cakes and the raffle. Along with many friends, it was

delightful to meet so many members of the Indian community attending the show for the first time. Altogether, a good start to the gardening year – and the weather can only improve!

Margaret Roake



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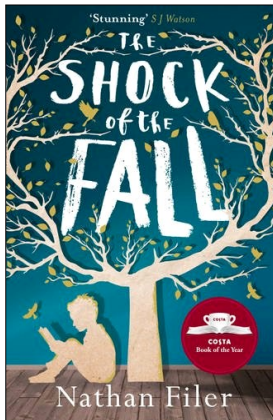


# Friends of Barham Library



Why not celebrate the arrival of Spring by visiting Barham Park and your local Community Library. As always, we have a variety of activities on offer:

1. Book Club—Mon 9 April from 3p.m. Currently reading *The Shock of the Fall* by Nathan Filer.
2. Arts & Crafts activities for 5-11 yr olds—Tues 10 April from 2:30-4pm. All children need to come with a parent or grandparent.
3. Story Telling & Rhyme—for under 5s. Every Tuesday from 11-11:30am. Parents can stay and browse through a large collection of books in our children's library.
4. YOGA—run by Harleen every Mon and Thurs 7-8pm. You need to bring your own mat. £5
5. Memory Lounge—for people with memory loss and their carers every Tues 11:45-1:45pm; includes 45 minutes of FREE chair exercises starting at 12.
6. Knitting Sewcial Group—every Weds 10.30-12:30. The cost for taking part is just £2. Donations of wool would be very welcome.



7. The Library has a large collection of books. Mon, Tues, Weds 2:30-6pm; Sat 12-5pm.
8. We are currently selling new Usborne Children books in foreign languages at 40% off original list price. We have French, Italian, Spanish, Portuguese, Dutch and many other languages.
9. Our shop in Sudbury Town Station sells surplus books, DVDs, CDs, Records and small bric a brac items. Good quality bric a brac always welcome. Weds, Thurs & Fri from 3-7pm. (sometimes until 9pm); Sat 11-5pm.

Barham Community Library,  
Barham Park  
660 Harrow Road, Wembley  
HA0 3JF  
For more information on any of these activities please contact Paul Lorber:  
[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)  
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# SCRA Summary Report 2017 *(cont'd from page 25)*

Working group meetings to discuss traffic management have recently commenced, between residents, the school and council officers. Traffic management is one of the biggest concerns of the school expansion, in particular road congestion during pick-up and drop-off times, illegal and inconsiderate parking and anti-social behaviour. We will continue to provide you with updates.

## **Sudbury in Bloom and Trees**

This has been mentioned in last month's Courier – it's really good news for the area. In reality, we will see bulb planting at 6 identified areas; areas of wildflower planting and more trees. There will also be planter box installations in Sudbury Town Centre and the planting of additional trees in Northwick Park. The GLA Grant work programme runs from January to December 2018. Residents have been invited to assist with bulb planting: all bulbs and equipment will be supplied by Brent Council.

In addition to these GLA Grant works, Brent Council has a Sudbury Tree Planting project which is currently in progress. Missing trees along the Watford Road from Butlers Green in Sudbury Town to the John Lyon roundabout and extending into Rugby & Eton Avenues, are being replaced with new Cherry tree varieties. Approximately 14 old, damaged or diseased trees have been identified for removal as part of the programme. 40 new trees will be planted to replace missing trees and the 14 removed trees.

Martin Page is Brent's Principal Landscape Architect responsible for organising the project. Sophie Seifalian, Keith Barker, and Keith Perrin are the local Sudbury Court area subcommittee members for the programme. We encourage as many members as possible to get involved with this very worthwhile community project, bring the whole family!

## **The Courier**

Someone told me that this is the longest-running community magazine—I don't know if that's true, but it certainly feels part of the furniture around here. I've really enjoyed receiving photos and other contributions from residents to the magazine this year—more

please!

A huge thank you to the volunteer deliverers who make sure you receive your copy every month—we really couldn't continue without you (see page 14, we need a couple more of you, please!). And to the advertisers who support the production of the magazine—again, thank you.

## **Website**

We note that the old website is still active—we've tried to take it down, but we are unable to contact the previous owner of the site. Please use [www.the-scra.co.uk](http://www.the-scra.co.uk) where you will also find all copies of The Courier.

## **Planning**

It's not possible to go into detail on individual cases, in summary:

We have examined many applications, giving comments and suggestions for amendment.

We have studied several cases where possible breaches have occurred; investigated where Enforcement Notices have been issued.

We have reported storm/accidental damage, vandalism, uneven paving, etc.

We are also noticing more damage to kerbs and grass verges by careless driving or indiscriminate parking; we are monitoring.

## **Membership**

We have a declining membership—now in the mid 500s, out of 2,800 residences—approx. 100 less than this time last year!. It is worrying for the future of the Residents Association, and I urge you to talk to your neighbours and encourage them to join. We can only maintain our lovely community if everyone joins in. (please see page 13)

## **And finally . . .**

Thanks to the SNT who work tirelessly to keep our community as safe as possible.

Thanks to the SCRA Executive for continuing to support this brilliant community. And especially Aileen, who is very busy at this time of year dealing with all the membership receipts.

LOVE WHERE YOU LIVE!

Kaye

# Kids' Page



(Have you got a favourite joke or riddle? If you email it to me we'll print it on this page—see if you can make our neighbours laugh!)  
[preeyaatthecourier@hotmail.com](mailto:preeyaatthecourier@hotmail.com)

What creature is smarter than a talking parrot?  
 A spelling bee.

Where do cows go for entertainment?  
 The mooooo-vies!

What kind of dinosaw loves to sleep?  
 A stega-snore-us.

Why couldn't the pony sing?  
 Because she was a little hoarse.

Where do sheep go to get their hair cut?  
 The baa-baa shop.

What do you get when you cross a snake with a pie?  
 A pie-thon!

What's the most musical part of the chicken?  
 The drumstick.

What do you call a group of disorganized cats?  
 A cat-astrophe.



What runs, but never walks, often murmurs – never talks, has a bed but never sleeps, has a mouth but never eats?  
 A river.

If you are running in a race and you pass the person in second place, what place are you in?  
 Second place.

What gets sharper the more you use it?  
 Your brain.

If I have it, I don't share it. If I share it, I don't have it. What is it?  
 A secret.

Did you spot the deliberate mistake?  
 "dinosaw" should be dinosaur






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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.



**HARROW PHILHARMONIC CHOIR** - enjoyed a successful Spring Concert, and will be re-summing rehearsals for the Summer concert on 9th April.

We will be performing a concert version of Gilbert & Sullivan's 'Pirates of Penzance'.

If you would like to join us for this fun event, then look no further and come along to rehearsals on a Monday evening, 7:45pm, at Victoria Hall, Sheepcote Road, Harrow HA1 2JE.

Please contact our membership secretary, Kathryn Sweet, on 020 8866 0382, if you are interested!

**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](http://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](http://www.tinyurl/spirecafe). Nick 07771 595 883

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

**WEMBLEY'S WW2 AIR RAID WARDENS** - Free exhibition (until May) and illustrated talk by Philip Grant, **Tuesday 24 April 11am - 12noon**, at Kingsbury Library, 522 - 524 Kingsbury Road, London NW9 9HE. Contact: [Philgrant69@aol.com](mailto:Philgrant69@aol.com)

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