

The Community Magazine for the
Sudbury Court and Pebworth Estates

July
2018

The Courier

87th
Year



**Community Fun Day/
Crime Prevention**

July 7th 1.30—4.30pm

Incl Police Horses, Fire Engine for the children, and advice for the grown-ups! (see page 17)

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July 2018
Number 189 (1,029)

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SCRA Phone 07933 958 166—Monday and Thursday 9-5pm
(leave a message/text at any other time, and we'll get back to you)

Dear Neighbours,

I hope you're enjoying the warmer weather.

We have our usual updates from the Safer Neighbourhood Team and Councillor—please do make sure you keep up to date with our local news, it's very relevant to us all: when our lives are so busy, it's easy to take our 'eye off the ball' with what's going on right on our doorstep. Awareness keeps our community safer, and makes sure decisions aren't made without us knowing until it's too late!

Social Value suggestions (page 11) from you, will mean a few a little added 'bonuses' to make our streets a little tidier/brighter—so please get involved. If you leave it to others, you may be disappointed.

I set you all a challenge last month—to meet 5 neighbours that you haven't met before. How did you get on? A couple of residents from Langham Gardens have become Ambassadors for their street (see page 21) and really enjoyed the experience; found common ground with neighbours they hadn't met before, and are enjoying the sense of community that it has brought. I encourage you (as always!) to do the same.

If you haven't booked your seat for the Seniors' Outing to Hastings on 1st August, time is running out—see page 26.

I had some feedback from a resident from the Pebworth Estate a couple of weeks ago, who felt that the SCRA and The Courier are very Sudbury Court-centric. I would like to think that we're being inclusive, and always welcome input from all our membership. Our Committee is made up of approx 2/3rds Sudbury Court residents and 1/3rd Pebworth—and we deal with issues that are brought to our attention. If there's something that you'd like the Committee to get involved with, you must let us know—or better still, join us! Every month (page 24) there is a request for stories and photos—this is your magazine, let us know what you'd like to read about.

I still think we have a good sense of community, but maybe it's in pockets across the two estates—I know my local neighbours, and those who regularly attend our events and meetings, but not so many others. We're all busy, but we're also stronger together.

Looking forward to hearing from you!

Until next time,

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:

• **Burglaries:** At the time of writing this article, the 13/06/18, the frequency of the burglaries seemed to have died down a little, with a resurgence just this weekend gone – at least three white masked youths/males early 20s were involved in burglaries on BENGWORTH ROAD, SUDBURY COURT ROAD and PASTURE ROAD.

We urge you to be vigilant and report any suspicious sightings. If you see someone in the act of breaking into a house then ring 999, we may not be able to send a police vehicle straight away due to call volume but remember a CRIME IN THE HAPPENING is 999.

• **Moped crime:** not a day goes by in BRENT and there isn't some sort of moped enabled crime. Last week there was a group going around in QUEENS PARK with weapons trying to rob members of the public.

A couple of my colleagues were off duty recently when they witnessed two people getting robbed in a matter of 20seconds – the officers were in their car, stationary in traffic, on a road in north LONDON waiting for the lights to turn green, four cars ahead of them at the stop light at the traffic lights was an open top super car, then all of a sudden two mopeds sped up, a pillion rider from each bike got off and raced over to the super car, stabbed the occupants in the hand and took their Rolex watches. The officers didn't even have a chance to react it happened so fast. Obviously, they helped the victims after it happened, but before they could get out of their cars, the pillions were back on the mopeds (with no number plates) and sped off.

If you hear or see a moped or motorbike being driven recklessly, then more often than not it is stolen and probably up to no good, out to rob someone. Be very careful if you hear one coming up close to you, look about and see that they are not trying to eye you up as a potential target.

Also, please be wary about using your mobiles out in public and being completely distracted whilst using it as it is a regular occurrence that someone on a moped or bicycle can quickly race up and snatch your mobile from your hand.

• **Moped thefts/ motorcycle thefts:** With know-how it is surprisingly easy to steal a moped so please do consider, if you own one, parking it in your garage or locking it to a ground anchor. This will limit the possibility of anyone being able to steal it.

• **Theft of Mercedes emblem:** there has recently been a spate of theft of Mercedes emblems from cars in The Crescent and Stapenhill road area. This happened after midnight and a white male in his mid-20s was involved.

• **Drug Dealing Northwick Park and Northwick Avenue:** your team became aware of drug dealing issues to the University of Westminster students in and around the campus. We managed to identify two of the principle offenders and have managed to get orders prohibiting them from entering the Northwick Park ward. Also, one of them was dealt with by police for a drugs offence which enabled us to provide evidence towards his order.

• **The Cold Caller issues:** elderly residents have been cold called on by “builders” and “gardeners” in Pasture Road and Byron Road recently.

In the Pasture road situation police were called before the elderly occupant parted with much monies. This group were involved in similar incidents in East London whereby they even brought the elderly occupant to the bank to withdraw monies – he was unsure how much money he had given them and what “work” they had actually done. Frequently, these cold callers will target the elderly or elderly residents who might be in the early stages of dementia, in the hope that they can extract as much money from them as possible for doing little / no “work”.

Prevention though is better than reacting to cold caller related incidents and so we urge you under no circumstance give any work or engage with anyone who cold calls to your door. We would like for you to gather intelligence and let us know of the company names they use or their cards if you are cold called on but politely decline their services in all instances. No builder worth their salt has to use such tactics to get work.

Also, if you see builders doing a driveway with an A4 advertisement board outside on the street, do not consider that are reputable builders. In Carlton Avenue West a number of residents saw a driveway being done on a property on the Sudbury Court estate and decided to employ this driveway company (they have a registered company and a website, very easy to create by the way) and all four residents were extremely unhappy with the work done and the manner. Personal recommendation regarding a builder is always a good start but be cautious, there are a lot of rogue builders out there!

Bottom line do not, do not engage with cold callers.

• **Other scams targetting the elderly at Cashpoints:** one of the local residents was recently using the cashpoint at Tesco North Wembley when he was approached on one side by a male who distracted him saying that the cashpoint doesn't work, when the resident looked up towards this male, another person was trying to take his card from the cashpoint. Fortunately, in this instance, the resident was wise to this scam and promptly told these guys to “Get Lost”.

If you are using a cashpoint, particularly if you are elderly, please look around you before you commence to use the cashpoint. If anyone is too close ask them to move back. Cover your PIN whilst entering it and do not get distracted by anyone appearing helpful whilst using the machine as it may be that they are deliberately trying to distract you in order to steal your card.

• **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.

Your team has been involved in the prosecution of a number of litter bugs and fly tipers. Littering and fly tipping are both environmental offences - fly tipping includes the

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leaving of unwanted furniture / toys etc on the pavement outside your address, this is an offence of fly tipping and obstruction of the pavement. I have and will prosecute people involved in making the area look dirty!

If you have a waste/unwanted furniture/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 and there is a handy mobile phone App that you can download to facilitate the reporting of various matters including fly tipping.

The council offer a number of free 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 13th May to 13th June:

4 *Residential Burglaries:* Peel Rd (in the 100s evens side, between 07/6 2030hrs – 08/06 0500); St. Andrews Avenue (in the 30s odds side, on 08/06 between 0630 – 1930); Sudbury Court Road (in the 100s evens side, 09/06 between 1800 – 1814hrs, front door forced); Bengeworth Rd (in 10s evens side,

09/06 1840hrs – 1842hrs, front door was the point of entry).

2 *Attempted Residential Burglary:* Holt Road (03/06 1800hrs – 04/06 0800hrs); Pasture Road (30s evens side, 05/06 1515hr, three white males attempted to get into house via rear window).

3 *Theft of Motor vehicle:* Peel Road (20s odds side, 24/05 0010-0515hrs, 17 plate Mercedes Sprinter Van stolen); Pasture Road (24/05 0314hrs Mercedes C300 16 plate stolen); Dean Court (31/5 2000hrs – 01/05 0730hrs, scooter stolen).

5 *Theft from motor vehicle:* The Crescent (26/5 2000hrs – 27/7 0800hrs, Mercedes emblem stolen), Stapenhill Road (27/5 1800hrs – 28/5 0800hrs, Mercedes emblem stolen); Priory Gardens (25/5 1800hrs – 26/5 0001hrs, catalytic converter stolen from Honda); The Crescent (28/5 0135hrs, Mercedes emblem stolen from three cars); Northwick Park Hospital (02/6 2000hrs – 03/6 0800hrs, catalytic converter stolen from Honda).

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

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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.

- 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.

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 identify theft!

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Councillor's Comments

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Council Election **May 3rd 2018**

Thank you so much for electing Margaret, Robert and myself as your local councillors for the next 4 years. We are delighted to represent Northwick Park Ward and will continue to campaign for residents. We do want to hear from you - so please do get in touch about local issues. You can write, telephone or come and see us in person at our monthly surgeries which are held at St Cuthbert's Church Community Room on the 1st Saturday of the month (excluding August & January (and when there has been an election in the month)).

Sudbury Court Drive Traffic Calming - Consultation

- I have mentioned this exciting project previously in the Courier and also on the doorstep - It was supposed to stop the high-speed traffic and prevent accidents by installing traffic tables. It was also supposed to include improvements at the junction with Sudbury Court Road by the installation of 'virtual islands' and 'parking restrictions'. I had hoped to have a scheme implemented this year.

Unfortunately (in my view), Brent Highways Officers have included in the same Traffic Order and Consultation changes to the traffic flow around the shops at the John Lyon Roundabout. These changes entail making the service road 'one way' and also include closing the access at the rear of the shops. Furthermore, the scheme included 'sleeping policemen' near the Sudbury Court Road junction which I doubt anyone will support?

I agree that something needs to be done in this area as drivers (including known local residents) have been driving in the wrong direction on the dual carriageway to enter this service road for various reasons. Obviously, this is a very dangerous act and needs to be curtailed. However, traffic measures here are such a complex issue (when you speak to residents and shopkeepers) that it needs much forethought and consultation before an acceptable scheme can be arrived at. For now, I and others believe that just closing the central reservation at the rear entrance to the shops would suffice.

I have asked the Highways Officers to remove the One Way proposal from the scheme & do more to solve the problems

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associated with the junction with Sudbury Court Road by including Virtual Islands and Parking Restrictions.

Please - if you have any comments on these schemes, do write to me asap.

Pedestrian Crossing at the junction of Sudbury Court Drive and Harrow Road

Several residents have asked that this crossing's timing be revised as it is apparently a problem on the school run for those walking their children to St George's School. I have requested that TFL is contacted and asked to revise the timing of the pedestrian lights and that, when they are on Stop to traffic, no traffic can exit either Sudbury Hill or Greenford Road as these traffic flows seem not to see the pedestrian lights.

I will also be requesting we have an extra pedestrian crossing of some sort near the junction with Sudbury Court Road, as part of the traffic calming schemes previously mentioned.

Building Works - Brent Council now employ Neighbourhood Managers to whom your Councillors can report issues such as damage and nuisance caused by building works, etc. To date, several home owners and contractors have been contacted by Brent's Enforcement Team because of damage caused to the pavements and grass verges. Where the damage is considered to be dangerous, the culprits have so far been persuaded to make them safe again. If the damage is not considered to be a danger to the public, then Enforcement Team will make claims against the culprits for the reinstatement at a later date once the works are complete.

Be warned, if you as an owner do not take measures to prevent damage to the highways as a result of your building works, it is most likely that at some point the Council WILL make a claim against you to rectify the damage. It would be a lot simpler and cheaper to prevent the damage in the first place by making sure that your contractor knows that you will be looking to him to pay for any damage caused.

Hopefully, many of the damaged sections of the pavements which have occurred over the last few years can also be drawn into the

enforcement umbrella. I think most of us would agree that most of the damage to our pavements have been caused by building works.

Finally, through the same route, several Noise Abatement notices have been issued against contractors for working outside the allowed hours for noisy building works (only allowed Mon - Friday 8am - 6pm and Sat 8am - 1pm & no bank holiday working). Please do report noise nuisance to us or the Council on 020 8937 1234, these nuisances can be dealt with.

Grahams Construction - are the construction company who are currently building the new premises at Byron Court School and as part of their Civic Responsibility they have been requested to fulfil several small projects in the area. So far, (we have agreement in principal), they are going to:

- ♦ Reinstall the wooden bollards that used to surround the green at the junction of Holt Road and Dean Court.
- ♦ Replace two of the benches on the green between The Green and Carlton Avenue West, these will have plaques in remembrance of a well known local resident who died recently.
- ♦ Grass verges on Abbotts Drive between Audrey Gardens and Norval Road will be repaired & wooden posts installed to prevent traffic from driving on or parking on the grass verges.

Please, if you have a small project that we could include, please let us know and we will ask Grahams and the Council Project Team if it can be included in the scheme.

Elms Lane junction with Sudbury Court Road

- As most readers of the Courier will be aware there has been a very long running saga regarding water leaks at this junction which has contributed to the destruction of the road surface as a consequence. Finally the water leaks seem to have been abated and we seemed to be in a position to finally repair the road surface, unfortunately a new (or never before noticed) water leak has appeared at the end of St Georges Close and is now being investigated as to its cause.

Grass Verges - We councillors are really sorry that your grass verges have been allowed to deteriorate to such a state due to them being left uncut for so long during their most prolific growing season - this is when farmers cut their grass for silage - as witnessed on Harrow School farm this week.

Be assured that we councillors are aware how bad things have got and the consequences ensuing from the lack of grass cutting around the area - it should be noted that the mowing of playing fields comes under another contract and necessity to mow. We will do all we can to retain as much mowing of our verges as we can even against the backdrop of reduced income to the Council.

We have been delighted to see how many local residents have assisted in keeping the area neat and tidy by mowing their own and neighbours grass verges in this difficult time, we are also aware of groups of residents who live near our various greens who are considering ways of keeping the grass short in these areas. We are very supportive of these actions.

Who and why - I have to declare - I came one day in the first week of June to find a bottle of champagne on my doorstep, which was quite a pleasant surprise, however, I have no idea who left it or why as no note was left. If this gift relates to me being a councillor, I must declare it in my register of interests. Please, could the kind person please declare themselves?

Community Road Watch—You may have noticed a police officer accompanied by yellow jacketed residents at the bottom of Sudbury Court Drive using radar guns to monitor the speed of drivers using this now dangerous section of our local highways. If you would like to join in, perhaps even suggesting other locations, do give us a shout so you can be referred to be volunteers - it's easy and protects you and your neighbours.

Regards, Keith

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Social value—suggestions please

The contractor, Grahams, working on the development at Byron Court Primary School has offered to undertake some 'Social Value' works for the local community. We have already had some suggestions, which include some new benches on The Green by St Cuthbert's Church. Grahams have also undertaken tree-trimming works for neighbours adjacent to the school boundary. If you have any additional suggestions: for example, repair grass verges, tree or hedge trimming, paving works, painting communal spaces, clearing communal spaces, planting new plants etc.

Your suggestions will be prioritised by the members of the Byron Court Residents Meeting, consisting of local ward Councillors, the Chair of SCRA, Grahams and the Council. It would be useful to understand what you

would like to prioritise from this initiative within your community, so that the group can take this into consideration when reviewing the suggestions. **Please note:** it may not be possible for Grahams to undertake all the works suggested. However, Grahams are confident they can prioritise and undertake the most desired works, in consultation with the members mentioned above, over the remainder of their contract. This is also on the understanding that the additional works do not impact on the contract programme and completion date of the project. Please provide your suggestions and priorities by **Friday 20th July 2018** by emailing chair@the-scra.co.uk

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When you have something good, it's good to share it. I think that is one of life's great truths. The temptation is to squirrel away the good things and keep them to ourselves. But true generosity is a beautiful and inspiring thing. Sharing what is good is at the heart of creating community.

So please keep your eye out as our Memory Café looks to go national! We have got a grant from The Mercers' Company to put together a website and programme to spread the good news of Memory Café and help people set their own up - either in churches, libraries or wherever. We felt that this lovely, simple idea needed to be exposed to the wider world. And we were very blessed that The Mercers thought the same way too.

Over the coming months we will be putting together the website, with the help of a web company, and then we will be getting out and about to spread the idea around the country. We hope to see hundreds of Memory Cafes opening up. But, of course, our first priority is our Memory Café here. We meet every Thursday 11-1. Every week we have people showing up from other churches and community organisations to learn from us as they set their own up. So if you haven't been yet, come on, pop in. The Café is for everyone - not just for those with memory issues. It has exercise, quizzes and singing, or you can just sit and chat to people. We've got something good - we'd love you to be part of it.

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As I have said before in this column, it is a great privilege to be a priest. We get to be with people at major points in their lives. It is a position of great trust.

So many times I get to see the enormous heroism of everyday life. There can be no greater sacrifice than looking after a loved one who is tremendously sick, or one who won't get better. It tests reserves of patience and love to the maximum. And yet, I see it over and over again. Husbands and wives, friends and family show such sacrificial love caring for people and doing it quietly and beautifully. It sometimes moves me to tears. It is an antidote to the cynicism of the world.

But this kind of sacrificial love is not without its cost. It can be lonely and it can be demoralising. It is best done in community - in a place where people can genuinely care for each other. That's where church comes in. Church is a kind of hospital - a place for those who are weary and low in heart and need friendship and care and love.

At St Cuthbert's, we will welcome you here and be a place of safety and care if you are caring for someone and feel worn out. Why not pop in one Sunday? Or on a Thursday, or contact me.

Community is a precious thing.



Love wins.

Rev'd Steve

"GOT A CAR? HAVE A PROBLEM?"



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Health on your travels—part IV

I hope you've booked some exciting holidays this year: make sure you've had any vaccinations you need before travel. It's really important you obtain good travel advice and recommend www.fitfortravel.nhs.uk for online advice and make an appointment with your GP in good time. Some vaccinations will be provided by your GP and others need a visit to a specialist travel clinic. Some pharmacies also provide vaccinations, but the best source of advice is from a specialist travel clinic where you will have a full assessment in respect to your own medical conditions, and receive vaccinations in a safe setting with emergency back up.

Travellers often need vaccinations against Hepatitis A and B. (Hepatitis is an infection affecting the liver). Since September 2017, Hepatitis B vaccine has been included in the childhood immunisation schedule. We are pretty well the last country in the civilised world to add hepatitis B to our children's immunisation schedule (mainly because we did not have very high levels of hepatitis B in the UK, so it did not justify its inclusion).

If you were born outside the UK you may well have been vaccinated in childhood against Hepatitis B, whilst those of you born in the UK will not have not been vaccinated. The vaccine is extremely effective and it is very well tolerated. There are three injections over six months, (though there is an accelerated schedule) and this will provide life long protection for most of us.

Hepatitis A is another virus affecting the liver which is also spread by close contact, and young travellers will be well advised to have a course of two injections of Hepatitis A which provides 25 years of protection. Hepatitis A and B are often given together in one vaccine, and due to shortages of vaccines we will often use the combined vaccine. Hepatitis vaccines are advised for most travel outside the UK, and you can usually obtain them from your GP. Next month, more exotic destinations may need a wider range of injections!

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Volunteer website assistance:

Tech-savvy, especially Wordpress, for occasional help with updating our website.



Volunteer Courier deliverer:

We're still looking for a deliverer for Byron Road—if, perhaps, you and a friend could do this, it would only mean about 40 mins per month of your time, and you could have a chat and a bit of exercise along the way!!

We need you!

Ambassadors

If your street ambassador hasn't knocked on your door yet—it's probably because your street doesn't have one!!!

Why not you?

Read Linda's experience on page 11—she took her friend/neighbour along, and they had a lovely time. It really doesn't take up much of your time.

Please contact Noura asap:
secretary@the-scra.co.uk

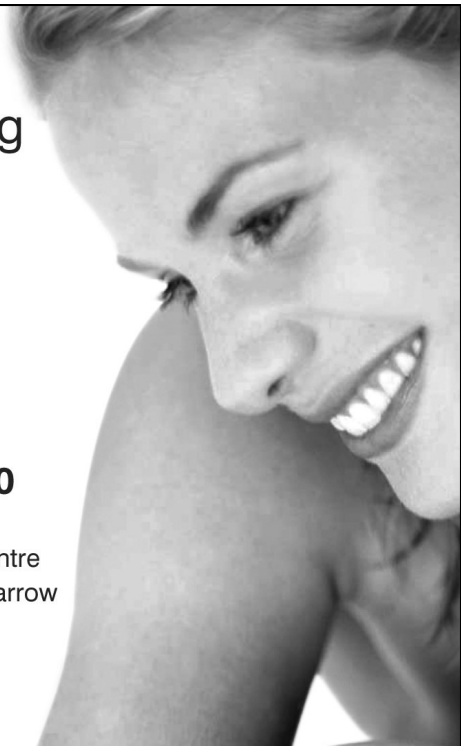
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Ingrown Toe Nails

Help & Advice is on Hand

I've written in the past about what's probably the most common issue we're presented with at the centre – Ingrown toe nails.

The good news is this uncomfortable and often very painful condition can be treated easily, effectively and in many cases permanently.

And due to public interest and demand we've created a new guide to make people aware of the options they have when it comes to the treatment of their ingrown toe nails.

It's free and you can request a digital copy to be sent to you simply by emailing:

footcomfortcentre@gmail.com

Below are some edited sections from the guide which people are already finding very useful.

Causes of Ingrown toe nails

There are several reasons why you may develop an ingrown toenail. These include excessive nail curvature, trauma, nail plate problems and even improper pedicure or nail care treatment.

Treatment Options

There are several things that you can try at home to relieve your symptoms. These include careful and regular cutting and filing, applying olive oil down the side of the nail to soften

surrounding skin and wearing proper fitting shoes.

You can also bathe feet in warm salt water daily, applying gauze to create a barrier between the nail and skin.

However, most patients benefit enormously from professional care to ensure comfort and if caught early we can preserve or restore a healthy nail appearance and structure.

We offer professional services including nail bracing, pedicure and when necessary, surgery.

The benefit of using a medical expert is that you have peace of mind, full access to all available options and permanent cures to the problem

Our full guide covers all treatment and care options in much more detail.

When it comes to ingrown toe nails there is no reason you should, or indeed need to, suffer in silence any longer. Thanks for reading.

Firoz

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



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1.30 – 4.30 pm

Age Concern and Elders Voice for those of us needing advise in that direction. Brent Anti-Social Behaviour, Brent & Harrow Trading Standards, our 3 newly elected Councillors, Victim Support to aid and assist. British Transport Police – find out how safe it is to use our local stations and trains. The London Fire Brigade come along and get your new smoke detector installed, existing out of date ones replaced and find out how safe your property really is with an assessment by the experts. SCRA—how membership helps.

The Met. Police will be with us in full force, from the Mounted Police, find out more about their role within the police, our local SNT, bike marking, mobile phone registration, anti-terrorism expert, Smartwater.

Friends, neighbours, refreshments, you name it and all for free. So please, please, do come along and join us and have a great afternoon out.



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SUDBURY COURT BIRD WATCH

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



Sparrows 2

As the jingle has it –

Listen to the sparrow three

The Hedge, the House and then the Tree.

Have you succeeded in identifying a dun-nock (hedge sparrow) yet, about which we were talking last month?

We continue this little series with the house sparrow this month.

Although they are still among the top three or four birds to be seen in the UK every year, they are suffering a disastrous decline in numbers. Some London parks, which once had huge numbers in them, are totally without them now. Look out to your own garden, it is unlikely that you have any to see. When I first started watching birds, twenty five years ago, there were always some sparrows flying about in our garden. Nowadays, I don't see one from one month to another,

One of many reasons for this decline is the consequence of the widespread use of insecticide. It's nice to have our flowers and cab-bages free of caterpillars, but that is what sparrow chicks depend on in the nest. The chicks will die of starvation without plentiful supplies of caterpillars. And

die they do! Sparrow nest-failure is depressingly common in these days.

To think that I once blocked up a sparrow's nest above our back door-step. For a good reason then - I wouldn't do it now.

We need to ensure food is available for them. Fully fledged, they are basically grain eaters together with insects and some food scraps, but they will go for sunflower hearts from a feeder. Regrettably, putting grain out

will encourage the feral pigeons too much and there are too many of them already!

Should you have bushes in your garden with house sparrows roosting in them, it could be worth putting up a sparrow nesting box. These are usually three 'terrace' nest boxes built together, which sparrows like, being very gregarious birds. If you are good on ladders, put these boxes up high on a north facing wall.

Swifts' return

Unfortunately I couldn't record your sightings of the swifts' return in early May in last month's Birdwatch. But our little competition continued and Theresa was first in with her sighting on May 7th. Francis and Grace reported their sightings on the following two days.

So, thank you to our winners of this year's competition. If it's any consolation to those who didn't feature on the podium, I am still looking as well!



Baltimore Oriole

The striking photograph of a Baltimore Oriole was recently taken by Gillian in her 'back yard' in Ohio, USA. She grew up on the estate before marrying and moving on, eventually to America. She frequently

photographs some amazing birds in her garden to share with us, and this is her latest contribution.

The Baltimore Oriole is a passage bird, visiting for several days only as they migrate through - then gone again for another year! Gillian says that they cannot resist oranges and her picture says it all. Thank you, Gillian.

Rod Lake

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Ambassadors of Langham Gardens

After attending the Sudbury Court and Pebworth Estate Annual General Meeting in April, I was inspired to put my name forward, with my neighbour, to help increase the membership and to become an Ambassador of Langham Gardens.

A couple of weeks later Dolores telephoned me to 'get the ball rolling' and we looked forward to meeting people in our street.

Madge and I got prepared to visit all the houses in Langham Gardens and record who we had seen and who wanted to pay their subscriptions. I made a leaflet to promote the benefits of joining the Residents' Association and the Horticultural Society. We also had name badges to introduce ourselves.

On Tuesday 22 May we knocked on over half the doors in our street; it was a great success because we were able to talk to our neighbours, who we didn't know or recognise. In a follow up session a few days later, we found we had lots in common with our new-found neighbours.

It has had a wonderful effect: we know a lot more of our neighbours, it's a great community.

For other residents thinking about becoming an Ambassador in your street it really doesn't take too much time and the benefits are massive.

The June Courier mentioned speaking to five neighbours you didn't know, we are confident we have met this challenge. Could you say the same about the neighbours in your street?

*Linda Foddering
Madge McDaid*



Brent Connects Wembley (incl Northwick Park Ward)

Date: Tuesday, 03 July 2018

Time: 7pm to 9pm

Place: Patidar House,
22 London Road,
Wembley, London HA9 7EX

Find out what's going on, and have your say . . .

Agenda

Meet the Councillors for the area. Meet your Town Centre Manager. Tell us what you would like to hear about at Brent Connects meetings.

Plus there'll be our usual soapbox slot. So if you've got a community issue that concerns you and your neighbours, take the time to share your views. Slots don't need to be booked in advance, so you can just show up on the night.

If you are unable to attend, please share your ideas with us by emailing:

brent.connects@brent.gov.uk

During the break, there will be an opportunity to talk to ward councillors, local safer neighbourhood team, guest speakers and council officers.

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CALLING ALL GARDENERS

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

There's nothing like a good day out to cheer the spirits! Many of us had a lovely day at Hyde Hall on Wednesday 30th May. Much has happened at this RHS garden since our last visit. On the challenging hilltop site, we found a new circular greenhouse, surrounded

by raised beds of exotic vegetables, all kinds of oriental and Mediterranean salad plants, grown to encourage us to try something new. We found a seat there in the sunshine from which we took this picture, appreciating the fine oaken surrounds to the vegetable beds and the stonework paths as



well as the gardener, perched on a ladder, securing stout bean posts that are no doubt appropriate for this windy site. Watching him at work I wondered whether our beans back at home would be satisfied with the bamboo poles that are the best support we can offer. After viewing the tomatoes, already ripening in the greenhouse (while at home outdoors they are just in flower), we made our way to the newly built hilltop restaurant where an attractive lunch menu was on offer and many of our friends on the trip had already gathered. After lunch we wandered through the lovely well-established rose gardens, with many blooms still to come (though our roses at home were past their best). Following a winding path downhill we moved through the dry garden where many plants, apparently self-sown, seemed to be thriving. We enjoyed the fresh country air and fine views of the fields and farmland beyond Hyde Hall Garden until at the foot of the hill we were drawn unwittingly into the plant centre with its

many temptations. After that we needed a cup of tea to fortify us for the journey home. Everyone gave a vote of thanks to Christine and Lynn who had organised this most enjoyable day.

By now the plants that some of you bought

at our plant sale will be giving colour and interest to your gardens through the summer months. Robert put a lot of effort into organising this event, liaising with Shane's nursery, collecting the orders, then with some help from others, having all the plants arranged for easy collection.

On the day Susan opened up the kitchen to provide us all with tea and cakes, so altogether this proved a very successful and well-organised occasion.

We reached the longest day on June 21st, a time when the long hours of daylight make all vegetation grow fast and furiously. While digging out some robust but unwelcome weeds I noticed that most of them had already flowered and no doubt deposited their seeds. Why, I thought, is it harder to encourage more refined plants to set their seed and come again next year? It does need a bit of care, but collecting ripe seed from flowering plants that have thrived in one's garden seems to work well. We saved seed from last year's godetia, clarkia and larkspur, and sown this year in the Spring these plants will give a good show later in the summer. Maybe happy plants make happy seed and happy gardeners! Enjoy the summer.

Margaret Roake

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MORE WOOL NEEDED PLEASE

Our Sewcial Group have been very busy knitting this year. The picture shows their great effort to produce a variety of items for the Knit for Peace Charity.

They have almost run out of wool and as they plan to knit more tweedle muffs for people with dementia we are keen to obtain more donations of wool.

If you have unused wool lying around that you can donate please drop it into the Library or to Paul at 17 Stapenhill Road or call 07917094239 to arrange a pick up.



BIG LUNCH PICNIC IN BARHAM PARK

As the original planned date clashed with 'Fathers' Day' a new date has been set for **Sunday 8 July 2018.**

The idea is very simple – just get some food and drinks together and come and have a picnic with your friends and neighbours in Barham Park. And while you're there, why not visit the Library and see what's on offer.

COMPUTERS COMING SOON

Very soon we'll be able to offer access to computers. The American School in London kindly donated some 2nd hand machines, and as soon as a dedicated WIFI system has been connected the Library will join the computer age.

It is hoped to provide some basic computer-related training. Just pop into the Library to find out more during the opening hours of:

Mon, Tues, Weds 2:30-6pm
Saturday 12-5pm

ACTIVITIES AND MORE INFO:

For details of all activities at Barham Community Library please contact Paul Lorber (who is in training for his next fundraising run for the Library!)

website: barhamlibrary.uk

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Senior Citizens' Outing August 1st 2018



As publicised in the June issue of The Courier, the Senior Citizens' Outing this year will take us back to Hastings, nine years after we were last there. Among the changes which will be seen is the brand-new pier, risen from the ruins that we were not allowed to visit in 2009, and awarded the Stirling Prize for Architecture in 2018, when it was first opened.

The coach will leave Tesco's at 9.00 am. **sharp**, Bishop's Court at 9.05 am. **sharp** and St Cuthbert's Church at 9.15 am. **sharp**, arriving back by about 8.30 pm.

COST: Senior Citizens **who are members of SCRA - £15**, will be given priority. A number of seats may be available to other adults at full cost - **£20**.

Sorry! No refunds available for cancellations after **27th July**. The price includes travel by coach, entry in the raffle and a gratuity to the driver. There are only 50 places available - so book early.

Any questions or queries please telephone **020 8904 3433**

Block letters please

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I wish to receive a confirmation of booking. I enclose SAE. **

Please return this slip **WITH PAYMENT** to Mrs S Friend, 98 Abbots Drive, HA0 3SQ

NOT LATER than 27th July. (Cheques payable to SCRA, please)

A sheet of paper with all the relevant details may be used if you don't wish to cut your Courier

(* State number or ** tick as appropriate)

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?

Stopwatch!

Stopwatch who?

Stopwatch you're doing and open this door!

What do you call a guy lying on your doorstep?

Matt.

What do snowmen call their fancy annual dance?

The Snowball.

Why is it so windy inside a sports arena?

All those sports fans

What did the policeman say to his tummy?

Freeze. You're under a vest.

What do you call a smart group of trees?

A brainforest



Riddles

Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?

The baby, because he is a little bigger.

Mike is a butcher. He is 5'10" tall. What does he weigh?

Meat

A farmer has 17 sheep and all but nine run away. How many are left?

Nine

How far can a rabbit run into the woods?

Halfway. After that, he is running out of the woods.

Spot the deliberate mistake -

Answer:- "former" should be farmer






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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—After a successful year, the choir will be taking a summer break until September. Rehearsals for the 2018/19 programmes will restart in September at a new venue, owing to the redevelopment of the Victoria Hall: Harrow High School, Gayton Road entrance.

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

WEMBLEY'S AIR RAID WARDENS — in the Second World War display. A colourful 'coat of arms' made by its wardens to decorate Air Raid Post 12 provides the centrepiece for this exhibition, which tells the story of the 2,500 Wembley men and women who worked during WW2 to help protect their neighbours from German air raids. Still on until 31st July . Kingsbury Library, 522-524 Kingsbury Road, Kingsbury, NW9 9HE

BRENT'S PIONEERING WINDRUSH GENERATION EXHIBITION —Celebrating 70 years since the Empire Windrush docked in the UK. An exhibition and display exploring Brent's Caribbean heritage with photographs of Brent residents by artist Nadia Nervo. Experience a traditional West Indian 'front room' with our instillation highlighting items from the local community and Brent Museum.

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Fencing replaced in Panels & Featheredge

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