

The Community Magazine for the  
**Sudbury Court and Pebworth Estates**

August  
2018

***The Courier***

87th  
Year



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(see page 22)

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**August 2018**  
**Number 190 (1,030)**

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Dear Neighbours,

What an amazing July it's been—plenty of sunshine.

And, at time of writing, England football is bringing a much-needed feel-good factor to the country; even though they didn't make it to the final, their achievements are being celebrated.

I feel the frustration from our Safer Neighbourhood Team, especially in terms of their regular words of warning regarding Cold Callers. Please, take heed. And if you live near some of our more senior neighbours, please take the time to go and talk to them about not communicating with these con artists—they continue to find rich pickings in our community. As a community, it would be beneficial for us all if we could look out for each other. Keep these cold callers away from our streets by sending them a clear message that they are not welcome here, by politely declining their offers.

On the same subject, we have started to build our WhatsApp group for the Sudbury Court Estate, following the example set by Pebworth residents. If we have at least a couple of people on the group from each street, we can support each other and our Safer Neighbourhood Team.

We are still looking for a volunteer Courier deliverer for Byron Road—if you and a friend could take it on between you, it would only take a maximum of 40 minutes of your time, per month. Volunteer Street Ambassadors (as per last issue of The Courier) are still needed in some of our streets. Your time commitment for this role would be only an hour so every few months. Wouldn't it be amazing if we could have every street covered?

If you are interested in joining the WhatsApp group, or either the Courier delivery, or Street Ambassador roles, please get in touch via email (above) or the phone number (below). I know, we all have such busy lives, but please don't leave it to someone else—join in.

And finally, congratulations to enthusiastic gardeners throughout our community—you really do help to make this such a wonderful place to live. Special congratulations, of course, to the winners of this year's competition—I went to see the First Prize Winner to take a couple of photos—they really don't do it justice—the garden is stunning.

Until next time, with best regards, *Kaye*

**If you don't have email and you would like to contact the SCRA, please call:**

**07933 958 166**

**(available Mondays and Thursdays 9-5pm,  
or leave a message/text and we'll get back to you)**



# 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:

Thank you for attending the recent Community event we hosted in St. Cuthbert's Church on Saturday the 7<sup>th</sup> of July. We realise that the date did clash with a number of sporting events, however, despite this there was a good turn out.

## **BURGLARIES:**

Burglary continues to be a problem on the ward, we are averaging about 3 a week including attempts, as you see in the figures below these have been sporadic though. I believe that some of these are down to the recent influx of cold callers in the area.

## **COLD CALLERS:**

We have been inundated, recently, with reports of cold callers and a number of frauds on the elderly. *I am astounded with other-wise sensible people giving "work" to cold callers because, by doing so, you are encouraging them to come into the area!*

Remember cold callers is the term given to people you don't know who knock at your house asking you for work / or providing a service for a fee – driveway washing, guttering cleaning, laying driveways, roofing work. Why would you give someone you don't know, never met before, don't know their name, where they live or anything about them access to your property? It beggars belief! If they are on your driveway or doing your gutters do you not think that they will get to find out who lives at your address and the general layout of your address? Don't be surprised if you get burgled if you give someone who cold calls on you "work".

One elderly resident was scammed out of £700 for having their driveway power washed. In another situation, I came across elderly residents on Nathans Road who had been cold called on for gardening work and then the males noticed "some loose slates on the roof", this resident was advised by these

con artists that his neighbour had agreed to pay for half of the cost of the roof replacement, he was encouraged to part with £900, Fortunately, I came across these pair as they were trying to con this elderly resident and both were arrested. One was in possession of a phone stolen in a burglary in Staffordshire.

I don't know how many times I have said about cold callers and not to engage with them, no work person worth their salt cold calls looking for work.

## **ANOTHER FRAUD:**

Recently, a resident (victim) was engaged in conversation by a male passerby who claimed to be looking for a good solicitor as he had "won the national lottery", whilst this conversation is ongoing another male (who is in cahoots with the winner passes by) and becomes involved in the conversation between the victim and the winner. The victim thinks both men are unknown to one another and through an elaborate con, the victim is encouraged to buy out the winner of the winning ticket as he cannot claim due to being "illegal". Please do not fall foul of this. In the past three years at least two residents of Northwick Park ward area have been conned out of several thousands of pounds due to this scam. In this con, the victim is shown a "winning ticket" (fake), has a conversation on the telephone with "Camelot" (not really Camelot but people involved in the scam. It is elaborate fraud and con artists are always good actors and convincing.

## **HEATING UP:**

At the time of writing this article, we are experiencing a bit of a heat wave. Hopefully, to some extent it will continue into August, however, with the heat comes a number of issues mainly to do with security and safety. Already, we have had a few burglaries where the burglars have got in doors left open in the



middle of the day and windows left open at night time. Be careful, try to have some lock on your windows and doors so that someone cannot get in even if you are inside and awake. Most alarms can be put on a partial set at night time so that it activates if any of the main doors or windows are opened.

### **BONFIRES:**

We also have had some really foolish people in their 20s setting a fire for a barbeque in the grass grounds at the rear of Pebworth Road. The grass at the time was tinder dry and their fire could have spread if the wind picked up, fortunately it didn't and we didn't have a wild fire. .

### **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 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, the neighbourhood police teams do not have the capacity or resourcing to follow up on large amounts of CCTV. We appeal to the public and 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 he is committing the burglary or a robbery in happening. 9 times out of 10, if a resident or passerby has seen something suspicious and called police, 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, I would ask you to be observant, be our eyes and ears! If you see something suspicious ring 101 or us (the neighbourhood police team on 0208 7212969 but we may not be on duty, by ringing 101 it filters to officers who are always on duty), if you believe that you are witnessing a robbery or a burglary ring 999. 999 should be used in an emergency if you are witnessing an offence happening i.e someone breaking into a car, assaulting someone, breaking into a house, etc, ring 999.

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. Use your WhatsApp groups to keep each other, and us, informed.

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## **ABANDONED CARS/VEHICLES:**

Email us about abandoned vehicles on:

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

## **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 on breaking into your car, some thieves are drug addicts and that couple of pounds in change brings them that much closer to their next fix.

## **Overview of offences**

### **10<sup>th</sup> June to 10<sup>th</sup> July :**

**ROBBERY PERSONAL:** (i) Northwick Avenue (nearby, 3/07 0130hrs victim was approached in his car in Wembley Pk area and asked by unknown males to give them a lift, he did and was threatened and robbed of his phones and car somewhere near Northwick Ave); (ii) Sudbury Court Rd (near no. 2, 10/07 0110hrs, victim was driving an 18 plate

jeep, had stopped to make a phone call, four masked men in a car pulled in front of his car, threatened him with a weapon, stole car and his mobile).

**RESIDENTIAL BURGLARY:** (i) Church Gardens (17/06, allegation envelope stolen from room in residential care home); (ii) Paxford Rd (in 50s, odds side, 21/06 0930hrs – 2250hrs, that rear upper window has been forced open by a tool); (iii) Mulgrave Rd (in v low evens side, 29/06 1700hrs – 30/06 0345hrs, rear patio doors forced); (iv) Mulgrave Rd (v low odds side, 27/06 1200hrs – 30/06 1045hrs, rear first floor bathroom window forced, jewellery and alcohol stolen); (v) Campden Cresc (in 20s, evens side, 30/06 2311hrs, rear patio doors forced, cash stolen); (vi) The Fairway (in 30s, odds side, 03/07 2300hrs, pane of glass removed from the back door, house ransacked); (vii) Sudbury Court Rd (in 50s, odds side, 05/07 0200hrs, entry gained via front window left open, mobile, jewellery stolen); (viii) Sudbury Court Rd (in 90s odds side, 04/07 2300hrs – 05/07 0700hrs, entry gained by front ground floor window, playstation and ipad stolen).

**ATTEMPTED BURGLARY RESIDENTIAL:** (i) Campden Crescent (in 20s, evens side, 22/06 1900hrs – 23/06 0900hrs, damage to door to garage); (ii) Watford Road (in 250s odds side, 29/06 1630hrs – 1945hrs, rear



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kitchen window pane; side door, lock and frame forced)

**COMMERCIAL BURGLARY:** (i) Kenton Road (in 80s, odds side, 28/08 0045hrs – 0052hrs, front glass door to business premises smashed, cash stolen);

**THEFT OF MOTOR VEHICLE:** (i) East Lane (250s, odds side, 06/07 2020hrs – 2220hrs, 125 moped stolen, subsequently found); (ii) Norval Road (in 130s, odds side, 20/06 2000hrs, 125 scooter stolen from outside address); (iii) Sudbury Court Drive (in 110s, odds side, 22/06 2300hrs – 23/06 1600hrs, 17 PLATE Fiat Ducato); (iv) Pebworth Road (in 50s, evens side, 28/06 2200hrs – 29/06 0800hrs, Land Cruiser stolen from street); (v) Northwick Park Hospital (06/07 moped stolen from grounds)

**ATTEMPTED THEFT FROM MOTOR VEHICLE:** (i) Elms Lane (in 90s, odds side, 14/06 1835hrs, three white males in a grey BMW with index beginning YF jack up a 06 plate HONDA jazz, believed trying to take catalytic converter).

**THEFT FROM MOTOR VEHICLE** (i) Stapenhill Road (in 10s, odds side, 18/06 0440hrs – 0450hrs, mobile phone and cash stolen from mini via sunroof), (ii) The Fairway (17/06 domestic related theft from vehicle); (iii) Northwick Avenue (07/07

2200hrs – 08/07 1200hrs, number plates 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)

*Please consult the websites listed for 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!

[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)

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# Councillor's Comments

**Cllr Margaret McLennan - Northwick Park Ward**

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

Tel no: 07949 398193

Greetings to all and Happy Summer.

First of all, I would like to thank each and every one of you for re-electing myself and Keith Perrin and also electing for the first time, Cllr. Robert Johnson. We are absolutely thrilled to have been returned to serve you all to the best of our abilities.

I would also like to take this opportunity to thank our departing Councillor, Joshua Murray, who has been elected as the new Ward Councillor for Harlesden Ward. He worked tirelessly for the ward in resolving resident Council and non-Council issues and he will be missed, but our loss is Harlesden's gain.

## On the 'Verge'



You will be acutely aware of the length of the grass verges and Greens across the Ward and Borough. Veolia, our Grass cutting contractors, are contracted to provide six cuts across the Borough per year, with the expectation of this being front loaded in Spring/Summer, one in the Autumn and none during Winter. However, there have been some areas that have not been cut since October 2017. Keith, Robert and I escalated this to Council and Veolia Leads and cutting commenced in early June and, due to some issues with cutting performance, they resumed from end of June onwards.

The Council took the decision to reduce the number of cuts and, in tandem, create wild flower meadows to increase bio-diversity. It is clear that residents have not been made aware of this reduction. Response from the Veolia Lead on Contracts and Performance; Lee Connolly:

*"Last year, Brent Council introduced a number of programs with the view of making the borough cleaner and greener, increasing biodiversity, and reducing carbon emissions.*

*Certain areas in parks across Brent have been turned into meadows areas, letting the*

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*grass grow in order to create wildlife havens; reducing CO2 emissions, and increasing biodiversity. The programme will also include a reduction in the number of times grass verges in the borough are cut per year, which will similarly reduce the carbon footprint of the service. This new way of managing grassed areas in Brent will allow parks spending to be better prioritised, in light of the significant budget cuts imposed on the council.*

*The size of each meadow will vary depending on the size of the park, and all parks will retain some areas that will be kept maintained in a traditional way."*

We are endeavouring to obtain a definitive schedule of programmed cuts for the ward; more details later.

### **Pasture Close—Planned Pavement Reconstruction**



Residents of Pasture Close will be in the midst of planned pavement reconstruction,

following the Ward Councillor recommendation, that the pavement and road be upgraded. Works commenced 25 June 2018, and will hopefully be concluded by 17 August 2018.

To assist this work; contractors will be removing all the street trees in Pasture Close and new trees will be planted in the winter. I understand residents were informed of the process, but signs are up displaying the content of the works.

### **Solar Together**



Solar Together is a collective purchase scheme for solar panels. The Greater London Authority (GLA) has provided funding for marketing the scheme that included a Direct Mail. Five Boroughs were specifically involved, **Brent, Ealing, Kingston-upon-Thames, Merton and Sutton.**

Brent used most of the budget provided on Facebook adverts and the remaining budget on information sessions. The scheme was also advertised in newsletters to residents.

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Brent Council chose to participate to provide a cost effective, easy way for Brent residents considering solar panels to have them installed furthering our aim to make Brent a green Borough.

Brent has had by far the most number of applications with 946 of which 178 were accepted that equates to an average of 11.8 panels per household:

Applications	946
Accepted	178
No. Of panels registered	9309
No. Of panels accepted	2109
Average no. Of panels	11.8

Installations are due to take place between June and December 2018. The scheme as a whole aims to install 2MW of solar power across the 5 Boroughs. A second phase of the scheme is expected and once approved, we will let you know for those interested in installing solar panels with discounted central funding. I am aware that those who participated in a similar scheme some 5 years ago are now making profit from the additional

energy generated. Conservation Areas are included in the scheme.

And finally,

### WhatsApp Groups—eyes and ears



We would like to hail the residents of the **Pebworth Estate** for setting up a **WhatsApp Group** that deals exclusively with security and safety of the person and property. I believe the **Sudbury Court Estate** is currently setting up a group too and urge you to consider joining as since set-up on Pebworth, numerous incidents have been halted and reported. More on this in future editions.

**Please note: there will be no Residents' Surgery in August**

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# Venture into Verdi—Harrow Choral Society

Harrow Choral Society starts its new season with Verdi's magnificent Requiem for a major concert on 30<sup>th</sup> March 2019 at Watford Colosseum, under the baton of Music Director, Simon Williams.

HCS welcomes new members in all voice parts to join them for its exciting new season which includes a course for voice training and musicianship for members.

For those feeling a little daunted by the prospect of launching straight into Verdi, there is HCS's award-winning training choir which rehearses at the same time and venue as the main choir. 'Singing for Starters', led by professional singer and voice coach Julie Bale guides novice singers or those with rusty skills through a year-long structured course leading to induction to HCS.

Anyone wishing to join either HCS or



Singing for Starters should go along to St Alban's Church, Norwood Drive, North Harrow HA2 7PF on **Monday 3<sup>rd</sup> September** at 7.45 pm.

For more information visit the choir's website at [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk) where you can watch videos about HCS and Singing for Starters. Alternatively contact membership secretary Jill Mans on 020 8248 7625 or email [membership@harrowchoral.org.uk](mailto:membership@harrowchoral.org.uk) Membership is free for those in full-time education.

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# The Memory Café

Support for those experiencing memory problems



We get all kinds of guests at Memory Café. We have had some dignitaries, we have our local police officers and we get people visiting to see how we do it so they can set up their own café. We occasionally get our friend Barry the Batman who comes and brings his injured bats for us to coo over. (Note to the Batman, we are pining for you to come and visit us again. Don't be a stranger.) But perhaps I love it most when we get people bringing their pets to see us. Over the months we have had visits from a number of dogs, and my cats sometimes poke their heads round the door. We have had recently a wonderful visit from my friend The Reverend Lyndon North and his English pointer, Woody.

Woody is not shy, and from the moment he came in he was bustling around – mainly, I

suspect, in search of a stroke and some tasty titbits from the tables. He simply made himself totally at home. Woody joined our very inclusive Memory Café family.

What I noticed was the wonderful response of our guests. They were thrilled to have such a lovely creature joining us. They called Woody over, they petted him and when I was left chasing after him to get him to behave, they loved that too.

Looking round at all the happy faces, hearing the conversations and enjoying the company of Woody and his owner, I realised that we have something very special in this area. It's called Memory Café.

Come and join us.

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When you read this, we will be in the season of Summer Church. All year our people here work so hard to put on the service on a Sunday. There are musicians, and people who do the catering. There are our children's workers and vergers, and church wardens. It is a logistical event each week.

But in August we try to keep things very simple and let people have a rest. We only have the one service at 10am. It is a really simple affair with some set words – which we call liturgy – a simple talk and music direct from the hymn book.

What interests me is that, been done simply, our summer offering still has all the joy and holiness of church. It still feels like church, might be another way of putting it.

What's more, I really enjoy Summer Church. I enjoy leading it and I enjoy attending. I am someone who likes simplicity – clarity of thought and action. That's why I respond so well, perhaps, to our Summer Church. I also love it that it gives a chance for people to lead services when I am not around and to grow in their confidence.

There is something about going back to basics that is refreshing and re-starts the spiritual motor. We focus on what is important, which is being a community of love that wants to be a blessing to all.



So if you have a spare Sunday morning, why not pop over at 10 and see us? It is a special kind of experience – one that feels relaxed, but respectful and is a wonderful way to start the day.

Rev'd Steve

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# Health on your travels—part V

Are you off to somewhere exotic this year? Some areas require additional vaccinations, which your GP may not be able to provide. Yellow fever is a virus transmitted by mosquitoes. The vaccination is a 'live' vaccine and people on certain medications and with certain health conditions will not be able to receive it and it may not be advisable for those over 65. It can have side effects and patients are sometimes unwell. Your specialist travel nurse will decide whether the risk of getting Yellow Fever is high, and make a decision whether to vaccinate or not. You may need to be vaccinated against Yellow Fever in order to enter certain countries and you will need a certificate to show you have been vaccinated. If you have a medical condition which would make having the vaccination dangerous for you, you will be provided with a yellow fever exemption certificate. Sometimes we recommend that you should not travel (for example pregnant unvaccinated mums and children under one year). Prior to 2016 it was advised that Yellow Fever vaccination had to be repeated every 10 years, but we now

know that one vaccination gives you lifelong protection. There has recently been a significant outbreak of Yellow Fever in Brazil, so please check your requirements for travel.

Mosquitoes are also responsible for Japanese Encephalitis. As the name suggests it is an illness to consider if travelling to South Asia. Happily, the risk is very low for short-term travellers to urban areas, but vaccination should be considered for individuals who are going to stay in an area where Japanese Encephalitis is endemic such as ricefields and pig farms. It is an unpleasant illness with significant mortality, and survivors risking long-term neurological problems. Your gap-year student off to Vietnam, Cambodia and Thailand who is going to be trekking and staying away for some time should certainly have Japanese Encephalitis protection, but those of you off to a top-notch hotel in Thailand in urban areas need not fear!

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# Local Residents



As you've probably guessed by now, I love it when residents get involved and get in touch with us at the Courier.

This photo of a beautiful lotus flower was sent in by local resident Meena Bhatia. The reason she sent it in was because she was so excited to see it: she has been nurturing and encouraging it for 2 years, without any flowers. Finally, this year, her patience has been rewarded. The flower only lasts for 4 days, but brought such happiness.

Is this the only lotus flower in our community? Does anyone else have something unique they'd like to share? Please do get in touch.

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# These feet are made for walking...

With Summer well and truly here what better time to start taking regular doses of what was described more than 2000 years ago by the ancient Greek physician Hippocrates as 'the best medicine a person can take.'

## I'm talking about walking.

Yes the simplest of things can have the biggest of impacts on our physical and indeed mental health.

A couple of years ago I came across a fascinating short video on You Tube which succinctly showed what a huge benefit having a walk for 30 minutes every day can have on your life.

The video is called: "23 and 1/2 hours: What is the single best thing we can do for our health?" By Doctor Mike Evans.

It's well worth ten minutes of your time and easily found on the internet.

Dr Evans makes a compelling case, supported by evidence on why walking is a wonder treatment for many people.

The video states just an hour of gentle exercise a week has been proven to reduce the risk of heart disease by almost 50%.

It also sites examples. Such as in Japan in the 1990's, the Osaka Gas Company conducted a screening study to determine the effect on

general health if its workers walked to work. It found:

- 11-20 minutes of daily walk – reduces risk of high blood pressure by 12%
- 21 minutes – reduces it by 29%
- And any increase in walking by a further 10 minutes– reduced it by 12%

According to the video walking also demonstrated a reduction in the progression of the following conditions and ailments.

- Knee Arthritis by 47%
- Dementia by 50%
- Post Menopausal women hip fracture by 41%
- Anxiety by 48%
- Depression by 30%

If foot or ankle pain is holding you back or hindering your walking efforts please contact us.

*Firoz*

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## Crime prevention afternoon

Way back in January of this year PCSO Charlie Charalambous and I consulted our diaries as to when would be a suitable date to stage our Community Day for crime prevention. We knew that June/July would be busy, with fetes and galas, but who could have imagined that the hospital would be having their Open Day, the two local schools' fetes, and the Pride March in London would all be on 7<sup>th</sup> July, in the middle of a heat-wave! We had overlooked Wimbledon, but then the biggest shock of all – a nice one – the England football team get into the quarter finals of the World Cup on penalties, and yes the match to be held on 7<sup>th</sup> July at 3.00 p.m.

Needless to say, I was expecting a very dismal turnout with all of that going on, but was I surprised? The good folk of the Northwick Park Ward came along in full force, queueing up to get in before some of the organisations had set up their stalls. You were truly amazing, thank you so much. The conversations were as lively as ever, and the tea and biscuits were very much appreciated.

I hope that you found it rewarding and worth the effort in the heat to visit us. My one disappointment was that the police horses never arrived, I had even brought along a couple of carrots as their "reward", but a subsequent e-mail received revealed that a fault was discovered in their horse box and so they were unable to travel. Next time, maybe?

Look forward to keeping in touch and continuing to work together.

Jill Gilbert

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# SUDBURY COURT BIRD WATCH

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



## Sparrows 3

As the jingle has it –

*Listen to the sparrows three*

*The Hedge, the House and the Tree.*

We complete this little series by thinking about the Tree Sparrow. Without a doubt the most attractive of our sparrow species, but regrettably not one that you will see on our estate. You will need to go well out into the country to a site that is fortunate to host them.

Like the house sparrow, the species is in serious decline. So much so, many farmers have joined together and are making serious efforts, along with bird and nature reserves,

to provide daily food for them. Together with the reserves, they are counting numbers and reporting their sightings to the RSPB and BTO. It is a wonderful joint effort to try to secure the future of the species.

The problem for the tree sparrow is similar to other farmland species in that the ground is ploughed and seeded before the winter. So there is no stubble and fallen seed to provide food for the birds during the winter months.

It is touch and go. There was a small local stronghold of tree sparrows at Beddington Farm (just north of Croydon) that has faded away. I saw a photograph last year of the last two birds surviving on the site!

As you will see in this month's picture, it is a smart looking bird with its chestnut-brown crown, very clearly different from the house sparrow. It's quite the aristocrat of the sparrow family! Should business or pleasure take you to Derbyshire, do visit Carsington Water.



It's a very large reservoir, you will find them there!

## Mum blackbird

Our friendly lady blackbird, about which I have written several times, has kept my wife and I happily busy providing suet pellets for her broods during the last two months.

She, the blackbird, has become very tame and comes for supplies several times a day. She, the blackbird, not my wife, often comes into the kitchen and hangs about hoping to have her pellets there. But usually she, my wife, feeds her, the

blackbird, on the step, while I usually feed her, the blackbird, not my wife, a few feet away from the back door!

In the early days, the blackbird was taking the pellets to the nest, but it was fascinating to watch her fly off in different directions to find her chicks once they had left it. On one occasion, she perched on a flowerpot, head to one side, clearly listening for her chicks to establish where they were. A few seconds later, she flew off in a most unusual direction to where they were to be found.

Just occasionally, a youngster has come to the back door with its mother; very shy and nervous. But perhaps it will remember where suet pellets can be had should food be in short supply in the winter.

Today, as I write, the youngsters have moved on and our friendly blackbird doesn't bother us any more!

Rod Lake

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# Saving Water

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## How you can help to save water

Having just experienced a particularly hot July with little rainfall, it brings to mind what we can do easily do to save water wherever possible; it's good for the environment and can also help you to save energy and money, especially those who are on a meter.

- ♦ Keep a jug of water in the fridge to provide cool water rather than running the tap.
- ♦ Air your clothes and get another wear out of them, this will save you time and energy on washing too.
- ♦ Water the garden in the early morning or evening when it's cooler and there is less chance of the water evaporating .
- ♦ Water pistols are a good way for children to have fun and keep cool.
- ♦ Paddling pools can use up to 1,000 litres of water, so to keep kids entertained and cool in hot weather whilst using less water, try paddling pool play dates – inviting their friends to share the same paddling pool. You can also use the water on plants afterwards!
- ♦ Lawns do not need constant watering - a sprinkler can use as much as 1,000 litres of clean drinking water in a single hour; more than a family of four would use in a whole day.
- ♦ Take a short shower instead of a bath - the average shower uses 40 litres less water than a bath.
- ♦ Turning off running water, e.g. while brushing your teeth.
- ♦ Fix any leaks and dripping taps.
- ♦ Wash your car after the heatwave!

Reduce the flow of toilet and shower heads using water saving devices (available free from [www.affinitywater.co.uk/savewater](http://www.affinitywater.co.uk/savewater))

If anyone has any other water-saving tips, please share with us.



# SCRA Front Garden Floral Display—the winners

A selection of the best front gardens we could find on both the Pebworth and Sudbury Court Estates, were judged on Tuesday 3<sup>rd</sup> July by our independent qualified judge, Colin Lathwell.

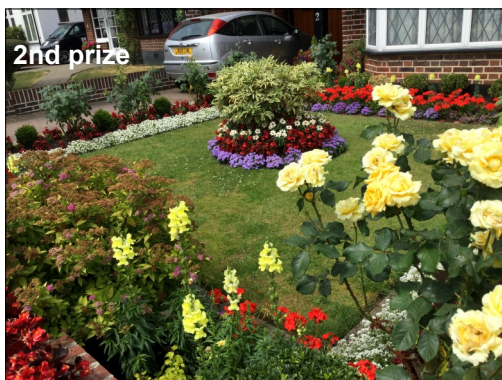
A total of 13 gardens were judged on the basis of the quality of their front garden floral displays. Our judge was very aware of the difficulties the recent extremely hot and dry weather had caused gardeners. However, in spite of this, there were some excellent colourful displays.

The results are as follows:

**Winner:** 2 Mulgrave Road (Prize £50)

**2nd:** 2 Littleton Crescent (Prize £30)

**3rd:** 3 Audrey Gardens (Prize £20)



Because people did not have to enter their gardens, **prizes must be claimed by the end of September 2018**, from the SCRA Treasurer, Pareet Shah

[treasurer@the-scra.co.uk](mailto:treasurer@the-scra.co.uk)

Unclaimed prize money will be forfeited.

Judging is not an exact science: the judge's decision is final.

We wish to thank Colin Lathwell and the Sudbury Court Horticultural Society for organising this competition.

We are very fortunate, in our community, to have an active and thriving Horticultural Society – many of our neighbouring societies have been forced to close. If you would like to join SCHS, please contact George Crane: **020 8931 6911** [crane.g@gmail.com](mailto:crane.g@gmail.com)



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# CALLING ALL GARDENERS

Sudbury Court  
Horticultural Society

Your local gardening club

Here we are in high summer, with schools closed and family holidays in full swing. While for some this season puts gardening on the back burner, for others holidaying at home, August gives a good opportunity to encourage children to help with the gardening, perhaps giving each one a little patch of their very own to experiment in growing

plants. It is not too late for sowing seeds that will germinate quickly in the warm earth and there are ripening seeds on early-flowering plants to be collected and carefully labelled, for the coming season. Just now, all the work we have done earlier in the year brings its rewards, tomatoes and beans are ready

to gather, salad crops to enjoy. Our flower borders perhaps begin to look a little tired, but with regular dead-heading to encourage more flowers, plenty of water and a dash of fertiliser, bedding plants will revive and continue to make a good show.

The Society hopes to arrange an event for families during the autumn half term, on **Wednesday 24<sup>th</sup> October**. We are planning a walk in Northwick Park to explore the hedgerows and trees, some of which are of great age and with an interesting history. Our local expert on trees will be invited to accompany us in exploring the park if a reasonable number of families show interest. If you would like to come with us to explore the variety of the trees as they bear fruit and take on their Autumn colour, please phone me on 020 8904 2531 or email [roake@btinternet.com](mailto:roake@btinternet.com) before the middle of September. Please leave your name and contact details if I am not at home. There is

no charge and full details will be given to those families who show interest.

It seems a while ago now, but our Early Summer Show on Saturday 16<sup>th</sup> June proved to be a very successful occasion. The colourful collection of summer flowers on display gave much pleasure to all who came to view the show. This is always a special day



for rose lovers and while the most spectacular blooms took the prizes, all the exhibits helped to fill the church hall with the scent of summer. Our picture taken at the show focuses on the class for a single rose bloom. The best -in-show rose, the red one with its certificate in the foreground, is an old variety - its

name lost in the mists of time! The winner had never before entered a rose in our show. Beyond, other offerings are being admired and discussed, a great time for learning from each other. In the fruit and vegetable section there were even a few soft fruits on display raising a question for the judges on the status of berries and currants! Can berries really be compared with currants or do they need to be kept well apart on the show bench? It was decided to separate them so that each could win a prize! The photographic section is always a point of special interest because the judge gives detailed and helpful comments that encourage everyone to improve their photographic skills. Meeting with friends and neighbours for tea and raffle prizes rounded off a happy Saturday. We hope you will think about joining in the Autumn Show on **Saturday 15<sup>th</sup> September**. You too may enjoy beginner's luck!

Margaret Roake

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From September—3 sessions per week – Friday session women only. Recruiting now so please come to the library or email to register your interest.

## LIBRARY PARTY?

Our Library is available for hire for small celebrations. We can accommodate around 35 people sitting down and up to 50 buffet style.



## CHESS CLUB

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## PC REPAIRS

One of our volunteers offers PC and Laptop repairs at a reasonable cost—please contact us

## GARDEN CAMPAIGN

We are campaigning to get the Queen Elizabeth II Silver Jubilee Garden at the back of our Library repaired and upgraded and hope that it will once again create an attractive outdoor area in time for next spring.

## LIBRARY OPENING TIMES:

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## ACTIVITIES AND MORE INFO:

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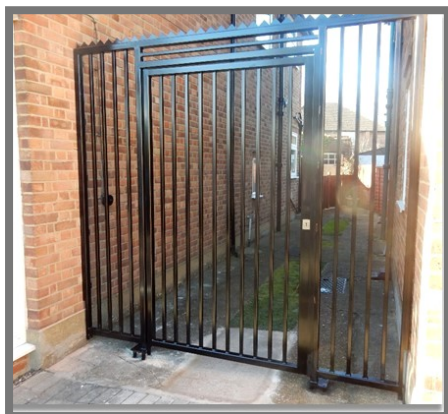
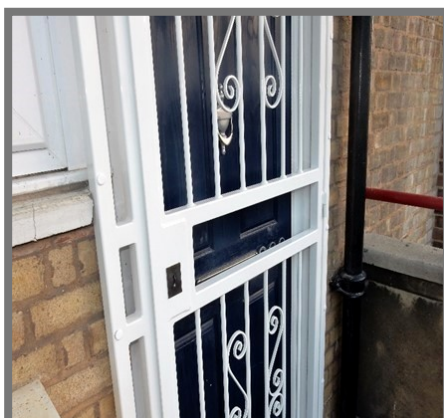
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# Kids' Page



(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)



Where do polar bears vote?

The North Pole

Why couldn't the pirate play cards?

Because he was always on the deck

What do you give to a sick lemon?

Lemon aid

What do you get when you throw a lot of books in the ocean?

A title wave

Why couldn't the bicycle stand up?

Because it was two-tired

Why did the man take his clock to the vet?

Because it had ticks

Which is faster – heat or cold?

Heat, because you can catch a cold

What do you call a boomerang that doesn't come back?

A stick

Why was the maths book always worried?

Because it had so many problems

Why did the robber take a shower?

So it would be a clean getaway

Why did the chicken go to jail?

Because he was using fowl language

Which school supply is kong of the classroom?

A ruler

Which vegetable should you never invite on a boat trip?

A leek

Why did the horse chew with his mouth open?

Because he had bad stable manners

*Deliberate mistake*

*Answer 'kong' should be king.*






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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**— we are taking a summer break until September. Rehearsals for the 2018/19 programmes will restart on **3rd September** at a **new venue**, owing to the redevelopment of the Victoria Hall. Please join us at: Harrow High School, Gayton Road, Harrow HA2 1GJ. An open rehearsal for anyone interested in joining the choir will take place on **17th September**.

**SUDBURY NEIGHBOURHOOD CENTRE**— we are taking a break from events over the summer; our events for **September** are: **Tuesday 4th** at 1.30pm—Afternoon Tea Party with entertainment: £7 per person. **Thursday 27th** September at 7.15pm—Friends' Quiz Evening: £6 per person. Phone Katia on 0208 908 1220 to book.

**HARROW CHORAL SOCIETY**— **3rd September** to join us for the beginning of our new season—see page 11 for details.

**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

**HIP HOP**—with Elan Arts. Saturdays at the Yellow Pavilion, Wembley Retail Park, Engineers Way, HA9 0EG. 5.30pm for under 13s; 6.45pm for over 13s; 8pm for over 17s. One hour dance sessions—FREE of charge

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Format required:

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