

The Community Magazine for the
Sudbury Court and Pebworth Estates

December
2018

The Courier

87th
Year



Join us at St Cuthbert's
Christmas Bazaar

December 8th 10am—1pm (see page 11)

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December 2018
Number 194 (1,034)

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SCRA Website: www.the-scra.co.uk

Dear Neighbours,

I don't, particularly, celebrate Christmas but I do love this time of year where we see Christmas lights everywhere and lots of opportunities to join with other neighbours for festive celebrations and concerts—a few of these are highlighted on pg 11, 22 and 28. SCRA committee members will definitely pop in to the Christmas Bazaar at St Cuthbert's.

I'd like to take this opportunity to thank all our regular Courier contributors for their 'words of wisdom' throughout the year, as well as our intrepid volunteer deliverers. We wouldn't have a Courier without you all.

There is a very brief update on the Byron Court School project (pg 7) - thankfully, the project is almost completed. Now we just have to keep an eye on the impact of the increased traffic to the area!

Please see a summary of Winter Services from the Council (pg 10), as well as a few tips on how to protect water pipes during the winter months (pg 28), which I hope you'll find useful.

If you're wondering if you'll be judged in the Christmas Lights competition this year or you'd like to get involved and nominate somebody else's display—please see pg 15.

We have news of a group established to set up a Community Garden in Northwick Park—it's nice to hear positive developments in the area! (pg 17)

I thought you might be interested in a few words about 'Looking after the pennies' (pg 21) - would you be willing to take the Downshift Challenge to see if it works for you?

Please do contact us if you would like to see anything in particular in The Courier, or if you would like the SCRA Committee to address anything in particular—warning—we will be looking for more volunteers in the New Year—get ready to sign up!! 😊

And my final words for the year are for Rod Lake, with his last article appearing on pg 19 — I hope you'll join me in especially thanking Rod for his monthly contributions to The Courier for the last 19 years. I have, personally, enjoyed our monthly emails, as well as the articles keeping us in touch with what happens outside our windows in this lovely corner of North Wembley. Thank you!

Until next time, with best regards, *Kaye*

Late Note:

Reader's Comment—pg 22.

Alert re: parking at Tesco

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**.



BURGLARIES:

At least two recent burglaries or attempts have used the resident's ladders to try to access the dwelling— so can residents please ensure that all equipment that can be used to force entry (tools), are stored securely and that all ladders are kept locked away either in a garage or locked to a ladder hook. In another burglary, a door was left open and someone walked in from the street and stole the victim's purse, make sure that you do not leave doors open when you are not immediately about.

As Christmas approaches please be on the look out as typically the burglary rate increases and burglaries tend to happen as it gets dark and before people come home from work.

COLD CALLERS:

Cold callers continue to be a problem in the area. If someone you don't know knocks on your door trying to sell you something, please politely decline any work/ services (driveway cleaning/ tree cutting / rubbish clearing / driveway construction / roofing / building services / security). If, in the process of declining their services, you hear of a company name, or can get a company card or notice a vehicle being used by the cold callers, then please let me know – phone number and email below. I have dealt with a number of cold calling fraudsters over the years and would strongly advise any resident NOT TO EMPLOY any cold caller. If they don't over charge you, do a sub-standard job, defraud you, fly tip the trees or rubbish you ask them to clear, then you will be the exception!. On the day of writing this article, 09/11/18, I was informed of a 'company' going door to door in Norval Road – a male 'director' of this company is known for fraud. On 20/10/18 we stopped a group on HOLT ROAD who were cold calling looking for painting and decorating work, one of the males in his 40s had

convictions for burglary over 5 years ago, another male with him was not long out of prison.

Remember, 'cold calling' is the term given to persons trying to sell you a product or service without you having prior contact with them i.e. someone randomly knocking at your door offering you building services or trying to sell you some other product or service.

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

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

DODGY PHONE CALLS AND TAX SCAM:

Likewise, residents, particularly elderly residents, need to be very wary of people that they don't know ringing them.

If a caller says that they are from the bank or police, ask them why they are calling, take their full name, ask for an address and landline contact telephone number. Please be aware— if these callers are trying to worry or scare you, then please be aware that it is most likely a hoax/con.

Immediately, after the suspect phone call look in the telephone directory or on a bank statement for the correct number for the bank, HMRC, or 101 in the case of the police. Call the correct number and check if the phone number and details quoted in the original call is genuine but DO NOT immediately get scared; take at least ten minutes to process what is being said to you on the phone before you decide to do anything.

Please do not give these callers any of your personal details—any genuine caller will not ask you for your personal details, especially details regarding your bank details or date of birth. Please be very careful.

SCRAPPIES IN THE AREA:

Scrap metal collectors love roving around our area, very rarely will they ask permission to go onto your property, and some are opportunist thieves – I have dealt with scrappies stealing bicycles from people's front gardens. One resident had radiators he was cleaning stolen from his front garden most likely by scrappies. I strongly discourage them from being in the area and will seize their vehicles where I can as rarely will they have the correct insurance or permits to operate in the area.

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

EMAIL CONTACTS:

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

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

You can also join the SCRA Residents Watch or Pebwatch WhatsApp groups, if you haven't already done so.

Overview of offences 9th Oct to 9th Nov:

4 Residential burglaries: (i) Northwick Avenue (in 100s evens side, 19/10 1100hrs, burglar walked in quickly through open door and stolen purse), (ii) Churchill Avenue (in 40s, odds side, four Asian males forced entry by the front door and were disturbed by the occupier who was inside), (iii) Sudbury Court Drive (in 60s odds side, 27/10 0001hrs, males have attempted to use ladder to gain access to rear first floor of house, then

smashed rear patio door, suspects disturbed by occupier and ran off. (iv) St. Andrew's Ave (in 50s, evens side, 28/10 1230hrs – 29/10 1950hrs, front door forced, gold stolen)

2 Business premises burglaries: (i) Court Parade East Lane (16/10 1830hrs – 19/10 1030hrs, back door forced) (ii) Kenton Road (in 100s odds side, 26/10 1730hrs – 29/10 0855hrs, rear window glass forced)

3 Attempted Residential Burglaries: (i) Watford Road (in 260s, evens side, 13/10 2200hrs, males in balaclavas seen trying to gain access to a house in this locality, were chased off on being seen by people nearby. (ii) Blockley Road (in 80s, evens side, 25/10 at 0245hrs suspects trying to break in via back door, alarm activated, suspects made off). (iii) Kenelm Close (in teens, odds side, 26/10 1100hrs – 26/10 1700hrs, ladder put up against rear wall, no entry gained)

1 Robbery Person: (i) Rushout Avenue (11/10 0001hrs, male was assaulted by two white males 20-25, his car key stolen along with other personal property and his car stolen.

1 Commercial robbery: (i) Subway Kenton Road (29/10 2155hrs, two white males late teens threatened staff with a knife to get monies from till).

3 Theft of Motor vehicle: (i) Churchill Ave (08/10 2200hrs – 09/10 0545hrs, 17 plate Van stolen from driveway, subsequently recovered in the Slough area). (ii) Near 103 Kenton Road (10/10 1530hrs – 11/10 2145hrs, Honda motorcycle stolen), (iii) Sudbury Ct Dr (in 90s, odds side, 27/10 2100hrs – 28/10 0825hrs, 14 Plate Merc Sprinter van stolen)

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Blockley Road - Sudbury Court Estate

1 Theft from motor vehicle: (i) Aspen Drive (near 20s, odds, 27/10 1420hrs, catalytic converter stolen from Toyota Prius)

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.
- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.
- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- 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 obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try 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 in a well lit place.
- obtain your frame number and register your bicycle on www.BikeRegister.com - this could assist police in recovering your bicycle if stolen.

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 **020 8 7212 969** or

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Email: info@randjservices.co.uk
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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 Identity theft!

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

Byron Court School—update

Very briefly—as I'm sure many of you will be fed up of hearing about this!

The expansion project is on the 'home straight' - following a number of delays, it is now thought that all works will be completed by March.

Still to complete: the 3G pitch and soft landscaping and removal of all temporary accommodation. Also, Highways Works in Nathan's Road are due to be carried out December 10th—21st. (We will update more regularly to local residents on the Spencer Road Residents WhatsApp group.)

The new school building has been completed and handed over to the school. Many of the school's neighbours will have witnessed the increased activity around the last two weekends of October. The construction company has apologised for this—but it would have obviously been more appropriate if the residents had been forewarned!

At time of writing, I understand that children will be using the new classrooms from the end of November/beginning of December. This means that approx 450 children will be using the Nathan's Road entrance—although how this will work when the Highways Works are taking place is anybody's guess at the moment. It will be interesting to see what difference this makes at drop-off/pick-up times.

We will update, next month—**please keep us informed of traffic management issues—photos are most useful.**



Courier deliverers

We'd like to take this opportunity to say a HUGE 'thank you' to our residents who, once a month, whatever the weather, deliver our Courier magazine to every doorstep on the Sudbury Court and Pebworth Estates.

I think it's true to say that we wouldn't have a magazine without your commitment.

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

Email: cldr.robert.johnson@brent.gov.uk

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GOVERNMENT
FUNDING TO
BRENT WILL HAVE
BEEN CUT BY 79%**

TAKE PART IN OUR CONSULTATION AND HELP BALANCE BRENT'S BUDGET

Budget Proposals for 2019-21

The Council has started consultation on the next two budget years 2019/20 and 2020/21 – which were presented at the recent Brent Connects meetings. The attached link sets out the full proposals with options.

<http://democracy.brent.gov.uk/ielssueDetails.aspx?Id=38610&Opt=3>

Following years of sustained cuts in Central Government funding to Brent, residents are being encouraged to share their views on seventy individual draft budget proposals which would save £26million over the next two years if they were all agreed.

The proposals, of which £20m need to be agreed, have been arranged into four categories. The first category, which includes savings of £10.3m, which is more than half the total amount that need to be agreed, are 'recommended' as the council believes they would have a comparatively minor impact on residents. The other three categories are considered progressively more difficult and the consultation is designed to gauge residents' views on all four categories and the

proposals they contain so that the council can choose between them.

Since 2010 the council has saved £164million and by 2020 the money we receive directly from Government will have been slashed by 79%. At the same time, demand for council services is increasing as we have more elderly, more vulnerable, and more young children in the borough. We are committed to delivering the services that matter most to people but the challenges are real and we need to find big savings on top of the ones we have already found. Inevitably, this means making some tough choices and this consultation is about understanding what choices residents want us to make.

As your local Councillors, we are asking everyone who works and lives in Brent to give us your views and ideas on these proposals – either on the online consultation portal or personally at Brent Connects – and help us make an informed decision later for a balanced budget.

The budget consultation will close on 31 January 2019. Visit

www.brent.gov.uk/budgetconsultation/

On Street Parking Strategy 2019/2020

On 15th October, the On-Street Parking strategy was approved at Cabinet. The report provided details of an analysis of feedback from the public to identify levels of demand for introducing new Controlled Parking Zones (CPZs) and reviewing existing CPZs to see if they were eligible to be included in the 2018/19 Annual Highways Review Programme.

Demand

An analysis of requests received between 6th November 2017 to 14th August 2018 has been summarised below;

6 further petitions for new CPZs or changes to existing CPZs were received

132 requests for parking changes were received via the online application process

72 of these requests are for new CPZs

48 of these requests are for changes to existing CPZs

3 requests are for changes to the Wembley Stadium Protective Parking Scheme.

14 requests are for new yellow line waiting restrictions

In terms of Northwick Park a petition (Over 50 separate signatures) was received requesting a new CPZ in Northwick Avenue, Rushout Avenue and Churchill Avenue, to prioritise parking spaces for residents and

their visitors. This petition contained 92 signatures. There is a CPZ in adjacent streets in the London Borough of Harrow and it had become evident that the area suffers from traffic and parking congestion, mainly caused by commuters and displaced parking.

Highways Officers felt that this petition demonstrated a high level of community support and recommended that this is included in the programme.

For the Northwick Park Area, some of the roads within the proposed CPZ (such as Northwick Avenue and Rushout Avenue) are on the Wembley Park to Harrow Weald Cycling Quietway proposed route, which was agreed by Cabinet at its meeting on 11th December 2017. £20,000 of TfL funding is likely to be available in 2019/20 (May 2019) for implementation of the CPZ as part of this scheme.

As your local Councillors, we are happy to discuss further with residents, should you require further information on the Cycling Quietway and proposed CPZ.

Councillors' Surgery for Residents

The 1st Saturday of the month, excluding January, August and any election months, at St Cuthbert's Church Community Room, 214 Carlton Ave West, Wembley HA0 3QY

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Waste and Recycling.

There are three bank holidays over Christmas and New Year and so there will be some changes to the days bins are collected. Summary:

**If your bin is due to be collected on:**

Tues 25th Dec
Weds 26th Dec
Thurs 27th Dec
Fri 28th Dec
Mon 31st Dec
Tues 1st Jan

It will now be collected on:

Thurs 27th Dec
Fri 28th Dec
Sat 29th Dec
Sun 30th Dec
Mon 31st Dec
Sat 5th Jan



Residents can go online and use the 'Find Your Collection Day' search at www.brent.gov.uk/recycling for further info.

Normal collections will resume Weds 2 Jan.

The Reuse and Recycling centre will be closed on 25/26th Dec and 1st Jan.

From Weds 2nd Jan, residents can renew or sign up to receive the garden waste service for the year from April.

For Christmas trees, the following will apply:
— Take it to a drop off point in a local park or green space from the 31 Dec – 13 Jan. Visit www.brent.gov.uk/christmastrees for exact locations and dates.

—Cut the tree into pieces and put in green garden waste bins.

—Take it to the Reuse and Recycling Centre
—Arrange for it to be taken as part of our bulky waste service.



Gritting

More than 300 grit bins will be on the street from the end of November. These will be filled with salt, with a further 1000 tonnes kept in stock.

Officers will monitor road conditions and weather forecasts to ensure proper readiness for any cold weather.

Gritting of the roads in Brent is done on a priority basis to ensure the most important roads are clear for residents, emergency vehicles and public transport.

You can find out more about gritting in the borough by visiting www.brent.gov.uk/gritting.

Community

We would also encourage people to look out for older and vulnerable friends, neighbours and relatives to make sure they are safe and well through the colder months ahead.

For more information and advice about keeping safe and warm this winter, visit www.brent.gov.uk/winter.

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The Memory Cafe

Support for those experiencing memory problems



Well folks, by the time you read this we will have performed at Southwark Cathedral. As I write this I am feeling a bit nervous about it. I think it is such an honour and I'm sure that we will be brilliant.

One of the questions I am often asked is "Where to next?" for the Memory Café. It's a good question, and I understand where it comes from. When we have a success on our hands we always dream even bigger. Make no mistake, this is an amazing success and you are all invited to come along. But does bigger and better necessarily follow? I am a bit sceptical about this way of looking at the world.

It is so easy to become full of pride when

things go well and think it is all to do with us. In fact, Memory Café has been nurtured and grown by divine assistance. The love that is here is very powerful and I don't want to do anything that gets in the way of that. It is good that other cafes are starting up and that we can inspire them. Long may that continue. But, personally, I just want to do more of the same here at St Cuthbert's.

When we get our new heating installed at church we will be able to open our doors more often. And we will. But Memory Café is beautiful just as it is.

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This is truly a busy time for clergy!

But it is a joy. I can tell you though that on Christmas day afternoon most clergy collapse in a heap and have a sleep. There is so much to tell you all about.

The Christmas Bazaar is on here Saturday 8 December from 10-1. It is brilliant, with craft stalls, tombola and loads of Christmas cheer, and a bacon roll counter too. There will be plants and Christmas cards and a book stall as well. And then on Friday 14th December we have a Christmas Choir - Harrow Harmony are here. The evening starts at 7.30pm and, incredibly, it's free.



Apart from that, Christmas surely isn't Christmas without visiting church during the period. Even before I was a believer I used to love Midnight Mass and the Carol Service. It helped me to feel as though Christmas was near. So, this year all of our main Sunday services in December start at 10am. That's nice and easy to remember. Sunday 16th at 6.30pm sees the traditional Carol Service and our Christmas Eve service is at 11pm. Why not come and have a glass of mulled wine and a mince pie and meet up with friends old and new? You might catch the vicar wearing his special Christmas jumper, which is always a treat.

Happy Christmas!

"GOT A CAR? HAVE A PROBLEM?"



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Health Checks

This may not feel like the time of year to focus on your health, but there might be someone you would like to encourage to address health issues—what about a top to toe check up as a very loving Christmas present? At Harrow Health Care Centre we offer an executive screening which covers all aspects of health (as described last month - pension planning for your health). We send you a very full questionnaire in advance. On the day, a nurse will measure all the usual things and take a full panel of bloods to assess kidney, liver, diabetes risk, cholesterol and other lipids, haematology, thyroid function, and prostate for men. ECG is taken and vital graph (for lung function); hearing and vision are also evaluated. You then spend 45 mins with the doctor who will conduct a full medical examination and go through the questionnaire with you. A report is provided within 10 working days which we will also send to your GP. We will discuss screening tests as appropriate, and help you decide what tests are suitable for you.

In the UK, heart disease is the commonest cause of death: half of us will die from a heart attack or stroke. Cardiovascular disease has

many contributing factors, incl. high blood pressure, smoking, cholesterol, and family history and is more common in people with pre-existing medical conditions such as diabetes. We will calculate your personal risk score to determine likelihood of developing heart disease and to see where interventions would reduce your risk. Taking control of high blood pressure, or reducing cholesterol levels, taking up exercise and managing weight can have a very positive impact on reducing your risk. Screening for aortic aneurysm will also be discussed in older men—a condition whereby the main blood vessel coming away from the heart becomes enlarged and fragile, so more likely to rupture or burst. If enlargement is detected, preventive surgery will avoid the serious medical emergency which occurs when an aneurysm ruptures. Screening is by ultrasound and is currently offered to men over 70 on the NHS, they can organise the screening directly themselves.

More info about check-ups next month.
Have a healthy Christmas!

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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The Reason Why We're Here

By Mohammed-Firoz Hussein DpodM, FAFS

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Heather Daulphin has been a client of ours for around four years.

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"By restoring and improving my balance this reduced the problems with corns and meant the swelling in my ankles reduced.

"I would also like to thank Firoz and Anna Marie who provides pedicures for visiting me in hospital and providing me with treatments when I was there.

"I love the holistic outlook of Firoz and his team and the calming, professional and caring atmosphere of the centre. They have certainly changed my life for the better.

"I love fashion and the treatment I receive from Firoz and his team has allowed me the opportunity to wear heels occasionally for that special occasion, something I thought I would never be able to do again".

Thank you for your lovely feedback Heather, and thanks to you all for reading,

Firoz

PS: We would like to wish all our clients and the readers of this magazine a happy, healthy and prosperous New Year.

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Heather Daulphin
FCC Customer



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Northwick Park Community Garden



Northwick Park Community Garden was established in October, as a Charity, to enable us to apply for funding for this new community-led venture.

In a special area of Northwick Park we plan to create a natural green space where local residents, schools, visitors to the area including Northwick Park Hospital can unwind, learn about trees, plants and wildlife, and harvest seasonal produce. The produce will be organically grown without pesticides, herbicides or chemical fertiliser.

The garden design will be based on the permaculture concept. Permaculture mimics natural patterns within ecosystems. The ecosystem will take care of the garden in the long term. It will be a self-sufficient and sustainable natural development.

Fruit and nut trees, shrubs with edible berries, herbaceous perennials with edible leaves, flowers and herbs may also feature in the garden design. It's also important that we provide places for people to sit within the community garden and enjoy the natural surrounding area.

If you are a nature enthusiast, would like to be part of this exciting project and volunteer, or would just like to know more about our plans, please feel free to drop me an email:

Iris_Fenn@yahoo.com

You can also follow us on Facebook:

www.facebook.com/northwickparkcommunitygarden

Thank you.

Iris, Eleri, Jo and Rishil



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SUDBURY COURT BIRD WATCH

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



For many of us the **robin** is the bird of the season and it will appear on a multitude of Christmas cards. We have had pictures of robins in these pages, not just at Christmas, but at many other times as well.

Almost certainly, should you pause to look, you will see one in your garden at any time of the year and whatever the weather.

And many of you will have a favourite experience of their company when you have been digging in the garden. Almost certainly, you have had to stop awhile to allow the bird to explore the most recent spade-full for little worms and grubs. They can become very tame if you spend some time in the garden.

They often watch for prey from the same view-point - a spade or flower pot, etc. - flying down to seize some tiny grub that it has spotted moving the grass and returning to the view-point. I am always amazed at its eyesight at such times. Together with its acute hearing too!

I cannot hear many birds, but I can hear the robin. Its piercing song almost fuses my hearing aids!

2018 bird count

As usual, I have added my sightings together with those reported by you to arrive at our total count for 2018. We had a grand total of 37 different species. That's a lot of birds to be seen in our back gardens during the year! But more birds still will stop by for something to eat if you are inclined to feed them. Why not keep a note of those which visit you - you will be surprised how many you see during the year!

Haiku

Difficult things to write, these Haikus! This one finished very differently than it started!

*Plastic Christmas trees?
Falling spines and drooping boughs
Speak more of Christmas.*



And finally

I've just looked it up. My first *Birdwatch* appeared in these pages in January 2000, so with this December issue, I have been writing them for a full nineteen years, having been retired for several years before starting on this venture.

My aim over the years has always been to have fun sharing the joys of bird watching with everyone on the estate. Many of you have joined in that fun with me. Thank you for your responses and, often, consequently contributing to *Birdwatch*!

There have been many changes in *The Courier* during that time, particularly in the continual improvement in its quality and use of colour in its printing. The last year or two has seen some wonderful colour photographs throughout its pages and the whole magazine is looking so very professional these days.

You will have realised by now that I have decided to call 'time' on writing this column, as of this issue. So let me wish you all well; the Season's Greetings first and good fortune in everything you plan for the future - particularly in your birdwatching!

Keep watching, folks!

Rod Lake

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Looking after the pennies . . .



Whether you're celebrating Christmas, Hanukkah, Winter Solstice, or anything else, it's a busy and often expensive time of year.

So how can we save a few pennies?

One of our weekly bills can be cut quite significantly with a bit of canny shopping—there are even TV programmes on the subject, but how many of us actually carry this through when we have our shopping list in our hand—or do we buy goods and brands out of habit?

According to some sources, a typical household could save up to 30% off their grocery bill. So, if your household spends around £100 at the supermarket every week, you could save up to £1,500 per year!

If it costs more it must be better . . . ??

The biggest myth is that 'premium' and branded products are better quality, better for us and taste better because they cost more. And it's not true! But their packaging is definitely more attractive, and the words used to promote them are very clever in making us believe the myth.

Most supermarkets promote different categories of goods to customers in order to offer choice—but the important word here is 'promote' - it's a marketing tool.

"The four main brand levels

Supermarkets separate their products into different categories, using loaded language to give you the choice of how 'luxury' or 'basic' you want to be.

Premium

Named with words like 'finest' or 'luxury' to imply it's a treat.

Branded

Products like McVitie's biscuits or Kellogg's cereal.

Own Brand

These tend to be presented in a similar way to manufacturers' brands, but with the supermarket's own take on it.

Value

With names like 'basic' or 'savers', the presentation is deliberately stark to imply it's cut back to the bones."

(source: Money Saving Expert)

The suggestion for saving pennies is to try and drop one brand level and see if you notice the difference—research carried out by Money Saving Expert, and the reason for their 'Downshift Challenge' is that in many, many cases, people do not taste the difference. If this is true—why would you pay more?

So, next time you go to the supermarket, why don't you try swapping one of your usual brands for a cheaper version, and see if you notice the difference?

For more information on the 'Downshift Challenge' as well as other money-saving tips: www.moneysavingexpert.com/shopping/downshift-challenge

And while you're figuring out what to spend your extra £s on, let us know how you get on.

LAWRENCE J MAGNIER

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READERS COMMENTS

PLEASE BE AWARE—Parking at Tesco Express, North Wembley.

Many residents have used this car park, for some time, to nip across the road to one of the shops on the parade opposite—and the parking would be free for 20mins. This has, apparently, changed recently—the car park is now only for Tesco customers; the **penalty fine for non-customers is £100.**



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

This early November evening many local people are enjoying their gardens while Diwali fireworks are popping and crackling all around. Our local trees are competing with the fireworks to put on a show of autumn glory. 2018 is proving to be a splendid autumn with spells of sunshine lighting up the leaves as they tumble from the trees in the wind.

The activities of the SCHS have wound down very happily at the end of the season. The AGM saw the presentation of prizes. The trophies certainly looked very splendid, polished and engraved with the names of this year's winners. Some of these were presented to the Society when it was first founded.

The Titus Barham Cup, is a beautiful silver chalice given to celebrate domestic skills. Titus Barham's father had founded the Express Dairy Company in 1864 at a time when fresh milk was brought by railway from farms to the growing metropolis. His family lived in a beautiful house in Sudbury surrounded by gardens and a park. Titus, born in 1860, worked hard in the cause of Wembley achieving Borough status. Chosen as Charter Mayor, he sadly died the day before his inauguration in 1937. Titus generously bequeathed his house and grounds to the borough, a wonderful gift that was celebrated last year in Barham Library on the 80th anniversary of his passing. Barham Park is a treasured open space in an increasingly crowded Sudbury Town. For the SCHS, then, the chalice that he gave to the infant society is rather special. It was first awarded in 1933 to H.J.Walden and since then it has been engraved every year except from 1939-45 when Society activities were curtailed for

the duration of war; though gardeners were busier than ever then – growing vegetables - digging for victory. In those early days when the houses in Sudbury Court were newly built, our local horticultural society brought people together to share ideas as they developed their gardens from virgin farmland. Other SCHS trophies are the Comben Cup and the Wakeling Cup, given to the Society

by the leaders of the company that built the estate and we have the Oatley Cup, donated by the family butcher at North Wembley. Older readers may remember Mr Oatley who always provided 'a little over the ration' to all local families throughout the war years.

You will know by now that I am keen about trees and would like to encourage young people to take an interest in studying them. So, another feature of our end-of-year activities has been the half-term walk to study the trees in Northwick Park. Though designed for young people, and they were not entirely absent, this SCHS autumn walk gave some of the not-so-young a chance to enjoy a leisurely stroll, observing the trees and hedgerows on a sunny morning in late October. We had time to make close encounters with oak and aspen, ash and plane trees and pondered the meaning of the botanical name of the weeping willow *Salix Babylonica*. Our picture gives the flavour of the occasion.

Members of SCHS join a long tradition. We hope very much that you will join the Society for the 2019 season. I'll remind you again in the spring! In the meantime, enjoy the Christmas season.

Margaret Roake
with some help from Paul Lorber



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MORE INFO:

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For more info on all activities, please contact Paul Lorber **07917 094 239**
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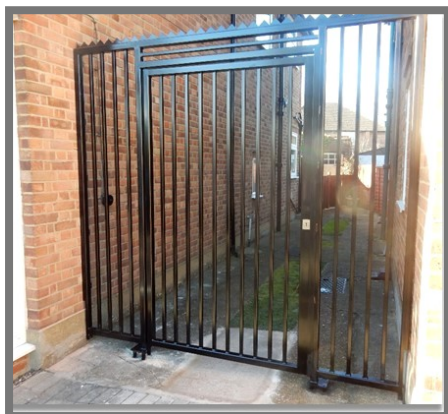
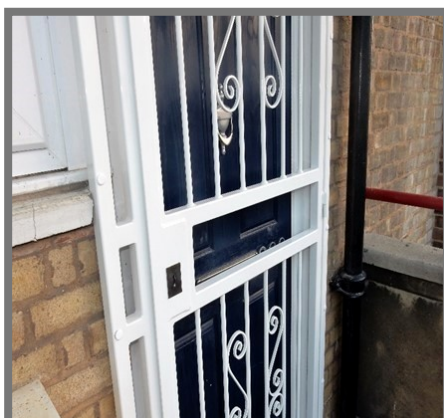
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Kids' Page



Excited Christmas is almost here?

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JOKES

Who delivers Christmas presents to elephants?
Elephanta Claus

What do you call Santa if he goes down a lit chimney?

Crisp Cringle

How many presents can Santa fit in an empty sack?

Only one – after that it's not empty any more

Why is it always cold at Christmas?

Because it's in Decembrrrrrr

What can you get if you eat Christmas decorations?

Tinselitus

How do elves get to the top floor of Santa's workshop?

They use the elfelator.

What do sheep say to each other at Christmas?
Merry Christmas to ewe

What happened to the thief who stole a Christmas calendar?

He got 12 months

What colour Christmas candle burns longer, a red candle or a green candle?

Neither – candles always burn shorter.



Which Christmas Carol do parents like the most?

Silent Night

What do you get when you cross an apple with a Christmas tree?

A pinnapple

What do you call a greedy elf?

Elfish

RIDDLES

I have keys but no doors, I have space but no rooms, I allow you to enter but you are never able to leave. What am I?

A keyboard

After booming and zapping is when I emerge, to bring you bright dazzling beauty when I diverge. Some say that I hide enormous wealth, but those riches have always proven stealth. What am I?

A Rainbow

*Did you spot the deliberate mistake?
- Answer - pinnapple should be pineapple*





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WHAT'S ON

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DATES FOR YOUR DIARY

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HARROW PHILHARMONIC CHOIR— family Christmas Carol Concert - Sat 15th 4.30-5.45pm. St John's Church, Greenhill HA1 2JE (opp Debenhams). Tickets: £5. Children free.

SUDBURY NEIGHBOURHOOD CENTRE—Tea Party, hosted by Santander Bank, on Thurs 6th 1.30pm, £7 per person. Phone Katia 020 8908 1220 to book. Carol Service, followed by tea and mince pies - Tues 11th at 2.00pm in the Centre.

HARROW CHORAL SOCIETY— popular Christmas Celebration takes place at 7.30 pm in the Harrow School Speech Room, Harrow-on-the-Hill, HA1 3HP, on Saturday **15th December**. We are delighted to announce that John Sergeant will be our Speaker this year! Tickets available from the website www.harrowchoral.org.uk

DIVA OPERA - "Home for Christmas" 8th December 7:00 for 7:30 pm in aid of St Luke's Hospice, St Andrew's Church, 956 Harrow Road, Sudbury HA0 2QA. Tickets from Through the Looking Glass Hair Salon, 8 Watford Road HA0 2EW. For more info and tickets email: ttlgonline@me.com Tel: 020 8904 1860. Tickets £25 includes mulled wine and mince pies - £36 tickets include a glass of champagne and canapes.

CUTH'S TODDLER'S GROUP—(now **Dragon's Den**) Fun. Play. Stories. Support. **Every** Friday 10-11.30 (except school holidays) £2 (+50p extra child). St Cuthbert's, 214 Carlton Ave West, HA0 3QY 020 8904 1457 www.stcuth.org

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

ST LUKE'S WALKING CLUB— informal group of supporters of St Luke's Hospice who meet regularly to walk and raise money for the Hospice. An annual long distance sponsored walk in May. The rest of the year we a variety of short and long day walks in the country and in the town for pleasure and to keep fit. Anyone can join us whether they intend to take part in the annual walk or not. The walks are free but small donations are welcome. Further details can be found at www.stlukestrainingwalks.org.uk .

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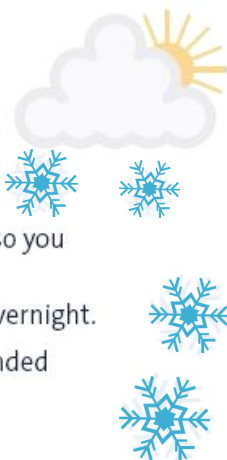


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You can use felt, pipe wrap or other insulating material and cover any outside pipe or fitting with a waterproof material.
- If you have a cold water tank, make sure it is insulated.
- If you have an outside tap, insulate it too.
- Check that your external and internal stop taps are working so you will be able to turn off your water supply in an emergency.
- If it's very cold outside leave central heating on a low setting overnight.
- If you are planning on leaving your home or business unattended for a long period, turn off the water supply at your stop tap.
Consider leaving the heating on a low setting.
- Fix dripping taps – even a small trickle can lead to a frozen pipe.



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Fencing replaced in Panels & Featheredge

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