

The Community Magazine for the
Sudbury Court and Pebworth Estates

January
2019

The Courier

88th
Year



Tea and Q&A

26th January 2-4pm

**All residents welcome—come and ask your questions to our
Councillors, Police and SCRA committee.**

Or just come and say hello and have some tea and cake

If you own a dog or use the Park please read pg 22

Happy New Year 2019

020 8904 4888





January 2019
Number 195 (1,035)

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Vice-Chair:

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

Dear Neighbours,

On behalf of the Committee, I'd like to wish you all a very Happy New Year, and all the very best for the coming year. Come and see us on January 26th; say hello and enjoy a cup of tea and some cake. We've also invited our Councillors and Safer Neighbourhood Team for an informal Q&A session—What do you want for your community in 2019?

We have our usual contributors—missing one—a number of you added your thanks for Rod Lake's articles over many years—so we'll just add another thank you here. And please, Rod, if you feel like making the occasional star appearance, please do.

I lay down a bit of a challenge to you on pg 11—let's see how many of you take it up. It would certainly benefit all of us if we could keep an eye out and report issues direct to the Council—the Cleaner Brent App seems it might be a useful tool. The fact that a resident took quite a fall over a broken paving slab is very upsetting—but please remember that nobody can fix the pavements if they don't know they're broken—so we can take some responsibility.

We also have our WhatsApp groups—they're slowly growing, and they're proving to be really useful, so if you haven't joined up yet, please see page 19.

Our local Memory Cafe Choir had a lovely time at Southwark Cathedral—there to sing by invitation; our local poet wrote a poem in honour of the trip, see pg 17.

We're in need of a new volunteer Courier deliverer, especially if you live near Watford Road—see pg 15 for details—it will only take 40-60mins of your time each month.

I don't know if you know about the Mayor of London's tree-planting initiative for a greener London—see pg 29 for our contribution to that.

Final words—Even if you don't own a dog, if you use our Parks, the issue of Dog Attacks is still important and I encourage you to read pg 22—I did ask the Committee about printing the photo, but we all thought it was important to show the serious injury that was inflicted on my dog, in the hope that the matter might be considered more seriously. Those of you who have read my words before will know that my dogs have been attacked previously, in both Northwick Park and The Pimple. Please read.

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**.



Your Safer Neighbourhood Team would like to wish you a happy and safe New Year.

Burglaries: At time of writing (10/12/18) there continues to be aggravated burglaries occurring across Northwest London involving white masked men breaking into people's houses through the front door, threatening the occupiers with weapons for the family jewellery – the households targeted are mainly Asian, and the offences have occurred in the evening after 1900hrs. The suspects in these aggravated burglaries are white men with Irish accents.

There was one aggravated burglary in Amery Road on the 23/11.

It must be pointed out that aggravated burglaries are quite rare, however, it is good practice to double lock your front doors in the evening, even if you are in the house, and set the alarm on a partial set. If you hear your front door being smashed in, get to an upstairs bedroom lock it and ring 999 immediately, say your address and that there are burglars in your house.

Keep an eye out for any persons sitting up in vehicles in the locality, especially if you don't recognise them from the area – particularly if they are a group of men sitting up in a vehicle for no apparent reason and paying attention to people's comings and goings. If you see anyone acting suspiciously, then consider ringing the police.

Catalytic converter thefts: As you can see from the crime figures below, Toyota Prius cars are being targeted for their catalytic converters. Please if you own one do some research online as to how best to park your car and what measures you can take in order to limit the chances of this happening to your car, speak to the manufacturers. The men involved in this are a group of white men in their 20s, with Irish accents, wearing baseball hats. They jack up the car and remove the catalytic converter in a matter of minutes.

They are using a variety of cars as their vehicles, these cars are all on false stuck on plates.

Thefts from cars: do not leave any valuables in your car whilst unattended, cars can be broken into very quickly and some people don't even notice car alarms going off. A resident recently left a whole pile of designer merchandise in the boot of the car and it was stolen whilst the car was parked up.

Cold callers: The problem of cold callers is a persistent issue in this area. There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scam and con merchants both on the phone and in person. **DO NOT GET ANY GOODS OR SERVICES FROM SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!** *I am astounded with otherwise 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 door asking for work / or to provide a service for a fee – driveway washing, gutter cleaning, laying driveways, roofing work, etc. Why on earth would you give someone you don't know, never met before, don't know their real name, where they live or anything else 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 conned or burgled if you give someone who cold calls on you "work". Bottom line do not, do not engage with cold callers.

Dog Issues: Over a number of years PC Kennedy has investigated a number of dog incidents on the ward, these have been for

neglect and dangerous dog incidents – some dogs unfortunately as a result of these investigations have been seized and destroyed.

Owing to a number of human deaths as a result of dog bite incidents, the police are even stricter in applying the dog legislation to non human bite incidents i.e dog on dog attacks, as the dog might pose a risk to humans. Potentially, your dog could be considered to have committed an offence under the Dangerous Dogs Act if it is involved in an attack on another dog, there are certain aspects to these incidents that would be considered by police in the course of an investigation. So particularly if you have a big powerful dog, please be responsible – if it is a soppy thing that will always roll over and never jump up on people then perhaps it is ok to walk him off the lead on the pavement or in the park. If your dog, big or small, has snapped or worse still bitten another dog then you need to think about keeping it on the lead or taking evasive measures to direct it away from other dogs. You need to keep an eye on what your dog is doing and that you are in a position to react to it. If you have a dog that runs up to other dogs the whole time, then you can't be texting or oblivious to what it is doing, as certain dogs will not take kindly to other dogs running up to them and jumping on them. Thankfully, dog seizures in Northwick Park are rare enough but a few dog on dog incidents have been reported lately in the Northwick Park area so please be aware of your responsibilities as a dog owner. Also, it goes without saying you must pick up your dog's poop – I have absolutely zero tolerance of this.

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 tipplers. Littering and fly tipping are both environmental offences - fly tipping includes the 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 waste/unwanted furniture/an item that you want to recycle then bring it to the charity shop or leave it within your house boundary (behind your wall or behind your gate with a note 'please take' on it).

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

Please contact Brent Council street care department for more info on 0208 937 5050.

WhatsApp GROUPS:

There are now two WhatsApp groups functioning in the ward – the Pebwatch group and the SCRA group. For people like me that didn't know what WhatsApp' was until a year or two ago it's a mobile phone messaging group. In these 'watch groups' residents communicate with each other about suspicious activities and vehicles seen acting suspiciously. It is a brilliant facility for residents to look out for one another, alert each other and confirm/eliminate whether someone is in the area for criminal activities. We are also part of the groups and monitor them for information; we also post when incidents have occurred, and when asking for information.

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Blockley Road - Sudbury Court Estate

Overview of offences 10th Nov-10th Dec:

1 Aggravated Burglary: Amery Road (in 50s odds side, 23/11 2017hrs, 5 masked burglars have forced entry through the front door and threatened the occupants with a knife/screwdriver, victims threatened, suspects left after searching and hearing one of the occupants had phoned police, getaway car a silver BMW, males had Irish accents)

1 Robbery Person: Watford Road by John Lyon Roundabout (23/11 1555 hrs, victim was outside his car with the engine running and unknown person have pushed him and jumped into the car and drove off)

3 Residential Burglaries: Halls Uni of Westminster (18/11 1130hrs – 1200hrs, phone stolen from room); Blockley Road (in 100s, evens side, 04/12 1750hrs, rear patio doors broken into, house ransacked, three white suspects in 20s, made off in a black 1 series BMW); Littleton Road (in 20s, evens side, 08/12 1730hrs)

1 Attempted burglary dwelling: East Lane (in 200s evens side, 10/11 between 2120hrs – 2250hrs, back door glass broken, believed suspects made off when they realised someone was inside)

10 Theft from Motor vehicle: Northwick Park Hospital (13/11 between 0740hrs – 1700 hrs,

catalytic converter stolen from Toyota Prius); East lane (in 300s, odds side, 15/11 – 0958hrs, catalytic converter stolen from Toyota Prius); Northwick Park Hospital (14/11, 0720hrs – 2000hrs, wiper blades stolen from a Ford focus); Northwick Park Hospital (15/11 between 0900hrs – 1700 hrs, catalytic converter stolen from Toyota Prius); East Lane (in 230s, evens side, 14/11 1600hrs – 15/11 1000hrs, catalytic converter stolen from Toyota Prius), Northwick Park Hospital (14/11, 0700hrs – 2100hrs, catalytic converter stolen from Toyota Prius); Northwick Park Hospital (18/11 0830hrs – 19/11 1900hrs, window smashed and dash cam stolen from Kia); Churchill Ave (in 30s odds side, catalytic converter stolen from Toyota Prius); Northwick Park Hospital (20/11 0830hrs – 2130hrs, catalytic converter stolen from Toyota Prius); The Fairway (in 130s odds side, 24/11 0700hrs – 2130hrs, 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

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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 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

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Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

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

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

Firstly, may I take this opportunity to wish you all a Happy New Year. I certainly do hope that you had a lovely, peaceful and restful Christmas and of course wish you all the very best for 2019.

In Memory of Lena Jeffries - By the time you read this article, I hope that the benches on The Green in front of St Cuthbert's will have been removed and two new ones - in memory of Lena Jeffries (and donated by Grahams - the Byron Court School builders) will have been installed. The new benches - will no longer overlook surrounding properties, nor be obvious locations for anti-social behaviour or overnight stops. Obviously there are other benches around the area that are troublesome or need replacing and we are happy to discuss with you.

Grahams will be conducting some other community works in the area over the coming months such as grass verge protection on Abbotts Drive and Holt Road.

Street Lamps - This information may appear in the SNT article but it also relates to the Council as they look after the street lighting. Firstly, I believe that all the streetlights have now been upgraded to LEDs, if you know of any that haven't been please let me know. The reason that I am bringing up street lights is that at the beginning of October it was brought to my attention by a resident that four street lights on Carlton Avenue West had gone out. Concern was expressed that burglaries had been attempted under cover of this loss of lighting.

The Council attended the failed street lights and found that the activation wiring on each street light had been 'CUT' in exactly the same way!!! If your street lights go out, be vigilant and report the failures to your councillors with haste. You may also wish to post the information on your Neighbourhood

Watch WhatsApp Group - more information regarding WhatsApp Groups on pg 19

Pavement Parking - May I take this opportunity to remind everyone again that pavement parking, including on drop kerbs is illegal in London unless there is an exemption (only part of the Crescent, Peel & Byron have these exemptions in the SCRA area). Parking on the pavement is dangerous for pedestrians, especially those with disabilities or are a little less able - crossing Watford Road when you can't see round cars parked on the pavement is really quite dangerous.

Be warned, if you park on a pavement you could receive a Penalty Charge Notice without any wait time. Please, if you have to stop, park on the road where there is some flexibility. Also, our utilities run under the pavements and can be damaged by parking vehicles over them, crossing over is a different matter. Just think, if your water pressure is low, it could have been caused by the skip lorry or a long term parked car.

Noisy Building Works out of hours - May I remind residents that noisy building works are not allowed before 8am or after 6pm Monday to Friday, nor after 1pm on Saturdays and not at all on Sundays and bank Holidays. Please report infractions direct (not through your councillor as has been mentioned before) to the Council via the email address ens.noiseteam@brent.gov.uk or calling 020 8937 1234 - you will have to negotiate the lamentable menu system but you'll get there eventually. It is recommended using the email as that is the most direct route; it should be noted that the noise team work limited hours, but will deal with complaints appropriately as soon as they can.

Fly Tipping - Several residents have been reporting fly tips on the various resident WhatsApp Groups recently. I have to say that this method (unless you use the Cleaner Brent App) is a really good way of reporting,

as I can copy the details and send via email to the appropriate office in a matter of seconds. Please sign up to the Cleaner Brent App if you can, it is very effective. If you find it difficult to use, your councillors or other residents will be only too happy to support you.

Harrow School Sports Centre Planning Application - You may be aware that Harrow School have appealed against the Mayor of London's decision not to allow building on Metropolitan Open land. Several residents and community groups have entered their own objections. The appeal will be held in the New Year and the Secretary of State (SoS), not the Planning Inspectorate will decide the outcome. I wonder why the SoS has called this one in - I leave it to your imagination. Perhaps we should write to the SoS and ask why?

More Harrow School - have you noticed that the school's floodlights have become more visible this autumn? It appears that the heights of the masts have increased, the brackets that the lights are mounted on are taller and without doubt the lights themselves are brighter. If you wish to object to Harrow School's changes without Planning Permission you can write to:

planningenforcement@harrow.gov.uk or via post to Planning Enforcement at the Civic Centre in Harrow.

Pot hole prevention - resident request - Just

so you know, the council have started a preventative maintenance project to reduce potholes; you may have noticed that cracked surfaces and potholes have already been sprayed with a tarmac mix and we hope that this will reduce the number of new or larger potholes being caused by water getting under the road surface and then freezing. It is this ingress and freezing that is causing the potholes epidemic.

Drones - a repeat item - There have been numerous complaints recently about drones flying over properties throughout the ward and people have asked what the rules are.

In short, it's illegal for a host of reasons: To be able to fly they need to have the permission of the land owner. It is not allowed to fly drones in any built-up area at all - unless they have a CAA license - something that's called a PfCO - training for this licence is apparently very time consuming and costly. It's also a legal requirement to have specialist insurance. Then, to fly over a road it must be blocked off and have spotters to control the area. Basically, a hobbyist flyer can only fly in the countryside with the land owner's permission, and never near property or roads. Even flying in your back garden is illegal - doubly so if the drone has a camera on it - and then the new data protection legislation GDPR kicks in here.

The Council are currently in the process of formulating a policy to make it an offence

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under Public Space Protection Order legislation to fly drones in Brent without specific permission and the adherence to legislation as above.

Sudbury Court Drive - I am pleased to be able to report that the Brent Council consultation regarding this traffic calming scheme for Sudbury Court Drive has now been completed and has come back as being substantially supportive. The scheme on the Harrow portion of Sudbury Court Drive has also been completed and is supportive but some alterations have been requested and some are being implemented.

I am told that the scheme, dependent on weather should start being implemented in February 2019. Fingers crossed.

John Lyon Roundabout - The white lines on the roundabout were renewed and repositioned about a year ago. The idea was to open up the southbound (towards Wembley) entrance to the roundabout to allow two lanes of traffic to reduce the tail backs, unfortunately the traffic island was altered (as a safety measure for pedestrian) not long afterwards and negated the white line changes, again a bottleneck for the southbound traffic. I will continue to try to get this resolved. The northbound traffic flow (towards Harrow) still poses problems and substantially delays the traffic flow from Sudbury Court Drive to the Crescent because. We believe that if the white lines were redrawn in an attempt to get the northbound traffic to keep left on the roundabout and not block the centre of the roundabout then this would free up the east-bound traffic flow to the Crescent and stop the dangerous manoeuvres such as driving down Sudbury Court Drive on the wrong side of the road (one of the gaps in the central reservation is being removed to curtail this).

Yes, we have seen local residents doing this!! The original design was rejected by the Government's Highway Audit team but the Council have challenged the decision and we will now be able to adjust the lines.

Parking on the Estate's Roads - I have been receiving more and more calls and emails about vehicles that don't belong to residents of the area parking on our roads.

My observation is that we have problems with small commercial vehicles such as the 06 reg scaffolding lorry, the courier company who park on East Lane and Pasture Road. Rental vehicles, taxis and courier vehicles around the John Lyon roundabout and in front of the shops. Then there are the private hire vehicles around Pasture Road and the Fairway - a new company, I think it's the Pine Needles who park on the Fairway even though they are based near Llanover Road. There are more and more vehicles from the industrial estate on East Lane on our roads too, I've even seen them on Sudbury Court Drive.

I have spoken to residents who have told me that none of the cars and vans that they can see near their homes actually belong to their neighbours! I am now offering to visit groups of residents to discuss their options. Please contact me if you would like to take this up.

The 245 Bus - I have been talking to TfL for some time about reinstating the 245 bus to Sudbury Town Station forecourt, our local step free access to the tube network, unfortunately I haven't achieved much after more than a year of trying and I now need your support.

It has been suggested that I need more visible/written support on this topic from anyone who is affected by the loss of this direct

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service to Sudbury Town Tube Station, (our only step free access station in the area and possibly Northwest London). I will try to set up a petition and advertise this via the Courier in the coming months.

Please, if you think TfL should restore the direct connection of the 245 bus to Sudbury Town Station forecourt, please write to me and demand its restoration. My email address is above or you can write to me at the Civic Centre. Please, get your friends and neighbours to write as well. This appears to be the only way to get the 245 to stop at Sudbury Town Tube Station forecourt again. Madness if you ask me.

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

RESIDENTS' CHALLENGE

Following hearing about one of our older local residents falling over a broken paving slab—leaving her very shaken and with a broken nose and fractured cheekbone; I've been led to believe that the Council won't accept liability if that broken slab hadn't previously been reported.

The Challenge—download the Cleaner Brent App and report every single broken slab in our streets. If one person from every street downloaded the App and reported all broken slabs we might also get them fixed. I would add, however, that the Council won't necessarily fix the slab unless it protrudes more than 2cm. BUT to repeat, if it's been reported then the Council may be liable if found to be negligent in discharging its statutory duties.



Cleaner Brent App

What you can report using this app:

Keeping Brent clean and green

- Graffiti
- Illegal rubbish dumping
- Fly-posting - Adverts illegally posted on public properties
- A street that needs sweeping
- A grit bin that is empty and needs filling
- Dog fouling
- Dead Animals
- Grass that needs cutting - in verges or in parks or cemeteries
- Shrubs that need pruning or weeding
- Litter bins that need emptying

Keeping Brent safe and accessible

- Potholes
- Broken or damaged manhole cover
- Faded White/Yellow Lines
- Broken or damaged pavements and kerbs
- Broken or damaged bollards and guardrails
- Damaged or missing street furniture
- Damaged or missing street signs
- Blocked gully (both flooded and non-flooded)
- Damaged or missing drain cover

Also:

- low hanging branches
- damaged or dead tree
- overgrown highway or private tree
- tree stump removal requests

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The Memory Cafe

Support for those experiencing memory problems



We hardly take a break from Memory Café – just the week after Christmas. We are hoping that our new heating will be in by the end of January which will be brilliant.

No-one likes to come to a cold church! Not even the vicar. So we are looking forward to warmth and the possibilities this will give us to expand our outreach to the community.

Memory café continues to inspire. However, I do frequently bump into people on the estate who don't know that it is on every week. So this is a call-out to people who haven't been yet and are around on a Thursday 11-1pm.

I love the fact that the café offers people a choice – to be active and join in or just to come and be. Some folk just come to drink tea and coffee, eat pastries and chat. That's fine. I enjoy just talking to people as well.

We hope in the New Year to have a grant to help us to continue to pay for Megan who runs the seated exercise. She has made a great difference and many people report that they are getting very fit and flexible. Just 30 minutes of exercise a week makes a lot of difference.

So we invite you people of North Wembley. You will find a warm welcome and a warm Church. There is the chance to sing and to take part in some enjoyable quizzes—I most enjoy it when we get wrong and funny answers.

When you train as a vicar you don't get training on being an MC – but that's what I've become.

We look forward to seeing you soon.

(see pg 17—our lovely Memory Cafe Choir singing at Southwark Cathedral)

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I have had a lovely break in Oxford—a city that I love. I studied for ordination there and it was a life-changing experience. While there I developed a great love of the work of C S Lewis. Many of you may know his Narnia books—but he also wrote articles, did radio shows, and talked with people at public meetings. He was also an animal lover – which endears him to me, of course. I don't think that they make them like him anymore: he was erudite and had a way of asking and answering difficult questions.

At the heart of my faith is love, and it is at the heart of so many people's lives and different faiths. I hope that when you come to St Cuthbert's you will experience real love and welcome. C S Lewis, though, realised that love is no easy road. He lost his beloved wife and wrote a harrowing book about the pain of grief. Grief is the flip side of the coin of love: to love is to risk, and to love opens us up. Lewis wrote:

"To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable."

As the New Year is here and winter wraps itself around us, we cling on to those we love. Church isn't so much about rituals, it is really a commitment to love God and our neighbours. That's something that I find very inspiring and I know many of you do as well. A life lived with love is a beautiful thing to behold.

So even in winter I am optimistic. I believe that love wins and always has done. That's why I go to Church and I invite you to join us too.

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Health Checks

I hope you all had a peaceful and happy Christmas.

January sees the start of those good intentions, for some it will be dry January, for some it will be a new start to exercise and careful eating.

My last two articles focused on checkups and tests to help identify those at risk from heart disease. Another really common disease is bowel cancer, about one in 20 people in the UK will develop bowel cancer during their life time, and it is even more common in those who have a close family member with bowel cancer. It is the third most common cancer in the UK, and the second leading cause of cancer deaths, with over 16,000 people dying from it each year. There are two ways we currently look for bowel cancer. Regular testing of the stool for hidden blood (faecal occult blood testing, FOB) has been shown to reduce the risk of dying from bowel cancer by 16%. If the test is positive you are sent for an internal inspection of the bowel, called a colonoscopy.

Currently FOB stool testing is offered from the age of 60, but most doctors feel they should really start around 50. As well as offering stool testing, a special test is offered on the NHS to everyone only once around their 55th birthday, known as flexi sig or bowel scope screening.

Bowel cancer arises from a preexisting polyp in the bowel, detectable several years before it becomes cancerous, and the flexi sig not only identifies the polyp but also allows it to be removed and so stops it becoming cancerous.

Do accept that invitation when it comes, don't be embarrassed, we live close to the most highly respected bowel disease hospital in the UK, and the colonoscopists at St Marks Hospital are skilled and kind .

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New Year, New You, New Shoes?

Firstly, may I take this opportunity to wish all our clients, and readers of this publication a happy, healthy and prosperous new year.

This will be the 21st year the Foot Comfort Centre has been looking after the feet and ankles of people across Brent and Harrow.

And we've resolved to make it our best year yet.

Talking of resolutions many of us take the opportunity at this time of year to re-evaluate our lives, especially our health.

You may even be thinking about getting more active and taking more exercise.

Good idea, but have you thought about the footwear you'll be wearing as you bound into these new activities?

Some of the most common foot and ankle issues / injuries I see come from people working out in footwear not fit for purpose.

Those apparently all singing and dancing trainers with the three-figure price tag might not be the best option to help you stride forward in the bid to be a healthier you.

It's important to remember that different activities require different types of footwear.

Running shoes are not best suited if you intend to do a lot of cross training, and good walking shoes are very different from an ordinary pair of everyday trainers.

At the Foot Comfort Centre, we have a service which will put you on the right track if getting fit is one of your goals for the new year.

This service is the equivalent of a MOT for your car, or a dental check-up.

For just £33.00 we examine your feet, nails toes and ankles. We'll also look at your posture and the way you walk and discuss your health history, occupation, the activities you do (or are intending to take up) and look at your footwear and advise accordingly.

Your feet and ankles are important – so why not make a resolution to look after them well?

Here's to a happy, prosperous and healthy 2019.

Firoz

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



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Memory Cafe Choir at Southwark Cathedral



By Anne Gander—

All poshed up in our t-shirts,
A gorgeous sight to behold.
We then walked out to the coach,
the night was really quite cold!

Would we all fit in there? "Yes" he replied!
There's seating for seventy when you get
inside.

A slow drive through London – where would
we park it?
"No problem at all just outside borough mar-
ket"

We were a bit late and were warmly greeted.
The first choir began when we were seated.
Acapella it's called no instruments just voice.
Then the Baptist choir – with an excellent
choice.

Then they wondered who had wandered on
to the stage,
twas the memory café folk of a certain age!

All ready to sing and give it a go,
The others joined in, sang with us you know.

Now it was over what a joy it had been. Hope
we do it again.
I'm sure everyone is keen!



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WhatsApp Groups—join us



Residents of our Estates may be aware of and already be members of one or more of our WhatsApp groups.

The two Security or Watch groups have been very successful since being set up, assisting the police team's work. One typical example involved a car on our estate pulling alongside a very similar parked up car and the occupants attempting to remove the wing mirror of the parked car. This was observed by a member of the Watch group who downloaded his video footage and posted it on the group immediately. The footage identified the registration details of the offender's car and provided evidence of the attempted theft.

In another example, a member observed persons stealing the catalytic converter from a parked car on the estate during the early afternoon. That was posted on the WhatsApp Watch group and other members then responded and reported similar activity on another car elsewhere on the estate shortly afterwards. Both these reported incidents were picked up by the Police Safer Neighbourhood Team for investigation. Registration numbers of the offenders' vehicles were obtained from members' photographs. That prompted further reports of other similar activities the day before from other group

members. We are able to track their activities through these reports, which the police receive and find most helpful.

The groups available are:

Pebwatch Security alerts – suspected illegal/antisocial activities for the Pebworth Estate.

SCRA Residents Watch security alerts-suspected illegal/antisocial activities for the Sudbury Court Estate.

Spencer Road Residents, reporting problems associated with the Byron Court School expansion and parent parking for residents living on roads around the school.

SCRA Notifications Group Noticeboard for SCRA Committee and Councillors to post information e.g. Planning, meetings, planned events, etc

All groups have already proved their value to residents

The Police Safer Neighbourhood Team are members of, and monitor, the two Watch Groups

If you haven't already joined your relevant group – we recommend that you do so. Simply contact the relevant Administrators providing your full name, address and MOBILE telephone number and we will add you to our groups.

You will need to use the WhatsApp App on your mobile. If you don't currently use WhatsApp we will provide the link to download it to your phone.

Administrators :

Pebwatch :

Akshay Patel (alias Akee)
+44 7841 576759

SCRA Residents Watch :

Keith Barker
+44 7903 609 603
Steve Werren
+44 7956 395 181
Councillor Keith Perrin
+44 7711 561 848

SCRA Notifications Group :

Keith Barker details as above.

Spencer Road Residents Group :

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Tea and Q & A

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26th January 2-4pm

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Please join us



We're also inviting our local Councillors and Safer Neighbourhood Team to come along and answer your questions.

You might want to ask questions about: parking, pavements, or parks; recent criminal activity and preventative measures;

You might have questions for the SCRA on how we can help residents in 2019;

Or ideas about how we spend a pot of money we've received as a result of transgressions by the contractors on the Byron Court School expansion project.

ADVERTORIAL

New Year, Lighter You

It started about a year ago! I was walking from South Kenton Station to home and I had to stop to catch my breath. Not so odd but it had never happened before. Later, reflecting upon it I decided what I needed was to put more effort into my daily sessions at the gym. I've never been able to garner much enthusiasm for the gym, and my favourite part of my workout was the jacuzzi.

In the New Year nothing changed until I watched the "Big Crash Diet Experiment" on TV: this spurred me into action. I did some research and found the diet programme used was the **Cambridge Weight Plan**, a system of weight loss using meal replacements and one to one support from a Cambridge Consultant.

I had put it off as long as I could but eventually I ran out of excuses: I selected a Cambridge consultant, made an appointment, and convinced my wife that we should

be in this together.

We met Michelle last July; plans made, targets agreed and I was soon on the path to 70kgs - 4 stones lighter in as many months. The first few days were tough, but I soon entered a Fat Burn state, where, on a very low calorie diet your body starts to burn it's reserves of fat, which leads to rapid weight loss and little or no hunger.

I now look and feel so much better than I did back in July, I still don't like the gym, but I still go and with a respectable time for 5km I'm convinced it was worth the effort.

I was so impressed with the results of the **Cambridge Weight Plan** that I become a Cambridge Consultant. I'm now fully qualified to give the same one to one advice and support which helped me.

If you need some coaching through your weight loss challenges, give me a call on 07968 682 061 or email me :

cwp@kennyreid.com

Dog attack



On Friday 7th December, just before 2pm, my dog was attacked in Northwick Park. This isn't the 1st time but, sadly, the 3rd time one or both of my dogs have been attacked in the Park, and in The Pimple. And I'm not including the amount of instances where my dog(s) have been chased or jumped on, that just happen to have not caused physical injury—they are far too numerous to mention.

The last time one of my dogs was hospitalised I wrote briefly in *The Courier* (Dec 2016), and printed an article about how important it is to choose the right type of dog for your family's needs and training capabilities, and how important it is to recognise the behaviours that your dog exhibits, and take appropriate and responsible action. If your dog chases, harasses, or jumps on other dogs, it is **not** just "being friendly" or "playing" - it is being dominant, and this can lead to it attacking.

The consequences of dog attacks are more long-lasting than the physical healing of the wound. Dogs do tend to heal relatively quickly, depending, of course, on the type of injury—I'm still waiting to hear whether my dog will need a further operation. But what isn't so easy to fix is the trauma experienced by them. One of my dogs never fully recovered, really, from the 1st attack on him. He had to be medicated for anxiety for 3 years following the attack, and although his anxiety issues improved, they never went away.

In all three attacks, there was absolutely nothing we could have done to take evasive action. All of the dogs were not on leads,

they ran at us from quite a distance—the one last week, from more than a 100metres—and their owners had absolutely no control.

The 1st two attacks were committed by 2 Staffordshire terrier-type dogs together. People need to understand the breed, and need to understand the 'pack' mentality that takes over when there's more than one. Don't get me wrong, Staffs can be amazing family dogs—I have known many—but they do need to be trained appropriately and they need to know that they're not the 'boss' of the family. Do that and you'll be repaid with a loyal, soppy dog.

The latest attack was by an Akita. They are really adorable as puppies, a little bit like a Husky. But adults are around 40kg—and initially bred to hunt bears! That should give you an idea of their size and strength. They are a very dominant breed and caution should be taken around other dogs, particularly unfamiliar ones. So not really suited to being off-lead in a community space unless they have a strong and consistent handler. And that is absolutely the key.

Other people's irresponsible dog ownership has cost me more than £4,000 in vet's bills so far, and much, much more in terms of emotional upset and trauma.

I have given a statement to the police and am waiting to hear whether it meets criteria for a criminal prosecution under the Dangerous Dogs legislation—dog on dog attacks rarely do. We are currently looking for an address for the owner—please contact us if you can help.

To be really blunt for a moment—imagine if you were in the park with your dog/child when one of these incidents occurred.

I don't feel like I can walk there again at the moment. That can't be right, can it?

So what do we, as a community, do about this?

Perhaps we can discuss ideas on the 26th of January—please come and share your thoughts (see pg 21).



CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

Replete from the season of feasting, there is a strong belief among many people that armchair gardening is the right style for January. After all, the weekend newspapers have plenty of gardening

advice. Indoors is warm and comfortable so there is a strong temptation to stay there. Winter time is perhaps the best time to review the overall plan of any garden, when all the summer plants have faded. A careful observation from indoors can leave you pondering possible changes, for the view from indoors is an important feature of any garden.

Noticing where the sun strikes the ground or where a fence brings continual shade will determine which plants can thrive in a particular part of the garden. For winter interest it is good to have some evergreens and many evergreen shrubs come with flowers in summer, followed by coloured berries which provide winter food for the birds. Others have variegated leaves, while the range of winter-flowering shrubs is increasing every year. Many of these are sweetly scented, like the 'winter box' in the picture, scented to attract insects for pollination of the flowers, but also good for indoor decoration. From that warm indoor haven it is very easy to order plants on-line to enhance your garden for the coming season.

However, after reviewing your garden from indoors, there is nothing like a spot of fresh air to bring that over-indulged body back to life. Even if you have managed the autumn clearing successfully there are always

outdoor jobs to be done and it is very rewarding to look out for early signs of the new season. The garden may seem to be sleeping, but underground all the roots are growing.



There is much to observe in your winter garden. Sweeping up the last of the autumn leaves this week I found they had been concealing and protecting some very healthy and well-developed weeds, goosegrass, ready to spring forth at the first hint of spring sunshine with sticky stems to smother

anything in their path. There were dandelions too, seeded into cracks where it is hard to dislodge their long taproots, as well as ivy, taking hold wherever a bit of earth has been left uncultivated. The trouble with weeds, they grow so much faster than the plants we cherish, so constant vigilance is needed.

Committee members of your local Horticultural Society are also springing into life organising next year's programme. Our first event, the **Spring Show**, specially featuring daffodils and other bulbs, will take place on **Saturday 16th March**. Please put the date on to your computer calendar or into your new diary now. If you joined last year you will soon be receiving your new schedule with details of all our shows and other events and we hope that many more of you will join the Society when your membership envelope is delivered with your Courier in due course. Here's to another happy year in the garden!

Margaret Roake

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We have lots of great books but Barham Community Library is about much more. In 2018 we put on live theatre and history talks, celebrated the Commonwealth and commissioned a Mural celebrating the Votes for Women Campaign and much more.

LeSpleen (our artist Alessandra) is now volunteering in an orphanage in Nairobi Kenya teaching the children to paint. As part of this she is repainting a 750 sq meters skateboard park in East Africa.



We are helping to raise money for her project and you can donate on Virgin Money Giving by searching for Paul Lorber's page or directly to FOBL at 17 Stapenhill Road Wembley HA0 3JF

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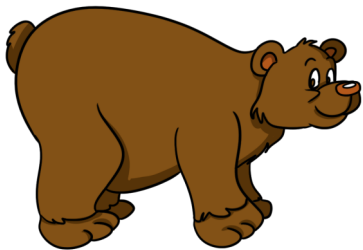
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Kids' Page



Email your favourite jokes or pictures to:
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BEAR JOKES

What color socks do bears wear?
(They don't wear socks, they have bear feet!)

What do polar bears eat for lunch?
(Ice berg-ers!)

What do you call a grizzly bear caught in the rain?
(A drizzly bear!)

What's black and white, black and white,
black and white?
(A panda bear rolling down a hill!)

What is black and white and red all over?
(A panda bear with sunburn!)

Why do bears have fur coats?
(Because they look silly wearing jackets!)

What do you get if you cross a grizzly bear
and a harp?
(A bear-faced lyre!)

What do you call bears with no ears?
(B!)

What do you call a bear with no teeth?
(A gummy bear!)

Why didn't the teddy bear eat his lunch?
(Because he was stuffed!)

What do you get if you cross a teddy bear
with a pig?
(A teddy boar!)

What's white, furry, and shaped like a tooth?
(A molar bear!)

How do teddy bears keep their den cool in
summer?
(They use bear conditioning!)

What do teddy bears do when it rains?
(They get wet!)

*Did you spot the deliberate mistake?
-Answer-color should be colour*





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HARROW PHILHARMONIC CHOIR— Harrow Philharmonic Choir wishes everyone a Happy and Healthy New Year.

We look forward to beginning the new year's rehearsals, on 7th January 2019, of Verdi's Requiem for The Three Choirs Concert at Watford Colosseum in March.

We are now rehearsing at Harrow High School, Gayton Road, Harrow HA1 2JG, on Monday evenings at 7:45pm. Anyone interested in singing with us will be welcome.

www.harrowphil.co.uk

HARROW CHORAL SOCIETY— Three Choirs Concert - Harrow Choral Society, Harrow Philharmonic Choir and Stanmore Choral Society continue a 30 year old tradition joining forces to perform **Verdi's magnificent Requiem** with some 200 voices! The performance takes place at **Watford Colisseum** on Saturday 30th March at 7.30. Tickets can be ordered through the Harrow Choral Society website www.harrowchoral.org.uk , telephone 020 8863 7830 or email boxoffice@harrowchoral.org.uk

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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Planting Trees

80,000 trees were planted across London on 1st/2nd December as part of the Mayor of London's work to make London greener and boost tree canopy cover by 10 per cent by 2050.

As part of the initiative, a group of local volunteers planted a selection of around 30 tree saplings in Northwick Park (entering the park from The Fairway, the top right hand corner of the field on the left—close to the Public Footpath across the golf club.)



The saplings include English Oak, Silver Birch, Beech, Hornbeam, Alder, Downey Birch, Aspen, Wind Cherry, Mountain Ash and Field Maple.

They have been planted in a cluster for now as they have a greater chance of surviving when planted together in this way. Once they have established themselves and are a bit more mature, the Council will then re-plant them in the park as needed.

The planting was supported by Brent Council and Veolia.



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