

The Community Magazine for the  
Sudbury Court and Pebworth Estates

February  
2019

*The Courier*

88th  
Year





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**February 2019**  
**Number 196 (1,036)**

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**Courier Editor:** [editor@the-scra.co.uk](mailto:editor@the-scra.co.uk)

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Dear Neighbours,

Happy February! I'd firstly like to thank Keith Perrin for our cover photo this month—a lovely view of Harrow on the Hill from the Pebworth Estate. Look out for a photo competition for residents, coming up soon—start practising!

To those residents who attended our event on 26th January, thank you. There will be a full report in next month's issue.

I've made a brief note of the current Heathrow Airspace Consultation on page 15—please do take the time to have a look at the information and consider giving feedback. They will be considering the possibility of new flight-paths, as I understand it, and if they choose to use the airspace over our area, it will be too late for us to complain after implementation. This is not something we can do on your behalf, it is for individual residents to take part.

The results of our Christmas Lights Competition are out on page 17—I was particularly delighted that Secret Santa rewarded the efforts of 3 neighbours in Norval Road—I'm guessing you all know by now that I love it when neighbours work together—I hope you celebrate together. All prize-winners need to contact our Treasurer (see above) to claim their prize.

I'm issuing 2 challenges to residents this month:

The first was initiated last month—and it's really my aim that every broken paving stone across both estates is reported to the council—those who shout the loudest are the ones that get heard. So, please see page 11, download the App and take a stroll up and down your street. Let's see how many we can get fixed. And, in the meantime, should anyone trip and fall over broken paving, they can appeal to the Council.

The second challenge is with regards to our relationship with plastic—it's not enough for us to just fill the blue bin with it—my challenge to residents is to reduce their plastic usage. (see page 19) I look forward to hearing how you get on.

And finally, page 21 details a number of areas where we need some volunteer helpers—from ad hoc minimal help, to a monthly requirement of between 15mins and a couple of hours. Forgive me for repeating myself—but we can only do what we're physically able to do with limited resources and a small team—we could achieve so much more with a "little help from my friends." 😊

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](mailto: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 the time of writing this article, the 10/01/2019, the burglary rate has reduced somewhat. We have not had an aggravated burglary since late summer, however, throughout Northwest London they continue to occur from time to time.

These aggravated burglaries have been committed by masked intruders, who typically force entry via the front door, in the late evening, or when it is dark. The intruders have then held up the occupants, more often than not Asian occupants, and used threats of assaults on the occupants to get them to divulge where their money and gold is.

The general crime prevention advice regarding this is:

1. Always double lock your front door, particularly in the evening, even if inside. Having that extra lock on your front door and porch door makes it harder for an intruder to break in through the front door, and gives you extra time to act.
2. Ring 999 immediately, giving your address, saying intruders are trying to break into your house.
3. Try to get away from them— if they are breaking in the front door, go out to the back garden and try to alert neighbours.
4. Do not try to fight off this type of burglar—they have been quite violent in their attacks of residents and have been armed with sledge hammers on occasion.

I understand that when residents read the above that it may panic them, however, on the whole, the Northwick Park area is reasonably safe compared to other outer London areas. I also believe that residents of Northwick Park are very vigilant. Please remember that there hasn't been one of these aggravated burglaries since late September.

Your police team continue to patrol your area in both marked and unmarked police

vehicles at various times of the day and night.

## Car thefts:

If residents have an expensive car with electronic key fob access, please ensure that you keep the key fob in a security pouch when at home to prevent it from being cloned – as you can see from the car thefts below, all the cars have been taken without the keys, probably by them being scanned by a device. Indeed in one instance, the CCTV shows that three suspects are seen with what appears to be a scanning device.

## Catalytic converter thefts:

There continue to be thefts, all over North West London, of catalytic converters. The cars that have been targeted are the Honda Jazz and Toyota Prius. The suspects are all white males, mid 20s, wearing baseball caps; they have jacked up the victim's cars in order to remove the catalytic converter. A grey Alfa Romeo, grey Audi and white Audi, all on false plates, have been involved. The offences have been happening in the day time – early afternoon and early evening, in daylight hours. The suspects will typically pull up next to the target car, jack it up and then cut off the catalytic converter.

If you are the owner of a Jazz or Prius, please be aware and, if it is possible, park your car off-road on your drive, although the suspects have been very brazen, even attacking one car on the street outside the victim's address.

## Scams:

An elderly resident has reported being approached by two women on the street, one of whom said that she had won the National Lottery but that she couldn't claim it as she was an illegal immigrant, and trying to get the 'victim' to buy the winning ticket from her. This is a very elaborate scam, which has



involved very 'respectable' looking con-artists with multiple accomplices, some pretending to be solicitors, in a very convincing scam. A number of residents have been conned by these supposed 'lottery winners' and parted with significant amounts of money for a fake 'winning' ticket. In a recent twist to this scam, involving the women suspects, the female victim had her necklace removed by the suspects when they approached her and tried to convince her to part with money for the 'winning ticket'. The suspects involved have been both women and men. Please be aware of this scam and do not fall foul of it.

There continues to be an issue with elderly residents receiving automated phone calls claiming to be from the Police; that there has been a warrant issued by the Inland Revenue due to non-payment of tax and to ring a specific phone number. These are known as phishing (pronounced "fishing") phone calls, with the aim of getting someone to ring back on the phone number given in the message and get the resident to divulge their bank details. Be very cautious if you receive any phone calls purporting to be from the Police/ Inland Revenue/HMRC. **Do not** fall victim to the scare tactics used in these phone calls; **do not** be scared into ringing their phone number. These calls are fake, bogus and out to scam you!

If in doubt, ring us your, Safer Neighbourhood Team on **0208 7212 969**, or ring **101**.

#### **Cold callers:**

Cold callers are a persistent issue in this area. There are a number of retired people who live locally and they are frequently targeted by scams and con merchants—both on the phone and in person. **DO NOT BUY ANY GOODS OR SERVICES FROM SOMEONE WHO RANDOMLY PHONES YOU OR**

**CALLS AT YOUR DOOR!!** I am astounded at otherwise sensible people giving 'work' to cold callers, because by doing so you are encouraging them to continue to target the area!

Examples of the types of 'services' offered in this way—driveway washing, gutter cleaning, laying driveways, roofing work, tree-cutting. You are giving someone you don't know access to your property! 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? And don't be surprised if you then get conned or burgled.

Please—**do not** engage with cold callers.

#### **Litter and fly tipping:**

Putting any rubbish items on the public pavement, incl: old furniture, white goods, Christmas trees, unwanted items, is a criminal offence. If you want to recycle clothes take them to a charity shop—you must not put a bag of clothing on the public pavement – it is an offence. If you have unwanted furniture/item that you want to recycle, then take it to a charity shop or leave it within your property's 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 or use the Cleaner Brent App (see page 11).

Please contact Brent Council Street Care department for more info on **0208 937 5050**.

I have and will prosecute people involved in making the area look dirty!

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Blockley Road - Sudbury Court Estate

## WhatsApp GROUPS:

There are now two 'residents watch' groups functioning in the ward – Pebwatch and the SCRA group. In these groups, residents communicate with each other about suspicious sightings and vehicles. 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.

## Overview of location of offences 10th Dec—10th Jan

1 Robbery person: Watford Road near hospital (13/12 2055hrs, female approached by two youths who threatened her with a knife and took her watch), reported to police the following day.

6 Residential burglary: (i) Byron Road (in 30s evens side, 19/12, 0410hrs, male entered house whilst residents asleep and stolen items); (ii) Elms Lane (in 40s odd side, 19/12 1000hrs – 1900hrs, rear window smashed, cash, personal documents, car key and car stolen – subsequently found); (iii) Watford Road (in 220s, 22/12 1530-1930hrs, forced entry via rear upstairs room on flat room, jewellery stolen); (iv) Blockley Road (in 100s, evens side, 30/12 1800hrs 2210hrs, rear door forced); (v) Norval Road (in 100s, odds side, house under renovation, access via rear of property); (vi) Sudbury Court Drive (in

40s, odds side, 27/12 0900hrs – 06/01 0430hrs, victims were away when house burgled)

4 Theft of motor vehicle: (i) Campden Cres (in 10s evens side, 9/12 1900hrs – 10/12 1100hrs, BMW 530i M Sport 57 plate stolen; (ii) Abbots Drive (in 160s odds side, 12/12 1845hrs – 13/12 0745hrs, 12 plate BMW x5 stolen – subsequently recovered on false plates). (iii) Norval Road (in very low odds side, 14/12 0230hrs, Lexus Rx450 16 plate stolen, subsequently recovered), (iv) Rushout Avenue (in 10s evens side, 06/01 1700hrs – 1710hrs, Yamaha 125 stolen)

3 Theft from motor vehicle (i) Watford Road (14/12 1830- 2125hrs, back window of car smashed and bag stolen from car (ii) Woodfield Avenue (near 1, 1145-1300hrs, catalytic converter stolen from Honda Jazz) (iii) Near Black Horse Harrow Road (03/1 1930hrs, laptop bag stolen from Range Rover)

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

## 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

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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](http://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](mailto:NorthwickPark.snt@met.police.uk)

*Please consult the websites listed for crime prevention tips or, if you do not have access to the internet perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.*

#### **Useful numbers:**

Dial 999 in the case of an emergency, where a crime is in progress or where life is in danger.

For non-emergencies, ring 101

To give information anonymously call Crimestoppers on 0800 555 111

#### **Useful websites:**

The websites below have a whole host of useful information from crime prevention to crime statistics to Identity theft!

[www.met.police.uk](http://www.met.police.uk)

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

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

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

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# Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

Email: [cldr.robert.johnson@brent.gov.uk](mailto:cldr.robert.johnson@brent.gov.uk)

the best of health. I count it a privilege to represent the residents of Northwick Park.

I would like to take the opportunity to offer my apologies if any readers found my previous article (December issue) too political, as I understand that The Courier is not the forum for party-politics, but a voice for local residents' concerns.

## Environment & Streets

There seems to be an increase in waste within the area. Some of the causes of these increases are unlicensed Houses of Multiple Occupation (HMO's). If you are concerned that there are too many people living in a property that is not large enough to accommodate all of them, that is near to you, you can check this on Brent's website. Please use this link to check if a property is licensed or if you wish to report that property:

<https://www.brent.gov.uk/reportaproperty>

Where the property is licensed, it will have sufficient bins to accommodate the waste that is produced from that household. People who are also renting out rooms on a temporary basis (e.g. Airbnb) will still need to have permission if they let rooms out over 90 days per year. Where properties are found to be renting out rooms without the required permission, then formal action is likely to be taken.

## Fly-tipping

Connected to the increase in waste is the issue of fly-tipping. A fly-tipping camera is now in place, monitoring the passage (Byron Road to East Court), this will be upgraded going forward. The other area being considered is the small alleyway between Peel Road and Byron Road, where there seems to be persistent fly tipping. The Council is considering both mobile and fixed cameras where there seems to be a prevalence of

fly-tipping in the area. Please use the **Cleaner Brent App** to report all incidents of flytipping near you. You can download the app from this link: <https://www.brent.gov.uk/cleanerbrentapp> (and see page 11)

## Damages to pavements and verges



Please report any damage that is caused to pavements and by verges, especially where building works to neighbouring properties are being carried out. The responsible contractors should be repairing the damage they cause or paying for the cost of the repairs carried out by the Council. If you see damage being caused near you please do the following:

- 1) Please take a photo of the actual damage —pavement/verges, etc. on your smartphone straight away.
- 2) If you can, take a photo of the actual vehicle (and its registration/vehicle number) or if it is an equipment/tool/machinery causing the damage.
- 3) Please send the evidence by WhatsApp or email to your local Councillors, together with the name of the contractor working on the property, or the resident's name, together with the date, time and location of the incident.

## Trip hazards

Uneven/sunk pavement surfaces over 2cm must also be reported on the **Cleaner Brent App** (see page 11)





## Parking

Allied to the increase in the local population is the increase in car use. I find inconsiderate parking very annoying. I am asking that residents be considerate when they are looking for places to park. Please do not block driveways and please do not park in turning circles. We've lost the bollards at the end of Audrey Gardens/Abbotts Drive several times because of this type of parking. There are turning circles in other locations such as Spencer Road/Abbotts Drive.

It would be nice to park directly outside your house all the time, but this is not always possible. I have noticed that some people have a habit of using their waste bins to protect spaces in front of their home. This is not the correct use of the bins so please do not use waste bins to reserve parking spaces.

We are receiving numerous complaints about vans, trailers, taxis and long term parking being left on our roads. Some of the owners of these vehicles are not residents.

Please report the locations of long term parked vehicles to your Councillors together with the description of the vehicle with the colour, make, model and license plates so we can check them out and get them moved where necessary.

## Safer Neighbourhood

We would like to get more Volunteers for Community Road Watch. If you are concerned what is happening in and around your streets, **get involved** by joining an existing Community Road Watch group, or setting one up for your Road!!! We have at least two Community Road Watch groups – Pebworth Road and Spencer Road. Those communities have set up a WhatsApp group which is working very well. They are part of a Safer Neighbourhood Watch Group (Pebworth Estate & SCRA Residents Watch). If you want to set up one with your neighbours on your road, please feel free to contact any one of your local Councillors.

## Bin collections

Over the holiday period there were a few changes in the collection cycle. The changes were advertised on the Brent website, in the Brent Magazine, a leaflet drop as well as the December Courier. The collection cycle should now be back to normal. If you did not receive notification of the changes, I would like to sincerely apologise for any confusion caused over refuse collection dates.

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# J.B Priestley's LABURNUM GROVE an immoral comedy

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is George's wealth totally legitimate?

14th, 15th, 16th, 21st, 22nd, 23rd, February at 7.45pm  
and Sunday 24th at 3.00pm

## East Lane Theatre – Production

Please support our local Theatre, which is located next to Vale Farm Leisure Centre and Wembley FC. Their next production is JB Priestley's *Laburnum Grove*. The Guardian Newspaper stated that:

*Laburnum Grove, as its name implies, is an archetypally bland thoroughfare in one of those north London suburbs where, as someone remarks, "nothing ever happens". George Redfern is an amiable paper manufacturer who has survived the economic depression and who finds his daughter's*

*car-dealing fiancé and his parasitic brother-in-law trying to tap him for money. But George's big bombshell is dropped at the end of the first act when he reveals he has been adopting his own form of 'quantitative easing' by printing fake currency and bonds. What follows is a cat-and-mouse game in which, up to the end, Priestley leaves us unsure whether George is really a master criminal or simply a practical joker.*

Please support our local Theatre by attending the forthcoming production!!! (see above for dates, and the East Lane Theatre website

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for information on how to book tickets—  
www.eastlanetheatre.co.uk or call 07762 622  
215)

Finally, I would like to congratulate  
Gayways on getting its local and national  
customer service award as part of the Coun-  
cil's Small Business Saturday award. They  
were awarded the "**Best place to shop**  
(includes local services)". Well done

### 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

We thought we'd extend the Challenge,  
having received many messages on the  
WhatsApp group with regards to fly-tipping  
and damaged paving and verges across the  
estates.

So, The Challenge—download the Cleaner  
Brent App and report every single broken  
slab and damaged grass verge on 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 neces-  
sarily fix the slab unless it protrudes more  
than 2cm. BUT to repeat our message of  
last month—if it's been reported then the  
Council may be liable if found to be negli-  
gent 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



It feels really odd. We had a week off from the memory café! We open 51 weeks of the year – all except the week between Christmas and new year. It is a great commitment on the part of me and all the helpers. But we do it with real love and are happy to be at the café every week.

I wanted to thank all those who help. You are amazing. People bring food, help to clear up the cups and plates, act as welcomers, do the tea and coffee, run the singing and exercise and clear up afterwards. It is a pretty major operation and all those who help are a vital part of the café. The strange thing is that although it is hard work, it doesn't feel like work.

When you do something from the heart it,

feels like an honour and a privilege and not like having to do it. There is a subtle life lesson in here. We all have needed to, or do, work. We need to pay the bills and sometimes work is tough. But can you spare a short time to come and be part of something good – to volunteer. I call this soul work, because it is good for your soul. One of the keys to being happier is to do things for others. It can be hard, and sometimes we just can't get motivated. But if you are needing a perk-up why not come along as a guest and lend a hand.

After every Memory Café I am so exhausted I have a little half an hour nap. I call it resting in the Spirit. When I wake up I am full of energy and want to get on with the next challenge. Hooray for volunteering!

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Not many people know anything about St Cuthbert. He has fallen into obscurity, but for centuries after his death he was a kind of superstar of British saints. He was called “the fire of the North” because his ministry led to a great revival of the faith. He would walk among the ordinary people and stop and have lunch with them – something other bishops never did.

Cuthbert was known for his humility and for having the common touch. He was also a great animal-lover. The story of his life is littered with encounters with wild animals – even the sea otters used to come to him to help warm his legs after he had spent hours in the North Sea praying. In those days, people really felt as though they were sharing their world with their animal friends. I feel the same way.

So, I was sad to find out that our wonderful

badger – we called her Beryl – seems to have been knocked-down and killed on the main road. I have to tell you that I shed a tear. We used to love watching her snuffle around for the peanuts we left. It was simply an honour to share our journey for a while with one of God’s creatures. When we have pets we take on the care of one of His creatures and that can be a great responsibility. I was also horrified to hear that our dear editor’s dog had been attacked by another dog. We must never forget that animals are just that – animals.

This year I am thinking of doing an animal blessing service. It will be a chance to bring your pets for them to be blessed and for us to say thank you for God’s Creation. What do you think? Do email me if you think you would like to bring your pet – be it donkey, dog, cat or rabbit or whatever?

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# Health Checks

My next few articles are aimed at female readers. We have wonderful screening programmes in the NHS which help reduce the risk of getting certain cancers.

There are 3,000 cases of cervical cancer diagnosed each year in the UK, mainly affecting young women aged between 35 and 45.

Cervical screening detects abnormal cells at the cervix and can prevent around 75 per cent of cases, as it detects early change many years before a cancer develops. The test takes under five minutes and involves the collection of cells from the surface of the cervix using a small soft brush.

It is really important that we attend, but sadly cervical screening is only taken up by around two thirds of women, with the least likely to attend being younger women.

The NHS offers screening every three years from age 25 up to age 50 and every five years thereafter until 65. Very slightly abnormal samples are also sent for human papilloma virus (HPV) testing which helps identify whether the patient requires further testing

with colposcopy, a minor procedure which allows direct view and samples to be taken. From next September, all cervical screening will be by HPV testing first.

Cervical cancer is caused by a HPV infection, transmitted by close intimate contact and most infections are eliminated within two years, but a few persist and can lead to cervical cancer. Screening lets us identify those persistent infections and offer treatment which prevents the cancer developing. We do not offer the screening test to women below 25, their own immune systems are usually in the process of eliminating the infection.

The very best news is that we have a vaccine to prevent cervical cancer and other cancers caused by HPV. It is currently offered to girls aged 12 and 13, but soon it will also be offered to boys at a similar age. If your youngster missed out on their HPV vaccination at school, it is never too late to be vaccinated, your GP can offer it up to the age of 18, and it is available after that privately.

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But as the adage goes prevention is better than cure.

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So, it's worth considering booking in for one of our foot and ankle check-ups. They are like a MOT for your feet and ankles.

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Thanks for reading,

*Firoz*

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## Secret Santa Update—Christmas lights results

Hi everyone! A quick update from Secret Santa. I was taking Rudolf for a ride to prepare for the big delivery on Christmas Eve Night.

I rode my sleigh around the Pebworth Estate. The corner of Littleton Crescent was all lit up, so festive and welcoming.

50 Pasture Road was a delight. Rudolf was particularly taken with the reindeer, presents, the train filled with Christmas goodies and different coloured lights.

Numbers 56, 58 and 60 Norval Road worked in harmony to make a lovely bright display.

Rudolf saw his friends, the polar bear and snowmen at number 6 West Court. He also stopped to admire both houses on the corner of Shelly Gardens and West Court which were all colourful. There was a sign for me to stop there, but I couldn't before Christmas Eve, as I still had my rounds to do.

Someone in Spencer Road had me sitting proudly on their car which made Rudolf look twice!!

There were really too many great displays to mention. Many thanks to all those who made the effort to lighten up the marvellous Sudbury Court and Pebworth Estates.

After much deliberation with Rudolf the winners of the Christmas Lights Competition 2018 are:

**1st prize: 6 West Court (£50)**

(sorry, we didn't manage to get a picture)

**2nd: 56, 58 and 60 Norval Rd (£30)**



**3rd prize: 24 Littleton Crescent (£20)**



(could our prize winners please contact our Treasurer to claim their prize [treasurer@the-scra.co.uk](mailto:treasurer@the-scra.co.uk))

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# Green New Year Resolutions



In 2018 the UN Intergovernmental Panel on Climate Change (IPCC) told us that we have just 12 years to deal with global warming to avoid a disaster. You may not believe it—many don't—but there are few who watched David Attenborough's Blue Planet and were not moved, or even shocked, by the problem of plastic in our oceans.

You might think there's little that individuals can do—but, actually, we can **all** do 'little' things. It's just about creating new habits—or, sometimes, re-establishing old habits.

## Upcycling

Over the last few years, there have been a number of media forums featuring upcycling—as if this was a brand new idea.

If you don't have the skills to upcycle your unwanted pieces of furniture or clothing, consider offering them on a 'freecycle' website <https://groups.freecycle.org/group/BrentUK/> - you can even offer unwanted building materials or tiles, etc—perhaps someone else can make use of them—they will even collect them from you. Or offer them to your local charity shop, rather than dump them for landfill.

## Single-use anything

Single-use plastic, in particular, is a huge global problem—more than 8million tonnes of plastic is dumped in our oceans every year—this is unsustainable.

So what can **we** do?

1. Take a look around your house, and check products when shopping: buy recycled and recyclable plastic where possible.
2. Tell your supermarkets that you are not happy with additional and unnecessary packaging. Iceland have taken a bold stand on single use plastic demonstrating that

consumers can put pressure on businesses to make a difference. If customers start 'voting with their feet,' or take photos of unnecessary packaging and share on social media, those businesses will certainly make different choices.

3. 'Wet wipes' are another example of single-use items which end up in landfill in huge quantities—even worse if you flush them, adding to our already clogged-up sewers. A simple solution to this is to take old cotton flannels or t-shirts, cut them into squares, and spray with a mix of water and calendula oil (which is anti-bacterial). You can then pop them in your laundry and re-use time and time again.

4. Cling film is another product that cannot be recycled. Consider using either foil, which is recyclable, or use reusable containers for food storage.

5. Over 7million plastic-lined coffee cups are thrown away in the UK **every** day! Why not invest in a travel mug for your coffee-on-the-go? Many coffee shops will offer a small discount on your purchase if you supply your own cup.

6. And what about water-on-the-go? Consider investing in a reusable water bottle and fill it up from the tap, it will save you a fortune, as well as reducing your plastic usage.

There are many other tips on how you can take responsibility for your plastic usage—a simple Google search will show you a host of articles. Take a read.

So, this is my challenge to residents—what will you do differently to take responsibility for cutting down on your plastic usage? Please let us know if you find something that you're doing in your household that other residents might find helpful.

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### Website

We are still looking for a volunteer to help with our website—it doesn't require regular input—ad hoc updates, possibly more hours needed to begin. Some experience with Wordpress will be helpful.

### Volunteer Courier Deliverer

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### Street Ambassadors

We have mentioned this before—and to a certain extent we have at least one resident from most of our streets involved in the WhatsApp groups. But how do you know that your street is represented? Don't leave it up to others—if everybody assumes that their street is represented some streets might be left out. Contact us.

The role does not necessarily entail weekly, or even monthly, responsibilities. The 'Residents Challenge' on page 11—do you know if your street is being included in this?

### Join our Team

We often have suggestions from residents on things that we should do for the community—we can't do everything, as we are quite a small team of active members. Join us and we can do more.

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# CALLING ALL GARDENERS

Sudbury Court  
Horticultural Society  
Your local gardening club

Whenever the grey clouds lift and the sun comes shining through, there is a happy feeling that Spring is really on the way. All nature responds to the longer hours of daylight; our gardens are coming back to life. Snowdrops with some crocuses and early daffodils are already in bloom and those bulbs planted in the autumn are pushing through the earth full of promise.

Many of us also grow plants indoors. As Flanders and Swann once sang 'the garden's full of furniture, the house is full of plants'.

Our houseplants certainly bring benefits, enhancing the indoor environment where they absorb the carbon dioxide that we breathe out in exchange for healthy oxygen for us to breathe in. A recent edition of the RHS magazine, *The Garden*, gave some helpful tips on keeping indoor plants happy and glorious, tips which I pass on to you here. All plants need light, warmth, water and food in varying amounts. Houseplants need all the light they can get, so giving them a warm spot near a lamp does no harm, and though flowers grown from bulbs are usually happy on a windowsill, placing such tender plants as poinsettia too close to the window can give them a chill, the leaves then wilt and turn yellow; there is nothing less decorative than a sick poinsettia. Watering houseplants is generally best left until the soil is dry, when it is good to stand the pot in a bowl of water with a dash of liquid fertiliser for a few minutes to soak up enough moisture. Then let the water drain away before putting the plant

back in place.

Cyclamen, especially, does not like water near to its corm or leaves. On the other hand, azaleas need to be kept wet all the time and soon look unhappy if the soil becomes at all dry. They like a cool humid environment with plenty of light so azaleas are good candidates for a conservatory or even for the bathroom.

Orchids, with tropical origins, thrive well in our centrally heated rooms. They like a bright position out of direct sunlight and away from a radiator. Orchids need to be fed to keep them blooming and experts who care for the spectacular collection at Kew recommend watering

by dowsing the pot in a bucket of water, preferably rainwater, every week for five minutes and feeding every other week with a weaker feed than is used for other houseplants. There are many varieties, with *Phalaenopsis* (the moth orchid) shown in our picture specially recommended for beginners. *Odonoglossum* and *Dendrobium* also easy to care for. All leafy plants appreciate an occasional wash/wipe to remove any dust which clogs the pores through which they breathe. Like people, all plants have their special needs!

So nurture your houseplants and bring them along to make a fine display at the **SCHS Spring Show on Saturday 16<sup>th</sup> March**. Staging in the morning from 11am to 1pm, then come for viewing from 3.30pm to 5pm.

Until then, happy gardening – indoors or out.

Margaret Roake



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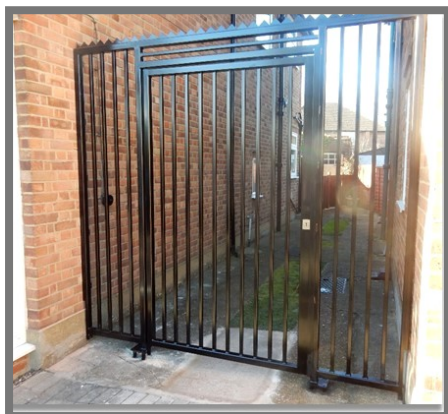
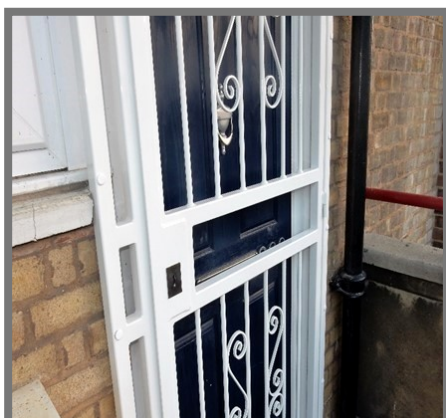
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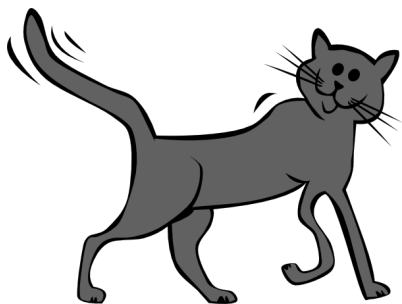
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# Kids' Page



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## CAT JOKES

What looks like half a cat?  
The other half!

What happened when the cat ate a ball of wool?  
She had mittens!

What do you get if you cross a cat with a parrot?  
A carrot!

How do cats eat spaghetti?  
The same as everyone else – they put it in their mouth!

What is a French cat's favourite pudding?  
Chocolate mousse!

What did the cat say when he lost all his money?  
I'm paw!

How do you know if your cat's got a bad cold?  
He has cat-arrrh!

What do you get if you cross a cat and a gorilla?  
An animal that puts you out at night!

What is the cat's favourite TV show?  
The evening mews!

What's worse than raining cats and dogs?  
Hailing taxi cabs!

How is cat food sold?  
Usually purr-can!

What noise does a cat make going down the motorway?  
Miaooooooooooooooooooooow!

*Did you spot the deliberate spelling mistake?  
Answer- spaghetti should be spaghetti*





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**HARROW PHILHARMONIC CHOIR**—Rehearsals are now well underway for the **The Three Choirs Concert**, of the **Verdi Requiem**, which will be taking place at Watford Coliseum on Saturday 30th March at 7:30.

If you are keen to join a local, friendly choir - we rehearse at Harrow High School, Gayton Road, Harrow HA1 2JG, on Monday evenings 7:45pm -9:45pm. [www.harrowphil.co.uk](http://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](http://www.harrowchoral.org.uk) , telephone 020 8863 7830 or email [boxoffice@harrowchoral.org.uk](mailto: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](http://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 have 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](http://www.stlukestrainingwalks.org.uk)

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## Wembley Stadium—Football Events

There have been a number of events added to the calendar for February; please see below for confirmed dates and provisional, for your information.

Saturday 2nd Feb	— Premier League	— 12.30
Tues 5th/Weds 6th	— FA CUP 4th Round Replay	
Sunday 10th Feb	— Premier League	— 13.30
Wednesday 13th Feb	— Champions League	— 20.00
Sat 16th/Sun 17th Feb	— FA Cup 5th Round	
Sunday 24th	— Carabao Cup Final	— 16.30

*(the times given are kick-off times)*



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