

The Community Magazine for the  
Sudbury Court and Pebworth Estates

March  
2019

# *The Courier*

88th  
Year



## *Happy Springtime!*

*Residents' top topics at our Q&A*

—summary page 19



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Dear Neighbours,

The sight of a daffodil is a sure sign of Spring—their sunny faces can't help but cheer anyone up, surely—I don't think it's just a Welsh thing—Wordsworth recognised it:

And then my heart with pleasure fills  
And dances with the daffodils.

On to 'business'!: Following the Q&A event at the end of January, there has been a very welcome movement of residents coming forward to become Street Ambassadors, offer some time to assist with committee tasks, and undertake some research. The SNT article (pg 4-7), Cllr Perrin's Comments (pg 8-10) and the summary of the Q&A event will give you an idea of what you missed, and also how we will need you to get involved by talking to your neighbours.

Which brings me to the Street Ambassadors (pg 15) - we have been welcoming some new residents to the role—but we are asking that the more of us who are involved, the less time each of us has to spend in the role. Make sure your street is covered, especially for the subjects of private security and CPZ—everyone needs to have their say.

We will give you information on the AGM in next month's issue—we're currently looking at the 10th of April, but this hasn't been confirmed yet—so just pencil it into your diary for now.

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**.



## Aggravated Burglaries:

With this article and the various community WhatsApp groups, a lot of people are communicating with one another, reading the crime stats and feeling like Northwick Park ward area is under siege from burglars. I would like to assure you that Northwick Park is still a nice place to live and still reasonably safe. I have worked this area for about 7 – 8 years now and the overall burglary figures are no more raised than previous years, however, the aggravated burglary figures have increased recently – in previous years we would average about 1 per year; since July 2018 there have been 5. Across North West London there has been, and continues to be, a spate of aggravated burglaries involving a number of groups of burglars. In the Brent, Harrow and Barnet area I am aware of at least five arrests of individuals concerned in these horrific offences. To combat the increase, there are patrols in marked and unmarked police vehicles, and an enhanced response by our forensic teams and CID to give us the best possibility of any leads.

I would like residents to not live at home in fear, but to adopt some crime prevention measures to greatly reduce their chances of it happening to them and in so doing help them overcome their fear. In addition, I would urge residents, when they go about their daily life to be observant and if they notice any suspicious behaviour to report it immediately to the police. We, as the police, will do what is possible within the resources that we have in the ways outlined above.

## Cold Callers:

Every month I re-iterate the dangers of doorstep cold callers – these are typically men, who call at your doorstep unannounced, trying to sell you gutter clearance, driveway cleaning, roof repairs, driveways etc. On 22/01/19, PC Kennedy on patrol, came

across 6 men at an address in Northwick Avenue – the home of a lone elderly woman. It transpires that the elderly woman had been cold called - PC Kennedy stopped to see what was going on. The smooth-talking cold caller had said that he would clean the gutters for £25, she thought that this was a good deal and agreed. A short while later, the man knocked again at her front door to say whilst up on the roof cleaning the gutters he noticed that the felting on her roof was damaged and showed her a small piece of felt, he said he had photos of the damage. The man said that it would be £2,500 to repair, but if she agreed that day he could do it for £1,500. It was at this point that PC Kennedy happened to come across the males, whilst they were on this woman's roof; fortunately she had not given any monies to them. Her roof was in relatively good condition. When the officer stopped, two of the men involved ran off, leaving four on the roof. All of the men had previous arrests for fraud, typically roofing fraud. One of the men was arrested by PC Kennedy for an unrelated matter, and enquiries were made with the Gardai (police) in Ireland and he has served over 5 years in prison for fraud of a similar. These cold calling fraudsters know of a number of other cold calling fraudsters and it appears that the same woman had been targeted in the past by different groups of cold callers.

I am aware that, recently, the three cold callers that I arrested for a fraud on an elderly man in Paxford Road on 12/07/2017, have recently been back to the area and, again, trying it on.

Fraud involving agreements, roofs, and the elderly is fraught with evidential difficulties. I have arrested several men in relation to cold calling frauds over the years, the arrests were dealt with by CID and only one has ended up in a charge, which still hasn't gone to court.



Please do not engage with cold callers and do not agree to allow them to do “work”, and I use that word loosely. They will use all their ploys to try to swindle you – they are very convincing and will use scare tactics to try to get the most amount of money out of you. If you think it is ok for them to do some minor work like tree cutting, don’t be surprised if you get a deal then your tree cuttings get fly tipped, or if you agree to get them to do rubbish clearance then that too is fly tipped.

Remember also a lot of these cold callers have a litany of previous convictions, if you allow them to do work on your address they get to see the layout of your house.

I would like to know of any cold callers in the area. If you know of any elderly people who are trusting, please keep an eye out for them, and try to ensure that they are not targeted by cold callers and defrauded.

#### **What else has been going on in the area and what has your team been up to?**

In the past month, your team have caught two men driving cars whilst uninsured; both men had been suspected of driving uninsured for quite some time. One man was caught twice by your team in the space of 10 days; the other man—the woman who allowed him to drive her car is now also subject to a prosecution.

Following complaints about a Bulgarian-plated van roving around the area, this van was sighted by a team member driving into Kenelm Close, enquiries reveal that the insurance that had been presented as valid had been cancelled in Sept 2018 and the driver was processed for no insurance and the van seized. (Residents are reminded that they must register foreign-plated vehicles immediately on importing it and obtain UK insurance).

#### **Cannabis factories and rental properties in general:**

We haven’t had a brothel or cannabis factory come to notice in the area in the last couple of years. However, recently, a cannabis factory was found at a rental house in Paxford Road. Brothels and cannabis factories have a number of common features – typically they will be in a rented house, involve criminal enterprises and human trafficking.

Please report any suspicious activities involving your neighbouring addresses.

How to spot a cannabis factory – no comings or goings from the address, maybe at the beginning you might have seen compost arriving, house upstairs always in darkness with upstairs room windows always covered, maybe you smell something.

I could tell you how to spot a brothel, but I think that is fairly self evident!

Your team recently assisted Brent Housing in a visit to a HMO (House of multiple occupancy) in Nathans Road – there were 19 people living in there! Brent Housing are dealing with this investigation.

#### **Catalytic converter thefts:**

Toyota Prius cars continue to be 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.

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## National Lottery Scam:

If you are approached on the street by someone who claims to be an illegal immigrant who has won the national lottery and is asking you if you know a good solicitor who could help him claim it - be on high alert, it is a scam! Soon a passerby, who is in on the scam, will claim to overhear what the illegal man has said to you about winning the national lottery and in an elaborate scam suggest that you and him buy the winning national lottery ticket off the illegal immigrant as he suggests that the illegal won't be able to claim the ticket. Some local residents have parted with significant amounts of money buying the 'winning ticket'. Obviously, the winning ticket is a very convincing replica of the winning ticket, the scam is elaborate, and the fraudsters involved convincing. I am aware over the years that I have worked in Northwick Park, of a number of victims of this scam and the fraudsters have tricked their victims out of thousands and thousands of pounds.

## Dog Issues:

Over a number of years a number of dog incidents on the ward have been investigated, 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 (nationally) 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 sappy thing that will always roll over and never jump up on people then perhaps it is ok to walk him off-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 and 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!

Please contact [Brent Council Street Care](#) for more info on **0208 937 5050**.

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## Overview of offences 7<sup>th</sup> Jan-7th Feb:

**Aggravated Burglary:** (i) Sudbury Court Road (low even numbers, 1835hrs on 24/01, victim returned home shortly before attack, suspect have forced open porch door and used sledgehammer to force internal wooden front door, victim was threatened and assaulted, five masked suspects in total, demanded cash and gold) (ii) Bengeworth Road (in 30s, evens side, 0730hrs on 25/01, victim's family left address shortly before attack, victim has heard front door going, victim held front door as three suspects have tried to force their way in with knives, males had their faces covered, no entry gained)

**Burglary Residential:** (i) Bengeworth Road (in 20s, odds side, 2137hrs 19/01, point of entry rear window on first floor smashed) (ii) Sudbury Croft (in 50s, evens, 0730 hrs 25/01 – 1840 hrs 25/01, rear kitchen door smashed, cash, jewellery etc stolen), (iii) Carlton Avenue West (in 10s, evens side, 2000hrs 26/01 – point of entry toilet window on first floor, cash and jewellery stolen), (iv) Oldborough Road (in 30s, odds side, 0900hrs on 28/01 – 2130hrs on 28/01, rear patio door window smashed, cash, jewellery, laptop stolen)

**Commercial Burglary:** (i) Watford Road nr John Lyon premises (0030hrs on 04/02, rear door forced, police were nearby as a vigilant resident had seen burglars get out of their car near Bengeworth Road, one burglar caught up a tree!)

**Theft of Motor Vehicle:** (i) Watford Road (in 120s, odds side, 62 plate Land Rover stolen between 1930hrs on the 13/01 – 730hrs on 14/01) (ii) Elms Lane (near 90s, odds, 64 Mercedes Sprinter van stolen over night on 06/02)

**Theft from Motor Vehicle:** (i) Northwick Park Hospital (1230 on 14/01 – 1430hrs on 14/01, spare wheel stolen from Ford Transit van) (ii) St. Georges Church Harrow Rd 1925hrs on 15/01 to 2020hrs on 15/01, car broken into and bag stolen with wallet etc) (iii) St. Georges Church Harrow Rd 1925hrs on 15/01 to 2020hrs on 15/01, car broken into and bag stolen with wallet etc) (iv) Black Horse Car park (1930 on 19/01 – 2000hrs on 19/01, car

broken into and bag and jackets stolen) (v) Elmwood Court (1800hrs on 25/01 – 1400hrs on 27/01, number plates stolen from car) (vi) Northwick Park Hospital (1030hrs 29/01 – 1430hrs 29/01, car broken into and phone stolen) (vii) Northwick Park Hospital (2200hrs 27/01 – 1700hrs 28/01, catalytic converter stolen from Toyota Prius)

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:

Find a whole host of useful info: e.g. crime prevention, crime statistics, identity theft!

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

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# Councillor's Comments

**Cllr Keith Perrin - Northwick Park Ward**

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twitter: @perrinsfarm Telephone on 07711 561848

## 245 Bus and Sudbury Town Station

You will probably remember that I wrote about this issue in the January Edition. Well, I'd like to thank those who have written to me from all over the ward, I now have letters from 11 residents (I apologise for not responding personally to you all) stating their reasons why the service should not have been taken away from the station forecourt.



They can be summarised thus:

- The long walk from the nearest bus stops to the station.
- Having to walk through Sudbury Town centre, which some find intimidating, especially in the evenings.
- Loss of safe access to a step-free access

tube station

- Having to drive instead of using the bus.
- Journeys are now taking circa 10 minutes longer because of the substantial walk and having to cross busy roads
- Safety issues - having to walk and cross busy roads
- Discriminating against the elderly and those who are less able
- Neither Northwick Park users nor Councilors were consulted
- Step-free access from bus to station lost
- A blind person now has to use a taxi as they can't cross the two busy roads
- The 204 bus may terminate at the station but it then drives to Alperton bus garage for the drivers' comfort break!! So it isn't a bus stand. (that's the same distance as extending the 18 to NP Hospital)
- Journey's times have been extended by 20 minutes for some. (TFL website agrees)

**Please**, could more of you email or write to me at Brent Civic Centre, Wembley, HA9 0FJ. Feel free to use the reasons above, or provide your own reasons. I will also be looking for people to take a petition around their neighbours when the weather improves: please, if you could cover 20-30 homes near you, that would be so helpful. Please email me or write providing your contact details and I'll contact you and provide you with some petition forms. My aim is 1,000 signatures which might just sway TFL.

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In brief, what has happened is that they have redesigned the forecourt of Sudbury Town Station, primarily for accessibility and safety reasons. However, the consequence is that the forecourt (according to the rules) can now only service one bus route, namely the 204. So the 245 that used to go via Sudbury Town Station (our only step-free station) in both directions now stops quite a distance away and requires the crossing of busy roads.

Also, you should all be aware that the current car park at Sudbury Town Station will soon be closed and a tall block of tiny apartments built in its place - they say we don't use the car park, it's only 1/3 utilised. So, those who rely on cars to get there will no longer have that choice, what a waste of our only step-free tube station.

Feel free to call me if you wish to discuss further.

**Sudbury Court Drive (SCD) - Road Safety Scheme** between the John Lyon Roundabout and Sudbury Hill/Harrow Road - The scheme should be under construction quite soon if not already, so I thought I'd update you all on what the August 2018 consultation highlighted for me. The scheme is being funded by a grant from the GLA and aims to reduce the number of accidents.

According to the accident records (those reported to the police) for Sudbury Court Drive, there were 13 collisions, resulting in 19 personal injury accidents (PIAs) within a three year period, between Jan. 2015 and Dec. 2017. There were three serious injury accidents over the period, three involving motorcyclists and one serious injury involving

a pedestrian. SCD has therefore been prioritised for road safety funding

Obviously traffic surveys have been carried out and here are some interesting facts:

- It may be no surprise to many that the average speeds on SCD have been surveyed and found to be high even in the 30mph section. On average 30.4% vehicles exceeded 40mph speed limit.
- 182 pedestrians crossed at an uncontrolled point south of junction with Sudbury Court Road during peak hours.
- 1481 pedestrians crossed during the same period.
- 29.7% of vehicles exiting the service road travelled against the traffic flow
- Many vehicles (illegally) avoided using the roundabout by using the central reservation gap near the roundabout.

The response to the 893 consultation questionnaires was unusually high with 218 responses received.

- 72% agreed with the reduction in the speed limit, 20% against
- 61% agreed with the central reservation closure, 25% against
- 62% agreed with the speed tables, 24% against
- 62% agreed with the double yellow lines, 23% against
- 64% agreed with the uncontrolled crossings, 20% against

Regarding Statutory Consultees: Ward councillors of Harrow and Brent, plus Sudbury Court Action Committee supported the scheme, there were zero objections.

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There were many requests for additional and alternative components, many of which will be considered in the future. Residents of Sudbury Court Road would like a scheme to slow traffic and make passage safer. Some suggested the use of cameras on SCD, these are used where accidents happen - unfortunately a lot of the accidents occur near the junction with SCR where speeds are low, and the accidents on the dual carriage-way are spread throughout its length, consequently cameras are not considered to be a solution to any of these problems.

Thank you to all of you who contributed to the consultation and also conferred with me on the doorstep so that an acceptable scheme could be devised that could be supported by the majority of residents.

Finally, I have put in yet another request (Via Brent Highways) that TFL look seriously at the timing of the pedestrian lights at the junction of SCD and Harrow Road and that they investigate ways of stopping vehicles coming from Greenford jumping the red light by up to 10 seconds (after they have changed to red), plus vehicles not seeing the red pedestrian lights at the top of SCD - or perhaps they just ignore them?

Till next time.

K

### **Councillors' Surgery for Residents**

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In the mid-1920's, Horace Comben and Eric Wakeling joined their fathers in the business, which was now a limited company. They were building on the former Elm Tree Farm land, north of King Edward VII Park. By 1929, their developments stretched across East Lane, between St. Augustine's Avenue and Preston Road. An advertisement that year proudly announced: 'Nearly 2,000 houses sold'. Their homes offered '... all labour-saving fitments. Electric light and gas. Tiled hall, scullery and bathroom.' Most were in the "mock-Tudor" style, which was so fashionable at the time.

The end of that decade saw them start work on their biggest development yet, the Sudbury Court Estate. Much of this "Garden Suburb" estate, with around 1,500 homes built between 1928 and 1935, is now a Conservation Area. It contained a mix of house sizes, to meet the needs of a range of buyers, from the skilled manual worker earning £4-£5 a week, to the experienced school teacher on an annual salary of around £300, or the businessman making a bit more than that!

The suburban housing estates built in Wembley in the inter-war years, by Comben & Wakeling and other firms, generally had 8-10 houses per acre. Nowadays, a growing population and shortage of building land in the area means that a much higher density of homes is needed. But are the new developments we are seeing, at Wembley Park and elsewhere in the borough, at too high a density?

It is not just the historian in me that hopes 'The Metroland Dream' can continue, and that families can enjoy living in Comben & Wakeling "garden suburb" homes in Wembley for many decades to come.

Philip Grant

(This is taken from a much longer article on Wembley Matters—it's a very interesting read. If you'd like to read further, it is available at: <https://wembleymatters.blogspot.com/2019/01/guest-post-by-philip-grant-i-dont-often.html>)

# The Memory Cafe

Support for those experiencing memory problems



The Café is a phenomenon! We are now getting 100 people every month. When we started, 3 years ago, we could not have imagined what a success we would have on our hands. What I love is that so many of those who came to our original Café Church still come along.

I can report a very exciting development. We are now going to have a special carers' session once a month. This will be a chance to discuss the issues that come up as a carer and get some expert advice and help. The first session was very well attended and people were able to voice the extraordinary challenge of looking after a loved one. I got some very good feedback from it.

I am always humbled by the power of love. I have seen amazing sacrifices made by family and friends for people who are suffering from dementia and the like. People will not give up

and love each other despite how very difficult and heart-breaking it can be. Love comes at a cost – it is not for free. But each week people refuse to give up hope and carry on loving.

By the time you read this the Church should have a new heating system which will be a great relief. But I would like us to do some fundraising so we can run a weekly carers' group at the Church. It doesn't actually cost that much to run this kind of group, but I would love to hear from you if you would like us to do the fundraising we will need. Perhaps we could put on a special evening.

We will continue ploughing on with faith, hope and love with the Memory Café. If you haven't been before, we meet every Thursday at 11. It is open to all – memory problems or not and is a place of huge joy. That's something we could all do with more of.

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As you read this, we will be entering the great season of Lent. It is a time of spiritual preparation and reflection.

In our busy lives we rarely take time to stop and reflect on the things that are really ailing us.

There is an old story about the lumberjack. He spends his days cutting down trees. But as time goes on, it is difficult to keep going because it is taking him longer and longer to cut down the trees. The problem is that his axe has gone blunt. But he has so many trees to cut down that he can't find the time to stop and sharpen his axe. The message is clear, sometimes we need to stop and do some necessary repairs and improvements.

This is no less true of our own lives as of the struggling lumberjack. I find that problems creep up and that I am prone to ignoring them until they really break out. Lent encourages us to stop. It asks us to be honest about the state of our lives and our spiritual lives. Even very nice people are not perfect, and all of us know that we fall short of what we could be; what we are called to be.

And so I enjoy Lent. I don't wallow in the self-reflection, instead I take it as a kind of spiritual 'boot camp' – a time to get fit in all those areas I tend to ignore. You would, of course, be very welcome to join us over Lent. If you are feeling that life is getting too hectic a slight pause can be as good as a long rest.

Go well.

Reverend Steve

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# Health Checks—Screening for Breast Cancer

One in eight women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery. Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel. In this country we are invited, every 3 years from 50-71yrs.

But screening doesn't prevent you getting breast cancer, and it may not help if you already have advanced breast cancer. Many women do not read the information about breast screening, I would encourage everyone to do so.

Early detection means a better chance of survival, and you are less likely to need a mastectomy. There's debate about how many lives are saved by breast screening and how many women are diagnosed with cancers that wouldn't have become life-threatening. Our best estimates say that screening saves about 1,300 lives from breast cancer each year. But some women

are diagnosed with a cancer that would never have been found without screening, and would never have become life-threatening and this adds up to about 4,000 women each year in the UK who have treatment they didn't need. Overall, for every 1 woman who has her life saved from breast cancer, about 3 women are diagnosed and treated for a cancer that would never have become life threatening.

The risk of getting breast cancer is influenced by family history and if you have two close relatives who have had breast or ovarian cancer you may have a faulty gene which can be detected, and you would want to have more frequent screening from an earlier age. Women who have no family history of breast cancer may decide not to have screening. There is lots of research going on now to identify better ways of finding those women who will benefit most from screening. It is a difficult decision, but one that it is important to make.

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## Street Ambassadors

Thank you to those who have contacted us in the last month. But how do you know that **your** street is represented?

Don't assume that somebody else from your street has already come forward. The more people who get involved, the less time commitment needed to undertake the role for everyone. The role does not necessarily entail weekly, or even monthly, responsibilities, but we do have some information to get from residents over the next few months.

(see page 19)

please contact us asap:  
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# Ouch!

## First Aid for your Ankles

At this time of year, we often see more people coming into us with ankle problems caused by exercise. With the brighter, warmer months on the horizon many people are shaking off their winter slumber and getting more active.

And that can sometimes mean injuries. Incidents while playing football, running or squash being three of the most common causes but in the past we've also seen people who have gone over on their ankle during Zumba and even yoga.

I've been looking after people's ankles and feet since 1998.

### First Aid for your ankles

But what should you do in the immediate aftermath of twisting, spraining or injuring your ankle?

Please note more serious ankle injuries such as ligament tears or ruptures require you to seek professional medical advice as soon as possible.

#### But for simple sprains use the RICE method:

**Rest:** If you've strained or sprained your ankle rest is vital.

**Ice:** Apply ice to your ankle for the first 48-72 hours after the injury

to reduce swelling. Place ice in a flannel or suitable covering – Do not place ice directly onto the skin.

**Compression:** Apply a good quality, firm compression bandage over the ankle – ensuring it isn't too tight. When icing the ankle remember to remove the compression bandage.

**Elevation:** Where possible it is important to elevate the ankle above the level of the heart at all times. For example, if you are laying on a bed or sofa prop the leg up with some pillows. This reduces the swelling.

This is basic advice but if you follow the four steps you'll be on the right path to bouncing back from ankle issues more quickly.

If the problem persists come in and see us and we can treat you accordingly.

Thanks for reading,  
*Firoz*

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# Your Q & A—summary

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We met on a cold Saturday afternoon (26/1/19) with a last-minute change of venue—in St Cuthbert's Church.

Many familiar faces, who regularly attend our get-togethers, turned up, but it was also really good to see many new faces. I know people don't just come along for the tea and cake—but Sukaram, Beverley and Hardip did a sterling job keeping the refreshments flowing for a very good turnout. (The Red Velvet cake was delicious!!)

We opened the floor to questions—our first contributions were from 2 residents who had experienced aggravated burglaries in the previous week. This, obviously, opened up the general conversation to security.

## Security

With good reason, residents were concerned at the recent increase in burglaries, and especially aggravated burglaries. PCSO Charlie joined the conversation and answered questions.

We also had a contribution from Akkee, from Pebwatch—for those of you who don't live on the Pebworth Estate: he talked about how residents got together after an increase in burglaries. And after many meetings, much research and door-knocking, their response was to look into employing private security. They will be proceeding with a 3-month trial from 1st March.

Following more discussion, it was decided that we should investigate the possibilities for a similar scheme for the Sudbury Court Estate—we now have 3 residents carrying out the research. As soon as we have the results of the research we will let you know.

In the meantime, both PCSO Charlie and Cllr Perrin, as well as many residents, were confirming that the **WhatsApp** Watch groups have been a very beneficial addition. It ensures that neighbours are starting to take more notice of what's going on around our streets—and, in sharing this information, it assists our Safer Neighbourhood Team, who cannot possibly cover all our streets 24 hours day.

We were also reminded, though, that we should have some perspective—this area is

still one of the safer areas to live. And, while there has been a spate of criminal activity, we are also now being made more aware, because of the WhatsApp groups and Courier articles.

The message from the SNT (see page 4) is clear—be more vigilant. The message from residents on the day, and the SCRA, is for us to help each other to help ourselves.

## Traffic/Parking/Speeding

One of the major talking points—and what I hear about from residents most often.

Whilst we talk a lot about commuters/deliveries/ workmen/ school traffic—unfortunately, residents are just as likely to park illegally/inconsiderately and speed. So, what do we do about that?

The subject of a CPZ was brought up again—and some residents said that they had changed their mind from previously being against it. It's another thing that we will need to gather the views of residents—to make sure that everyone gets their say.

## Smart Phone Apps

We had a brief conversation about the Apps that are mentioned many times—Cleaner Brent and WhatsApp. We understand that not everybody has a smart phone—but there will be many people per street who do have one—and those are the people we're talking to about getting involved—help others to help yourselves.

## 245 bus

The fact that tfl made the decision to curtail the route short of Sudbury Town station—one of the very few step-free access stations—which now has to be accessed by a 10-20 minute walk. Cllr Perrin has a plan—but residents need to get involved see pages 8-9).

**One thing that was very clear to me, from the afternoon, as I've thought previously—this is a great place to live, and a lot of the reason for that is the people.**

Our next opportunity to get together will be the AGM in April (more info next month).

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## Northwick Park Community Garden—free workshop

Thank you to everyone who joined our interactive workshop on 31<sup>st</sup> January at the Annunciation Church Hall in South Kenton - despite bad weather we had an excellent turnout with plenty of questions for Susannah Hall, our permaculture expert from Permacult London.

It's incredible how many varieties of edible perennials we could plant in our own gardens. Two popular options for the community garden were Chokeberries (aronia berries) - pictured— as they contain more antioxidants than blueberries; also Autumn Olive, a good windbreaker and nitrogen fixer with berries ideal for making jam.



We would like you to join our follow up workshop:

**Thursday 14<sup>th</sup> March  
at 7pm**

Annunciation Church Hall.

This will be a seed planting session (with Spring just around the corner!) where we learn how to successfully cultivate plants for our own gardens and the community garden. We'd also like you to come up with interesting seeds to plant and ideas for our garden design.

To register for the workshop, please email:

[northwickparkcommunitygarden@gmail.com](mailto:northwickparkcommunitygarden@gmail.com)

Thank you for continuing to support our community project,  
Eleri, Joanna, Rishil and Iris



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# CALLING ALL GARDENERS

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Horticultural Society

Your local gardening club

It is interesting how life develops, event piles upon event as time goes by. Christmas and New Year seem long behind us but the memories linger on in presents received.



Here we are in March and our picture shows the outcome of a gift we received from a friend. The leaves were just popping from the bulbs on New Year's Day and since then these daffodils have given constant pleasure as they have grown and flowered. Likewise another gift, one kept from last year – a rather special tin of biscuits, the contents long gone but the tin, round and large with forest pictures of wild creatures, deer and fox, squirrel, badger and all kinds of birds, has found a new use. In the greenhouse it is filled with envelopes full of seeds, collected from the garden last summer. They have overwintered in the tin and will soon be planted. Yes, it is sowing time already, for the new growing season is already under way. Seeds like a bit of protection from the changeable Spring weather so clothes outdoors or a warm spot for the seed tray will certainly speed up germination.

March sees the opening of the season for your Horticultural Society. The **Spring Show** takes place in St Cuthbert's Church Hall on **Saturday 16<sup>th</sup> March**. Daffodils and all kinds of spring bulbs will of course be important features, but if you have been busy during the winter with photography, model-making, knitting, stitching or artwork, or if you have made seasonal marmalade or cooked a special cake, we hope you will come and share your efforts. I suggested last month that you might bring your best houseplants to display on that day. If you have never taken part before you will be especially welcome. Bring your entries to the Hall between 11am and 1pm. At that point the judges take over and make their decisions. Some of the judges give really helpful comments, sharing their expertise, helping us all to improve. Everyone is welcome from 3.30pm to 5pm to view the show and share tea and cakes with friends and neighbours.

Our Society is linked to the Royal Horticultural Society which gives us the opportunity of a free group visit to one of their show gardens each year. For 2019 the RHS have added a bonus, with a gift voucher for £5 to spend in the shop or the garden centre for each visitor in the group, so watch this space for details of the trip we are planning for the coming season to Wisley or Hyde Hall, which are the nearest gardens to us here. Summer is on the way. If you are travelling countryside on holiday do not miss the chance to visit Harlow Carr near Harrogate in Yorkshire, Rosemoor in Devon or many of the other lovely gardens that are just out of reach for us to arrange a day trip from here. Watch this space for forthcoming events.

Margaret Roake

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## TABLE TOP



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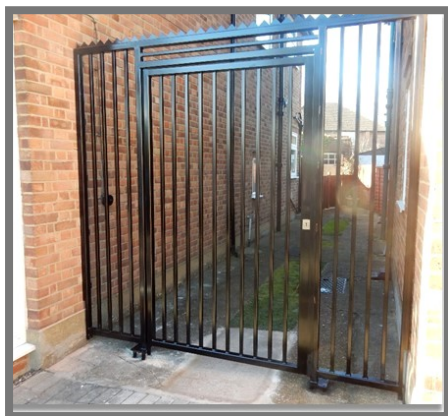
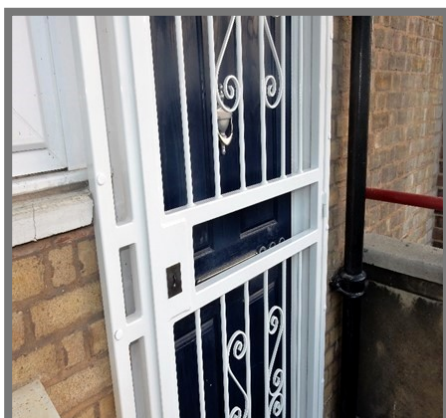
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# Kids' Page



Hello Kids,

How are you all? Don't forget to write to me with your favourite jokes and pictures:

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## JOKES

What is yellow and dangerous?  
Shark infested custard

Why do dragons sleep during the day?  
So they can fight knights

What's a foot long and slippery?  
A slipper

Why did the chef get sent to prison?  
Because he beat the eggs and whipped the cream

How do you organise a space party?  
You planet



## RIDDLES

Two mothers and two daughters went out to eat. Everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

- They were grandmother, mother and daughter

You walk across a bridge and you see a boat full of people, yet there isn't a single person on board. How come?

- All the people on the boat are married.





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# WHAT'S ON

IN AND AROUND THE ESTATE?

## DATES FOR YOUR DIARY

A free community service -  
just let the Editor know.



**SUDBURY NEIGHBOURHOOD CENTRE**—will welcome back the Harrow School Swing Band on the afternoon of Tuesday 5th March, at 1.30pm. Everyone invited, £5 per person, to include tea, all monies to the work of the Centre. Please phone Katia on 020 8908 1220 to confirm our numbers.

Date for your diary—Easter Fun event and Bazaar on Saturday 13th April.

**HARROW PHILHARMONIC CHOIR**—If you are interested in joining a friendly, local choir - we rehearse on a Monday evening at Harrow High School, Gayton Road, Harrow HA1 2JG, 7:45pm to 9:45pm. [www.harrowphil.co.uk](http://www.harrowphil.co.uk)

We are well underway with our own preparations for the Three Choirs Concert, and are looking forward to our joint rehearsals for the Verdi Requiem.

**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 Coliseum 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)

**HARROW HARMONY—Spring Concert**—23rd March—see page 21 for information

**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

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## Wembley Stadium—Event Days

### 'Terrorist danger' leads to wider road closures around Wembley Event Days

Local residents are used to local roads being closed for several hours on Wembley Event Days with bus routes curtailed or diverted but Brent Council has now issued a Temporary Traffic Prohibition Order that could close roads from 10pm the day before an Event Day until 8am the day after the event. It is anticipated that the prohibition would not be in place throughout those hours but only as 'required by the police' according to the Council's statutory notice (see Brent website), so we must adapt and 'wait and see' the practical impact of the order. which will run initially from February 16th to December 31st 2019

The Order is on the recommendation of the Metropolitan Police and due to 'purposes relating to damage or danger connected with terrorism.'

There are already concrete barriers at strategic points around the area and a multi-agency committee meets regularly to monitor safety issues, including the danger posed by potential terrorism incidents when there are such large crowds in the vicinity of the Stadium and Arena.

Event Dates for March 2019, at time of print (check the Brent website for any updates)  
**2nd, 3rd, 16th, 17th, 22nd, 31st March**

This information has been copied from Wembley Matters —please go to the website for full details of the Order: <https://wembleymatters.blogspot.com/>



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	Page		Page
Air Conditioning	24	Health & Beauty	9,24
Appliance Service/Repair	18	Home Carers	20
Boilers/Heating, Plumbing	5,11	Home Improvement	9,29
Building Services	8,11,24,29	Nursery, Pre-School	18
Car Sales, Servicing, Repair	25	Painter/Decorator	18
Chauffered services	22	PC/Laptop Repair	10
Cleaning Services	27,28	Printer	15
Conservatories, Porches	31	Property Maintenance	19,28
Dentist (private)	13, 15	Restaurant	10
Doctor (Private)	14	Roofing, Gutters	29
Estate Agents	2,32	Security Gates	26
Electrical Services	7,11	Soft furnishings	18
Foot Care	16	Solicitor	17
Furniture Repair	18	Window Cleaners	28
Hairdressing	6,24	Windows, Double-Glazing	31
Hall Hire	29		

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Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

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