

The Community Magazine for the
Sudbury Court and Pebworth Estates

April
2019

The Courier

88th
Year



Time for Action!

- One Public Estate, Security, Trees, Parking and more

AGM—April 10th
you're invited (see pg 3)



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April 2019
Number 198 (1,038)

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Dear Neighbours,

We hope that you find our usual contributors interesting and useful.

It's the time of year that we, at the SCRA, are busy concentrating on organising the 'official' business: please see our Annual Summary (pg 19, 26 & 29) and then read about Subs Time (pg 17) - you will note that this issue is accompanied by your Subs envelope—please use it now, before you forget. There will be lots of action needed in the next few months, so please keep reading, and join the WhatsApp groups if you want more regular updates..

And without further ado, you are invited to the **89th Annual General Meeting** of the Sudbury Court Residents' Association. The meeting will be held at **St Cuthbert's Church, 214 Carlton Avenue West on 10th April at 7.30pm**. Please come along at 7.15pm in order that we can say hello and make a start on time—there's a lot to get through! Please note that our proposed agenda includes an update from council officers regarding One Public Estate and Sudbury in Bloom, as well as an update from our Safer Neighbourhood Team—we have received confirmation that these presentations will take place, but all are subject to change should unforeseen circumstances occur.

All residents are invited!

AGENDA

- 7.30pm —Welcome
- 7.35pm —One Public Estate—update, followed by Q&A
- 8.05pm —Sudbury in Bloom—presentation, Martin Page
- 8.20pm —Safer Neighbourhood Team—update;
Followed by private security discussion—Q&A
- 8.50pm —break for refreshments
- 9.05pm —AGM business:
 - Apologies
 - Minutes of previous AGM
 - Financial Report 2018
 - Election of Officers
 - Any other business

Looking forward to seeing you there, *Kaye*

If you don't have email and you would like to contact the SCRA , please call:
07933 958 166
(available Mondays and Thursdays 9-5pm,
or leave a message/text and we'll get back to you)

Northwick Park Safer Neighbourhood Team

020 8721 2969 Mobile: 07920 233 752 (Please leave a message)

Email: Northwickpark.snt@met.police.uk

In an emergency dial **999**.

To report a crime and for non-emergencies dial **101**.

For Crimestoppers dial **0800 555 111**.



Dear Residents:

Though the burglary figures have gone down a little, please still be vigilant and on the look-out for suspicious activity. As you are out for your walk during the day or in the evening, keep an eye out for anyone loitering in a car or people maybe ducking down someone's driveway. Try to get a registration number, make and model of a vehicle if you believe it is suspicious, report it to us or 101. Remember, if you believe that someone is in the act or about to break into a house or car then ring 999.

Car thefts:

A number of residents have reported criminal activity, at about 0230hrs in the morning, involving a group of men entering onto people's driveway trying to steal their BMW car on Norval Road. One of the males waves about, what appears to be, a laptop in a bag, whilst the other is crouched next to the door of the BMW. As you can see from the crime figures below, on the 8th of March at about this time, a resident of Norval Road had their 67 Range Rover stolen in a keyless theft.

If residents have an expensive car with an electronic keyless fob access, please ensure that you keep the key in a security pouch (Faraday pouch) when at home and 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.

Catalytic converter thefts:

There continue to be thefts all over North-west London where catalytic converters are being stolen - the cars that have been targeted are Honda Jazz and Toyota Prius. The suspects are all white males, mid 20s, wearing baseball caps and 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 to park your car off road, on your drive, then please consider it, though the suspects have been very brazen even attacking one car on the street outside the victim's address.

Scams:

Can elderly residents, in particular, Asian residents, please be aware of this scam which has occurred recently in the Brent area but not immediately in the Northwick Park area (although it has previously occurred in our area): the elderly person (victim, normally Asian) when out for a walk will be approached by women (who sometimes pull up in a car) typically they put a gold necklace over the victim's head. When the victim says "get off," or words to that effect, they will take off the victim's gold necklace along with the fake one that they have put on the victim. I have known elderly victims to lose rings and bangles in this tactile scam or similar one. Sometimes, in their initial approach, the thief might ask the elderly victim for directions to the hospital and appear distressed and then touch the victim's hand. Please beware of this, and alert your elderly relatives.

Please be aware of Scam Calls via BT landlines. Several residents have been receiving calls, usually early morning, from an adult male, using perfect English and sounding very official. The calls are recordings, and if

left to run their course, reach the end and are dropped. The caller implies that your broadband connection will be terminated in the next day or two and instructs you to press options 1 or 2 for certain things. *Don't press any of the invited options and don't try to return the call after it finishes. The options, if pressed, will probably take you to a Premium Call Number costing upwards of £25 per minute. As you will be initiating the call you will not be able to claim against BT for the cost of your very expensive call. Please be warned.

Cold callers:

The issue of cold callers is an ongoing problem, but I think residents are becoming more vigilant in this respect. Cold callers love the Northwick Park area as there are a number of retired people who live in the area and, unfortunately, they are the ones that frequently get targeted by scams and con men, both on the phone and in person.

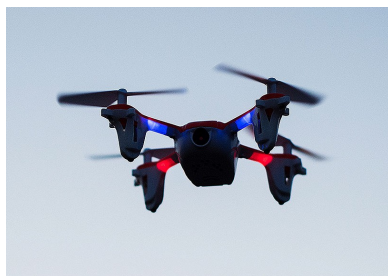
DO NOT BUY ANY GOODS OR SERVICES FROM SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!

Remember, cold callers is the term given to someone you don't know who knocks at your house asking you for work / or providing a service for a fee – driveway washing, guttering cleaning, laying driveways, roofing work. 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.

Drone Activity:



In February there was an incident whereby a number of residents reported a drone flying over Oldborough Road in the evening time; the owner was located by police.

I would like to advise residents on the law in relation to the flying of drones (below) and would suggest that anyone wanting to fly one would go to the model aircraft flying area in Northwick Park and abide by the rules and timings there.

Offences per the Air Navigation Order 2009:

A drone carrying a camera cannot be flown:

- within 150m of a congested area
- within 150m of any open air assembly of more than 1,000 people
- within 50m of any person or thing not under the pilot's control

Drones must not endanger any person/property.

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WhatsApp Groups:

There are now two WhatsApp groups functioning in the ward – the Pebwatch group and the SCRA Residents Watch group. For people like me that didn't know what WhatsApp was till a year or two ago, it's a mobile phone messaging group.

In these groups residents communicate with each other about suspicious sightings 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.

Overview of offences

11th Feb to 11th Mar:

5 Residential burglary: (i) Peel Road (in 50s evens side, 19/02 1830-1930hrs, front door forced, jewellery stolen) (ii) Northwick Ave (in 20s evens side, room in care home broken into) (iii) Sudbury Court Drive (10s evens, 25/02/2019, entry through back door, jewellery stolen) (iv) Peel Road (low odds, 27/02/19 1500hrs – 2045hrs 02/03/19, gold jewellery stolen) (v) Nathans Road (in 20s odds side, 05/03/2019 2010hrs, entry via forcing front ground floor window, jewellery stolen).

1 Theft of motor vehicle: (i) Norval Road (high 20s evens side, 08/03/2019 – 0226hrs, 67 plate Range Rover stolen)

2 Theft from motor vehicle: (i) Byron Road (nr 20s, 21/02/2019 1245hrs, catalytic converter stolen from VW Touran) (ii) Northwick Ave (near 55, 23/02 0001hrs – 01/03 1535hrs, coins stolen from glove box)

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

How burglars operate

Burglars are often opportunistic thieves who prey on houses and flats. They seek out any opening that they can take advantage of, specifically doors and windows that are left open or unlocked or are easy to force. Anything of value that they might spot through a window will only spur them on. But it really doesn't take much to deter these thieves – just smart thinking.

- Burglars target homes that they think will contain valuables. A sure giveaway is leaving packaging from expensive items outside your front door

- Burglars often look for homes with windows or doors left open or with vulnerable features that they can exploit.

- Burglars are aware of the times when someone is expected to be away from their house such as during the school run or holidays

- Burglars typically do not want to be seen or heard and if they feel that they would be noticed by a neighbour or passerby then they are more likely to feel exposed and may move on to find somewhere else to burgle

- Burglars often choose a home because they've spotted a specific vehicle, motorcycle or bicycle they want to steal – and the keys are more than likely to be inside the residence

- Sheds and garages are often vulnerable as they are not that secure and contain tools which the burglar can use to assist them to gain entry to a home

- It's a fact that many burglars return to homes that they've previously burgled because the homeowner failed to upgrade security following the first burglary. They sometimes return to an area to try to burgle a nearby home that they spotted while committing a previous break in. Even more reason for you to ensure you keep your home as safe as houses

Crime Prevention Advice:

Burglary -

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

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try to 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:

Find a whole host of useful info: e.g. crime prevention, crime statistics, 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 Robert Johnson - Northwick Park Ward

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

The Council has been very busy since I last wrote to you. Below are a number of initiatives that the Council have launched since the new year.

The Council's Budget for 2019-2021

After extensive consultation with the local community and the many views received, the Budget Proposals for 2019 – 2021 was ratified at Full Council on Monday 25th February, with the challenge of meeting the proposed cuts of £20,846 million and Council Tax increase of 4.99%. This includes 3% Council Tax and 2% for Adult Social Care and not forgetting the Mayor's precept to fund the Metropolitan Police. The valuation bands for 2019-20, which includes the precept from the GLA is as follows:

Valuation Bands

A – 1,055.23
B – 1,231.11
C – 1,406.98
D – 1,582.85
E – 1,934.59
F – 2,286.34
G – 2,638.08
H – 3,165.70

The amount of resources taken from the Council from 2010 is £164million which represents 60% of the total Council average annual budget.

Unfortunately, there will be further cuts in the region of £20million to cover the Budget period 2021-2023. More details will be released during the coming year.

Local Government Boundary Review

If you recall, I raised the matter of the Boundary Review that will be taking place, in August last year. Some of the changes recommended include the loss of the Northwick Triangle (Northwick Ave, Rushout Ave, Kenton Road and Churchill Avenue). The

recommendation is also to reduce Councillor Representation in the Ward so that you would have two Councillors instead of three. You may wish to give your comments on the proposals. You will need to comment by 15th April 2019. If you represent a local organisation or community group in Northwick Park, please pass this message on to your members or anyone you think who might be interested in the review. To get the report directly or in another language or in a large-print or Braille version, please contact the Local Government Boundary Commission for England at:

Tel: 0330 500 1525

Email: reviews@lgbce.org.uk

Stay Connected is our new communications campaign to encourage more residents to



engage with the council through our multi-media channels. Being connected means al-

ways being informed and regularly updated through our e-newsletters, social media, and website and we want to encourage everyone in the borough to take advantage of it all. The first phase of the campaign focuses on email newsletter subscriptions, based on audience insight, quality content and efficient delivery. Please help to spread the word. The signup page is at www.brent.gov.uk/stayconnected and the hashtag is #stayconnected.



The Council launched its Stronger Communities Strategy on Thursday 21 February.

The Strategy – Brent: Stronger Together includes 25 bold measures to engage new and emerging communities, promote gender equality and tackle poverty, underachievement and extremism. The measures include:

- organise events in Brent to support London's biggest community of EU nationals including a public meeting on 27 March 2019.
- support over 2,000 people into jobs in Brent
- open Hubs in Brent to help residents with housing, debt, employment, and the transition to Universal Credit.
- identify and support women in Brent at risk of marginalisation.

You can find the full Strategy on Brent's website.

Changing the way we deliver adaptations

Our Private Housing Services (PHS) team has launched new services to help vulnerable residents live independently for longer. The aim is for PHS to be the "go-to" service for disabled adaptations and practical assistance for vulnerable residents in the borough. The services are accessible by professional referral only.

What have been the key changes?

Our range of services are designed to improve wellbeing and relieve wider systems costs and demand for other non-council run services. We launched our services through a Safer Homes campaign, which includes a 12 page handbook designed for professionals to help them make referrals to us on behalf of their clients, and a PowerPoint presentation aimed at this targeted professional audience. The PowerPoint presentations are given by staff working in our adaptations and grants teams in Private Housing Services, and are marketed through our network of partner contacts. There are two key new services on offer: A fast-track assistance to ease bed-blocking, and an Acute Handyperson Service to remove risks within the home, assist with quicker hospital discharge and prevent hospital readmissions.

Outcome

Private Housing Services has been working closely with the NHS and internal Brent partners, such as occupational therapists in Adult Social Care, to ensure that clients receive a high quality service. Already the PHS team has seen the benefits. The Acute Handyperson Service, for instance, has been used to de-clutter and deep clean the homes of clients who were then able to be discharged from Hospital. The service included home safety checks, removing trip hazards, carrying out small repairs such as fitting grab rails, moving furniture to make space for a hospital bed, and creating a one room micro-environment for a resident with poor mobility.

A full breakdown of the services now offered by Private Housing Services:

- A Discretionary Disability Adaptations Grant (DDAG)

- identical to the Disability Facilities Grant (DFG) but without a requirement for means testing

- **A Small Works Grant (SWG)** – increasing the upper financial limit to £7,000 and a new **Spend to Save Grant (SSG)** which allows for an increase in the upper limit

- **A Hospital Discharge Assistance Service (HDAS)** – a fast-tracked, prioritised route if a vulnerable person is unable to be discharged from hospital due to housing safety risks

- **An Acute Handyperson Assistance Service (AHAS)** – a new, free of charge service supporting hospital discharge and preventing re-admission by carrying out smaller jobs quickly, such as moving furniture, fitting grab rails, and essential repairs.

LAWRENCE J MAGNIER

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Brent Borough Plan 2019-2023 – Building a better Brent

Towards the end of 2018 we asked what things mattered most to you, and what suggestions you had for making Brent an even better place to live and work.

We listened closely to what you said and we've put together the new Brent Borough Plan. This plan sets out how we can build a better Brent together.

It's an ambitious plan which will be led by the Council, working with our partners and with you. The five overarching themes in the Borough Plan are:

- Every opportunity to succeed
- A future built for everyone, an economy fit for all
- A cleaner, more considerate Brent
- A borough where we can all feel safe, secure, happy and healthy
- Strong foundations

Our vision is to make Brent an even better place now and in the future.

You can read the full Brent Borough Plan on the Brent website:

www.brent.gov.uk/boroughplan

Instructor-led outdoor gym training session in Northwick Park

Now happening at our outdoor gyms. They are free and there is no need to book, so come along and join in.

When? - Every first Wednesday of the month from 11am - 12 noon.

3 April, 1 May, 5 June, 3 July 2019

Northwick Park, The Fairway, HA0 3TQ

Please note: Although the sessions are scheduled to take place monthly there may be occasions due to unforeseen circumstances when an instructor may not be available. Please don't let this stop you from enjoying the equipment as every piece of equipment has instructions on how to use them.

The outdoor gym equipment is strictly for those over the age of 12 years old. If children younger than this are found to be using the equipment, or if the equipment is used inappropriately by anyone, this could lead to risk of injury.

Councillors' Surgery for Residents

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

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It doesn't take much to save a tree and get to know a neighbour.



*One of our happy trees after removing ivy
Our front cover shows one of our groups of
tree-saving guerrilla gardeners.*

Over 2 consecutive weekends, 2 groups of residents turned up at The Pimple to remove ivy from our trees—ivy had killed one tree and threatens to strangle the life out of the rest of our trees there, including a large Oak (approx 250-300 years old). We 'saved' about 25 trees—in just 2 hours per weekend.

I'm going to give a special shout-out to our youngest volunteer, **Tanishka**, aged 11. And here's what she had to say:

"I decided to help take ivy off trees because I love the wildlife and hate the idea of trees being strangled. I hope more people will take part in similar activities to help the wildlife. I think more residents should allow and encourage themselves and their children to help protect nature. Even if this is as little as picking up some litter in your local park."

Both times, it was a lovely way to spend a couple of hours: chat, laughs, fresh air, sense of achievement . . .

Come and join us next time—perhaps we can save ALL our trees. (*contact us for more info*)



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The Memory Café

Support for those experiencing memory problems



Great news! The Memory Café Choir have our next concert coming up.

After the triumph of our trip to Southwark Cathedral, we have been wondering where the next performance would come from. Well, we have been booked for a big service at St Andrew's Sudbury on May 23rd at 7.30pm. The service is a celebration of all the church does around these parts and it will be marvellous. I can't wait to see us up front in our red t-shirts.

What excites me is that we have been booked, not to sing hymns (although we love a good hymn) but to sing 2 wonderful old favourites. I think we will do *Maybe It's because I'm a Londoner* and *When You're Smiling* (the Memory Café anthem). Our

mission with the choir is to cheer people up. Our simple songs seem to go right to people's hearts and I'm glad that the church has encouraged us in this beautiful mission.

I love singing about being a Londoner. That's because London is the greatest city in the world, and you don't need to have been born here to be a Londoner. Membership is open to all – just like our café. All that is required is that you feel like a Londoner. London knows how to pull together and it is a glorious combination of people from different places who make their home here and cherish the freedoms we have.

Why not come along to Memory Café – we're here every Thursday 11-1pm. It will make you happy to be alive – and that's saying something.

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An Easter Story

It is February 1944. Nine-year-old Tony Faulds is in the park with his friends in Sheffield when they hear the sound of a US bomber plane. It is obvious that the aircraft doesn't sound right. In fact, it has been hit by enemy fire and is desperate for a place to land. The pilot waves frantically at the children, hoping that they might clear the area. They wave back, thinking he is just being friendly. The pilot takes a momentous decision. He decides to sacrifice his life and the lives of his 9 other crew members rather than injure or kill the children.

Tony Faulds, as he grew up, makes it his mission to honour those men who die in his place. He tends their memorial 260 days a year, keeping the memory of their sacrifice alive. One day he bumps into BBC journalist Dan Walker in the park. They talk, and Tony

says he would love there to be a fly-past on the anniversary of the crew's deaths.

And so, this year it came to pass. US and RAF planes flew-past; the planes decorated with the names of the heroes who gave their lives all those years ago. The family of the dead airmen came from the US, and thousands attended. Tony waved at the planes, but insisted the day wasn't about him – it was about them.

Easter is a time when we acknowledge the ultimate sacrifice of love – of putting others before ourselves. We celebrate that love wins and death cannot defeat it. We celebrate that the ultimate story of our lives is that we have meaning and that each life is a gift. We would love to welcome you for our Easter services.

Rev Steve

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Talking about bones

Osteoporosis is a condition which causes your bones to become thin and fragile. One in three women will have a hip or wrist fracture in their lives; this is more likely to happen if they have osteoporosis.

Losing bone is a normal part of the ageing process, but some people lose bone more quickly than others, making them more at risk of fracture. In my menopause clinic I often talk about osteoporosis, as women lose bone rapidly in the first few years after the menopause, and it is particularly a problem in women who have their menopause early i.e. before the age of 45. Other risk factors are a family history of osteoporosis, long term steroid use, having an eating disorder or low body mass, or being a heavy smoker or drinker.

Calcium and Vitamin D are required for bone health: most people's diet is reasonably full of calcium, from vegetables and dairy products, but many of us are Vitamin D deficient due to low levels of sunshine in the

winter months and sometimes poor absorption from the skin.

There are many things you can do to keep your bones healthy. These include taking weight bearing exercise, enjoying our sunshine for at least 30 minutes exposure per day to forearms and face, avoiding excess alcohol, not smoking and of course considering taking a Vitamin D supplement. The Department of Health recommends that, during the winter months, all individuals in the UK take a small Vitamin D supplement in the order of 10-25mcg daily (or as expressed in units 400-1000iu daily). Very many of my patients have Vitamin D levels below the recommended 50 ng/ml and many of you will have had high dose Vitamin D supplementation in the form of Ergocalciferol to boost your levels. Please remember after a course of high dose Vitamin D you should continue to take a small dose regularly thereafter. Next month we will talk about bones a bit more.

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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But what causes them and what can be done about them.

There are several reasons why you may develop an ingrown toenail. These include excessive nail curvature, trauma, nail plate problems and even improper pedicure or nail care treatment.

Thankfully, there are several things you can do at home to relieve your symptoms.

These include careful and regular cutting and filing, applying olive oil down the side of the nail to soften surrounding skin and wearing proper fitting shoes.

You can also bathe feet in warm salt water daily, applying gauze to create a barrier between the nail and skin.

However, most patients benefit enormously from professional care to ensure comfort and if caught early will preserve or restore a healthy nail appearance and structure.

We offer professional services

including nail bracing, pedicure and if necessary surgery.

The benefit of using a medical expert is that you have peace of mind, full access to all available options and permanent cures to the problem.

When it comes to ingrown toe nails there is no reason you should, or indeed need to, suffer in silence any longer. And by visiting us you no longer have to.

We've been looking after people's feet and ankles since 1997 and treat a wide range of issues at our centre at the corner of Llanover Road.

We also offer custom made footwear, pedicure services and gait analysis and pride ourselves on the positive feedback we receive from clients – check out our five star Google reviews to see what we mean.

Thanks for reading, *Firoz*

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SCRA Subscriptions—it's time!

SCRA Membership

Any Residents' Association is only as strong as it's membership. We are here to:

"maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates."

We will certainly need your support to ensure that we hold the Council to account with regards to any plans they have for developments in Northwick Park (One Public Estate). We will also be looking into Security and Parking over the coming months.

Our membership fee is £5.00 per household per calendar year.

You can also add a donation toward the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. As traffic increases, trees offer us some environmental protection against pollution, are a food source and habitat for wildlife, as well as offering us a 'feel good factor'.

Please give as generously as you can, in order that we keep our streets 'leafy'! We have lost a number of trees recently, in the strong winds—so topping up the Tree Fund is essential.

Sudbury Court Horticultural Society

Members of the SCHS, and those who wish to join, should include their annual subscription of just £3 in the envelope: they will be passed on to SCHS.

As a member you can participate in shows as well as order all your Spring bedding plants (and more) at very competitive prices; this can save your annual subscription many times over. You can also join us on our annual outing.

You can also add a donation to your subscription if you would like to do so.

Do it now! (please)

Sadly, the number of residents paying their annual fee has dwindled hugely in the last few years. It's very disappointing, and it means we are diminished as a community. (see pgs 19 & 26 for a summary of our activities this year)

Please pay your membership before you forget!

* complete your name, address and post-code on the envelope provided, in BLOCK CAPITALS. If you are on email, please do also include this, as it's much easier to keep in touch with everyone this way.

* NOTE what you are paying for, i.e. Sub, plus donation.

* INCLUDE payment—cheque (made payable to SCRA) or cash

* deliver it to one of the collection addresses noted on the envelope; some streets have neighbours who collect envelopes on our behalf.

* Or annual **Direct Debit**—we are trying to encourage people to set up a DD, as it means that they don't have to think about it every year, and make the effort, it just happens automatically. If this would work for you please make sure you use your house number and street name (e.g. 72 Spencer) as your reference (without your reference it will be impossible to allocate your membership to you!):

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SCRA Summary 2018/19

Chair's Report

I'm in danger of repeating myself in writing this report. I resigned from the Chair 2 years ago, and from the committee last year—and yet I find myself still here.

I have continued to chair monthly SCRA Exec meetings, and have continued to attend weekly meetings up to June 2018 and monthly meetings thereafter at Byron Court School.

Having had grand ideas of what I would like to achieve at the beginning of my tenure as Chair, with one of my main ambitions to increase membership and involvement of residents, it has been very heartening of late that we have had an increase in involvement of residents in some local issues and activities; I hope this trajectory continues.

Executive Committee

Over the past year, we have continued to be active in monitoring the Byron Court Primary School expansion and ensuring the views of residents are heard; we have been representing residents at meetings with the Council and the Contractor. We are also representing residents as part of a Joint Working Group, which includes representatives from the School and council officers, specifically working on the development of a Travel Plan. With the expansion nearing completion, we are looking forward to some respite from this after April 2019.

We have also fought for better representation of residents by Ward Councillors, and continue to support your Safer Neighbourhood Team.

We are looking forward to more action on a number of issues in the coming months—including, finally, consultation on One Public Estate.

Residents' meetings, as well as specific one-issue meetings, have been well attended.

SCRA Financial Report

This will be available at the AGM

One Public Estate

We have been continuing, with difficulty, to monitor the progress of the OPE initiative via

publications, press releases and Freedom of Information requests, but the Council have been playing their cards very close to their chest.

We have heard, very recently, however, that consultation on proposals are imminent. As such, we have invited council officers to attend the AGM in order to update us. At time of writing, we have no further information.

Byron Court School Expansion

If you live in the close environs of the school, you will appreciate the level of disruption that has been caused by this project.

Some limited parking restrictions were placed in strategic areas; in the main these have worked in favour of residents from a safety point of view, if not from convenience.

'Community engagement' meetings continued weekly until June, and then monthly, whereby we have been able to hold the construction company to account with regards to disruption from noise, light, keeping the roads clean and clear, keeping construction traffic to the agreed routes, repairing any damage caused, etc. Resident feedback has been instrumental in achieving much of this accountability—we couldn't bring issues to the attention of the construction company without your input.

As a result of repeated transgressions to the agreed Traffic Management Plan, we managed to secure an agreement to penalty fines being instigated. At time of writing, fines of £4,000 have been agreed—they will be paid to the SCRA, and we will consult you as to how the money will be spent.

We have also agreed a list of repairs and 'Social Value' items from the construction company, e.g. new benches, repairs to grass verges in Abbots Drive and Holt Road—replacing some wooden bollards. A full list will be available shortly.

Proposed Highways Changes around the School—council officers attended a residents' meeting to discuss the proposals. This was well-attended.

As a result of the many voices, most of the proposed changes were not implemented.

Cont'd page 26

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Northwick Park Community Garden Update



Great news! Our application for NCIL funding was approved by Brent Council. We would like to say a BIG thank you to SCRA and local residents for your support.

The next step, after finalising the paperwork, is to buy the lovely plants and trees we've talked about at our recent workshops. We'll also be planning the first Permablitz gardening day when we'll start planting the community garden area. We'll share more information shortly.

We've launched our website: www.northwickparkcommunitygarden.com, where you can catch up on news, see the photo gallery, and join our mailing list if you wish to receive regular updates.



We held a Quiz Night on 3rd March, at the Windermere Pub, which was good fun – and we managed to raise £300 - thank you to everyone who joined in!

We plan to hold our next workshop during the RHS National Gardening Week, which is Monday 29th April until Sunday 5th May; we'll provide further details shortly, via our website, Instagram and Facebook (@northwickparkcommunitygarden).

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

Join us for Easter at your local Church **saintcuthberts**

Lent and Easter at St Cuthbert's North Wembley

Sunday March 31st 10am

Sunday April 7 April

Cafe Church (breakfast at 9.30).

Celtic Lent Service 6.30pm

Sunday April 14th Palm Sunday 10am

Good Friday April 19th

An Hour at the Cross 12pm

Sunday March 21st Easter Day 10am

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CALLING ALL GARDENERS

**Sudbury Court
Horticultural Society**
Your local gardening club

Every year brings a few seasonal challenges for gardeners. In 2018 we faced up to a very cold spring while this year we basked in late February sunshine. Somehow nature manages to cope with all the changes. Just now the blossom trees on our estate are putting on a splendid early show though tossed about a bit in the winds of early March. Particular pleasures are the almond trees in Carlton Avenue West and the magnolias that grow in many people's front gardens on this estate.

The new season for our society is already under way. As I write we are preparing for the Spring Show mentioned last month. Daffodils certainly promise to be at their best for the occasion. However, the Spring Show will be just a memory by the time you read this April Courier so we want to draw your attention to our next event, the Plant Sale and Coffee Morning.

Members will have received a yellow order form with this year's programme booklet. This should be returned to Robert Smith by Sunday 14th April if you wish to order bedding and/or vegetable plants for your garden. This year half boxes of plants will be available to allow a wider choice of plants for your garden. All will be ready for collection at the Plant Sale and Coffee Morning on Saturday 18th May.

While preparing the ground to receive these newcomers, it is helpful to add some compost giving new life to our heavy clay earth. The compost bin, lurking in a corner of the

garden, receives regular contributions of vegetable peelings from the kitchen as well as cuttings from the garden. Below these recent additions are last year's – now well rotted and ready to harvest and spread on

the beds. It is especially handy to have two bins, so that the top layer of recent additions can be moved into a second bin to reveal the good stuff underneath. Just mulch the beds with compost and the worms will do the job of mixing it with the clay.

Every garden should grow a few vegetables. There is nothing like the pleasure of eating salads fresh from the garden. Vegetables freshly harvested, popped straight into the pot have a flavour much more intense than those bought expensively in the supermarket. Such produce feels exhausted after a

long air flight. The potager style of gardening is very popular, with flowers, herbs and vegetables all together in the same bed. A border of beetroot or radishes can look very attractive among summer flowers, while in a sunny spot a tomato plant can well sit beside a dahlia or a chrysanthemum and happily produce fruit while the autumn flowers are maturing. We know that many of you who love your gardens have not yet joined with us in the Society. Why not give it a try this year? Using the SCRA envelope with this Courier gives an easy way to pay your subscription or renew membership, just £3 per household. Come and join in!!

Margaret Roake



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THEATRE COMING BACK

The Librarian Theatre will be coming back to perform their adaptation of The Green Ship by Quentin Blake on Wednesday 8 May. We also hope to have extra performances at the end of June. Please contact us for more info

NEW ACTIVITIES:

Home Work club for primary school age on Sat 2:30-4:30pm.

'Learn how to do Henna'— 6 week course for 10-14 year olds. Wednesday 23 April, 3:45 - 5pm (£1 p/week towards cost of materials).

Donations of **Wool** and **gauge 00 railway items** welcome.

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There are various regular activities—full details can be found on our website barhamlibrary.uk

ART GROUP

Tues 1-3pm (£2 donation)

CRAFTS

5-11 year olds – Saturdays 2-3pm

STORY TELLING & RHYME for under 5s

Weds 11am-11:30pm, stay until 1.30pm to read and play. (50p donation)

MEMORY LOUNGE

Tues 10.45am-1.15pm (chair Yoga at 11.45)

KNITTING SEWCIAL

Weds 10:30am-12:30pm

(£2 for refreshments and donated wool)

YOGA

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SCRA Summary 2018/19 *Cont'd from page 19*

The ones that have will be reviewed after 6 months. We have also asked that a pilot scheme of road closure be investigated.

We will continue to update you.

WhatsApp groups

We currently have three general SCRA groups, a Pebwatch group and a Spencer Road group for residents living in the streets around Byron Court School. Membership ranges from 198 for the Residents' Watch group to 52 for the Spencer Road Group.

After problems with non-security reports being posted on the Watch Group a Chatterbox group was created—for general resident issues. A few members of the latter group have decided to leave, due to the volume of postings and their personal preference for security issues only. Our Notifications group is proving to be very useful for posting general notices of interest to SCRA residents.

The Police Safer Neighbourhood Team find the Watch group very useful. Members' postings are helping them to piece together reports and sightings when linking and investigating incidents on the estate.

Members of our groups are thanked for their vigilance and reporting of suspicious behaviour. These postings help in protecting our Residents in a big way.

Street Ambassadors

We are gathering momentum in recruiting Street Ambassadors—and we'll need every street covered over the next few months, where we will require action on OPE, 245 bus, parking, etc. If you haven't met your SA yet—maybe your street doesn't have one. You could miss out on potential important information. Get involved!

Sudbury in Bloom and Trees

Wildflower seed has been sown on the verges along Watford Road (East Lane junction to John Lyon island). Daffodil bulbs have been planted on same verges and at Oldborough Road.

More wildflower seed for other locations will be delivered to SCRA—residents can volunteer to plant at agreed sites.

Note—due to our heavy clay, we don't know how successful the wildflowers will be—we can but try.

Oak trees have been planted at Northwick Park, near the playground.

Several tree stumps have been removed (whole Sudbury area), clearing space to plant new trees.

New trees are imminent for East Lane and Littleton Road.

Saving Trees (see page 11) Get involved!

Cont'd page 29



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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:

preeyaatthecourier@hotmail.com

JOKES

What does a nosey pepper do?

Gets jalapeno business!

What do you call a fake noodle?

An Impasta

What do you call an alligator in a vest?

An Investigator

What happens if you eat yeast and shoe polish?

Every morning you'll rise and shine!

What's the difference between a guitar and a fish?

You can't tuna fish.

Did you hear about the race between the lettuce and the tomato?

The lettuce was a "head" and the tomato was trying to "ketchup"!

What do you get from a pampered cow?

Spoiled milk.

RIDDLES

What do you throw out when you want to use it, but take in when you don't want to use it?

Anchor

Thousands lay up gold within this house, but no man made it. Spears past counting guard this house, but no man wards it.

Beehive

The man who invented it, doesn't want it. The man who bought it, doesn't need it. The man who needs it, doesn't know it.

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I am so simple, that I can only point, yet I guide men all over the world.

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SUDBURY NEIGHBOURHOOD CENTRE—will be holding an Easter Fair on Saturday 13th April from 11.00am until 2.00pm.. Plenty of fun and games for the children with stalls and gifts on sale for grown-ups! All are welcome, do come and support this splendid local facility.
809 Harrow Road, Wembley, HA0 2LP. Tel: 020 8908 1220
www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—Having hugely enjoyed singing Verdi's Requiem with the three choirs, a full orchestra and wonderful soloists we are now starting to rehearse our summer programme - "A Night at the Opera", for June.
All singers are welcome to join us for a 'Concert from Scratch' (learning and then singing the Beethoven Mass in C) from 1:30pm on Saturday 11th May at Harrow High School, Gayton Road, HA1 2JG. If you are interested in joining us for this event you should telephone 0208 863 7009.

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.stlukeswalkingwalks.org.uk

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SCRA Summary 2018/19 *Cont'd from page 26*

The Courier

The Courier is now bringing in a small income to the SCRA.

Huge thanks to our volunteer deliverers and our advertisers—The Courier only exists because of you.

Website

www.the-scra.co.uk

Where you will also find all copies of The Courier. We're still in need of a volunteer to help with adding content. PLEASE!

Planning

It's not possible to go into detail on individual cases, in summary:

We monitor planning applications, submitted to Brent, for possible breaches; giving comments and suggestions for amendment.

We are also noticing more damage to kerbs and grass verges by careless driving or indiscriminate parking; we are monitoring.

Membership

We have a very slight increase in membership from last year—around 600 out of 2,800 residences! It continues to be worrying for the future of the SCRA, and I urge you to talk to your neighbours and encourage them to join.

And finally . . .

Thanks to the SNT who work tirelessly to keep our community as safe as possible.

Thanks to the Memory Café team—what an amazing addition to our community.

Thanks to our WhatsApp admin team.

Thanks to the SCRA Executive for continuing to support this brilliant community. And especially Aileen, who is very busy at this time of year dealing with all the membership receipts.

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Kaye



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