

The Community Magazine for the  
Sudbury Court and Pebworth Estates

May  
2019

# *The Courier*

88th  
Year



## *AGM Update*

- One Public Estate, Security and Trees

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Dear Neighbours,

We're nearing early summer, surrounded by the last of the blossom, and still enjoying the wisteria, with (hopefully) more blue skies—it's a lovely time of year across our two estates. I hope you don't mind me sharing the photo (front cover) of my wisteria from last year.

Having been at the AGM very recently, it was good to hear that our magazine is still found useful and informative—I'm always happy to hear from residents who have stories and photos to share, please contact me [editor@the-scra.co.uk](mailto:editor@the-scra.co.uk)

Speaking of the AGM—there was a very good turnout, but if you were unable to attend, we have a summary of notes on pages 17, 18 & 30.

Another bonus of the weather improving, is we turn to the outside more, and we have an update on the Sudbury in Bloom initiative (pg 11), as well as the Northwick Park Community Garden (pg 19) - what's particularly brilliant about the NPCG is the workshops they've been running—residents who are new to gardening have the opportunity to join in and learn—and there will be opportunities to volunteer for some hands-on gardening knowledge and experience in bringing the Community Garden together.

I'm sure you'll be glad to hear that the Byron Court School Expansion is pretty much completed—the final (hopefully) update is on page 23.

If you want to join the Seniors' Outing for this year, we have a date—7th August (pg 25).

And finally, we're providing our Street Ambassadors (SA) with a badge! Initially, they'll be talking to you about your Subs, but over the next few months they will be talking to you about your views on private security (Sudbury Court Estate), and parking across both estates. It's really important that you get to know your SA, and that you engage in the conversations. We will also be inviting you to a meeting on parking/traffic, probably next month.

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

PCSO Charlie Charalambous,  
PC Finn Kennedy (author of this article)  
PC Hobday  
Sergeant Yu Zhang



Summer is approaching so please be aware as the weather gets warmer of leaving your doors and windows open, even if you are in the house – in summer we get an increase in burglaries through open doors/windows both in daytime and night time. Many an occasion on patrol during the summer, I have seen people leaving their front garage doors open when they are not in their front drive – you never know who is passing by so please don't give an opportunist thief a chance. If you want to leave a window ajar, please ensure that your window has a restriction device on it so it can only be opened a certain amount and a person cannot climb in. For full crime prevention advice please read the burglary crime prevention advice in previous issues of The Courier, and on the Met Police website.

## **OWL is coming to Northwick Park:**

The council have paid for an online Neighbourhood Watch platform called O.W.L – this stands for Online Watch Link. The website is [www.owl.co.uk](http://www.owl.co.uk)

We will be using this platform to send out our alerts to residents about crimes happening in our area and other information of benefit to local residents. We will also be sending out the same alerts on the various WhatsApp groups and from time to time on Twitter. We urge you as local residents to register on OWL in order to receive these alerts.

## **Recent activities:**

When we are not doing the paperwork to do with case files, we are out on patrol. On 30<sup>th</sup> March we were waiting in an unmarked car on Campden Crescent with a scrap collectors van that we had seized for no insurance when a stolen moped came down the road with two youths on board. The moped crashed as it tried to avoid us, the driver running off, being pursued by a hot-footed PC Hobday and Charlie. The driver apparently

escaped through the gardens of Pasture Close. The pillion passenger was arrested by Sergeant Zhang and myself; the driver was later arrested at his home address. Both males are currently under investigation for a number of offences, including theft of the moped, no insurance, no licence, failing to stop for police and possession of cannabis. We suspect this moped is the one that we received complaints about earlier in the day, which was reported on the WhatsApp group.

On 23<sup>rd</sup> March PC Hobday, Charlie and I were on patrol in Elms Lane when we saw three persons pull up in a Mercedes car, where there was a strong smell of cannabis. All 3 were detained for a drugs search, and cannabis was found on the female driver. It transpires that the car was on false plates. The true identity of the car was discovered and the driver was dealt with for a number of traffic offences, drugs possession and the car was seized.

On 22<sup>nd</sup> March your team was on patrol in Northwick Avenue due to ongoing complaints about drugs being dealt locally when a male was seen sitting in an 18 plate Audi: a small quantity of drugs was found and it was established that the male had driven the car there without insurance. He was processed for drugs possession, no insurance and his car was seized.

## **Mobile Finger Print device and Dippers:**

Your team has now been issued with an electronic mobile fingerprint device; recently we were called to a bank on Wembley High Road, where a woman was loitering and the bank employees were suspicious that she was what we call a "dipper", a pickpocket. This woman showed ID and gave a false name; she was fingerprinted on site, and it was found that she had four warrants for her arrest, incl one in Switzerland. Please be cautious when withdrawing large amounts of



of cash at the cashpoint or bank, there may be people nearby watching you. If you do need to withdraw cash then ensure that you put it in a secure internal jacket pocket and be cautious around anyone you don't know accosting you outside the bank or on the High Road. 'Dippers' tend to target the elderly, or men who put wallets in back pockets, or indeed women who put their purses in their bag on a child's buggy.

#### **Robberies of elderly residents in NW area:**

On 9<sup>th</sup> April there was a video posted on WhatsApp of a robbery of an elderly Asian woman in Southall. I would like to make you aware of this robbery scam so that you can inform and advise the elderly persons you know as this has previously happened in the Northwick Park area.

How this robbery/scam generally goes: when an elderly person is out for a walk alone, a car will pull up near them, generally with a woman in the back passenger seat. This woman, speaking in broken English, will ask the elderly person for directions. The woman will then get out of the car, approach the elderly person, thank them and hug them, then the woman will put a fake necklace on the elderly person's neck. The elderly person will tell them to stop and get off, then the woman will remove the fake necklace along with the elderly person's own necklace at the same time. The woman will then get back in the car, which is being driven by a man and they drive off having robbed the person.

Though a lot of the elderly person's targeted have been Asian, this is not always the case. These vermin are after gold and will target anyone who might have gold on them, including elderly men and women. I have known thieves involved in this robbery scam to slip the rings off the elderly person's

fingers and to remove their bangles. Please alert the elderly whom you know of this, particularly elderly Asian residents.

#### **Real Police and the fake ones:**

There have been reports on the WhatsApp group that a group of men are going around dressed in Police uniforms doing burglaries – as far as I am aware there has been one on the 06/02/19 in the Brent area. I have viewed the footage of these males and they are in plain clothes with stab vests and woolly hats with Police written across the top; they do have a battering ram with them so, again, this is something to be aware of.

Having viewed the footage, their stab vest doesn't look at all like our stab vest (see photo, next page) and what they are wearing looks quite fake to me, but then I am accustomed to the real McCoy - but I can see how someone might be duped by what they are wearing. Please look at the photo and accustom yourself to what the officers are wearing. Met Police officers have a Stab vest called Met Vest with pockets in it; the Metropolitan Police logo and words Police Officer.

If an officer in uniform calls at your address, they should have a uniform similar to the photo below, a male officer might be wearing a flat cap hat, as opposed to the helmet shown, if the officer is wearing a hat at all.

The officer should have a Police radio working on the North West channel along with the Body Worn Camera like the one in the photo. They might also have arrived at your address in a marked Police vehicle. If you are in doubt of the authenticity of a police officer in uniform, do not let them in but ring 101/999 who should be able to confirm whether the officer is genuine.

(see photos, next page)

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The Body Worn Video Camera



Even more caution should be shown towards a person who is not in uniform, but they should also have a Police radio, Body Worn Camera; be wearing the Met Vest as above, and be able to show you their Police Warrant Card. However, if in doubt, do call 101 or 999 (if you feel it is an emergency), the Police Operator should be able to confirm remotely whether the officers are genuine or not: they will be able to communicate directly with the officers and our radios have GPS. If in doubt, do not let them in until you have established their identity.

Having said all of the above, I have heard of elderly residents being 'cold called' by fake police (burglars), who are not in uniform, who say that there have been a lot of burglaries in the area and they need to do an inventory of elderly persons belongings in case of burglaries. Once inside, these fake police will

then steal the belongings of the person.

A few years ago in the Wembley area there was a burglary involving 3 men, I believe, in a uniform of sorts, who had cold called on an address. They convinced the occupants to let them in and then 'held up' inside the house, by the men who demanded jewellery.

Around the London Designer Outlet (LDO) in the last year or so, I am aware of Chinese and Japanese tourists being approached by young men who said they are Police and then searching the tourists and "confiscating" their belongings. These men were obviously fake police and the tourists were robbed. The LDO security and Police are aware of this scam, as are the hotels and tour operators.

The bottom line, if you have not called the Police, then someone saying they are the police at your doorstep then you should be cautious. Be 100% confident that they are a police officer before you let them in your home. Be cautious if you get a phone call from a person saying they are police and that someone has been caught using your bank card, or telling you that someone has accessed your bank account. Do not disclose any bank details over the telephone to anyone, even if they say they are a police officer, a Police Officer will never ask you for your bank details or ask you to go to the bank and withdraw cash.

#### **Cold callers:**

A persistent issue in this area. There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scams/con merchants both on the phone and in person.

**Do not get any goods or services from someone who randomly phones you or knocks at your door!! By doing so, you are encouraging them to continue to come into the area!**

If you engage them, and they are in your property, on your driveway or doing your gutters and able to see through your windows, 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.

**Bottom line - do not engage with cold callers.**

## Overview of offences 10<sup>th</sup> Mar—10<sup>th</sup> April:

1 Personal Robbery: East Lane outside Tesco (11/03 1445hrs, victim was using the cash point, when males approached him, distracted him and stole his bank card, they made off in a car and were later arrested).

1 Aggravated Burglary: address not going to be disclosed due to the suspect being a family member.

3 Residential Burglaries: St. Andrews Ave (28/03 1920hrs – 2020hrs, in 10s evens side, entry forced by window at the rear of the house, jewellery stolen); Mulgrave Rd (28/03 1530hrs – 29/03 1100hrs, in low odd numbers, house under renovation, burglars have gained entry by pulling off the hardboard on the newly-built patio entrance using a crowbar; tools and fixtures stolen from inside); Elms Lane (30/03 2210hrs, 70s evens side, suspect has walked up to house in darkness, got through unlocked front window, suspect has then run off when he realised that someone was inside)

2 Attempted Burglaries: Priory Gardens (16/3 2352hrs, suspects have gone into back garden and stolen CCTV camera, no damage to her house, however it is believed to be in preparation of a possible burglary); Blockley Road (27/03 2120hrs, in 10s evens side, someone attempted to force entry to the front using a garden ornament, once the occupiers looked out the suspects have run off)

4 Theft from Motor Vehicles: Campden Cresc (near 20s evens side, 17/03 approx 0045hrs, two males have entered unlocked car and stolen photographic equipment); Carlton Ave West (27/03 1430hrs, near 80s evens side, someone was loading a van, when someone came past and stole a drill); East Lane (27/03 1500hrs, suspects have broken into works van and stolen tools) Northwick Ave (28/03 0900hrs – 1800, near 60s odds side, catalytic converter stolen from Toyota Prius);

2 Attempted Theft from Motor Vehicle: Northwick Park Hospital (16/03 1830hrs – 22/03 1410hrs, suspects have tried to get into a Range Rover by smashing the window); Rushout Ave (23/03 0910hrs – 23/03 1215hrs, suspects have tried to prise open the side door of a BT Openreach van)

Your team would welcome any information on anti-social behaviour or criminal offences occurring in the area—please contact us:

**020 87212 969** or

**07920 233 752**

**[NorthwickPark.snt@met.police.uk](mailto:NorthwickPark.snt@met.police.uk)**

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

### Useful numbers:

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

For non-emergencies, ring **101**

To give information anonymously call Crimestoppers on **0800 555 111**

### Useful websites:

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

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

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

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

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# Councillor's Comments

**Cllr Keith Perrin - Northwick Park Ward**

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twitter: @perrinsfarm Telephone on 07711 561848

Dear all, I am sorry that I haven't been able to prepare my

normal type of Councillor Comment's article this month; this is because I was away for most of March on a well deserved (well I thought well deserved) holiday. In its stead, I thought I'd provide details of Brent's street cleaning regime, as it is one area of service which is important to us all and changes most often due to the reductions in funding that the Council receives.

## **Brent's street cleaning programme**

When cleaning the streets we work with our contractors to:

- ♦ ensure that Zone One roads (generally town centres) are cleaned between 7am and 10pm every day
- ♦ ensure that the cleanliness of our streets never drops below a grade B standard (see below about grading standards for litter on highways)
- ♦ remove dead animals from the public highway
- ♦ empty litter bins when they are 75% full
- ♦ make sure that all our refuse and recycling contractors leave the street clean and tidy after emptying your bins and boxes
- ♦ clean gullies (roadside gutters and drains)
- ♦ make sure that streets and roads are kept clean, tidy and free from graffiti
- ♦ clean all street furniture (including

signs, benches and bollards) at least twice a year

## **Leaf clearance**

- ♦ Crews will be working in areas of the borough with the most trees and heaviest leaf fall from Monday 29 October onwards to clear the pavements of leaves.
- ♦ "Brent's annual leafing plan has been running successfully for many years and its main aim is to collect leaves from the public highway for recycling - rather than sending to costly landfill - over recent years tonnage has increased from 80 tonnes to 200 tonnes.
- ♦ This 10 week plan with two dedicated teams runs from October.
- ♦ The leafing team prioritises those streets with the heaviest leaf fall which are mainly in the South of the Borough with extensive London Plane trees. This means that the team(s) must be kept to the schedule on the designated streets and cannot be pulled off for normal street cleansing. If they are pulled off, it will leave them behind on the whole schedule.
- ♦ These dedicated teams are not a street cleansing resource to remove small amounts of leaves across the borough but must rightly focus on where we can remove the most leaves for recycling.

## **LAWRENCE J MAGNIER**

*86 NATHANS ROAD, NORTH WEMBLEY*

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- ♦ There are certain streets in the South where a sweeper can remove all of the leaves on a 50m stretch, turn around, and continuous leaf fall has completely covered the street again. Just because a leafing team has been on a street does not mean that the street will be free of leaves due to continual leaf fall. This will continue until the leafing season is over".

### Emergency clean up

- ♦ Spillages on the highway are highly dangerous and can cause serious road traffic accidents and they are expensive to clean up.
- ♦ If you see an incident of a spillage on the highway such as oil, gravel, dropped cargo or sand on the road, please contact us immediately.

### Report your street for cleaning

Use our Cleaner Brent app  
or call **020 8937 5050**

Grading structure for street cleanliness

Grade A: no litter or refuse



Grade B: predominately free of litter and refuse, except for a few small items



Grade C: widespread distribution of litter and refuse, with some items spread across the road



Grade D: heavily littered, with significant piles built up.



Three intermediate grades will also be used. These are:

B+ between Grade A and Grade B

B- between Grade B and Grade C

C- between Grade C and Grade D



### Service changes to street cleansing

Following sustained budget cuts, the council has had to take the difficult steps below.

- ♦ From 1st April 2019 it has been agreed that 106 litter bins will be removed across the borough and additional litter pick services on residential roads will cease. These changes, which were agreed following a consultation with residents, will save £250,000.
- ♦ Teams will continue to sweep residential streets as normal and we encourage residents to report excess litter on the Cleaner Brent app

If you or your resident's group would like to organise a litter pick in your area, the council can provide litter pickers, gloves and bags.

For more information, please contact: [mark.obrien@brent.gov.uk](mailto:mark.obrien@brent.gov.uk)

### Grass-cutting in our 'pocket parks'

Both Elmwood Park (off Elms Lane/Sudbury Court Road) and The Pimple (off Pasture Road/Campden Cresc) form part of this year's meadow areas—the highlighted areas on the maps won't be cut. Following feedback from residents the council reduced the size of the meadow in The Pimple by half this year, to allow for general amenity space.



### 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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## Sudbury in Bloom—Martin Page

The first stages of Sudbury in Bloom were completed in March, a joint project with SCRA, STRA and Brent Council aimed at bringing flowers to Sudbury.

Three main areas of work completed are: New native provenance English Oak trees planted on Northwick Park near the play-ground, grown from acorns collected in Kent; the importance of native provenance is that it maintains the integrity of Oak species *Quercus Robur*, which has more value to wildlife.



The second initiative is to create wildflower verges on Watford Road, this is a trial project to assess the establishment of wildflowers, a stage further than reduced mowing. Seeds were sown in the winter, some have already germinated and are in flower now. Wildflower seeding is difficult on clay soil, we hope that residents will support this part of Sudbury in Bloom and be patient while new plants establish. Further seeding will be needed in the autumn to increase the proportion of flowers in the

The final part of Sudbury in Bloom is planter boxes in Sudbury Town Centre, small flower troughs fixed to railings and larger free standing boxes on footpaths. Each boxes has been planted with a mix of larger permanent plants and small annual flowers. Shop-keepers in Sudbury Town Centre are involved and will 'sponsor' boxes by watering the plants.



This project was funded by a grant from GLA and neighbourhood CIL money paid by developers in the Wembley area. Brent Council has secured sufficient additional funds from CIL to continue this project with more planter boxes in the town centre and further wildflower seeding to grass verges or areas of open space in Sudbury.



# The Memory Cafe

Support for those experiencing memory problems



Well folks, we now regularly get 100 people at the Café. I think this must be one of the most successful weekday groups in the country. That isn't bad for an initiative that definitely started small. Our Bible invites us not to despise the day of small beginnings. So that's ok then.

Our choir has recovered from our trip to Southwark Cathedral. It was quite an adventure. We had a very small coach (it was a school bus) plus a very large number of people. And there was a driver who managed to get lost quite regularly.

The good news is that we have other concerts coming up for our choir. This article is to invite you to come and sing. The good news is that it doesn't matter at all if you can sing. Being able to sing is an added bonus

not a requirement. Everyone who wants to join in is welcome. Our choir members get a very fetching t-shirt and we sing the kind of great old songs that everyone loves.

I am inspired by the choir, and the fact that is entirely run by local people for local people. It is a home-grown marvel and is a life-affirming thing.

However tough life is, we can sing. Indeed, I sometimes think that when the chips are down singing is the greatest defence we have against feelings of hopelessness.

I believe in faith, hope and love. That's why we have a choir.

We invite you to join us any Thursday 11-1.

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We have such a beautiful church building. It may look a bit austere from the outside, but inside it is a haven of light. Plus, we now have new heating so we are warm – which is a huge joy. I personally think that it is sad when a church is closed a lot. We want our church to be a centre for this community – full of vibrancy and the sound of laughter.

I have felt, since I first came here, that we could be a centre of musical excellence: the acoustics in the building are excellent and we now have a wonderful grand piano.

The whole community loves a good musical evening. We have been blessed over the last few years, with hosting an Elvis tribute evening, the Metropolitan Police Choir, Harrow harmony and Anna's palm court trio.

So, I am declaring here that we want more

of this. We want people to come to church during the week, and on Sunday, and be part of this community. I am hoping that we can have musical events at quite regular intervals. A church thrives when it has music and worship at its core.

When I was a boy I used to love going to our local church and hearing various kinds of music. Later on, I worked in the music industry for a while and have always had music as a part of my life. These days I am much more into classical than rock – but we all get old eventually don't we! I now prefer music that doesn't require earplugs.

Mozart is a balm for the soul and we see something of the wonder of human creativity and divine creativity too. That can't be a bad thing.

Rev Steve

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## Talking about bones—Part 2

We were discussing osteoporosis last time, the condition which leads to thin, fragile bones. Don't mix up osteoporosis with osteoarthritis, it's completely different. Osteoarthritis is a wear and tear process affecting joints, making them painful, stiff and swollen and is generally linked to having had too many birthdays. Osteoporosis however is a painless condition which is not outwardly visible and can only be diagnosed with imaging, although when the bones have become really thin and fragile, fractures do occur, and this then leads to the chronic pain of compression spinal fractures, and wedging of vertebra causing the characteristic stooped posture. It's difficult to manage once this has occurred, so prevention is crucially important.

We diagnose osteoporosis using a particular test called a DEXA scan. These are not readily available on the NHS unless you have specific risk factors and usually your GP will

have undertaken a risk assessment using an online tool known as FRAX or Q Fracture to decide if you require a dexamethasone scan. Those of you who have had a diagnosis of osteoporosis will be familiar with the T scores that indicate and quantify the level of bone thinning. You may also have heard of the halfway house condition "osteopenia" which is really a measurement indicating a progression towards osteoporosis and should be seen as an alert to take steps to avoid becoming osteoporotic.

As well as the lifestyle interventions which are really important, (diet, exercise, sunshine) there are drugs which we use to prevent further deterioration. In young and middle aged women, the best treatment is hormone replacement therapy. Other drugs such as Bisphosphonates are used in older women not suitable for HRT and of course in men who also can develop osteoporosis.

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We do not look to cure osteoporosis, but to prevent further deterioration.

Further information about osteoporosis is available from the recently renamed Royal Osteoporosis Society.

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

They “provide information, support and networks for people living with osteoporosis, and work with healthcare systems to improve diagnosis and care. Our sight is firmly set on a future where no one is affected by osteoporosis.”

The key to this condition is to avoid it happening in the first instance.

**DR JANE WOYKA**  
**MA MB BChir MRCGP DFSRH**

If you have any questions on health issues, or would like Dr Jane to write about anything in particular, please do let us know, and she will endeavour to answer in the next month's Courier.



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Shereen Shaw said: "It's the best treatment I've ever received. I had a relaxing foot massage and pedicure and it was simply fantastic. Anamaria is so friendly but also really professional and superb at her job."

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To make an appointment with Anamaria, or for any other foot or ankle issue please call us on the number below.

Thanks for reading,  
*Firoz*

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## AGM Notes—10th April 2019

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### ♦ Welcome

Meeting began at 7.35pm

### ♦ One Public Estate (OPE) - Update

- presented by Gordon Cooper - Project Manager, Property Unit—Resources, Brent Council

- Update on the last 2 years
- OPE aim is to encourage Public Sector organisations to collaborate with others, to improve services and deliver affordable homes.

(as a reminder to residents, added by KJ after the meeting: definition of OPE from local.gov.uk—

“OPE partnerships across the country have shown the value of working together across the public sector and taking a strategic approach to asset management. At its heart, the programme is about getting more from our collective assets - whether that's catalysing major service transformation such as health and social care integration and benefits reform; unlocking land for new homes and commercial space; or creating new opportunities to save on running costs or generate income. This is encompassed in three core objectives:

1. creating economic growth (new homes and jobs)
2. delivering more integrated, customer-focused services
3. Generating efficiencies, through capital receipts and reduced running costs.”)

- What they are not doing – they are not building on the playing fields.

- Brent's response to Sadiq Khan's plan – re: building more homes. Northwick Park has been identified as a growth area from the Brent plan – this is a potential for property development.

- Northwick Park – is one of the 8 growth areas in Brent. Recognised as low density. It suggests a net increase of 2,500 homes. Should be no loss of green space. Property development cannot be higher than the height of Northwick Park hosp & Uni. – This is still at draft stage.

- Traffic/ Roads – more government funding – housing infrastructure funds. Brent bid for it and has been granted £9.9m funding. – this can help with improving congestion on Watford road and improving housing in the area.

- Seeking to improve public transport in the area. CIL – tax that is put on any planning application that goes towards development in the local area. We would like Northwick Park area to be supported.

- Full public consultation – will happen in the summer and we will inform everyone soon.

- The council would like to know how our community would like to spend the CIL.

Q&A from residents:

Q: How much has Brent spent so far on this consultation?

A: All funding came from OPE.

Q: Brent did not take into consideration when we objected to other projects, recently Byron Court Expansion. Majority of residents objected, it went ahead anyway; Brent promised they would not put a back entrance or a 3G pitch, both happened anyway. The community objected to this. Waste of money. Examples given of the developments that are already on the top of SCD, Sudbury Hill, etc. Brent is allowing all the planning, but we are left to deal with all the congestion.

A: Cannot answer the question.

Q: You've mentioned 2,500 units, we recently had the experience of local developments – Carlton Ave West – blocked full of traffic. Building 2,500 units—construction deliveries will block the area. Can only foresee massive traffic jams, massive problems.

A: We don't know yet, they still need to do a construction plan.

Q: 9.9m to improve Watford rd, what about this new access road? At least 3 routes are being looked at. Discussions are in play with the Golf course. Can you tell us about the options for the access road for the development? Can we have more details about road proposals? Can you clarify the details of the contract?

A: Due diligence completed recently,

*Cont'd on pg 18*



contract isn't signed yet. We'd like to be transparent. There is no transport report, they have employed a transport consultant. The options of the preferred route will be covered at the public consultation meeting. Contract for the grant has not been looked at. There is no Highway consultant report as of yet.

Q: What happens when accidents occur? Please consider this when speaking to the consultant.

A: Will be discussed.

Q: Where are the other sites? Will it affect our site?

A: Wembley, Burnt oak, Colindale, Alperton, South Kilburn. Cannot answer the 2<sup>nd</sup> Q.

The general consensus of residents – Public consultation means nothing; lack of trust—Brent pays lip service to consultation but don't listen and do what they want anyway.

### ♦ Sudbury in Bloom Update

- presented by Martin Page—The Tree man! (Tree Officer, Brent Council)

- see page 11 for more complete update.

### Q& A from residents:

Q: Contacted Brent Council, many times about pruning a street tree and have had no

response. Causing damage.

A: Will pass on the details to Gary Rimmer—he is responsible for this.

Note—easy to get funding for small projects but harder to get money for maintenance.

A: from Cllr Perrin—tree maintenance is due to happen in our area over the next 12 months

A: from MP—he (along with Keith Barker from the SCRA Committee) will undertake an audit of trees across the Estates—as some have been lost in the recent storms, as well as some historic gaps—and will apply for funding for replacement trees.

Q: There is a cherry tree (Abbotts Drive), the centre part is dead, and has been for some time.

A: Martin will look into this—it may need maintenance, or replacing.

Any replacements—a number of residents commented on a preference for Cherry Trees—MP said, where possible, it depends on the right tree for the right situation, and cross-pollination.

### ♦ Safer Neighbourhood Team—Update

- presented by PCSO Charlie

*Cont'd on page 30*



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# Northwick Park Community Garden

- Eleri, Joanna, Rishil and Iris



Thanks to your support at our Quiz Night in March, we were able to make a start to the food forest garden with the purchase of 10 bare-rooted fruit trees from a specialised nursery.

Susannah Hall, from Permablitz

London, ran a workshop for us on Mother's Day, when we potted up the trees. We



learnt, for example, how to choose the right fruit tree from a pollination group—crab apple trees are a pollination partner for other apple trees provided they blossom at the same time. Interestingly, silver birch trees protect the home against pollution even if they are grown in pots!

Preparations are in full swing for the Permablitz gardening day, where we'll be planting the first section of the food forest garden. We are finalising logistical details with Brent Council and will publish the date on our website:

[www.northwickparkcommunitygarden.com](http://www.northwickparkcommunitygarden.com)

We would be thrilled if you join us for ground preparation and planting—The more

the merrier! – however we do require everyone to pre-register online for organisational and insurance reasons.

If you have a look at the Gallery section on our website, you'll spot that a huge amount of effort is being made by members of the community to ensure we've got things to plant on the Permablitz day. Delicate seedlings, such as calendula, sunflowers, chicory and chard, are developing nicely into strong plants and are being nurtured at home by volunteers. The potted up apple, pear and plum trees are also being cared for by volunteers.

At our next workshop we'll be making mushroom logs. Come and find out what they do for an ecosystem.

**Tuesday 30<sup>th</sup> April 7-9pm** at the Windermere Pub. Tickets available via the News & Events page on our website



Thanks for the great support.

*Letters to the SCRA must be signed and have an address, although this will only be published at the Editor's discretion. The Editor reserves the right to shorten any letters. These letters do not necessarily reflect the views of the Editor or the policies of the SCRA*

## Letter to Editor

Dear Editor,

Congratulations to the SCRA Committee for arranging the well-attended AGM this year.

Once again we had the privilege of the attendance of the Project Leader of the One Estate Project, Mr Cooper, to speak to us. What a shame that his presentation reminded many at the meeting of the first time the One Public Estate was presented to us, some two years ago - regular repetitions of strong hopes and wishes, but sadly lacking in anything concrete. A diagram

was available for everyone to see, three-quarters of which was irrelevant at this time. Phases 1, 2 and 3 were marked on the diagram, but not spoken about at all. Questions from the floor were not, or could not, be answered. Mr Cooper's assurances that all would be revealed at a public consultation in June were greeted with well-deserved scepticism. I, for one, am no better off now than I was before the meeting.

My best wishes and thanks to the SCRA Committee for their continuing work for the residents - time well spent, but not acknowledged often enough.

David R A Friend

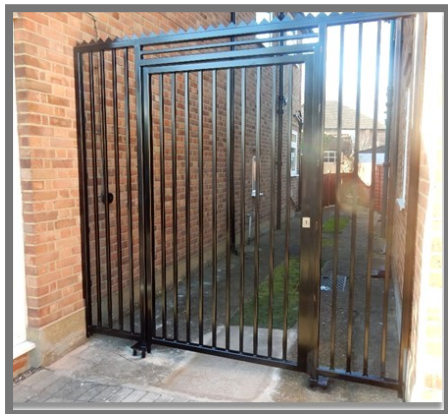
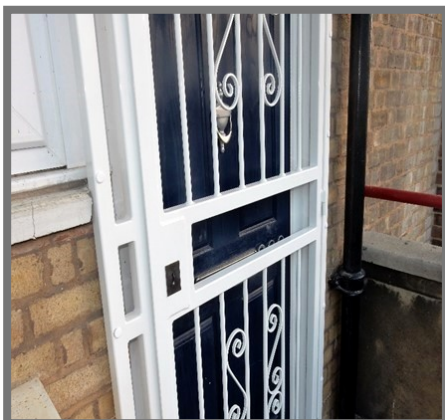
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## SCRA Subscriptions and Street Ambassadors

You will have received your Subs envelope with last month's issue. If you haven't already filled in your details, added your subs and donations, and dropped off your envelope to your nearest drop-off point—please do it now.



For those streets who have Street Ambassadors (see page 33), you will be getting a knock on your door, as a reminder, and they will happily pick up your envelope and drop it off for you, if that makes it easier.

Your **SCRA** subscription is only £5 per household, per year.

If you'd like to make a donation to the **Street Tree Campaign**, you can include that. We have lost a number of trees over recent months and, with your help, we are currently undertaking an audit to see how many need replacing. Please give as generously as you can, in order that we keep our streets 'leafy'!

You can also join the **Sudbury Court Horticultural Society**, with an annual subscription of just £3 which we will happily pass on to SCHS. You can also make a donation to the Society.

We try and make it as easy as possible for

you to pay your subs—the envelope explains everything, and if you complete your details in full, our membership secretary can allocate the funds to your membership easily.

We have also, for the last couple of years, been trying to encourage people to make direct bank payments; even better, an annual **Direct Debit**—of course, with a DD it means that you don't have to think about it every year, it just happens automatically.

If you take either of those direct payment options, you must 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!).
- drop us an email to confirm your payment

- confirm, in your email, how your payment is broken down—e.g. subs, donation to SCRA, Street Tree donations, SCHS subs and donations, otherwise we have to guess!

**SCRA acc: s/c: 203721 a/c: 23291154**

Instigating our Street Ambassadors initiative in just a few streets last year, has proved really successful, which resulted in an increase in people paying their subs, (and more neighbours talking to each other, generally!) so we will have more streets covered this year—with a view to ALL streets being covered in future.

The SAs are not just for collecting your subs, although that is a plus— but it's a good way to open our community's communication—for residents to talk to us, as well as us communicating with you between Couriers.

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## Byron Court School Expansion—Final update

The new school buildings have been in use since before Christmas—the grounds have been completed in the intervening time, including the Wildlife area and the 3G pitch. The final completion date, heralded by the opening of the Nathans Road entrance, is due to be 7th May (correct at time of writing.)

Close neighbours of the School, as well as residents on the Construction Travel Route, will be somewhat relieved, I'm sure, to have some kind of return to the status quo after more than 2 years of disruption.

With regards to the school—there are currently 734 pupils at the school, and this is expected to increase by up to 30 places each year, to ultimately reach 5 form entry.

By opening a second entrance in Nathans Road, it is hoped (by Council Officers and the

School) that the traffic congestion around Spencer Road will be alleviated. The plan is to have pupils from Reception to Year 3 use the Nathans Road entrance, with Years 4-6 continuing to use the Spencer Road entrance. This plan may be subject to 'various factors,' e.g. parents with more than one child spanning the years; entrance proximity to where pupils/family are travelling from. It is also intended to encourage more walking and public transport travel, as the entrance on Nathans Road is closer to the tube and 223 bus route.

The residents of Spencer, Nathans, as well as Abbots Drive and Norval Road, (from The Fairway junction to Nathans,) will be undertaking monitoring of the ongoing traffic and parking issues—compiling evidence with a view to implementing a plan for a future, more sustainable, solution to the issues.

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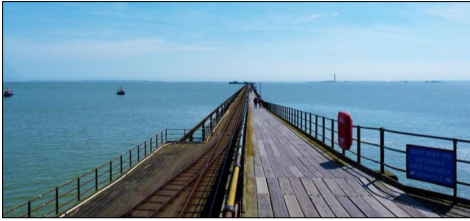
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## Seniors Outing—7th August 2019



This year, the SCRA “Old Folks” outing will be on Weds 7<sup>th</sup> August to Southend-on-Sea. Southend boasts seven miles of seafront beaches, the longest pier in the world, stretching 1.3 miles out into the Thames estuary, and offering amazing 360 degree views all year round. There is a range of ‘fantastic’ places to eat, to suit all tastes and pockets. Southend is a unique shopping destination with over 300 shops, both national high street brands and independent stores. With over 60 parks and green spaces, there are lots of places to explore the great outdoors. An added bonus is that it is located within the warmest and driest region of the UK; sunshine is never too far away. Let’s hope that applies on 7<sup>th</sup> August.

A booking form will be in both the June and July issues of “The Courier”. Please book your places promptly to avoid disappointment.

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# CALLING ALL GARDENERS

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Horticultural Society

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May is the merry month –or so we're told— so it is time to enjoy your garden. Each day we see Spring changing gradually into summer. Longer hours of daylight in the evenings tempt us out into the garden at the end of the working day for some fresh air and exercise. There's a lot to do; it is not too late for seed-sowing, but this is also the time to bring out border supports, or the stakes and garden string or even twiggy sticks to support perennials that are growing strongly. Some plants are a bit pushy, reaching out for the front of the border, grabbing the best of the sunlight and smothering their smaller neighbours. They need restraint, while others need the encouragement of a bit of plant food and some helpful support. Looking after plants is a bit like bringing up children!

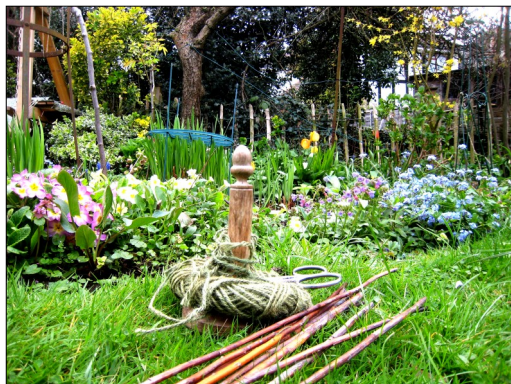
Christine has arranged for us a rather special visit to

**Sir Harold Hillier's world-famous Gardens and Arboretum** near Romsey in Hampshire on **Tuesday 18<sup>th</sup> June 2019**. The Hillier family regularly scoop up gold medals at the Chelsea Flower Show, so this trip is a rare opportunity to share in the very best of horticultural excellence. At the time of our visit an **art exhibition** by the Hampshire Art Co-operative will be on display in the gardens, with ceramics, jewellery and textiles, paintings and sculpture to view and for sale. The coach will leave St Cuthbert's Church at 8.30am and we expect to return about 6.30pm. To book your seats on the comfortable coach for this special event please contact Christine Lawton on 020 8904 7851 or email:

[clawton13@btinternet.com](mailto:clawton13@btinternet.com)

The full cost of this outing is £35 per person, with an early-bird discount of £5 per person offered for payments made by 4<sup>th</sup> June. If you cancel your booking after 11<sup>th</sup> June no refund is possible unless someone else is able to take your place.

We look forward to meeting you at the **Plant Sale on Saturday 18<sup>th</sup> May**. You can reserve your places on the coach trip that day for £30 per person. If you forgot to order your plants, Shane comes with a few spare boxes so you may still be able to scoop up some plants on the day. There will be tea and coffee in the church – with cakes! A seed-sowing project for young gardeners will also be on offer, so bring the whole family. After the plant sale you will be busy planting up flower beds and hanging baskets or finding homes for



the vegetables. Perhaps, as suggested last month, these can go, potager-style among the summer flowers. The cottage gardening that many of us adopt specialises in mixtures of plants within each bed, so while you are planting out, mind you don't dig up the root of something special! It is a good idea to keep a notebook recording, as each season passes, where there are gaps in the borders that might be filled for next season, or where bulbs are planted that should not be disturbed later in the year. This record of what's where makes a very helpful guide for the future.

Margaret Roake



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Barham Community Library invites you to a live Theatre performance of *The Green Ship*. Based on a children story the performance lasts just over an hour and is suitable for children and adults.

There a few tickets left for Weds 8 May and, due to popular demand there will be **two extra shows:**

**Sunday 12 May  
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- Only changes to your team—they were Brent Policing but now 'North West Policing'
- Negatives – the aggravated burglaries on Pebworth Estate, concerning for everyone. Crime rates have not changed in the Northwick Park area – with WhatsApp and Courier articles it can seem as if there's a lot happening, but still relatively low crime rate in the area.

- Positives – haven't had any around recently. Agg Burglary 'teams' have been arrested.

Owl – It is a system to email us a lot quicker to advise us of updates. (see pg 4)

- Anti social behaviour – barely anything around. About 1-2 'scrappy' vehicles are getting lifted every week.

- Summer is approaching – more likely to be more cold callers, and opportunists.

- Hugga Mugga and lottery ticket scams, etc—keep reading the articles in The Courier and, if you can join the Watch WhatsApp groups—they're really useful.

### Q&A:

Q: Parking is a nightmare on the Fairway, vans obstructing the views, etc.

A: Unless the car is not taxed/MOT, legally there is nothing we can do. If there are vans owned by HMOs let us know, we will check on occupancy – recent raid on a local HMO, co-ordinated with Council Officers, there were 20 occupants.

A: KJ—we will be having a residents meeting to discuss parking, etc in (probably) June.

Q: SNT in Sudbury Hill/Perivale have been able to negotiate a discount for Ring door bells with the company. £50 discounted has been offered.

A: Will look into this.

### Private Security trial – Pebworth Estate

- Akee, organiser and resident of Pebworth:
- One month in to a 3 month trial (11 March – 11 June). Purpose of the trial is to see if the solution works for us. Felt a physical deterrent needed, esp after aggravated burglaries.
- 7 days a week, different shifts.
- Feedback so far – really positive. No incidents as such. Security patrol officers are

very engaged. Meet and greet service has been used a lot.

- Cold callers & ASB – reduction has been seen. A report is provided on any incidents occurred and how the patrollers approached the situation.

- Next step to see how to move forward.

- Frequency was a concern – may be an option on obtaining another officer.

- SNT are being updated by the security patroller.

KJ—on the Sudbury Court Estate—we currently have a couple of residents doing some research for us—we will pass this on in due course.

### ♦ Minutes AGM 2018:

- unfortunately the 2018 Minutes were not available for ratification. They will be ratified at next AGM. If anybody would like access to them in the meantime, contact us and we'll email them.

### ♦ SCRA Elections:

Chair: Vacant (KJ has continued as Acting Chair for 2 years now)

Vice-Chair: Vacant

Treasurer: Pareet Shah

Secretary: Noura Abdul-Cader

Exec Members: Sukaram Chopra, Beverley Persaud, Dolores Davies, Paul Davies, Vanessa Barker, Keith Barker, Hardip Singh, Narinder Bajwa, Alison Silva, Alisha Patel, Kaye James

Honorary Auditor: Paul Lorber

Honorary Solicitor: Vacant

Membership Secretary: Aileen and Chris Bommer

Courier Editor: Kaye James

### ♦ Accounts

- presented by Pareet Shah
- good financial health

### ♦ Membership

- up slightly on last year (see page 21)

### ♦ SCRA Senior Citizen Outing 2019

- 7th August (see page 25)

### ♦ Thanks and closing remarks

- meeting closed by 10pm

# Kids' Page



Hello Kids,

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

[preeyaatthecourier@hotmail.com](mailto:preeyaatthecourier@hotmail.com)

## JOKES

How do you catch a squirrel?  
Climb a tree and act like a nut.

Why did the burglar take a shower?  
He wanted to make a clean getaway.

Where does Tarzan buy his clothes?  
At a jungle sale.

What time should you go to the dentist?  
Tooth hurty.

What do you call a pig who knows karate?  
*Porkchop!*

What do you call a cow in a tornado?  
*A milkshake!*

What do you call a sleeping bull?  
*A bulldozer!*



## RIDDLES

I am an odd number. Take away a letter and I become even. What number am I?  
Seven

I'm tall when I'm young, and I'm short when I'm old, what am I?  
A candle.

What is so fragile that saying its name breaks it?  
Silence.

Did you spot the deliberate spelling mistake?  
Candle should be Candle





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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 hold a QUIZ EVENING on **THURSDAY 9th MAY, 7.15pm**. Entry £6 per person to include refreshments and tea or coffee. Teams of six or come solo, we can find you a team to join! Please phone Katia to confirm our numbers, 0208 908 1220. If you haven't visited the Centre before, we are situated at the rear of Sudbury Methodist Church at 809 Harrow Road opposite Butlers Green in Sudbury.

We are also looking for volunteers in all areas of the Centre's work including an exciting new History project! Call in if you might be interested. [www.sudburyneighbourhoodcentre.co.uk](http://www.sudburyneighbourhoodcentre.co.uk)

**HARROW PHILHARMONIC CHOIR**—invite you to join us for a "Come and Sing" (Beethoven Mass in C) - a concert from scratch, on **Saturday 11th May** from 1:30 at Harrow High School, Gayton Road, HA1 2JG. If interested in singing with us, telephone 020 8863 7009.

We are rehearsing for our summer concert - "A Night at the Opera", of famous opera choruses. This will take place on **Saturday 15th June**, at Wealdstone Methodist Church, Locket Road, Wealdstone HA1 7ND.

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

**BADMINTON** - every **Thursday 8-10pm** in a local school, Sudbury Court Badminton Club welcomes League level/good club players. Contact Arvin 07748 642706, Alkesh 07956 453734 or Trevor 07771 998729

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

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We will be giving our Street Ambassadors a badge that looks like this (without the word 'COPY'). The only thing that our SAs will be doing, initially, is introducing themselves and reminding you to pay your Subs (see page 21) - if you're happy that they collect your envelope from you, that would be very much appreciated—thank you.

Their next job, in the next few months, is to tell you about any parking initiatives, and passing on information about the research we're currently doing into private security, so that we can get feedback and see if residents would be interested in pursuing this.

Obviously, with all our warnings about cold callers—if you don't think the person knocking on your door is your Street Ambassador, don't open the door!



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The Courier is published monthly.  
Copy, advertisements and remittances for the  
June issue should be received by

**10th May 2019**

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

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