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Sudbury Court and Pebworth Estates

August
2019

The Courier

88th
Year



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Dear Neighbours,

Date for your diary

—**September 22nd**—we'll be having a **Play Streets Party**—

Look out for more information next month.

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Can I particularly point you to our Star Contributor for this month—Reayah—who might be our youngest writer yet—some of our older residents might be able to confirm this for me—but if I don't hear from anyone, I'm going to let Raeyah claim the accolade.

Until next time,

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



Dear Residents:

I would urge residents to join the OWL (Online Watch Link, web address www.owl.co.uk, it's free to register) in order to receive our up-to-date crime alerts – they are relevant to your area so please do join and be informed. OWL is now the primary method that we use to send out alerts, we are not sending email alerts directly to residents anymore and will be putting less on the WhatsApp groups to save duplicating work.

Street Robberies:

On 25th June a lone female had walked from South Kenton Tube station and was attacked in an attempted street robbery of her mobile and bag on Audrey Gardens – this happened at 1130hrs in the morning. The woman was fully alert and wasn't listening to her mobile phone or distracted on her mobile in any way. Fortunately, a heroic workman working on a house in Audrey Gardens saw the incident and chased the would-be robber all the way to Northwick Park where he detained him and the male was later arrested by police. This attempted robbery is being investigated and evidence gathered with a view to a prosecution.

On 29th June at about 1940hrs a 13yr old boy was cycling up Spencer Road from Norval Road, and as he rounded the corner into Abbots Drive his back wheel was kicked, he was destabilised and came to a stop, he was then grabbed by a youth on a bicycle, who was joined by two other youths on bicycles – they then proceeded to assault the boy by punching him and showing him a knife – they robbed him of his mobile phone and ear phones, which the boy wasn't wearing at the time of the robbery. This robbery is also being investigated by police.

What is common in both incidents is that the victims were followed, neither victim was aware of this at the time. In terms of advice,

there is not much I can say as neither victim was distracted on their phone, or listening to music on headphones. What I would say is that, at the time of both incidents, there weren't many people around and so I would advise, when walking in quiet areas

- have a look around every so often, be vigilant.

- if you do think you are being followed, try and stay calm and turn into an address and wait for them to pass by. Knock on the door if necessary, and call the police if you feel the person is still around.

Being followed whilst you are on a bicycle is quite rare in terms of robberies, but having mirrors on your bicycle is not necessarily a bad thing, for general safety reasons.

Quite a number of street robberies happen in close proximity to tube stations or transport hubs, as people leave the transport and have earphones on listening to music, or are talking on their phones – it means they are distracted and often oblivious to what/who's around them and therefore easier to target. So please be alert. Also, quite a number of street robberies are committed by youths on mopeds or bicycles, so please be aware of this too.

Crime involving Bicycles:

On 30th June a male similar to the description of the bicycle robbery of the 13yr old boy (above) was seen loitering on a mountain bike outside South Kenton tube station, the brand of bicycle he was on was mentioned in the description of the trio of robbers from 29th. When I tried to stop this male and detain him, he ran off leaving the bicycle behind. So, not being the long-distance runner I was in my 20s, I seized the abandoned bicycle and gave chase on it, as he fled the male discarded a mobile phone – this was not the mobile phone that was stolen in the robbery on the 29th, but what we call a burner-style phone that is quite often linked to drug

dealing. Whether or not this male is connected to the robbery on the 29th is still being investigated. However, in the course of our investigation we were looking into the bicycle (a Grey Carrera Parva) and querying whether it was stolen - as the male abandoned it, and it was also mentioned in the description of the bicycle in the robbery.

When I ran the checks on Carrera bicycles reported stolen, I found numerous local stolen reports for Carrera bicycles but only about three had the frame number on them!

I would ask residents to register their bicycles on either **BikeRegister** or **Immobalise** – aside from bicycles getting stolen and, on occasion, recovered by police, a lot of stolen bicycles get used in crime and it helps us to deal with the criminals who are in possession of stolen property. Without a frame number it becomes very hard for us to restore a suspected stolen bicycle to its' rightful owner, or to get a prosecution for handling stolen goods. We frequently recover bicycles that have been abandoned in general or during chases – the vast majority of these are without a doubt stolen. Please register your bicycles!

Burglaries:

There continues to be aggravated burglaries occurring across Northwest London involving white masked men breaking into people's houses through the front door, threatening the occupiers with weapons for the family jewellery – the households targeted are mainly Asian, and the offences have occurred in the evening after 1900hrs, and generally in hours of darkness.

It must be pointed out that aggravated burglaries are quite rare, however, it is good practice to double lock your front doors in the evening even if you are in the house and set

the alarm on a partial set. If you hear your front door being smashed in, get to an upstairs bedroom lock it/go out into the back garden and ring 999 immediately, say your address and that there are burglars in your house.

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

Catalytic converter thefts:

Toyota Prius and Honda Jazz cars continue to be targeted for their catalytic converters (CatCon). I was a victim of this crime myself when my CatCon was stolen from my Honda Jazz in a busy residential road just over a month ago now.

A resident of Carlton Avenue West has had a CatCon stolen off his Prius twice and I understand, recently, he found an 'x' on the bonnet wing indicating that someone might have put this on his car to say that the CatCon had been taken from the car, or perhaps marking in some way.

The car parks of Northwick Park hospital and ASDA have also been routinely targeted.

Please, if you own a Prius or Jazz, do some research online as to whether your car is the age of car that is being targeted and how best to reduce the risk to your car - what measures you can take, where and how to park - speak to the manufacturers.

The men involved in this locally are a group of white men in their 20s, with Irish accents, wearing baseball hats. They jack up the car and remove the catalytic converter in a matter of minutes. They are using a variety of cars as their vehicles: these cars are all on

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false stuck-on plates.

I, for one, have decided to get rid of my Jazz as I thought it could be targeted again and am now back to transport of the two wheeled or public variety.

Scrap collectors:

On 7th July, after doing CCTV enquiries on Spencer Road in relation to the robbery on the 29th, I observed a white van driving slowly on Abbots Drive with the occupants of the van looking left and right in towards the drive-ways of houses. I stopped the van and whilst conducting checks, found there was an information report from Herts Police on the registration number - the van was involved in a recent theft of £1,000 worth of metal; the insurance on the van was fraudulent – we frequently find that scrap collectors have phony insurance - a false name and a remote location, like the Outer Hebrides (for cheap insurance) so they can pass the police ANPR (automatic number plate reader cameras). The driver in this instance had his van seized for no insurance and his image captured, though he wasn't arrested as Herts didn't want this - his full details were obtained and he was advised accordingly.

Dog Issues:

On 4th July a local woman was convicted over a dog-on-dog attack in Northwick Park that occurred on 7th December. The offence she was convicted for was being in charge of an AKITA dog which was dangerously out of control in Northwick Park. Not only was she convicted, but restrictions were put on her AKITA dog, she was also ordered to pay costs and compensation for the vet bills on the injured dog, which was in the region of £1000. The victim's dog was lucky to survive, however, there is no compensation for the ordeal and irreversible behavioural changes to her dog following the vicious attack. ***Please be careful if you are a dog owner, if your dog has a propensity to bite either humans or other dogs then you must ensure it doesn't get the opportunity to do so.***

Over a number of years I have dealt with a number of dog incidents on the ward, these have been for neglect and dangerous dog incidents – some dogs unfortunately as a

result of these investigations have been seized and destroyed. Owing to a number of human deaths, nationally, as a result of dog bite incidents, the police are now more strict in applying the dog legislation to non-human bite incidents i.e dog-on-dog attacks, as the dog might pose a future risk to humans. Potentially, your dog could be considered to have committed an offence under the Dangerous Dogs Act if it is involved in an attack on another dog; there are certain aspects to these incidents that would be considered by police in the course of an investigation. So, particularly if you have a big powerful dog, please be responsible – if it is a soppy thing that will always roll over and never jump up on people then perhaps it is ok to walk him off the lead on the pavement or in the park. If your dog, big or small, has snapped or worse still bitten another dog then you need to think about keeping it on the lead or taking evasive measures to direct it away from other dogs. You need to keep an eye on what your dog is doing and that you are in a position to react to it. If you have a dog that runs up to other dogs the whole time, then you can't be texting or oblivious to what it is doing, as certain dogs will not take kindly to other dogs running up to them and jumping on them. Thankfully, dog seizures in Northwick Park are rare enough but a few dog-on-dog incidents have been reported lately in the Northwick Park Wars and so please be aware of your responsibilities as a dog owner.

Overview of offences 10th June-10th July

3 Robbery Personal: (i) Sudbury Hill Close (2010hrs 16/06), victim had pulled over to use sat nav when he was blocked in by two cars, masked men with a bat then jumped out, unloaded property from his vehicle, and then drove off; (ii) Abbots Drive nr j/w Spencer Road (29/06 1940hrs), 13 y.o male was knocked off his mountain bike by a youth on a mountain bike, as indicated in Street Robbery section; (iii) Northwick Park Hospital Grounds (02/07 2345hrs), five early 20s people attacked and robbed by another group, also in a car, in the grounds of the hospital;

1 Attempted robbery Personal: (i) Audrey Gardens (outside 38, 25/06 1130hrs, woman walking alone was ran up to from behind,

male had tried to get her phone and then pulled her shoulder bag, he ran off after pushing her to the ground, local workman chased and caught the male)

Burglary Residential: (i) Carlton Avenue West (in 140s odds side, 18/06 0820hrs – 18/06 1900hrs) address entered via the side gate to the rear garden, attempt made on side door and back living room door attacked, house entered and cash stolen)

1 Attempted Burglary Residential: (i) Aspen Drive (in 100s, 29/06 0328hrs) someone banging on victim's door when she was inside, causing splitting to lock, no entry gained;

4 Theft of Motor Vehicle: (i) Northwick Park Hospital (NPH) (17/06 1130hrs – 17/06 1410hrs) 17 plate Yamaha Tracer stolen, subsequently recovered; (ii) NPH (21/06 1030hrs – 21/06 1720hrs, Vespa scooter stolen, subsequently recovered); (iii) NPH (24/06 0850hrs – 24/06 1804hrs, 17 plate BMW motorbike stolen); (iv) Oldborough Road (03/07 2130hrs – 04/07 0754hrs, in 10s evens side), 63 plate Merc stolen)

10 Theft from motor vehicle: (i) Carlton Avenue West (in 80s, evens side, 14/06 2355hrs – 15/06 0530hrs), 2010 plate Merc broken into, loose change and sundry items stolen; (ii) Northwick Park Hospital (NPH) (1950hrs on 15/06 – 0810hrs 16/06, 16 plate Qashqai entered without damage and property stolen from inside); (iii) East Lane (26/05 0510hrs – 10/06 0625hrs) number plate stolen from van; (iv) Priory Gardens (19/06 0940hrs) tools stolen from van a 'gold or silver Ford Fiesta - 2004 or 2005 model involved in the theft; (v) NPH (30/06 1830hrs – 01/07 0700hrs, 11 plate Qashqai entered and took loose change); (vi) NPH (09/07 0730 – 1945hrs), Catalytic converter (CatCon) stolen from 01 plate MITSUBISHI Space Wagon; (vii) NPH (09/07 0900 – 1720), CatCon stolen from 06 plate Honda Jazz; (viii) NPH (09/07 1430 – 1730), CatCon stolen from 08 plate Honda Jazz; (ix) NPH (09/07 0830 – 1730), CatCon stolen from 13 plate Toyota Prius; (x) NPH (09/07 0805 – 1800), CatCon stolen from 05 plate Honda Jazz

Attempted Theft from Motor Vehicle: (i) Abbotts Drive (in 110s odds side, 7/06 1900 – 08/06 0930hrs) car entered without causing damage and searched through; (ii) Elms Lane (in 90s odds side, vehicle entered and searched about)

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

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 an emergency, where a crime is in progress or 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!

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope you have been enjoying the recent hot weather, here's hoping that this excellent weather continues. The Summer holidays are upon us and you may want to set up some fun events in your street, or get to know your neighbours. There are opportunities to apply for funding for community activities, one of them is:

Play Streets Initiative



Organise a Play Street for London Car Free Day. Residents are being urged to swap cars for spacehoppers and turn their streets into playgrounds in support of London Car Free Day 2019.

Brent is among 16 London boroughs that have signed London Play's Play Street Pledge ahead of the event, helping children to play out in the streets where they live and bringing communities together while tackling air pollution. London Car Free Day is on Sunday 22 September 2019 and applications to hold a Play Street must be received by Saturday 20 July, to give the Council time to process their request and arrange for a Temporary Road Closure. The charity London Play can support residents that would like to organise their own play streets and are able to provide promotional materials for organisers to use. Get in touch via info@londonplay.org.uk or call 0203 384 8510 for more information.

For more information about organising a Play Street and to apply, please go to: <https://www.brent.gov.uk/playstreets>

The Local Government Boundary Commission for England

The Local Government Boundary Commission for England has published its final recommendations for boundaries for the new electoral arrangements for Brent Council.

The final recommendations can be reviewed at: <http://www.lgbce.org.uk/all-reviews/greater-london/greater-london/brent>

The Commission's final recommendations propose that Brent should be represented by 57 borough councillors in the future - six fewer than the current arrangement. The recommendations also propose that those councillors should represent thirteen three-councillor wards and nine two-councillor wards across the borough. All but one of Brent's current council wards (Kilburn) will change as a result of the review. The changes will be implemented ready for the local elections in 2022. For the Northwick Park Ward, this will mean the loss of the Northwick Park Triangle, which includes Northwick Avenue, Rushout Avenue and Churchill Avenue. The ward Councillors will also reduce from three to two. The number of residents per Councillor will increase from 3102 (for a 3 Councillor Ward representation) to 4665 (for a 2 Councillor Ward representation).

These final recommendations will now be put before Parliament to be made law. The final recommendations are put before Parliament in the form of a draft order. The draft order, if made, gives effect to the final recommendations and is laid before Parliament for a period of 40 sitting days. Parliament can either accept or reject the LGBCE recommendations.

Court Victories for Brent's Private Housing Services

A rogue landlord was ordered to pay a £60,170 fine and £6,000 court costs after being found guilty of making tenants' lives a misery through licensing breaches on 13 June at Willesden Magistrates Court. The fine is the biggest financial penalty Brent Council has secured to date and is a reflection of the truly appalling conditions tenants were living in. In another court case during the same week, a rogue landlord, who rented out an unsafe and unlicensed property in Mapesbury ward, was slammed with a £10,000 fine and costs after ignoring two civil penalty notices issued by the Council.

If you are living in unsafe or unlicensed properties, please make sure that you contact Brent's Private Housing Service.

If you suspect that someone is renting out an unlicensed property in Brent, please report them anonymously at:

www.brent.gov.uk/reportapropterty.

Have your say on Licencing for Private Rented Properties in Brent

A borough-wide consultation on landlord licensing for privately rented properties in Brent was launched on 10 June 2019, for ten weeks. The online consultation is open to anyone to have their say on landlord licensing in the borough.

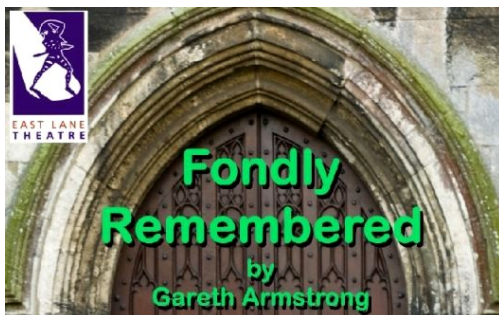
Three types of licensing schemes operate in Brent: mandatory, additional and selective licensing. People are being asked whether they are in favour of renewing the selective licensing scheme in Harlesden, Willesden and Wembley Central.

They are also being asked about renewing the additional licensing scheme for houses in multiple occupation (HMOs) with three or more unrelated tenants sharing a home.

Thirdly, people are being asked if they support extending the selective licensing scheme to other wards in Brent. Please do take part in the online consultation, which ends on 25 August 2019, the weblink to the online consultation:

www.brent.gov.uk/landlordlicensing/

Please support your local Theatre:



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Parking meeting—summary

Our parking meeting was held on, what turned out to be, the hottest day of the year so far—but the Church offered cool respite from the heat, and Susan and team supplied much-needed refreshments.

The meeting was a fairly informal one, just for residents to share their main issues around parking, and to see if there was any consensus on possible solutions.

So, for those of you who weren't able to make it, here's a summary of issues highlighted—which may not come as a surprise to anybody:

- Large business vans parked across the estate, by non-residents, who are using our streets as free parking—sometimes for months at a time.
- commuter parking
- hospital parking
- inconsiderate parking
- residents parking on grass verges and pavements.
- not being allowed to widen driveway/dropped kerb in the conservation area.

Summary of some of the possible solutions put forward:

- CPZ: 1 or 2 hour restrictions at strategic times of day. This took up a good deal of discussion time, and it is a source of strong feelings, especially against. Primarily the cost, it would appear. An informal show of hands showed a majority of those residents

in attendance are against a CPZ. www.brent.gov.uk/services-for-residents/parking/parking-permits/parking-charges.

Cllr Perrin has had conversations with the Northwick Park OPE development team to see if they would fund a CPZ - this would need to be carefully negotiated, as it would be for a limited period of time. If anything happened with this, there would have to be a robust get-out clause for residents, but worth pursuing to see what might be on offer.

For clarity—CPZ schemes are resident-led—if residents don't want it, it won't happen.

Other solutions talked about:

- strategically placed yellow lines
- painting white lines across driveways
- working with neighbours to adopt tactics for the benefit of residents—e.g. Parking on one side of the street only; neighbours blocking and saving parking spaces for neighbours
- Green Drives—dropped kerbs, for the conservation area.

The Committee discussed at a subsequent meeting, and decided there was no solution to pursue at present. If that changes we will let you know.

If you were unable to attend, and have a different view, please get in touch.

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The Memory Cafe

Support for those experiencing memory problems



We are loving running the café and it is great to see such joy each week. We regularly have visitors coming to see how we do it so that they can set their own café up. Our next step is to set up a weekly craft club – probably on a Tuesday. We hope to keep the memory theme going and to welcome people to come and have a go.

Alongside this club we hope to make it a time for us to discuss things that we remember from long ago and to think about our health and well-being. We will probably charge a small entrance fee as there is a cost attached to the craft materials and the dreaded heating of the church. I hope that in time we can open the church throughout Tuesday with a range of activities. I am thinking that this could be a mind, body and spirit

day. This might involve sport activities, craft, gardening, well-being, relaxation and a creative service at church as well.

If this sounds like something that might appeal come and grab me any Thursday at Memory Café. The great advantage that we have is that we have a wonderful building and, of course, a full-time vicar. We have been here for 60 years serving the community. Indeed, I was reminded recently that the church was established as a direct result of an appeal from the residents on, what was then, the new housing estate back in the day.

This church exists because it was wanted by local people. I find that a very comforting thought indeed.

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Being a vicar is an odd vocation in many ways. Christmas and Easter are very busy. We also hold our annual meeting early in the year. But by the time summer comes around we are ready for a break. I can tell you that when the subject comes up of 'what job do you do?', that the answer 'vicar' is a conversation-stopper.

One year I went with a party of vicars up to my beloved north-east coast. We used to own a fishing shop in Bridlington. We had travelled up to take part in a sea fishing competition. We were an unlikely bunch – 8 vicars! But there was a problem when we got there. There is a deep superstition among sea captains that having a vicar on a boat is unlucky. I am not sure where this comes from.

What we found was that no sea captain was prepared to take us out. Instead, one brave captain said he would take us but only as far as could be seen from the shore. He wanted to make sure that he always had dry land in sight. It was an off day. We came last in the competition and only caught a few tiddlers. But when the other boats came in with fishermen in various states of sea-sickness I think we felt that we had truly got away with it.

I wish you a very happy holiday from everyone at St Cuthbert's North Wembley. Do come and see us one Sunday.

And thank you to all who attended the marvellous quiz night with Shaun Wallace on 6th July—approximately 200 local residents in total! Watch this space for further quiz nights.

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What Treatments for Hay Fever? Part 3

Nothing seems to work for me!

We sometimes have enquiries from patients asking for "the hay fever injection". This is a large dose of long acting steroid and in our practice we will not prescribe it because it suppresses your own immune system, and risks you succumbing to serious infections to which your body may not be able to respond. In days gone by, I would provide this treatment exclusively for those taking public exams or getting married but now we feel even those major life events do not justify the risk, though we might provide a short course of oral steroids which is much safer. Desensitisation treatments were very popular many years ago, and patients used to come for weekly injections, but that treatment was withdrawn after there were a number of severe fatal allergic reactions. We now have a safer treatment for those with specific grass pollen allergy, it is a form of immunotherapy. This involves

administration usually with an under-the-tongue lozenge of increasing doses of allergen extracts over a period of time in an attempt to trick the immune system so that it no longer reacts to the allergen. Testing to identify exactly what you are allergic to is needed if considering this treatment. However, it also carries some degree of risk, is time-consuming and expensive and in the UK is generally reserved for patients with specific severe allergies. So most of you with hay fever will have to self-help.... avoid contact with these air born pollens when possible, use your antihistamine medicines regularly and start preventive nasal and eye treatments at least 2 weeks before you expect the symptoms to start if you can. About half of hay fever sufferers will find their symptoms improve and may go away in later life, but an unlucky few may develop hay fever for the first time in middle age!

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Pain Relief for Everyone

– Just ask my mum

Last month we announced a new service at the centre which helps give people pain relief.

It involves using a small handheld device called a Physiokey.

The device is applied to the affected area to generate modulated neurostimulation, or in simpler terms it changes nerve impulses and kickstarts the body's natural healing process to free people from pain.

I'm delighted to say it's proving highly effective especially with relieving acute and chronic pain.

I stumbled across the technology by chance. My mother was suffering with a frozen shoulder which had totally restricted movement in her right arm.

This was causing her a great deal of pain and disability despite conventional treatment. I was determined to find something to help her.

I did some more research on neurostimulation and was so impressed and encouraged by the technology I enrolled on a pain relief training course and invested in the Physiokey.

Great Results

And following just two treatment sessions using the Physiokey my mum's shoulder began moving much more freely and her pain dramatically reduced.

We've rolled out this Pain Relief Service to all our patients and are seeing similar results after one or two sessions.

I'm not saying it's a miracle cure, but from what we've seen and heard from patients it certainly is a fantastic way of relieving pain, especially in those who have been living with pain for a long time and where other options have failed to help.

Back Pain

Although we're primarily a foot and ankle treatment centre the response to the new service has seen us treat several people who have back, neck and shoulder problems.

So, if you're in pain, wherever that is in your body, please feel free to take us up on the offer below.

Thanks for reading,
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Who's been picking up litter?



I received an email from a resident saying that they had been delighted to see 'someone' picking up litter along our roads.

Whilst the character from the above picture sprang to my mind (hands up if you recognise him)—the resident had seen some 'young girls' picking up litter. And the mystery did persist for a while.

The littering around our streets and in the parks has been commented on quite a lot

by residents, and the odd comment appears in the WhatsApp group about it, so it's definitely an issue. These young residents have decided to do something about it.

I bumped into one of these young residents one day—and whilst chatting she told me that she had been picking up litter with her friends, on their way home from school!

So, now, when I walk my dog in the park, I take a bag with me—I must admit, I felt sort of shamed into it by 3 11year olds!!

Imagine the difference it would make if we all did it!

Summer challenge?
Who else is up for it?





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A couple of weeks ago, a resident posted on the WhatsApp group about a sighting of a Hedgehog in Northwick Park. When I first moved here, I saw them quite often, but not for at least 5/6 years. Across the UK the population has dwindled by a third since 2000—mostly due to loss of habitat.

One simple way we can help them to thrive around here is to link our gardens, ensuring that they can pass freely through on their nightly travels.

Why do hedgehogs need holes in fences?

Hedgehogs travel around one mile every night, through our parks and gardens in their quest to find enough food and a mate. If you have an enclosed garden you might be getting in the way of their plans.

We can make their life a little easier by removing the barriers within our control—for example, by making holes in or under our garden fences and walls for them to pass through.

13cm by 13cm is sufficient for any hedgehog to pass through—and too small for nearly all pets.

- remove a brick from the bottom of a wall
- cut a small hole in your fence if there are no gaps underneath
- dig a small channel underneath your wall, fence or gate.

You could also provide them with a nesting box for their winter hibernation, or feed them—the website gives lots of information.

Check out the Hedgehog Street campaigns, and become a Hedgehog Champion—there are more than 66,000 registered so far.



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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



It was great to see the community get together and celebrate the official opening of the food forest

garden on Sunday 30th June. Everyone who joined us will agree it was a fabulous day for a picnic in the park!

We received funding from Brent Council as part of the 'Brent Great Get Together – Community Lunch' event—thanks to the fantastic effort by our supporters and volunteers. The 'Great Get Together' is an initiative to celebrate the life of murdered MP Jo Cox. This June would have been Jo's 45th birthday. Her focus was "to bring communities together and celebrate all that unites us".

We wanted to hold a community picnic to officially open the garden and to thank volunteers for their wonderful support and commitment to help grow, plant and maintain a garden for the future. Everyone involved has done a great deal of work over the last few months on the food forest project. The picnic was to celebrate this great community effort.

A highlight of the day for us was to see the children having fun in the park and giving the hula hoops, big Connect4, Jenga and mini bikes a go, lent to us by Byron Court school. The traditional egg & spoon races proved popular with children and adults. Our goodie bags for winners were stuffed with healthy Nickelodeon snacks and cool mini gadgets, kindly donated by Bobby Patel from the Bloom Brands Group.

The fur-babies looked fabulous in their cute little dog-fancy-dress outfits, performing their

best treat-catches and tail wags. The judging panel, made up of Cllr Daniel Kennelly and Cllr Ihtesham Afzal, certainly had tough decisions to make!

Thank you to Cllr George Crane and Susannah Hall for cutting the celebratory ribbon and cake. Like all the best parties, everyone got a

slice (or more!) of the delicious celebration cakes. (Little secret – the delicious chocolate cake was actually vegan and made by Jagruti Bajaria.)

During August we will focus on keeping the trees and plants watered. We have a WhatsApp watering group set up. If you would like to offer your support, why not join the group by emailing us your mobile phone number (see below).

We often have a big watering evening and use the chance to have a chat and relax in the garden as the sun sets.

You can also sign up via the website (above) to find out what events we have coming up—maybe even join a workshop.

Enjoy the summer!

**Check our website
join us on Facebook, Instagram**

Thanks for the great support.
Eleri, Joanna, Rishil and Iris

northwickparkcommunitygarden@gmail.com



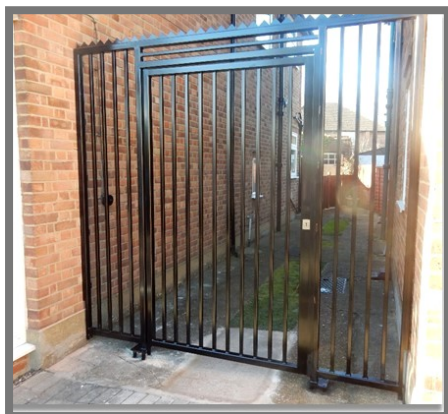
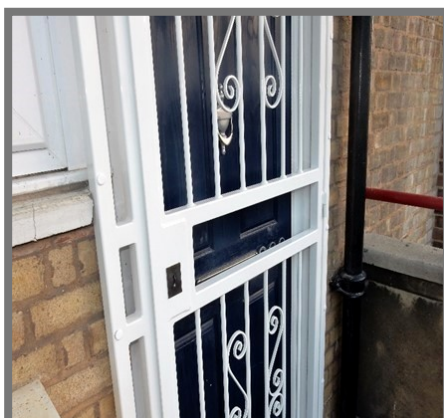
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THINK

Is it **T**True?

Is it **H**elpful

Is it **I**nspiring?

Is it **N**ecessary?

Is it **K**ind?

In general, but especially when posting on Social Media (including WhatsApp groups).

Some other useful questions to ask yourself before you speak—or post:

Am I saying this from a place of anger?

Am I being respectful?

Who is my audience?

Who else might be able to hear or see this?

How might what I'm saying appear to others?

Could someone misinterpret what I'm saying?

What am I saying about myself with these words?

That doesn't mean you can't express yourself, you just **THINK** first.

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Justice For Tinker



If you've read the SNT pages, you will have noted that the incident that I wrote about in the January issue has been concluded with a conviction of the owner of the dog who attacked my dog.

Many of you have asked me about the incident, over the intervening months, and I haven't been able to say much about it, as it's been an ongoing investigation. But your support has been very much appreciated.

Whilst, obviously, I'm delighted that this has now concluded with a bit of justice, it is not really over for us. Tinker's life (and ours) has been irrevocably changed—she's now frightened of most things, even a frog in the

garden! She also howls and cries if she's left on her own, even for 5 minutes—which is why she ended up attending the recent parking meeting(!), and why we now have a network of lovely neighbours who take it in turns to host her when I have to go out to work.

Massive thanks to SNT for being so brilliant—and whilst some of you may think it might be a waste of police time, following up on this type of incident—they saw it as a community safety issue.

Please, if you own a dog, take responsibility for it:

- learn a bit of dog psychology so that you can recognise the first signs of dominance or anxiety in your dog, and carry out some training to avoid further issues developing.
- if it can't be 'calm submissive' around other dogs, or children, please don't have it off lead in public spaces until you've done some training.

And if it does attack another dog, please accept responsibility, go through community resolution if necessary, but don't let it get to Court and take up valuable Police resources.

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Neighbours by Raeyah Nadessamoorthy



I moved to Sudbury Court Estate last year and noticed how important it is to be a good neighbour. Luckily, my family and I are surrounded by fantastic neighbours and I would like to share with you a few tips that I have learnt over the past year.

A good neighbour who is friendly, respectful and helpful can make our local area a better place to live in. Greet those who live around you with a smile or a wave. When a new neighbour moves in, knock and introduce yourself, and make them feel welcome. It is also very important to follow the area's noise regulations and give notice when having a loud party. Help your neighbours whenever you can. For example, keep an eye on their house and pull in their bins when they are on holiday or offer to do their food shopping for them if they are unwell. Small acts of kindness make the world a better place.

(Note from Editor: Raeyah is 7, but will have had her 8th birthday by the time you read this. Belated Happy Birthday Rayeah!)

This is a picture of me and my neighbours



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On June 18th we had our annual outing, this time to the Sir Harold Hillier Gardens near Romsey in Hampshire. Despite the weather, which was not kind to us, with heavy showers, we still enjoyed our visit. There was an exhibition of the Hampshire Artists Co-operative, which was interesting, and there was a very good cafeteria, with seats outside for those brave enough to sit out in the showers. In fact it was very warm and the rain wasn't particularly cold, so many of us found it quite refreshing.

The gardens had a wealth of features, including a very beautiful conservation area and we even discovered a beautiful orchid flowering there in a quiet little corner in the grass.

The garden is elevated and there is a wonderful view, over the Hampshire hills. There were many quirky features in the form of sculptures and layout, some of which are relatively new. We walked through the beautiful millennium border, with towering delphiniums and a lot of very striking shrubs, particularly pretty dogwood (cornus), and a massive variety of other herbaceous planting. Despite the heavy rain at the time, we all very much enjoyed the tour of this great border and the guide was very knowledgeable and helpful.

There was also new planting of several species of trees to produce vibrant corridors in the autumn; the Gardens being already

famous for their stunning variety of autumn foliage, including red oaks. With this in mind,

we have in mind an autumn coach trip next year to these gardens, which should be a delight.

I extend a big thank you to all those who supported the coach trip and worked so hard to enable it to run smoothly, including Lynn and Robert, without whose help I couldn't have organised it. It was a pleasure to have such supportive people, who kept smiling whatever the weather! They were all brilliant.

There are many interesting gardens on our estate which, if taken together, total many acres of valuable plant life providing nectar to our bees and food for other creatures, helping

to preserve the balance of nature, which is becoming increasingly threatened and is ultimately what keeps us all alive. All the small contributions we can make will make a difference when viewed as a whole.

We look forward to meeting you all at our next event—the autumn show which will be held on **Saturday 21st September** at St Cuthberts Church Hall. Please come along with your beautiful flowers, your fantastic vegetables and your wonderful baking for the domestic classes, and, if you don't have any of these, you can show off your brilliance in the handicraft classes. (more info next month).

Christine Lawton.



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Northwick Park OPE—consultation



Bird's eye view of the proposals

The Proposals are for:

- Approx 1600 new homes, incl affordable homes
- Outline plans for new University accommodations and teaching facilities
- Improved roads and junctions for better access to the hospital and new housing
- Better pedestrian and cycle connections
- New public open spaces and green spaces
- New commercial and community uses to help the area thrive
- car and cycle parking spaces for new residents
- the existing pavilion land being turned into open green space and the area of land next to the station to be developed into a welcoming approach for the new development.

This is only a 'headline' summary, and you really must take a look at the website and/or look at the 12-page consultation document which outlines much more, obviously.

Timeline:

Early Autumn 2019:

Phase 2 Public consultation

Late Autumn 2019:

Submission

Early Spring 2020:

Planning decision

Early 2021:

Beginning of construction

2022:

Removal of existing housing

2026:

Completion

Contact the consultation team:

020 7592 9592

Email: NorthwickParkOPE@connectpa.co.uk

Website: www.NorthwickParkOPE.com

Address:

Northwick Park

c/o Connect

PO Box 67187, London SW1P 9SZ

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

A young snake asks his mum, "Mum, are we poisonous?" His mum says, "Why do you want to know?" The young snake says, "because I just bit my tongue."



After many years, a prisoner is finally released. He runs around yelling, "I'm free! I'm free!" A little boy walks up to him with a smile and says, "I'm 4."

Why did the boy bring a ladder to school?
He wanted to go to high school.

What do you get when you cross a snowman and a vampire?
Frostbite!

Why are seagulls called seagulls?
Because if they flew over the bay, they'd be bagels!

RIDDLES

How far can a fox run in to the woods?
Only halfway, then it would be running out of the woods!

If six children and two dogs were not under an umbrella, how come none of them got wet?
Because it wasn't raining.

Almost everyone needs it, asks for it, gives it, but almost nobody takes it. What is it?
Advice.

What belongs to you but is used more by other people?
Your name.

Did you spot the deliberate spelling mistake?
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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— have no public events for August but would welcome your help as a volunteer. Could you join the small group of 'Friends' to help organise events? Are you able to help keep the garden tidy? Perhaps you have unwanted bric-a-brac or jewellery for our table sales. Phone Katia on 0208 908 1220 or Pat on 07814 554979 if you can help at all. www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—We are taking a summer break. Rehearsals for our 2019/2020 Diamond Jubilee Season will restart on 9th September at Harrow High School, Gayton Road, Harrow, HA2 1GJ.

An open rehearsal for anyone interested in joining the choir will take place on 23rd September. Please join us for our first concert "Voices for Hospices" in Harrow School Speech Room on Saturday, October 19th. Which is a wonderful experience!

'CHANGING SUDBURY' EXHIBITION—The exhibition is part of a year-long heritage community project detailing the history of Sudbury from the 1950s onwards. The Library (ground floor), Willesden Green, 95 High Road, NW10 2SF. from 19th July to 6th October.

CUTH'S TODDLER'S GROUP—(now **Daniel'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 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

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Heathrow Airport Expansion—Consultation:

I'm sure you're aware that there is a proposal to expand Heathrow, which involves building a new runway, changing how the airport operates, and managing the growth. There have been 2 previous consultations on changes, one in 2018 and one earlier this year. Having considered previous feedback, the proposals have developed.

Have your say:

Consultation event:

Weds 14 Aug 2-8pm

The Drum at Brent Civic Centre, 32 Engineers Way, HA9 0FJ—see the plans, ask questions

Document inspection location Civic Centre—this is not staffed so if you do have a query you will need to contact the consultation team on:

0800 307 7996 freephone, Mon-Fri 9am-6pm

Email questions to:

info@heathrowconsultation.com

www.aec.heathrowconsultation.com

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Deadline for submitting feedback is **11.55pm 13 September**



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Copy, advertisements and remittances for the
September issue should be received by

10th August 2019

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

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