

The Community Magazine for the  
**Sudbury Court and Pebworth Estates**

September  
2019

***The Courier***

88th  
Year



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## **Street Party**

**Sunday September 22nd**

**2-5pm**

(see page 25 for further details)



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**September 2019**  
**Number 203 (1,043)**

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Dear Neighbours,

I hope you're all well, and have had a lovely summer.

A group of us have been busily organising the Street Party to which you are all invited (pg 25) - we do hope the weather will be kind and that lots of you turn out to enjoy some fun activities (for all ages)—we will be providing some food and drinks, but it would be brilliant if people could bring some home-made specialities to share!! See you there!

Until next time,

*Kaye*

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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



Please can residents register on OWL (Online Watch Link, web address [www.owl.co.uk](http://www.owl.co.uk)). We are sending nearly all of our crime alerts via the OWL system. It is completely free to register so if you want to be in the know then register on OWL!

**Residential burglaries:** At time of writing, the residential burglary figures have decreased and we haven't had any aggravated burglaries recently.

Though the figures are low at the moment in our area, there continues to be aggravated burglaries occurring across NW London involving white masked men breaking into 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 set your house alarm on a partial set in hours of darkness in particular, and also to double lock all doors to the outside.

Install good quality locks on your windows and doors; doors to the exterior should be locked with at least two locks. A London Bar is also advisable, as re-enforcement of the lock stays.

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 for any persons sitting up in vehicles in the locality, especially if you don't recognise them from the area – particularly if they are a group of men sitting up in a vehicle for no apparent reason and paying attention to people's comings and goings. If you see anyone acting suspiciously, then consider ringing the police.

I know from reading the various residents'

WhatsApp groups that residents really are being more and more vigilant, and communicating to each other various sightings of suspicious persons and vehicles. This is all good and a brilliant neighbourhood watch tool.

**Thefts from cars and vans:** recently my sister, who lives in south Brent, was loading her car to go to the airport at 6am. There was no-one about, or so she thought, as she was backwards and forwards from the car. She left her handbag in the unlocked car—the car was only unattended for less than a minute—someone quickly opened the car door and stole her bag containing her mobile and house keys. The inconvenience was huge—locks of the house needed to be changed, no mobile and a lot of contacts lost. Please be aware when you are loading or unloading your car, you never know who is nearby.

Also, please do not leave loose change in your cars – some thieves are drug addicts, on Class A drugs, and would break into a car if they saw a pound visible or loose change in the cigarette tray.

As you can see from the crime figures a number of vans have been broken into for tools, I know it is hard to do but I recommend that no expensive tools are left in works vans, and to park it on your driveway if at all possible.

**Catalytic converter thefts:** As you can see from the crime figures below, we are still having an issue with the Catalytic Converter thefts - Toyota Prius cars and Honda Jazz cars continue to be the cars of choice by these thieves. The car parks of Northwick Park hospital are being targeted from time to time.

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 park your car; what measures you can take in order to limit the chances of this happening to your car—speak to the manufacturers.

The men involved in this are mainly a group of white men in their 20s, with Irish accents, wearing baseball hats. They jack up the car and remove the Catalytic Converter in a matter of minutes. They are using a variety of cars as their vehicles, these cars are all on false stuck-on plates.

**Scrap collectors:** please report any vans you see roving around potentially collecting scrap metal. We are finding a lot of people who are doing this activity are also opportunist thieves. A woman who lives in Edgware reported the theft of her cast iron fireplace and the suspects made off in a white van, which I seized last month. She had left the fireplace by her garage, she had a two car length driveway, and a male using this van I seized had walked up and taken the fireplace. Unfortunately, the person driving the van when I stopped it was not the male who took the fireplace. Previously, we have incidents whereby residents have taken their radiators off to bleed them and left them on the front lawn only to come out a short time later and find them taken.

**Cold calling telephone scams:** can elderly residents please be aware of telephone calls from people they don't know stating that their bank accounts have been compromised. A number of elderly residents have been contacted by a person who claims to be a police detective in Central London and that they have caught someone trying to use their card. Please be aware and cautious of anyone who contacts you out of the blue on the telephone and claims to be from your bank or

the Police and wanting you to confirm bank details, or wants you to go to the bank and withdraw cash because "your bank account has been compromised". Alarm bells should ring immediately, so hang up the telephone and wait for 10 minutes—get your bank statement and ring the telephone number on your statement if you are worried. These fraudsters trying to get hold of your money can sound very convincing and professional, they may even have information about you, but don't in any way divulge any personal information or fall for their scare tactics. It is also worthwhile having a telephone call monitoring system, or caller display, and if you don't recognise the number calling you don't answer it.

**Cold callers:** The problem of cold callers is 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 scam and con merchants both on the phone and in person.

**DO NOT GET ANY GOODS OR SERVICES FROM SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!** *Please don't encourage them to come into the area!*

Remember 'cold callers' is the term given to someone you don't know and uninvited asking you for work or providing a service for a fee – e.g. driveway washing, gutter cleaning, laying driveways, roofing work, etc. If they are on your driveway/cleaning your gutters they will get to find out who lives at your address and the general layout of your property—don't be surprised if you then get conned or burgled. It happens all too often.

Bottom line—do not, engage with cold callers.

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**Beggars:** On 11th August, on exiting Wembley Central tube station, I was accosted by a male who was begging for money. The male didn't recognise me, but I know that he is a crack addict. A lot of beggars have drink and drug addictions and when / if you give them money you are financing their addictions and encouraging their activities – if you feel you want to help them it is best to give to a charity that is trying to support people with addictions by trying to rehabilitate them.

Similarly, I have dealt with a number of males who are drug addicts hanging around Kenton Road and Northwick Park station begging – do not give to beggars please! You are potentially helping to line a drug-dealer's pocket.

Some other beggars around Wembley Central and Northwick Park stations are organised criminal groups who come from Central London and who are entitled to work but choose it as a means of income. Please do not give to beggars as you are encouraging them to continue their activities. And begging is an offence.

#### **What has your team been up to?:**

Your officers are carrying out a number of investigations, which require preparation for court and paperwork. When we are not doing this we are out on patrol. Here are a few of our notable arrests in the past month:

12/07/2019 PC KENNEDY was on patrol in NORTHWICK PARK when she saw two persons huddled by a tree. She approached the pair and detained them for a drugs search. The male person ran off, and PC KENNEDY then tried to detain the female who put up a violent struggle. Both were later arrested and found guilty of Obstruction at Willesden Magistrates Court. The female was in possession of a crack pipe, and tested positive for cocaine.

Your team did a day of action at the hospital on 29/07/2019. This started off with an early morning trawl of the hospital grounds looking for rough sleepers – the hospital has a problem with, mainly, substance misusers loitering and rough sleeping in A & E and on the hospital grounds.

Following this patrol, the No Right Turn from the Watford Road into the grounds was

monitored and a number of motorists were processed for driving offences in relation to contravening the No Right Turn. Some of these motorists were hospital staff and the hospital were informed. We have had complaints from local residents and the hospital administration themselves about this manoeuvre occurring causing danger to road users.

Later in the morning, a male who lives on the hospital grounds was spotted returning from the park and acting suspiciously on seeing us. He was searched and found to have Class B drugs on him, he was processed for this. He said he had been dealt the cannabis in Northwick Park. We have had complaints from residents in his block about the smell of cannabis, and now we know where / who it is coming from – the managing agents have been informed.

Two suspected Class A drug addicts were spotted on bicycles cycling fast on the one way system in the grounds, attempts were made to stop both of them but we only managed to stop one – on being stopped he managed to ingest something into his mouth. Whilst under arrest, he was conveyed to A & E in relation to what he had ingested, and he later regurgitated 12 wraps of crack and heroin—that evening he was charged at Wembley Police Station for drugs offences. He is believed to be rough sleeping in the hospital grounds and that the wraps were for other drug users hanging around the hospital.

03/08/2019 officers were working with Preston SNT when attention was drawn to a car in Chamberlayne Avenue, off Preston Road. The car had four young males in it. On being detained for a search, two of the four ran off and one was later found—in total three arrested. It transpires that the three arrested are believed to be involved in a gang in Hackney and were on the estate with two knives (one a large hunting knife and lock knife), a balaclava, and gloves. The car was seized, interviews conducted – it was a late shift, off at 3am, when due to finish at 11pm. The group were later released under investigation and the evidence against them is being collated with a view to charges for weapons offences being sought.

## Overview of offences 11<sup>th</sup> Jul—11th Aug:

**2 Robbery Personal:** (i) Byron Road (by alleyway to East Ct, 09/07, 1650hrs, reported on 10/07), 15 year old boy was walking to the shops East Lane when he was approached by two youths one in school uniform when he was robbed; (ii) Northwick Park (20/07 0400hrs), male was walking through the park when approached by three masked men in balaclavas who demanded his property, a fight ensued and the victim was apparently stabbed.

**1 Burglary residential:** (i) Sudbury Hill Close (in low evens, 03/08 2200hrs) rear bedroom window was point of entry, occupiers downstairs, when heard noises shouted and suspect left, cash and jewellery stolen

**1 Attempted burglary residential:** (i) Abbotts Drive (in 110s evens side, 18/07 1000hrs – 18/07 1820hrs), someone has attempted to force entry to house by inserting object in front door;

**14 Theft from Motor Vehicle:** (i) Elmwood Court (19/07 1930hrs – 11/07 0430hrs) number plates stolen from car; (ii) Northwick Park Hospital (09/07 0800hrs – 12/07 1600hrs) catalytic converter (CatCon) stolen from 10 plate Toyota Prius. (iii) Sudbury Court Drive (in 110s evens side, 14/07 2300hrs – 15/07 0646hrs), 12 plate HYUNDAI broken into and cash, passport, bank cards stolen; (iv) Court Parade (18/07 21:55hrs – 18/07 2205hrs) CatCon stolen from 08 plate Toyota Prius; (v) Court Parade (18/07 21:55hrs – 18/07 2205hrs) CatCon stolen from 06 plate Toyota Prius (vi) Nathans Road (in 30s odds side, 14/07 2100hrs – 15/07 1545hrs) purse stolen from glove compartment of car parked overnight (vii) Kenton Road (in 80s odds side, 24/07 1355hrs), back door lock to van drilled out, tools stolen suspects made off in bottle green Golf; (viii) Northwick Park hospital (27/07 0750hrs – 27/07 1100hrs) number plates stolen from car (ix) Harrow Road Harleyford Court (28/07 1800 hrs) CatCon stolen from 2010 plate Prius (x) Churchill Avenue (in 10s evens side, 29/07 1030hrs) garden equipment stolen from Ford Transit van (xi) Nightingale Avenue (22/07 1800hrs – 29/07 1900hrs) CatCon stolen from 2006 Honda Jazz (xii) Langham Gardens (low odds, 31/07 1700hrs – 01/08 1600hrs) CatCon stolen from 02 plate Honda Jazz (xiii) Northwick

Park Hospital (0921hrs on 01/08 – 1900hrs on 01/08) CatCon stolen from 14 plate Toyota Auris (xiv) Shelley Gardens (in 30s odds side, 01/08 1100hrs – 1200hrs) CatCon stolen from 08 plate Prius;

**1 Theft of motor vehicle:** (i) Sudbury Court Drive (in 110s evens side, 14/07 2300hrs – 15/07 0646hrs, 11 plate HYUNDAI stolen, subsequently recovered on 29/7 in Ashford Road NW2

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 below for crime prevention tips*

**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!

[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](https://twitter.com/perrinsfarm) Telephone on 07711 561848

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## **Refuse Collection etc**

Many of you have experienced missed bin collections over the last month or so, some of you have written to the Lead Member, Councillor Krupa Sheth:

[cllr.krupa.sheth@brent.gov.uk](mailto:cllr.krupa.sheth@brent.gov.uk) to complain. Two open responses have been posted on the Brent Council Website to apologise and explain what had happened, see below:

*Missed bin collections: an update from Cllr Krupa Sheth, Lead Member for Environment 25 July 2019*

*We are aware that a number of bin collections have been missed in recent weeks. I can completely understand residents' frustration. It is unacceptable that bins haven't been collected, especially in this heat.*

*We have been in urgent talks with our contractor, Veolia, to understand what went wrong with their operation and to make sure that they put this right as soon as possible. They are in the process of going back over the roads that have been missed and are working quickly to make sure all missed bins are collected. Our team are doing everything they can to assist them.*

*Please continue to leave any bins visible and in front of your property so that the Veolia team are able to collect them.*

**UPDATE: 29/07/2019**

*Following the recent disruption to local recycling and waste collections, Veolia have now resolved their operational issues. We apologise for the inconvenience and will continue to closely monitor collections to make sure residents are receiving the highest possible service.*

I have received several notifications from residents during August reporting continued non-collections, rubbish trailing behind the collection vehicles etc. There have also been reports of green waste being secreted into grey bins. If you wish to complain about these issues you may like to write to the Lead Member about your concerns.

## **Brent Community Lottery – Good Causes Launch**

The Council is launching a new online lottery called the Brent Community Lottery. 60p from every £1 ticket will go direct to charities, voluntary organisations and other good causes. Players of the lottery can win a £25,000 jackpot, plus smaller prizes.

The Council will be holding a Good Causes Launch on **Wednesday 9 October 1-3pm in the Conference Hall at Brent Civic Centre**. You will be able to hear all about the new lottery, how it works and how the voluntary and community sector can directly benefit from participating.

Councillor Krupesh Hirani, Cabinet Member for Public Health, Culture and Leisure said: "The Community Lottery model is already being used very successfully by over 50 other councils across the country. We have now been given the go ahead to follow this positive trend to help support the Voluntary and Community Sector and provide them with access to alternative sources of funding. We hope Brent residents will take part knowing that they are supporting their local charity or good cause as well as having the added incentive of winning some cash."

If you would like to attend the 'Good Causes' launch, please register here: <https://www.eventbrite.com/e/brent-community-lottery-good-causes-launch-tickets-66196135423>



### **Pride of Brent Awards -**

Nominations are now open. The Pride of Brent Community Awards 2019 is a celebration of those selfless individuals, community groups and local businesses who contribute so much to the borough and who have gone the extra mile to make Brent a better place to live and work in 2019. You know who these people are! They come from all walks of life, from different backgrounds, ages and cultures. The positive impact of their work can be seen throughout life in Brent. Nominating is easy. There's a simple application form on the website and all you have to do is fill it in and send it back to us!

Nominate today and give someone the recognition they deserve! Help us celebrate the people who really do put the Pride in Brent.

Find out more at [www.brent.gov.uk/prideofbrent](http://www.brent.gov.uk/prideofbrent) complete the application form and send it back to us at: [PrideofBrentCommunityAwards@brent.gov.uk](mailto:PrideofBrentCommunityAwards@brent.gov.uk)

**Closing date for applications is midday on Monday 16 September 2019.**

The individual award categories are:

- ♦ Community champion of the year
- ♦ Good neighbour of the year
- ♦ Volunteer of the year
- ♦ Inspirational young person of the year
- ♦ Young volunteer of the year
- ♦ Apprentice of the year

The community groups and businesses categories are:

- ♦ Community project of the year
- ♦ Community group of the year
- ♦ Responsible business of the year
- ♦ SME of the year
- ♦ Apprenticeship employer of the year

The winners will be announced at a ceremony at Brent Civic Centre on **Thursday 21 November 2019.**

### **Brent Connect Wembley**

Brent Council run five informative meetings for residents of Brent every three months. The meeting for our area is normally held at Patidar House, 22 London Road, Wembley HA9 7EX; the next one being scheduled for 7pm - 9pm Wednesday 23rd October. Besides being informative sessions where you can ask questions, there is also a 'Soapbox' session where you can say what you want to the Council and other residents. Why not come along. Full details can be found on the Brent Website.

### **Grass verges**

Up until July the 5th Brent employed two grass cutting teams (while the grass was growing strongly) however, there is now only one team and we cannot expect the verges to be cut more often than every 9 weeks for the rest of the year.

### **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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If you haven't met your Street Ambassador yet, it probably means your street isn't covered.

We're looking for people to help collect the SCRA membership Subs (see pg 23) - it might take a couple of hours of your time.

We are having our Street Party on 22nd September, but we could do so much more if everyone joined in.

Please contact us and become the SA for your little corner of Sudbury Court or Pebworth.

[secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk)

# Anthea Dixon

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# Front Garden—the winners

We received over 30 nominations for the front garden competition, so over two sunny evenings we set off to take a look, without any pre-conceived ideas of what the criteria should be.

What we did find was lots of pride taken in tending gardens, and some lovely stories.: our particular favourite was of John Carroll and his beautiful and treasured Hydrangea—taken from a cutting from a friend in Ireland in 1992—John is now 94 years old, and has recently celebrated his 65th wedding anniversary. He doesn't do as much in his garden any more but loves to admire the flowers, and especially the Hydrangea.

For many, gardens are more than just outside spaces - they are memory troves, a source of pride and wellbeing. If you don't know what to do with your garden, put some questions to us, or on the WhatsApp group, see what you can learn and enjoy.

We came across some lovely hanging baskets bursting with colour and variety. One garden was filled with a mass of hollyhocks with a second flush of roses due. Many gardens had attractive flower beds and neat lawns, and you can't help but enjoy the trees.

After much deliberation (and tea and biscuits) we came to our decision—maybe not the most obvious.



## 1st Prize (£50) 71 Nathans Road

If you've ever been to South Kenton Station, you can't help but notice the amazing weeping willow that greets you when you enter the estate. A balcony on the upper level with colourful pots, a parasol and table and chairs—an ideal spot to sit. Benches on the well maintained front lawn, with a variety of colour from shrubs and pots.

## 2nd Prize (£30) 77 Paxford Rd

Tropical flavours with Banana, Yucca and a Tree Fern, amongst a very colourful mixed bed. Also lovely window boxes and planters around the front door.

## 3rd Prize (£20) 67 Pasture Rd

With it's own lamp post and other lighting in the front bed—lighting the variety of statues and curios, as well as the flowers and shrubs. Many flower-filled pots by the house.

A big thank you to everyone - mentioned or not - who make our Estate such a lovely, colourful and green place to live.

(Prize-winners—you must contact us to claim your prize:  
[treasurer@the-scra.co.uk](mailto:treasurer@the-scra.co.uk))



# The Memory Cafe

Support for those experiencing memory problems



It is interesting that the BBC have a surprise hit on their hands—The Repair Shop is an understated masterpiece of television. It features people bringing a beloved possession to be repaired by gentle and skilful experts. Along the way, they get to speak about the object and the touching memories that it triggers.

On the one hand, it is a delight to see the craftsmen and women fix things. We live in a throw-away society and so seeing the rescue of precious things is lovely: the old clock comes back to life, the tin-toy is resurrected.

But what is most touching I think is that the programme highlights the importance of both family and remembering. We miss people when we no longer have them. We cherish our family history and all of us yearn for a

sense of security and safety. I wish that life was as uncomplicated and sweet and safe as the vision we get of it in The Repair Shop.

I think that in many ways our Memory Café has the same ethos as this wonderful BBC programme. It is a place of safety and family and celebration. We take memories seriously and we hope to be alongside people as they share the things that have, and do, matter to them.

Our need to feel safe and loved is much underestimated. It is a universal need and independent of creed or colour. All of us has something of the child within – wanting to be safe. We invite you to our little bubble of love and care – every Thursday at St Cuthberts, 11am-1pm.

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First, we have some big news and you are invited to join us. On **8th September**, Bishop Sarah the new Bishop Of London is joining us at St Cuthbert's. You may know that she is the first ever female Bishop of London and has a background in the health service where she was Chief Nurse.

It is a great honour for us and she is a really lovely person. I have heard her talk and she is very inspiring. She will be with us at 1pm for lunch as part of our celebration of the church's 60th anniversary. We are going to eat together and hope that Bishop Sarah will tell us something of her story and open up for questions. We will also encourage people to say something about the history of St Cuthbert's. The estate and the church have been very much a partnership over the years.

Since I have been here I have tried to help us to focus on our community and to be a blessing to all. So it would be a great blessing if you would come and join us for this special event. The Memory Café choir will also be singing and it should be a great time. Do email me if you are thinking of coming so we can get the catering sorted [steve\\_stcuthberts@hotmail.com](mailto:steve_stcuthberts@hotmail.com). Everyone is welcome, of course.

We hope that you have had a great summer break and are all feeling refreshed. You are always welcome at church and to come and be part of this lovely community here. We are all much more relaxed about Autumn and Winter as we have our lovely new heating system in church!

## *Look as young ...as you feel*

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## Spreading The Load for GPs

We all know how difficult it is to get an appointment with our GPs and we often think twice about taking up precious time when our doctors are so overwhelmed. The Royal College of GPs have recently announced that some of the workload of GPs is to be taken up by pharmacists and physiotherapists. Lots of GP consultations are for joint disorders, including back pain and sports injuries and unless musculoskeletal disorders are the special interest of your doctor, GPs are limited to prescribing pain killers and anti-inflammatories. The key to resolving most problems lies with the physios who can provide immediate relief with massage and manipulation, and most importantly recommend graded exercise programmes specifically for you. Having had hip disease for many months culminating in a total hip replacement I know how I have relied on the expert attention of physiotherapists.

We also have so many more people taking medicines, it is unusual to meet anyone over

65 not taking at least one prescribed medicine, and many are taking more than six medications per day. An essential part of every GP consultation is to confirm what drugs the patient is taking, often there is a discrepancy in what is documented and what the patient is actually taking. Prescribing has also become more complicated with drug interactions and restrictions for use. It would be fantastic to have a pharmacist on site to confirm current medication status and advise. Pharmacists are also terrific at identifying when a patient needs to see a doctor, advising and providing treatment when they do not. We are so fortunate in this estate to have a great local resource in the Sudbury Court Pharmacy with the wonderful Khanna family and staff who seem to have been there for decades. Perhaps next time you have a concern, a trip to the pharmacy might have more benefit than a call to 111.

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# Stepping Comfortably Into The New School Year

As a father of three daughters September has always been a busy time of year for our family.

It's a period in the calendar which is often accompanied by the buying of new shoes for the new school year ahead.

Below I've included some tips on buying comfortable school shoes and general foot care advice to keep your loved ones feet and ankles healthy.

**Shoes** Go to a reputable child shoe fitting shop. We can provide you with a list of local shoes shops free of charge or you can visit the Children's Foot Health Register at [www.shoe-shop.org.uk](http://www.shoe-shop.org.uk).

Always choose correctly fitting shoes which are one thumb nail longer than the foot to allow growth.

**Trainers** Don't give in to the temptation of just buying your child what they want because they are fashionable and / or branded. Go for comfort and trainers that are designed for the sport your child may be using them for.

**Nail Care** Ensure your child's nails are regularly cut following the shape of the end of the toe. This will avoid ingrown toenails a common condition we see when school starts. Well fitting shoes will also avoid nail problems by reducing trauma associated with tight shoes.

**Verruca** A common back to school infection acquired in changing rooms or swimming pools. Home treatments can help and are a good first aid measure. Although use with caution and follow instructions as they have acid and can cause burns if used inappropriately.

**Athletes Foot** A common infection caused by fungus especially in young, active boys. Good foot hygiene, drying well between toes, using cotton socks which are changed frequently and foot deodorizers and antiperspirants can help. If this does not settle it or any of the issues above come in and see us.

After all you want your children thinking about their education not worrying about their feet.

Thanks for reading, *Firoz*

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## Who's been picking up litter?



So, last month, we mentioned about the mystery 'litter-pickers' . . . . Let me introduce you to Tanishka. She's 12 years old—and has appeared in The Courier before, as one of the helpers to 'Save the Trees' from ivy earlier in the year.

When I asked her what made her decide to pick up litter on her way home from school, she said:

"When you see litter in streets, parks, alley-ways and beaches, etc, you feel disgusted, angry and sad. This is because it is unsightly, bad for the environment and it pollutes. It is estimated that around 48% of the population admits to dropping rubbish. Littering is a threat to our health as it can attract animals with bad bacteria that then spread onto us. Secondly it is harmful to the environment as it attracts flies, insects and can sometimes even start fires. Also litter can get into streams, rivers and oceans causing huge problems for marine life. People are more likely to litter in areas that



If you're wondering why our young environmentalist is dressed in Leicester City football kit, we'll tell you next month!

already have litter in them compared to areas that are stricter and cleaner. So I decided to pick up litter on the way home from school so I could live in a cleaner environment, as I walked home that way nearly every day. My friends thought it was good of me to be helping the environment by picking litter, and one of my friends even helped me for a while. I will try and pick up more litter to keep on making the environment I live in a cleaner place."

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# Improving the Built Environment for Schoolchildren in Brent

Brent is an exciting place to live, work and play. However, the Borough is also disproportionately impacted by several of London's key issues affecting its youngest citizens.

**Brent has the highest number of overweight children than any London Borough and only one in five children meets minimum activity requirements. Children's barriers to outdoor activity thus need to be addressed, and the strengths of the neighbourhood that encourage walking, cycling, sports participation and play should be bolstered.**

Over the past year, I embarked upon the challenge to identify these barriers and strengths. In so doing, I considered it to be vital to let Brent children have their say. Hence, I joined a diverse group of 35 primary schoolchildren from all parts of the Borough on their commute to school or on a tour around their home neighbourhood (Byron Court Primary included). During nearly 20 hours of interviews and 60 miles of roads travelled across Brent, key barriers to activity were identified. These ranged from infrastructural issues, such as poor pavement and green space maintenance, through societal issues like criminal activity, to urban planning issues, manifested in the centralisation of services in the Borough. The children also stressed several unique, positive elements of the Brent built environment: the available recreation facilities, cul-de-sacs, and a strong sense of social cohesion stimulated their activity. Along the way, we then developed concrete interventions that could improve the neighbourhood. These included a mobile reporting system for antisocial behaviour, and ways to calm traffic around schools, for instance.

Figure 1: Dominant mode of transport on the way to school for interviewed children,

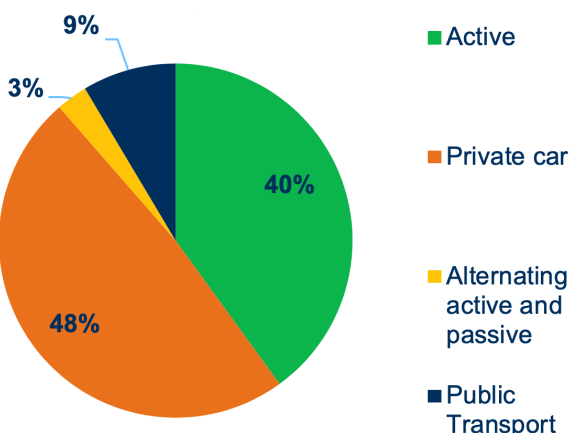
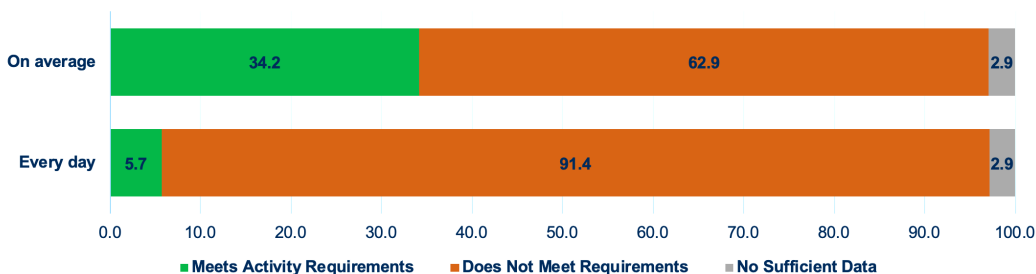


Figure 2: Activity levels of interviewed children

## BRENT CHILDREN'S ACTIVITY LEVELS (%)



Cont'd on pg 21

# Northwick Park Community Garden

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



We hope you had a fabulous summer!

Since the heatwave in mid-July, we've had light rain showers a couple of times a week followed by warm sunny days. Perfect conditions for the plants in the garden to flourish and grow. This and the fantastic support given by everyone on our WhatsApp watering group has greatly helped to keep plants and trees happy.

The chard is certainly thriving—the leaves are huge and waiting to be picked! Teresa H. has done just that. The photos show that chard can be the basis for a delicious vegetable side dish. The secret, apparently, is to first gently cook the stalks (as they take longer to soften) in olive oil and then fry them off in garlic, adding a breeze of salt and pepper. Although the leaves are huge, you may need a mountain of leaves to create a substantial side dish as they wilt down whilst cooking, similar to spinach.

Herbs and mint are also ready to be picked – who would have thought we'd already have something to harvest in the first summer! A key benefit of picking or cutting the produce is that "plants will keep growing and won't go to seed so quickly". (Quoting Teresa H.)

Feel free to go ahead and pick some to use in your home kitchen! Maybe try some pineapple mint in a refreshing drink; thyme in stews, or maybe sage in an Italian-inspired saltimbocca. We would love to see photos of the end results, so please come forward if you've picked something from the garden,



and let us know what you've made with it by emailing us, or posting it on our Facebook or Instagram (see below).

We've received our second instalment of funding and, after our summer break, we are planning a series of events for the Autumn starting with a workshop on **Thursday 19<sup>th</sup> September 7-9pm** at the Windermere Pub in South Kenton about 'How to successfully grow new plants from cuttings'. We'll also have a workshop in October on composting followed by Permagrit No3 in November. We'll add more details to our News & Events page on our website (above) where you can sign up for our newsletter if you haven't already done so.

On a final note, our community garden has been entered into the 2019 London in Bloom RHS, "It's Your Neighbourhood" category. We were a late entry so won't be judged this year but hope to get a level 1 (of 5) RHS certificate. The award ceremony will take place on Friday 20<sup>th</sup> September at the Arts Pavilion, Mile End Park, London. We'll let you know how we get on.

We look forward to catching up with you soon.

**Check our website  
join us on Facebook, Instagram:  
[@northwickparkcommunitygarden](https://www.instagram.com/northwickparkcommunitygarden)**

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

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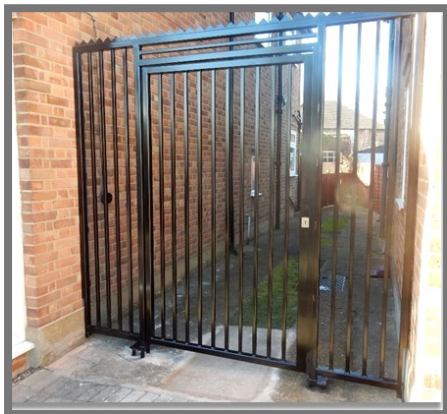
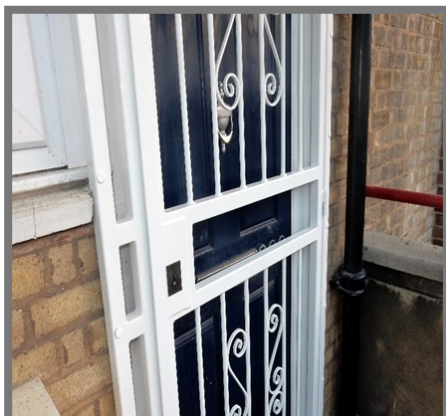
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## Improving the Built Environment for Schoolchildren in Brent

*Cont'd from pg 18*

Children's activity levels underline the need to act upon these observations and recommendations. As the figures show (Figures 1&2, pg 18), the largest share of interviewed children commuted by car, even though many resided within a fifteen-minute walk from school. Moreover, only a third met the required physical activity target of one hour of daily physical activity on average, with just over one in twenty doing so every day.

These findings have already been extensively discussed with Brent Borough Council, which has been very supportive of this research. The Council not only explores the implementation of the context-specific policy suggestions from this research, but also contributed to an inspiring school trip to Cambridge for participating children. Hence, as Brent offers great possibilities for concrete measures that can improve the health of its youngest residents, I hope this research and broad engagement I experienced will contribute to improving the neighbourhood for children growing up in Brent.

*About the author:*

*Lander Bosch is a PhD student in Health Geography at the University of Cambridge. His research focuses on the complex and multifarious interactions between the London built environment, children's physical activity and their body composition.*

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## SCRA Membership - please pay your subs

### SCRA Membership

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We will certainly need your support to ensure that we hold the Council to account with regards to any plans they have for developments in Northwick Park (One Public Estate). Our membership fee is £5.00 per household per calendar year.

You can also add a donation toward the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Please give as generously as you can, in order that we keep our streets 'leafy'! We have lost a number of trees, and some much-needed maintenance will be carried out in October.

### Sudbury Court Horticultural Society

Members of the SCHS, and those who wish to join, should include their annual subscription of just £3 with their payment.

### WhatsApp Groups

Due to the success of the groups and the limited spaces available, you will only be allowed access to the groups if you have paid your subs.

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# CALLING ALL GARDENERS

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September! ..... so the holidays are over! Maybe you have come home to a good crop of beans and tomatoes if you were lucky enough to have a friendly neighbour to keep everything watered while you were away relaxing, perhaps on a sunny shore. Now though, in September, it's harvest time, the season for the SCHS's last show of the year.

The Autumn Show will take place on **Sat 21<sup>st</sup> September**, so by the time you're reading this you will have almost three weeks to prepare your exhibits! Roses are still featured, while chrysanthemums and dahlias of various kinds are the speciality flowers this time. Fruit and vegetables will make an attractive appearance; while in the domestic classes bakers and preserve-makers are challenged to present a mini-hamper or make the notoriously difficult lemon curd! I would especially like to see more young people have a go at designing a miniature garden in a waterproof tray. See page 5 of your 2019 Programme Booklet. It's not too late to phone Robert Smith 020 8904 8017 if, perhaps because you are a new resident, you don't have a copy of it. Everybody, of course, is welcome at St Cuthbert's Church Hall from **3.30pm to 5pm** to view the show and enjoy tea and chat with neighbours and friends.

September is harvest time in so many ways, flower seeds can be gathered, dried and kept in paper envelopes, carefully labelled then stored in a tin in a cool place, to make more plants for next year. It's time too, for a garden check up, to record what has done well this

year and where changes are desirable to keep the garden fresh from season to season. Early autumn is a good time to review

the successes and failures of the past gardening year. I intend to banish an aggressive honeysuckle with woody stems that strangle the climbing roses and provide scant flowers, high up, out of sight and out of reach. There are nicer varieties of honeysuckle that will cover an arbour more gently with fragrant flowers, more easily enjoyed.

Years ago, on holiday in the Scilly Isles, we marvelled at the agapanthus, a blue haze of lovely bell clusters growing wild on the cliff tops and everywhere in people's gardens. Deter-

mined to have agapanthus in our own garden, a plant was purchased at Waterperry Gardens where, diverting from the A40, we made a pit stop on the way home. Lovingly nurtured in a pot, our agapanthus took its time and refused to bloom again until years later, it had become pot-bound. This year, as the picture shows, it has surpassed itself! Beside it in the picture, the small pot contains three varieties, said to be winter-hardy, purchased at an RHS show in London. Planted all together in one small pot I thought their roots would soon fill it and the flowers would make a triple display. Not so! Three years have passed – lots of leaves, but no flowers. Maybe next year!

Who knows? From the larger pot there may still be a few agapanthus flowers to bring to the Flower Show on the 21<sup>st</sup>. Why not come and join in!

Margaret Roake





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## WELLBEING WITH YOGA

So popular that we now have 5 sessions p/w:  
Mon, Tues, Thurs at 7pm  
Sat at 9.30 am  
Sun at 10am

All sessions last 1 hour and cost just £5 (to pay the tutors with balance donation to cost of utilities etc). For more information and to express interest please contact us (below)

## OUR SHOP

Sudbury Town Underground Station

Mon, Weds and Fri—12 to 5pm  
Thurs—3 to 8pm; Sat— 1 to 4pm

We have loads of books, DVDs, CDs, Jazz & Classical vinyl records, pictures and much more.

Donations of unwanted cameras, mobile phones, tablets and even 00 gauge rail items welcome.

## FOR CHILDREN

Story Telling & Rhyme  
Tues—11am for 30 minutes (50p donation)  
Chess Club – Saturday 12 to 2pm  
Summer Crafts and Games 2 to 4pm  
Homework Club—Saturday 2.30-4pm

## WHAT ABOUT THE BOOKS?

Don't forget to pop in to borrow some books too.

## OTHER ACTIVITIES, incl

Memory Lounge – inc. chair yoga or Tai Chi  
Tues, 11am to 1pm (small donation)

Art Club  
Tues, 1 to 3pm (£2 donation for materials)

Knitting Sewcial  
Weds, 10.30am to 12.30pm (£2 donation for tea etc)

## LIBRARY OPENING TIMES:

Mon, Tues, Weds 2:30-6pm  
Saturdays 12-5pm

There are various regular activities—full details can be found on our website  
[barhamlibrary.uk](http://barhamlibrary.uk)

contact Paul Lorber 07917 094 239  
[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)

Barham Community Library,  
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660 Harrow Road, Wembley HA0 3JF  
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## Seniors outing—words by Gillian Haston, pics by Christine Lawton



We all met at St Cuthberts for this year's outing. It was overcast to start but the day brightened up and only a slight shower throughout.

We were picked up by Bessways coaches and had an excellent driver called George. The drive was very quick, lucky no hold ups, and the same coming back, makes all the difference.

There is quite a lot to do in Southend, good shopping area, the one and a half mile pier which you can walk or take the train, and get a good smell of the sea and seaweed—the tide was right out for most of our time there. Sit, take a breath and have a cuppa. The promenade is safe to walk along with plenty of seats to take in all the surroundings, and perhaps enjoy the cockles and whelks, which Southend is well known for.

The day went by very quickly and we were picked up at 5pm and got back to the church around 8.30pm.

I think everyone enjoyed their day, and so much effort was put into it by Susan, Maggie and Norman—on the way down we were given chocolates, a map, and general knowledge about Southend, which was very helpful for those who had not been before. Coming back, the raffle was drawn and 5 lovely prizes given out to the lucky winners.

A vote of thanks was given to George the driver, Maggie and Norman by Susan, but a big thank you to Susan for all her hard work in organising yet another GOOD OUTING.

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# Kids' Page



Hello Kids,

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

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



## JOKES

Two pickles fell out of a jar onto the floor.

What did one say to the other?

Dill with it.

What did the Dalmatian say after lunch?

That hit the spot!

Why did the kid cross the playground?

To get to the other slide.

How does a vampire start a letter?

Tomb it may concern...

How do you stop an astronaut's baby from crying?

You rocket!

Why was 6 afraid of 7?

Because 7, 8, 9

What is a witch's favourite subject in school?

Spelling!

## RIDDLES

I come in many different colours and I get bigger when I'm full. I will float away if you don't tie me down and I will make a loud sound if I break. What am I?

A balloon.

This goes up and down, but never moves? What is it?

A flight of stairs.

What can be big, white, dirty and wicked?

A lie.

What has a thumb and four fingers but is not alive?

A clove.

Did you spot the deliberate spelling mistake?  
'clove' should be 'glove'.





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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**—is holding a Quiz Evening on **Thursday 26th September at 7.15pm**. All welcome in teams or individuals to make up groups of 6. Cost £6 per person to include light refreshments. Phone Katia to book, 020 8908 1220. P.S. We are still looking for volunteers in all areas!! Phone Katia or Pat on 07814 554979 if you can help at all. [www.sudburyneighbourhoodcentre.co.uk](http://www.sudburyneighbourhoodcentre.co.uk)

**HARROW PHILHARMONIC CHOIR**—will be resuming rehearsals on **Mon 9th September 7:45** at Harrow High School, Gayton Road, Harrow HA2 1GJ. for our Diamond Jubilee Season. An open rehearsal for anyone interested in joining the choir will take place on **23rd September**. Our first concert "Voices for Hospices" in Harrow School Speech Room, with seven other Harrow Choirs on **Sat October 19th** at 3:15 is really special. Come and sing or listen !! For further details go to our website [www.harrowphil.co.uk](http://www.harrowphil.co.uk).

**'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](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 walks in the country and in town for pleasure and to keep fit. Anyone can join us. 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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\*This offer ends 30<sup>th</sup> September 2019



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

**10th September 2019**

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

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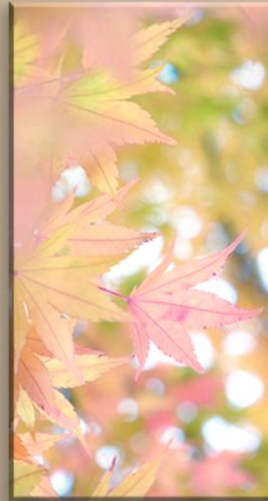
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Autumn



Every leaf speaks bliss to me,  
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- Emily Bronte



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