

The Community Magazine for the
Sudbury Court and Pebworth Estates

December
2019

The Courier

88th
Year



*Join us at St Cuthbert's
Christmas Bazaar*

December 7th 10.30am—1pm (see page 17)

Daniels Estate Agents

collect an award from

SUFRA NW London Food Bank

for the hard work in developing the Edible Garden in St Raphael's Estate into the beautiful landmark site it is today. The Garden was formally opened by the Mayor of Brent and many of the major donors, and businesses who contributed to the project attended, Francis from Daniels is pictured here with the Mayor.

"Sufra NW London is a local Food Bank and Community Hub based in St. Raphael's Estate, working to provide individuals & families with the emergency food they need to survive, and advice and support to empower them to

improve their well-being. The Food Bank serve a 3-course vegetarian meal every Friday evening for all to enjoy, regardless of their circumstances. Everyone is welcome!

They've turned an abandoned space on the estate into a community garden, where we grow fruits and vegetables to supply the kitchen, and care for 10 chickens. Volunteers are needed!

Please visit their website, www.sufra-nwlondon.org.uk for more info about our services and how to get involved!"



Wembley | Sudbury | Neasden | Kensal Rise | Willesden Green



December 2019
Number 206 (1,046)

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Treasurer: Pareet Shah, treasurer@the-scra.co.uk

Secretary: Noura Abdul-Cader, secretary@the-scra.co.uk

Courier Editor: editor@the-scra.co.uk

Courier Advertising: advertising@the-scra.co.uk

SCRA Website: www.the-scra.co.uk

Dear Neighbours,

There's nothing quite like a winter evening lit up by Christmas lights—which brings me to this year's Christmas Lights competition. See page 17 for details.

Following our Clarion Call of Crisis in last month's issue, I'd like to say a very warm 'Thank you' to those who've stepped up to join us, there are still a couple of important roles to fill, so if you find yourself at the other end of a New Year's resolution to get more involved, please do get in touch.

There are no Councillor's Comments this month because of the General Election on 12th December.

Wishing you all a very Happy Christmas

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



Dear Residents:

We in the Neighbourhood Team would like to wish all the residents a Happy Christmas and all the best for 2020!

We would still like more residents to register on OWL – 414 residents are currently registered on Northwick Park ward area, though this figure is the highest uptake in Brent, it is still not many in relation to the number of households in Northwick Park ward – Carlton Avenue West has over 180 houses, so 414 is very little. Please register with OWL if you haven't already done so.

OWL (Online Watch Link, web address www.owl.co.uk) is a free online system that we send out our crime alerts on. In fact, we are sending nearly all of our crime alerts via the OWL system now. It is completely free to register so if you want to be in the know then register on OWL!

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

Though the figures are low at the moment in this area 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 1700hrs, 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 on 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 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.

• **WhatsApp Group Success chasing off suspected burglars:** Before I tell this story (a remarkable true story) I would urge residents to be cautious and not to tackle any suspicious characters themselves, in this incident the residents didn't directly challenge them but did in a roundabout way:

My understanding is that on the 27/10 in the evening time 9pm-ish onwards, residents on the Pebworth Estate (roads off Pebworth Road) noticed a suspicious white van with a roof rack with beginning of registration number DV66 (full reg with police), there were three white males in this vehicle and they were driving around the estate aimlessly.

Members of the Pebwatch WhatsApp group (local residents) communicated the sighting of this van to one another. Following this sighting five residents went out each in their cars to see if the van re-entered the estate and it returned at about 2355hrs via Sudbury Court Drive. These residents followed the van at a safe distance and it drove straight out via Pebworth Road and parked up on Carlton Avenue West outside the church - two residents had followed the van at a safe distance in their cars. Three hooded males got out of the van to see if they had been followed. The resident's suspicions were raised further when they saw this. The males in the van must have realised that they were indeed being followed and drove off at speed up Sudbury Court Drive towards Greenford Road, with the residents following and ringing police about the activities of the occupants of this van. The van was not found by police that night.

Now whilst I commend the public spiritedness of the residents, I would urge caution in any situation like this. I understand in this incident the residents in their cars left a safe distance between them and the van at all times. There is no doubt in my mind that these residents did chase off some would-be burglars though.

Following my learning of this incident, I carried out an enquiry into persons connected to this vehicle and got the van flagged to all local response team officers to keep an eye out for, I also put out an OWL message out to warn other residents.

So please keep an eye out for this van it's a white NISSAN ACENTA van with a roof rack

(the rack may possibly be able to removed) the beginning of the reg was DV66 – the image of the actual van was sent out in an OWL message. If it is seen in the area, ringing around, ring police immediately 999.

• **Cold callers and Distraction burglars:** as you can see from the list of crimes below we had an incident of a cold-calling distraction burglary on Elms Lane on the 4th of November, the victim was elderly in her 80s. A summary of what happened is below in the crime figures but, especially if you are elderly, then please be careful if someone you don't know knocks on your door, do not open it – use a spy hole if you have it or only partially open the door if you have a door chain lock, ideally speaking try to find out what they want without opening the door.

The only person who may need to get access to your house is someone to read your electric/gas meter, they should have a meter reading device on them and identification on them. If you are unsure whether they (meter readers) are legitimate then if you know a neighbour you can ring to help check them out then please ring them otherwise consider ringing the police to check them out.

• **Cold callers in general:** at the time of writing this article, I can see on the WhatsApp group that there are cold callers going around the Pebworth Estate, they have been knocking doors on the estate dressed in orange fluorescent jackets – they were using a silver van, the van has just changed ownership so is not currently registered but is insured to a person in Wolverhampton. Now, I have said it before and I will say it again

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and again – please don't trust someone who is knocking on your front door, who you know nothing about, who claim to be x, y and z. I have arrested cold callers previously and I can tell you this – a lot of them have previous convictions for burglary and fraud. Now I am not making this up or trying to alarm you – I just want you not to engage with them, not to enter into any agreement with anyone who calls at your doorstep or puts a leaflet through your door. If you need any work done on your house then ask one of your neighbours whether they can recommend anyone – that way you limit your chances of being scammed or having someone you know nothing about on your land.

• **Cold calling telephone scams:** can elderly residents please be aware of telephone calls from people they don't know stating that the bank accounts have been compromised. A number of elderly residents have been contacted on the telephone 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 in your head, so hang up the telephone immediately, wait for 10 minutes, go get your bank statement and then ring the telephone number on your bank statement for your bank if you are worried. These fraudsters trying to get hold of your money can be very convincing and can sound like professional people, they may even have information about you so don't in any way divulge any information or fall for their scare tactics. It is also worthwhile having a telephone call monitoring system, or caller display on your telephone and if you don't recognise the telephone number calling you don't answer it.

Attempted burglary to steal cars/ Thefts of/ from cars and vans: There are a few recent burglary attempts where I suspect that the object of the burglary is to get in to get the car keys and steal a car. In one reported

incident the burglar is seen going around the householder's car in the drive first with something in their hand before trying to get in the front door. I suspect that they had a scanning device and when it didn't pick up a signal from the car key inside the house, they tried to gain entry to the house to get the key but were unsuccessful getting in the front door.

If you are owners of any newish car – certainly cars manufactured within the last 10 years can you please put your keys inside one of those special security pouches when you are at home, as there are some men going around in the early hours of the morning using a device to boost the signal from your key to your car to get into your car and they also have a some technology to start your car. A car thief with a scanner device can steal a car in a matter of a couple of minutes.

From time to time, we receive reports in the morning from some residents that have the Ring door bell or similar systems that they had men in their driveway during the night with laptops or some hand held electronic device. The residents inform us in the morning when they have assessed their Ring activation. If you are awake in the middle of the night and you see someone sneaking onto someone's driveway holding up a device inside a bag, then ring 999 please because they are trying to steal that resident's car. This is such a avoidable crime type, all it involves is you putting your car key inside one of those security pouches – it's called a Faraday pouch and you can buy one relatively cheaply. Please do it.

As I said please do ensure that you lock your car when you leave it because I have also been sent footage of a male recently going around at 3am trying door handles of cars, and in at least one reported instance, a car was unlocked and the resident had left money inside and sunglasses. Please, please do not leave anything of value in your car when it is unattended. A lot of these types of thieves are desperate people, Class A drug addicts, who would think of nothing of smashing your car window if they saw a

pound visible. I would go so far as to say leave your glove compartment open and empty of anything of value. Again by these small measures you are limiting your chances of being a victim of this type of crime.

• **Catalytic converter thefts:** As you can see from the crime figures below, we are still having the issue with the Catalytic converter thefts – as you can see these thieves now appear to be moving also onto Yaris cars so their target cars are Toyota Yaris, Honda Jazz and Toyota Prius. The car parks of Northwick Park hospital are being targeted from time to time.

Please if you own one of the cars mentioned above 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.

• **Abandoned vehicles in the area/stolen vehicles:** please can you let us know of any vehicles parked up overnight around the area that you don't think are belonging to your neighbours. The reason for this is that we are aware that a number of stolen vehicles on false plates having been turning up in the Sudbury Court estate – we recently recovered an Audi car that was on false plates stolen in a burglary. We need the make and model of the vehicle, a photo would be good and if you can manage to take a photo of the visible VIN, it's 17 characters long and should be present in the dashboard of the vehicle by the base of the right hand side of the windscreen. Having this number helps us doing our checks. Email me and the SNT re: any cars you have concerns about:

• **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. 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.

What has your team been up to: your team has had various abstractions due to Extinction rebellion and court cases over the past month but we were involved in the arrest of four robbers who had committed a robbery on a bus and also the arrest of two burglars.

WhatsApp groups:

There are now several WhatsApp groups functioning in the ward. For people like me that didn't know what WhatsApp was till a year or two ago it's a mobile phone messaging group. In these groups residents communicate with each other about suspicious sightings and vehicles seen acting suspiciously. It is a brilliant facility for residents to look out for one another, alert each other and confirm/eliminate whether someone is in the area for criminal activities.

Please contact me via email if you wish to be put on your local residents WhatsApp group:

Fionnuala.kennedy@met.pnn.police.uk

Overview of offences 10th Oct-10th Nov :

Distraction Burglary: Elms Lane (in 50s evens side, 04/11 1755hrs) elderly woman was home alone when there was a knock at the door, two white men outside, one of the males asked whether the occupier could write something for him, victim opened the door, victim was dealing with the male who had asked her to write something down when she noticed that another male had managed to get inside and was coming out of her bedroom, victim later found that jewellery and documentation was stolen.

fionnuala.kennedy@met.pnn.police.uk
northwickpark.SNT@met.police.uk

Robbery person: Elms Lane (31/10 2300hrs, approached by male on mountain bike and his property demanded off victim)

Attempted Robbery person: near 18 Rushout Ave (29/10 2240hrs) 23 year old male was walking along when he was approached by a male who took hold of him, tried to take his watch off him.

Burglary Residential: Peel Road (in 10s evens side, 10/11 1700 – 11/11 0930hrs) shed broken into and two mountain bikes stolen, some days later seen being ridden into Hirst Crescent estate; Littleton Road (in 20s odds, 24/10 0630 – 27/10 0930hrs), unoccupied house broken into via rear kitchen window, jewellery stolen; Foxlees (in 10s evens, 27/10 1800 – 2300hrs) house broken into; Sudbury Court Road (in 70s evens side, discovered on 29/10, occurred overnight) rear window point of entry; Northwick Avenue (in 10s odds side, 5/11 1930 – 05/11 0930), forced entry via rear door house unoccupied.

Attempted Burglary residential: Paxford Road (in 100s evens, 10/10 0303hrs) males in a bright blue AUDI estate RS6 have tried to get into victim's car and have then attempted to open victim's house door – believed attempt to steal victim's car; Amery Road (in 20s odds side, 17/10 2230hrs – 18/10 0620hrs) front door of house tampered with, no entry gained to house, occupiers inside asleep.

Burglary Commercial: Northwick Park Hospital (19/10 22hrs) – 8 Nitrous Oxide canisters stolen; University of Westminster (05/11 1045hrs) equipment stolen from locked containers which was forced.

Theft of Motor vehicle: Paxford Road (in 10s odds, 10/10 0001hrs – 1530hrs) 67 plate Ford CMAX stolen in keyless theft; Peel Road (in 50s evens side, 25/10 1800hrs – 27/10 0800hrs) 125 Honda locked motorcycle stolen

Attempted Theft of Motor vehicle: Elms Lane (in 10s odds side, 13/10 0115hrs) males on scooters/motorbikes started to cut off chain off Honda 125, owner interrupted the thieves and males made off.

Theft from Motor Vehicle: Northwick Avenue (low evens, 14/10 0001 – 0842hrs) roof of 15 plate E class Merc and sensor stolen; Northwick Park Hospital (16/10 0900 – 1430hrs) catalytic converter stolen from 06 plate Honda Jazz; Sudbury Court Road (in 10s odds side, 17/10 0238hrs) catalytic converter stolen from 06 plate Toyota Prius; Sudbury Court Road (in 40s evens side, 8am 17/10) catalytic converter stolen from 06 plate Honda Jazz; St. Andrew's Avenue (in 30s odds side, 0250hrs 17/10) catalytic converter stolen from 06 plate Honda Jazz; Watford Road (24/10 1150hrs); catalytic converter stolen from 13 plate Toyota Prius; Northwick Park Hospital (25/10 1410hrs) catalytic converter stolen from 14 plate Lexus; Watford Road (in 230s odds side, 26/10 1845 – 26/10 2305hrs) bag of clothing stolen from 12 plate Range Rover; Northwick Park Hospital (27/10 1700-1800hrs), 11 plate VW polo broken into; Northwick Park Hospital (31/10 1500 – 1635hrs) catalytic converter stolen from 17 plate Toyota Auris; Spencer Road (in 30s odds side, 05/11 2355 – 06/11 0005hrs) catalytic converter stolen from Honda Jazz 05 Plate;

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 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

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

FOCUSED ON YOUR SAFETY



**BRITISH
TRANSPORT
POLICE**

The railway network in North West London is policed by British Transport Police (BTP) officers based out of Wembley Park Police Station. With around 50 officers and staff, our officers cover the Underground and Mainline railway networks from the Wembley area to Hemel Hempstead in the North and High Wycombe in the West. The BTP is a specialist police force that covers the rail network across England, Wales and Scotland, dealing with all incidents of crime and other matters that involve the railway. We conduct roving and focused patrols in vehicles alongside uniformed and non-uniformed patrols on trains. In London and other major cities we have specialist units available, such as firearms, dog section and specially equipped officers to deal with unattended or other suspicious packages. We retain jurisdiction over railway matters, using our specialist expertise to deal with incidents that affect the ongoing operations of the railway and passengers on it.



Over the past month Wembley officers have been focusing on combating anti-social behaviour, visiting a number of schools to speak with students regarding railway safety. We have also conducted several plain clothes operations on the network combating robbery and other violent offences, with several key arrests of suspects.



Rail travel remains a very safe way to travel, with approximately 20 reported crimes per 1,000,000 passenger journeys. As a force, and a station, we conduct large amounts of work surrounding safeguarding of vulnerable members of society, from lost children to those suffering from mental health crisis. This is often the unseen side of policing and forms a large part of our daily activity.

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The rail network in and around London does have a lot of people begging for money – this can be through genuine hardship, but is also utilised by organised criminal gangs using trafficked people to raise money that is used to fund crime. Giving money to beggars can also fuel a cycle of drug and alcohol abuse in that person. Charities such as Shelter and Crisis undertake excellent work with those in need, please think about giving to them instead so they can work with vulnerable people to help them back onto their feet. If you have concerns for someone, especially as winter approaches, you can make a report to **Streetlink** (www.streetlink.com) who can send an outreach worker to speak with that person and provide support.



In non-emergency situations you can contact the BTP via on **0800 40 50 40**.

You can also text us via **61016** to let us know about an ongoing incident where you do not feel comfortable to use a phone or where you need to let us know about non-urgent matters (for instance "I am on the 20:20 Marylebone to High Wycombe train, there is a middle aged white man in a dark tracksuit in the 5th carriage, he is drunk and shouting"). In an emergency dial **999**.

You can find more about the work we do at www.btp.police.uk

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Screening

Sudbury Surgery at Vale Farm has a very active Patient Participation Group. We have an email up-dater list for patients who sign up (on Sudburysurgery@aol.com) - and an active Core Group which meets quarterly with the Practice team - and is always looking for new members! Our meetings cover issues of importance patients tell us about, and ways we can help promote health initiatives at the Practice. We were concerned to hear at our last meeting of a big drop in uptake in free health screening - so this notice is to remind patients of availability, and how important this is.

Bowel screening - Men and Women

Bowel cancer screening is offered every 2 years to men and women aged **60 to 74**.

People older than this can ask for a screening kit every 2 years by calling the Freephone number 0800 707 60 60.

An additional one-off test called Bowel Scope Screening is being introduced in England for men and women at the age of 55.

Breast Screening – Women only

All women aged **50 up to their 71st birthday** are invited for breast screening every 3 years. Invites are sent some time between your 50th and 53rd birthdays.

If you are aged 71 or over, you are still at risk of breast cancer. You can still have breast screening every 3 years. You will need to ask your local breast screening unit for an appointment.

Cervical Screening – Women only

All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You'll get a letter in the post inviting you to make an appointment.

Age	When you're invited
under 25	up to 6 months before you turn 25
25 to 49	every 3 years
50 to 64	every 5 years
65 or older	only if 1 of your last 3 tests was abnormal

Screening information is also available in different languages via:

<https://www.gov.uk/government/publications/bowel-cancer-screening-benefits-and-risks>

<https://www.gov.uk/government/publications/breast-screening-helping-women-decide>

<https://www.gov.uk/government/publications/cervical-screening-description-in-brief>



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The Memory Cafe

Support for those experiencing memory problems



We have had an amazing year at Memory Café. Other cafes have set up all over the place based on our model. Here at St Cuthbert's we have had a very full house most weeks. And we have all enjoyed each other's company.

I find myself looking forward to Thursdays and I miss it when I am not able to be there. It is interesting the way the Café worms its way into your heart. It started as such a simple idea, and we still retain that purity of vision for the place. But it is now a bigger undertaking.

So often, things that start small lose their way when they become big. We never want this to happen. Instead we keep our eyes on what we wanted to achieve at the start.

We wanted to put together something that would bless the community and be a place of welcome and joy. I love it that people often celebrate their birthdays at the Café. They invite their families and we have a good time together. That says to me that we are not a club, we are a family. The distinction matters. Clubs often restrict membership. But our Memory Café family is open to all new members.

So Happy Christmas, dear friends, from our family to yours. And the biggest Thank You from me to all who come, and our amazing volunteers. Do come and join us if you are free any Thursday 11-1. We only close in the week between Christmas and New Year. Other than that it is business as usual.

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We are on the run-up to Christmas, dear friends.

It is one of those busy times for vicars. By Christmas Day I am always very much ready for a rest. But it is a great joy to be part of church during this time of year. In many ways I find it hard to escape all the happy times I had as a child at Christmas. Perhaps all of us discover something of the inner child at Christmas time.

Of course, in the Christian faith we don't rush straight to Christmas. We begin with a month of contemplation that we call Lent. It is a time to take spiritual stock and ponder that the world can be a dark place. But, of course, light always wins in the end. The presents we

open at Christmas symbolise the great gift of love that is at the heart of everything. So this Christmas Season may I invite you to:

Saturday 7th, 10.30-1pm—Our **Christmas Bazaar** – complete with crafts, tombola and a warm welcome

Friday 13th, 7.30pm—Festive concert from **Harrow Harmony Choir** FREE

Sunday 15th, 7pm—**Carol Service**

Tuesday 24th, 11pm—**Midnight Service**

Wednesday 25th, 10am—**Christmas Day** service

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Thanks to Madeleine, one of our residents on the WhatsApp group for alerting us to one of the most recent scam phone calls.

The call was received on a mobile phone on Saturday November 9th at around 10am. It came from telephone number:

0330 300 4594

with voice recording as follows:

"You have outstanding money owed to HMRC. Unless you press 1 there will be a warrant placed under your name and you will be arrested shortly."

The only thing you need to do if you receive one of these calls is to hang up.

**DO NOT FOLLOW
THEIR INSTRUCTIONS.**

Similar calls have been received purporting to be from banks, utilities, etc.

HMRC, Banks, utilities will not call you regarding your accounts. If you are in any doubt over a call, hang up, wait 10 minutes, find your bank or utilities statement and you call them on the number provided on the statement.

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www.harrowhealthcare.co.uk

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Thanks for reading and on behalf of everyone at the Foot Comfort Centre we wish all the readers of this publication a happy and peaceful festive period

Firoz

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Judging for the

Christmas lights Competition

will take place during the third week of December. Winners will be published in the February issue of The Courier.

If you 'd like to nominate your favourite display, for consideration by our Secret Santas (Judges), please

email: editor@the-skra.co.uk

(before 17th Dec)



Courier deliverers

We'd like to take this opportunity to say a HUGE 'thank you' to our residents who, once a month, whatever the weather, deliver our Courier magazine to every doorstep on the Sudbury Court and Pebworth Estates.

I think it's true to say that we wouldn't have a magazine without your commitment.



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Buddy Scheme

I'm still thinking about the Street Party we had back in September, the 'feel-good factor' is still there. With that, and some residents answering our call for volunteers to help the SCRA in it's hour of need, it gives me pause for thought . . . How else can we come together?



10,000 steppers—in pairs, or as a group—if you're struggling to complete your 10,000 steps for the day, maybe a stroll around the estate in the evening . . .

Eleveneses—a weekly cup of tea with someone who lives on their own . . .

Theatre buffs—someone to go to East Lane Theatre with - or the West End. . .

Crafty skills—someone to learn knitting/ sewing skills with/from . . .

4 Paws—I'd actually like a buddy for my dog when I have to go to work. She hates being left on her own. . .

Many organisations and communities have 'Buddy' schemes—where people join together to either help each other, swap skills, or just enjoy shared interests. For example, earlier this year, a resident got in touch asking whether any neighbours would like to partner in playing Bridge.

So I thought I'd throw it open to you—we could have a regular space in The Courier where residents can look for a 'Buddy' (I don't like the term much, perhaps we could also think of a different name for it!) for something.

Here are some examples, off the top of my head:

I'm not offering to run any of these, by the way, this is for you to get in contact and put an appeal in The Courier to see if someone else shares your interest.

And we'll be getting together for another Street Party soon—maybe an indoor version for one of the early spring months.

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CALLING ALL GARDENERS

Sudbury Court
Horticultural Society

Your local gardening club

With darkness upon us by the end of the working day and chilly weather to come, we hope that most of the autumn clearing has been completed. Perhaps now is the time to look out the seasonal lights ready to festoon the front garden, or to think about bringing some evergreens into the house as decoration for the festive season. If you have some evergreens in your garden they will now be a major feature, centre-stage, giving structure and form to the winter scene.



timely purchases. The road trip to Wisley in the family car can be a daunting experience in present-day traffic so it will be a pleasure to relax with friends as we travel there by coach. More details next month.

As I write in early November our gardens have received a good deal of rain-water, making the soil very easy to dig for planting bulbs. While daffodils seem happy enough in these moist conditions, tulips prefer light sandy soil. In our heavy clay it is kind to give tulip bulbs a

The Society's season wound down with a successful AGM on 26th October. The meeting was well attended and plans made for the coming season. Please put these dates into your phone or your new 2020 diary right away. The **Plant Sale** is planned for **16th May**, the **Summer Rose Show** for **13th June** and the **Autumn Harvest Show** for **19th September**.

Next spring the venue for our flower shows at St Cuthbert's Church Hall is due for refurbishment, so will not be available for our usual Spring Show. Instead, this early show will be replaced by a coach trip to visit the RHS garden at Wisley. If you have visited these gardens before you will notice some major changes to the experience. A new visitor centre has recently opened and the gardens will be full of early spring colour at the time of our visit, with inspiring ideas for planting to bring back to your own garden, possibly along with a few

layer of sand at the bottom of the planting hole to settle in. Tulips can still be planted up to the end of the year for flowering in early summer. I once gave tulip bulbs to friends as Christmas gifts and received grateful thanks in May the following year. Why not try this on your gardening friends, or choose a special plant – or even a tree to flower in the spring – to celebrate the festive season. Such gifts often give years of pleasure. Gardening tools also make acceptable presents. How about equipping your young people with tools suited to their age? There is something special about all members of the family working together in the garden – and for the young, enjoying gardening leads on to a lifetime of pleasure, to say nothing of learning at an early age how working outdoors can ease the strains and stresses of life. Our members wish you all a very happy festive season.

Margaret Roake

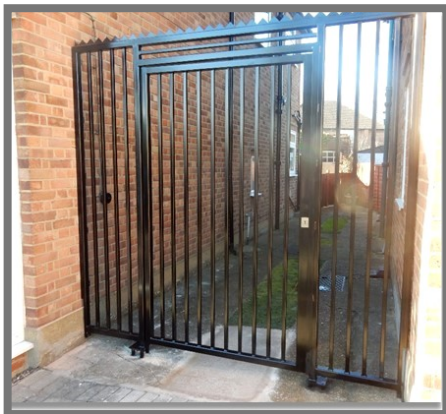
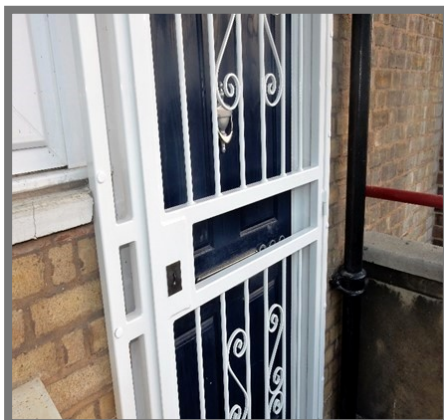
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On 16th November we got the final bit of planting done for this calendar year. Thank you to everyone who helped to plant no less than 60 shrubs in the community garden. We cannot wait for them to grow strong and produce berries to eat, as we've put wonderful shrubs such as Raspberry Autumn Gold, Whitecurrant Blanchette, Chilean Guava, Gooseberry Lancashire Lad and Blackcurrant Ben into the food forest garden.



Our next workshop on **Saturday 14th December 2.30pm-5.30pm** will be about natural dye and using plants to dye fabric. Join us and learn about how to prepare the materials, the different mordanting processes and the different colours you can achieve with different plants. You will be able to dye a silk scarf to take away with you and will also receive a handout with instructions. Booking is essential for this workshop to ensure we have plenty of materials for everyone AND cake! Go to www.billetto.co.uk and search for our name - the workshop will come up. You can see photos of past events on our website.

Thank you for all your fantastic support and efforts this year! We started with a blank canvas (i.e. a huge plot of grassland!) and have already transformed a substantial area into a lovely garden. We couldn't help but include a photo from the bulb planting session in the garden on 20th October, attended by the 3rd Kenton Scouts Group who were enthusiastic and incredibly helpful, as a reminder of how much we can achieve when everyone works together.

Next year, with a big push, we'll plant the rest of the garden. On that note we have good news. Brent Council approved for us to have the NCIL funding available for an



additional two months, until the end of May 2020. Funding came through late which impacted our planting schedule. Onwards and upwards!

On that note, to take the community garden and charity forward, we are submitting a new NCIL funding application on 1st December to Brent Council for new projects with the focus on education. We plan to run tailored gardening workshops for children, families and adults and offer a permaculture design course for adults wishing to gain in-depth knowledge to apply in their own garden or run Permablitz gardening events for others. We'll keep you posted.

Wishing you all the best for 2020!
Eleri, Joanna, Rishil and Iris



Check our website
join us on Facebook, Instagram
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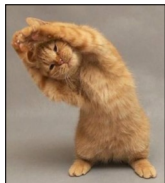
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Contact us if you are interested in joining. The group meets in the afternoons.

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2nd Monday of the month at 3.15pm. Researching and discussing local people and places.

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Volunteers Welcome

Get in touch if you can spare a bit of time to help in the library, our shop or with our activities.

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

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Thinking of Others



Thinking about others at this time of year; here are a few local charities that need help throughout the year, but often find Winter particularly challenging.

If you can't donate money, food or your time, maybe consider having a clearout and donating your unwanted goods or clothing to a local charity shop.

Obviously, there are many other excellent and worthy causes, I have just picked a few local ones that might inspire you.



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Kids' Page



Hello Kids,

Merry Christmas!! Don't forget to write to me with your favourite jokes and pictures:

preeyaatthecourier@hotmail.com

JOKES

What is the difference between a flea and a wolf ?

One prowls on the hairy and the other howls on the prairie!

What did the clean dog say to the insect ?

Long time no flea!

How do you find where a flea has bitten you?

Start from scratch!

What do you call an elephant in a phone box?

Stuck!

What do you get when you cross a porcupine with a balloon?

POP!

Where do hamsters come from?

Hamsterdam.

What kind of snake is good at maths?

An adder.

Why are igloos round?

So pollar bears can't hide in the corners!

What do you give an elephant with big feet?

Plenty of room!

How do you get an elephant down from a tree?

Put him on a leaf and wait until autumn!

What's grey and squirts jam at you?

A mouse eating a doughnut!

Why aren't elephants allowed on beaches?

They can't keep their trunks up!

What has six eyes but cannot see?

Three blind mice!

How does a hedgehog play leap-frog?

Very carefully!



Joey: I lost my dog.

Lauren: Why don't you put an ad in the newspaper?

Joey: Don't be silly! He can't read

Did you spot the deliberate spelling mistake?
, 'pollar' should be 'polar'.






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DATES FOR YOUR DIARY

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SUDBURY NEIGHBOURHOOD CENTRE— thank you for gifts of bric-a-brac left with Katia following my appeal! We welcome any more donations from de-cluttering or downsizing! Our chief 'In house' event this month will be our Carol Service on **Tuesday 10th** at 2.00pm. You are welcome to join with us for this informal occasion in the Centre lounge. (809 Harrow Road HAO 2LP) Thank you! www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—invite you to join them for their annual **Family Carol Concert** on **Saturday 14th December**, at **4:30pm**, St. John's Church, Greenhill, Harrow HA1 2JE Tickets are available at the door. www.harrowphil.co.uk.

HARROW CHORAL SOCIETY—Our Christmas Celebration has seasonal music old and new, celebrity guest reader Rita Tushingham and a good helping of audience participation. **Sat 14th December** 7.30pm. Harrow School Speech Room, Harrow-on-the-Hill, HA1 3HP Tickets: £18, free to under 16s (ticket required) www.harrowchoral.org.uk
boxoffice@harrowchoral.org.uk 020 8863 7830

HARROW HARMONY—Festive Concert at St Cuthberts'. **Fri 13th December** 7.30pm. **FREE**

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