

The Community Magazine for the
Sudbury Court and Pebworth Estates

November
2019

The Courier

88th
Year



Important Notice To All Residents (pg 22-23)

Know Your Rights (pg 17, 19)

What Happens When Neighbours Get Together? (pg 26)

DIVA OPERA

“Next Stop Christmas”



Saturday 7 December 2019 at 7pm

St Andrew's Church 956 Harrow Rd Sudbury HA0 2QA

Strangers on a train, all with somewhere important to be for Christmas – but will the fates (and the weather) allow them to get there on time? It looks like a bumpy ride is in store, but Diva Opera's delightful selection of highlights from opera and musicals, together with a few seasonal favourites, is guaranteed to keep everyone's spirits high.

Starring Elizabeth Karani, Catriona Clark, Ashley Catling, David Stephenson and Richard Suart. Director: Cameron Menzies. Music Director and piano: Bryan Evans. Script Writer: Martin Lamb. Designer: Anne Marabini Young

VIP TICKETS £39 & £36 includes a glass of champagne & canapés

ALL OTHER TICKETS £26 includes mulled wine & mince pies

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November 2019
Number 205 (1,045)

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Dear Neighbours,

Happy firework season—whether for Diwali or Guy Fawkes, please enjoy safely!

We had such a lovely time at our Street Party at the end of September - if you couldn't make it, have a look at page 26—everybody agreed we should do them more often, which means you'll have an opportunity to come to the next one.

Ironically, at the same time as everyone was enjoying meeting new friends and some lovely community spirit, our Residents' Association is in crisis. Truth be told, it has been for a while—you may recall that I have mentioned (quite) a few times that we need help and support from residents. Well, it's critical now. Someone once told me that the SCRA is one of the oldest Residents' Associations in the country—I don't know how true that is, but please let's not see it's demise on our watch! We need more community, not less.

I look forward to hearing from you

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:

There has been a great response to our continued appeals to register with OWL, in fact I believe that Northwick Park Ward has the greatest uptake in Brent! Well done, a great response from residents and a great indication of how vested you are in your community.

Reminder: OWL (Online Watch Link, web address www.owl.co.uk) is a free online system for sending out crime alerts.

Residential burglaries: figures have decreased and we haven't had an aggravated burglary recently. Let's not become complacent though - I would still urge vigilance as there continues to be aggravated burglaries in the NW London area. Recently, however, two burglars involved in this type of crime were apprehended! Let's hope they get a considerable custodial sentence!

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, give your address and that there are burglars in your house.

Keep an eye out for any persons sitting up in a vehicle - especially if you don't recognise them from the area - particularly if they are a group of men paying attention to people's comings and goings. If you see anyone acting suspiciously, then consider ringing the police.

If you are a dog walker, out for an evening stroll, or a commuter on the way home from work please be on the look-out: you don't

have to challenge someone, just keep casual observation of what they're doing, if your instinct is telling you it looks suspicious ring 101 or post on the WhatsApp group.

Thefts off/from cars and vans: if you have a relatively new keyless car, then please ensure that you turn off the engine and lock your car when you park and leave it. You would be surprised how many calls we get re: these type of cars with the engine left running and, sometimes, the doors unlocked. Recently, we had to locate the owner of one such car in the grounds of Northwick Park Hospital. After doing some checks we attended and informed a very embarrassed senior healthcare professional who was busy on her shift, completely unaware that she had left her engine running and doors unlocked. She was lucky it wasn't stolen. Please be careful.

Also, if you own a car manufactured within the last 10 years or so, can you please put your keys inside one of those special security pouches when you are at home. There are some men going around in the early hours using a device to boost the signal from your key to your car to gain entry, and then use some other technology to start your car - they can steal a car in a matter of minutes. We recently had a BMW stolen, I suspect in this manner.

From time to time, we receive reports from residents that have the Ring Door Bell (or similar) reporting men in their driveway during the night with a laptop or hand held electronic device. 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 an avoidable crime - put your car key inside a Faraday pouch, they're relatively cheap.

I have also been sent Ring footage and a

number of reports of a male recently going around at 3am trying door handles of cars. 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. By taking these small measures you are limiting your chances of being a victim of this type of crime.

Abandoned vehicles in the area/stolen vehicles:

We are aware of a number of stolen vehicles on false plates turning up in the Sudbury Court Estate – we recently recovered an Audi car on false plates that had been stolen in a burglary. If you see a suspect vehicle, we need the make and model, a photo would be good, and if you can manage to take a photo of the visible VIN, (17 characters long, should be present in the dash of the vehicle by the base of the right hand side of the windscreen. Having this number helps us with checks.) Email the details to me :

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

Catalytic converter thefts: we are still having this issue locally – thieves now appear to also be targeting the Toyota Yaris as well as the Prius and Honda Jazz. The car parks of Northwick Park Hospital are being targeted from time to time.

Please if you own one of the cars mentioned do some research for what measures you can take in order to limit the chances of this happening to your car.

Cold callers: at time of writing, I am off duty but I can see on the WhatsApp group that there are Cold Callers going around the Sudbury Court Estate – in this instance, Smith roofing. I have just run checks on the vans that they're using - one is registered in Leicestershire and the other is on Irish plates.

I recently attended an address - the resident had employed some cold callers to power-wash his drive. The resident was a bit miffed that I asked him not to engage with them - saying that he was free to do and employ what/who he wishes. Of course he is right - but what I couldn't tell him at the time was that two of the men he had engaged with had been arrested for burglary in South Wales just months earlier.

Please note - when I advise someone, I am advising them on the best welfare for themselves and other local residents.

What has your team been up to?

Your officers are carrying out a number of investigations which require preparation for court and paperwork. Also:

2nd Oct - PC HOBDAY and KENNEDY on patrol in NORTHWICK AVENUE - came across an incident on the street between a member of care staff at a supported living accommodation and one of the residents there. The resident had smashed up several items and was threatening suicide. This male was very agitated and required several officers to restrain him. Prior to back up arriving PC KENNEDY was kicked, fortunately no lasting injury but it did hurt. This is my third assault in recent months; fortunately none have necessitated any time off work. This male was subsequently charged with criminal damage and assault and was

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remanded to court the following morning, where he pleaded guilty. He received a suspended sentence.

I will always seek an assault charge for anyone one who assaults me in the course of my work, similarly if they are verbally abusive. My attitude is this – if they behave like this to a Police Officer, what will they do to a member of the general public - I would suspect worse in the vast majority of instances. Fortunately, being assaulted is quite rare for us.

1st Oct - we assisted our colleagues in Preston ward with a house of multiple occupancy (HMO) visit. These visits are normally very early in the morning and alongside Council officers. We are seeing more HMOs in the area; there can be issues of overcrowding and, in some instances, reports of possible human trafficking.

21st Sept - we detained a homeless young woman who had been loitering around the Pebworth Estate after a lot of concerns from residents and us regarding her welfare. We were finally able to get her some NHS treatment and, hopefully, ongoing support. Thanks to all the residents who contacted us and kept a look out for her.

18th Sept - PSCO Charlie CHARALAMBOUS and PC KENNEDY were on patrol in a marked police minibus in NP hospital grounds, shortly before 3pm. Having just entered the ground floor of the multi-storey car park I saw a male dressed all in black with a black helmet running at speed. Charlie gave chase on foot but the male jumped onto the back of a waiting moped. I tried to drive after them but was stuck behind cars exiting the car park. Unfortunately, they got away. Fortunately, we had managed to prevent them stealing a motorbike – the moped passenger had, moments before our arrival, cut off the lock to a high powered motorbike with a hand held angle grinder. He was in the process of wheeling the motorbike out when we came in, he saw us, dropped the bike and got on the back of the waiting moped. The cancer patient who was getting chemotherapy in the hospital was relieved that his motorbike wasn't stolen. If there is any justice in the world these oiks will get their comeuppance someday.

Can anyone going to the hospital please be aware of young men on mopeds paying

attention to motorbikes: they will generally arrive in pairs, wearing dark puffer jackets or hoodies with their faces hidden, keep a look out – if you see someone matching this description consider ringing the police. Do not approach them as we are aware they carry tools which they could try to attack you with.

We are also dealing with a number of ASB (anti social behaviour) issues to do with drug dealing: We are targeting dealers and their activities:

Recently, four youths suspected of drug dealing in Northwick Avenue, were stopped and searched. They had no reason to be there and none lived in the immediate area, one had a small amount of cannabis on him, he was only 16. He was arrested and brought to his home address, his exasperated crying father begged us to lock him up and throw away the key as he also suspects him of drug dealing but he said that he is powerless to control him and does not want him to influence his two other children. What I can tell you is that he is out working and has a nice home but his son has gone off the rails. This same boy is also under investigation for another drug dealing case and has a previous arrest for robbery. As with most cases involving juveniles, our case with him will be referred to our Youth Offending Team, but both PC HOBDAV (the arresting officer) and myself feel that this boy will not change his ways, unfortunately. It's a slippery slope because if he continues with his ways he soon will be dealing Class A. From our experience those who deal cannabis also deal Class A drugs.

Your team has also been working with Sudbury SNT re: drug dealers on Sudbury Av junction with East Lane and around Conifer Way. We will update more in future issues.

Overview of offences 9th Sept- 9th Oct:

Robbery: (i) Elms Lane (near Foxlees) – 24/09 1612hrs, 16 year old boy approached by male rider on scooter and threatened, cash demanded, suspect made off after robbery (ii) Pasture Road (near no. 1) – 27/09 2030hrs, 18 year old male robbed at knife-point by a male in a black Range Rover Evoque, bank cards and driving licence stolen

Residential burglary: (i) Oldborough Road (low odds) 23/09 - 1200hrs – 24/09 1515hrs, pane of glass in back door smashed, house ransacked (ii) Northwick Avenue Clementine Court – 26/09 0001hrs – 27/09 0710hrs, bicycle stolen from shed in flat complex

(iii) Sudbury Court Drive (in 60s evens side) – 05/10 1730hrs – 07/10 0900hrs, house under renovation, shed broken into and tools stolen

Attempted residential burglary: (i) Aspen Drive (in 70s evens) – 14/09 0900hrs – 1100hrs male seen on scaffolding trying to open window to flat (ii) Churchill Avenue (in 50s evens side) – front window of house forced open, two white male suspects made off after discovering occupier inside, made off in black Seat Leon 59 plate

Burglary commercial: (i) Watford Road (in low 200s odds) – 09/09 1500hrs – 10/10 0845hrs, window smashed in a believed attempt to get into premises;

Robbery: (i) Kenton Road (exact location unconfirmed) 10/09 1115hrs, victim was using an ATM on Kenton Road when after entering his PIN, he became aware of two males either side of him, one then pushed him out of the way and took card and his cash, £250; (ii) Northwick Park hospital – 17/09 1500 – 1800hrs, works locker broken into and mobile phone stolen (iii) Northwick Park Hospital – 27/09 1900hrs – 28/09 1745 hrs, office in hospital ransacked believed burglary

Theft of motor vehicle: (i) Northwick Park hospital - 17/9 1745hrs, locked Yamaha MT07 stolen, subsequently found in Ruislip had tracker fitted; (ii) Sudbury Court Road – 14/09 1200 – 27/09 1600, 10 plate Nissan Qashqai, vehicle owner had booked internet based mechanic company to repair car, car taken and not returned. (iii) Watford Road (in 210s evens side) – 15 plate BWM stolen, keyless theft

Attempted theft of motor vehicle: (i) Northwick Park Hospital (ground floor in multi-storey car park) – 18/09 1457hrs, officers on patrol came across two males on a stolen moped who had used an angle grinder to cut off lock of 13 plate Yamaha MT 09, males made off on moped with officers giving chase, not caught unfortunately .

Theft from motor vehicle: (i) Woodfield Avenue (low evens) 16/09 2300 hrs – 17/09 1030hrs, catalytic converter stolen from 09 plate Lexus (ii) Northwick Park Hospital 12/09 0730 – 2100hrs, catalytic converter stolen from 06 plate Toyota Prius (iii) Elmwood Court off Elms Lane - 19/09 1100hrs – 20/09 0730hrs, catalytic converter stolen from 06 plate Lexus (iv) Harrow Road (in 1000, odds side) 25/09 0330hrs, male seen trying door handle of car, police called by witness male found in possession of items stolen from car, male arrested and charged. (v) East Lane - 01/10 0900hrs – 02/10 1130, catalytic converter stolen from 11 plate Toyota Yaris (vi) Northwick Park Hospital – 01/10 1300 – 01/10 1600hrs, number plate stolen from car (vii) St. Andrew's Avenue (in 50s odds side) – 03/10 – 06/10 0730hrs, catalytic converter stolen from 14 plate Toyota Yaris (viii) Northwick Park Hospital – 07/10 1400hrs – 1650hrs, catalytic converter stolen from 18 plate Toyota Yaris (ix) East Lane (in 270s odds) 09/10 0330hrs, change stolen from BMW, car charger (x) Oldborough Road – 09/10 1615hrs, taxi driver had his wallet stolen by his fare.

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



Councillor's Comments

Cllr Keith Perrin - Northwick Park Ward

Email: cllr.keith.perrin@brent.gov.uk or keith@keithperrin.co.uk

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

Byron Court 'School Streets' update

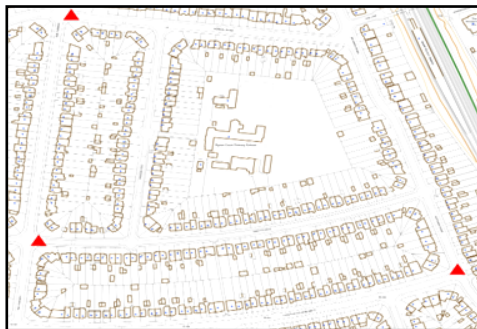
Those of you who live within the roads surrounding Byron Court School already know about this proposal as you have been able to sign the petition requesting Brent Council to install the scheme. The petition gained over 50% support on each road specifically affected by the school run and was presented to Brent Council for consideration some months ago.

I am pleased to inform everyone that instead of having to wait over a year for the current pilot schemes to complete (Wykeham and Harlesden primary schools), we have gained agreement that the Byron proposal - mainly because of the more complex nature of the scheme and requiring three cameras - will join the current Pilot Scheme as soon as possible. We hope a consultation will commence with all affected properties before January 2020. This will hopefully allow the new Pilot at Byron to begin early in the next financial year.

The cameras will be placed at the following junctions: Fairway & Norval, Fairway & Abbotts plus Nathans & Carlton Avenue West - **no fees or restrictions apply to the residents.**

What are School Streets?

"Scenes of congested roads around Brent primary schools are set to be a thing of the



past. The new 'School Streets' scheme, being piloted by Brent Council will see roads closed to all traffic other than residents, pedestrians and cyclists; all other motorists who drive down the closed streets during restricted times on school days will be caught on camera and face a fine. Residents who live on the affected roads can still drive down their road as usual"

The pilots will be reviewed six months in and at the end of an eighteen-month pilot, when a decision on their future will be made.

Why are School Streets necessary?

Residents, parents and schools have told the Council that pollution and congestion around schools at the start and end of the day is an issue, with people not able to get about, cars stuck idling in traffic, air quality issues being made worse and fears over safety.

£3M Cash Boost For Community Projects

A new community café, a community hall renovation and mass tree planting are just some of the projects that will receive a slice of nearly £3million of funding, after Brent Council gave the schemes their backing.

In total, cabinet voted through eight projects which will receive a share of £1,471,608 in Neighbourhood Community Infrastructure Levy (NCIL) funding from the council – a pot of cash available to local community groups, raised by contributions by developers and new building in the borough—YES, there are some benefits from all the developments in Brent! So, what does it mean to us in the Northwick Park Ward?

Northwick Park Community Garden Project—£35,359 to create a new community space in the park.

New street trees—£90,000 has been allocated for trees and repairs to pavements where old trees have been removed.

£170,000 to support the **refurbishment of the Community Hall at St Cuthbert's Church.**

If you have your own project you can apply for funding via the Brent website—next deadline for applications is December 1st.

<https://www.brent.gov.uk/ncil>

Anti-Social Behaviour In Parks

New powers to tackle anti-social behaviour and help everybody enjoy Brent's parks have been agreed by Brent Council.

The council's Cabinet unanimously agreed on September 9 to back the introduction of a Public Space Protection Order (PSPO) to tackle issues such as illegal drug use, littering and driving vehicles like mopeds through the boroughs green spaces. Breaching a PSPO is a criminal offence and could lead to a £100 fine or a penalty of up to £1,000 if prosecuted.

Brent Council worked closely with the community and specialist organisations to draw up the PSPO. During the consultation, people who regularly walk in Paddington Cemetery raised concerns about rule changes meaning they would need to keep dogs on leads. This has been taken into consideration and has been amended in the final PSPO.

Following feedback from St Mungo's, which advocates on behalf of vulnerable and homeless individuals, council officers will continue to refer vulnerable and homeless individuals for support in the first instance, rather than taking enforcement action.

Last year, the council spent around £45,000 keeping parks free of litter and £200,000 on repairs, with vandalism contributing to the destruction of fences, pathways and grass.

London Car Free Day

We were really pleased that local residents took advantage of London's Car Free Day on

Sunday the 22nd September, the purpose of which *"is about showing how much we could tackle poor air quality and improve our public spaces if we reduced the number of polluting vehicles on our streets."* In total, 9 streets across Brent were closed to traffic.

Taking advantage of funding from the GLA, volunteers closed Audrey Gardens to traffic, and had a Street Party. Thanks go especially to Alexia for not only making the application to Brent but allowing her home to be used to host the festivities. Obviously, thanks go to all others involved in this community event.



Trees for Northwick Park Ward

As Northwick Park Ward have been successful with a £90,000 Brent NCIL application for new trees, work is starting with a full survey of the area to map all possible new tree planting locations.

The aims of this project will be to:

- Remove stumps & replace with new trees.
 - Fill gaps where trees are missing.
- Tree types suggested by residents where possible.

Trees chosen to be planted will be small-medium size ornamental varieties, chosen to give a mix of spring flowers, autumn leaf colour, berries and attractive bark. eg. Silver Birch, Field Maple, Amelanchier, Flowering Cherry, Hop Hornbeam, Almond, Hawthorn, Purple Plum and Rowan. Native species will be included to increase biodiversity and provide food for birds. Berry carrying trees will only be planted over grass verges.

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Anyone with requests for a specific type of tree near their home can contact Martin Page, martin.page@brent.gov.uk Tel 07876 001712 or your councillors - details above.

Pavements -

We have now had confirmation that the tender process for the proposed pavement works are now complete. Timetables are yet to be agreed but we can confirm that the following roads will have their pavements replaced throughout their lengths.

Campden Crescent
Dean Court
East Court
Holt Road
Abbotts Drive

Please remember that double-height kerbs are to be introduced, they will be similar to the ones recently installed on Oldborough Road. Also, the new pavements will be tar-mac with brick vehicle crossovers (I'm not sure if the concrete drop kerbs will survive).

If you believe this will be a problem for you, you will be able to apply to have your drop kerb replaced at a reduced rate but you will have to comply with Council Policy. Please see <https://www.brent.gov.uk/services-for-residents/transport-and-streets/vehicle-crossings-and-dropped-kerbs/> or search for Brent Drop Kerb Policy.

In the past residents were able to get away with installing gravel as soft landscaping—this will no longer be possible. Soft landscaping will now mean shrubs, grass, flower beds and the like. If you don't comply at the time you will not be able to take advantage of the offer of reduced fees to have your drive widened.

STOP PRESS

One Public Estate—update

I am delighted to inform you that the Pavilion will not form part of this project after all, nor will the triangle of MOL at the entrance to Northwick Park Station be built on.

I still have major concerns about the new road layout on Watford Road, especially the

proposed southerly right turn in and out of the hospital (currently the ambulance entrance) which is still proposed to be (in my opinion) too close to the single lane part of Watford Road, plus the blind bend at the Ducker crossing. We Councillors will continue trying to get it moved North or have the right turn deleted.

There is to be a 'Landmark Building' currently proposed to stand 15 stories high, luckily, by its positioning it may be disguised by the hospital, we will see - I personally think it is too high and too obvious like the flats on the Post Office site in Harrow.

Pleasingly, many ideas proposed by residents seem to have been taken on board from creating habitat for bird, bats and creating a nature trail, to trying to reflect the style of Metroland on the circumference buildings.

It could all have been much worse. Finally, they hope to start the road works early in 2021 and have the three building phases completed by 2030.

Councillors' Surgery for Residents

Margaret, Keith and Robert hold their surgery on the 1st Saturday of each month, 11am-12pm— 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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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 chug along in Memory Café. We have been making a few changes which have gone down very well. We now have a prayer tree where people can put up a 'leaf' with the name of someone they want us to pray for. We have also added some memory cards - pictures of things from the past to help our discussions. It was great fun to hear people talking about the books they read as children! people were also talking about childhood comics and TV programmes. I used to love a comic called Warlord which was all about adventure and action. My friends and I set ourselves up as Warlord Secret Agents and used to try to communicate in code. Bless us!

We now need your help. We want to open for another day . . . probably Tuesday or

Wednesday. Our aim is to put on a whole variety of things, but we want to know what you would most like us to do? We are very flexible and are happy to start small and build big as we have with the café. I personally would like to start a Scrabble and board games hour - I always find this very relaxing!

By the way, a new Memory Café has opened at St Andrew's Sudbury on Fridays. It is a real winner and people tell me it is great fun. They have a Tai Chi session and the usual memory games and food. So why not check it out? It is quite new and any support you can give it will be much appreciated.

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It is hard to believe that we are moving into November - it feels like only yesterday when it was summer. November is a very powerful month for me and has significance in all kinds of ways.

For a start, it was the month I was born in. I was born in 1962. It was a freezing winter and I got pneumonia as a tiny infant. It must have been so hard for my parents. They didn't have much money and they had a sick child to look after. We were living in Southall then, my dad worked at a carpet shop. So you can see, I haven't moved very far over the years.

November, though, is important because it is Remembrance Sunday. My dad lost his father in WWII. It was a huge trauma to him

and in some ways was with him throughout his life. It had a huge impact on his family because his mum was disabled and my dad became the man of the house.

Personally, I feel it to be a huge privilege to conduct the Remembrance Sunday service. This year it falls on November 10th and we start at 10am. I know that so many nationalities were involved and many people gave their lives so we might be free. Freedom never comes for free, actually. It carries a price and always has done. So I invite you to come to the service on November 10th to say 'thank you' to all those who made such a sacrifice. I wear my dad's medal on this Sunday. When I do I remember him and am thankful for him and my other relatives - men and women who made a difference.

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Should I have my genetic code tested?

The discovery of the human genome was arguably the greatest advance for medicine last century. The map of your personal chromosomes make up is now possible to identify with a simple saliva or blood test. Each of us is unique and the genes we carry will influence, not just what hair or eye colour we have, or whether we get to have a nose like our dad's, but also all the illnesses you are likely to develop. Scientists have worked to identify the positions and structures of many of the genes that are responsible for specific diseases. One of the most valuable outcomes is that we can now, in many situations, use your genetic information to determine what treatments your cancer (or your depression) might respond to.

And of course, there are now commercial organisations which are bringing genetic testing to your home, and for a few hundred pounds and a saliva sample you can have your genetic information revealed!

But beware! Have you thought carefully about whether you want to know? Knowing that you are at high risk for something, e.g. Huntingdon's or Motor Neurone disease, which have no cure, is something you might really wish you didn't know. It will also have implications for family members with similar genetic inheritance.

Remember too that carrying a gene for a particular condition does not mean that you will develop the disease, only that you are significantly more at risk. Even if you carry the breast and ovarian cancer genes, that means you are 80% more likely to develop those cancers, but not 100%.

The British Society for Genetic Medicine has raised concerns about the home testing kits; other ways of looking for cancer risk may be more relevant in many cases. Genetic testing has a role but is only part of the picture.

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But don't just take our word for it. Michael Devereux came to us in July 2019. He was on long term sick leave as a result of chronic heel pain. He was in a significant amount of distress and practically unable to walk.

Here's his story.

"I'm a surveyor and continuously on my feet and can often do 20,000 steps a day.

"When I was struck down with the pain in my heel, it was agony. I tried lots of different treatments with no success, and then someone said to me to see a Foot Specialist.

"I visited Firoz, and he spotted that I'd been misdiagnosed and suspected that I was suffering from Tarsal Tunnel Syndrome.

"Following Firoz's advice on how to treat it with ice baths, rest, orthotics,

and using the nerve stimulation device, I felt a positive difference.

"The pain has subsided considerably. It used to be at 8 out of 10 but now it is around 2 out of 10. "I'm even going back to work soon and am very grateful to Firoz and the Foot Comfort Centre."

Neurostimulation Therapy can make a huge difference to relieve long-standing pain.

Please get in contact with us to discover more about treatments and services we have for foot and ankle injuries and conditions.

When it comes to pain, just like Michael you don't have to suffer in silence.

Thanks for reading,
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Michael
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KNOW YOUR RIGHTS

When buying goods or services at home

The Consumer Contracts (Information, Cancellation and Addi-

tional Charges) Regulations 2013 requires detailed information to be given to consumers and gives the consumer 14 days cancellation period for some contracts; if the goods and services, you buy cost more than £42 you have at least fourteen calendar days to cancel the contract.

The regulations require the trader to provide the consumer, in writing, of their rights to cancel: this information is normally given within the **contract** and must be given in a prescribed way. The consumer must also be advised of this before they agree to be bound by the contract. If the trader fails to provide the consumer with such a cancellation notice then they may have committed a criminal offence and furthermore, the agreement may not be enforceable and the consumer won't have to pay a penny, even if the services or goods have been supplied.

What do I do if someone comes unannounced to my house ?

Our Safer Neighbourhood Team talk about this every month—there are reasons why they warn against Cold Callers; many residents have been the victims of con men who over charge for a bad job, others have had their properties scoped for a burglary at a later time. If a Cold Caller has a legitimate business they won't mind coming back to quote for the job along with other trades people that you invite.

So—what should you do?

Do not engage with them, best solution is to display a sticker on your door that states you do not deal with uninvited traders. If you find that you have to engage:

- Keep front and back doors locked, put the chain on your door as you talk.
- Take their I.D. record their details down and verify it with the company they say they are from.
- If you feel uneasy, ask them to return when you will have someone else with you.

If it is a builder or any tradesperson:

Never agree to have work done by somebody who is just passing by

Never take their word that there are works that need doing. If they say they have spotted a problem, contact other traders directly and ask them to come to assess the so-called issue and ask for at least 2 traders to provide a quote for the work

The trader **must not** start work until after the cooling off period, be aware they may try to get you to sign away this right. So think very carefully about whether the work needs to start immediately.

Never allow the trader to drive you to the bank to withdraw money. If you feel pressured into this, then tell the bank cashier that this is happening, they will know what to do. Avoid paying cash, pay by cheque or bank transfer.

What do I do if I need some work carried out at my home?

- Use a responsible trader scheme such as the **Which Trusted Trader** scheme who vet businesses and provide mediation if there are issues with the job. Be aware that not all Trade Associations and responsible trader schemes offer the same protection. Some Trade Associations only ask traders

(cont'd page 19)

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When buying goods or services at home (cont'd)

to pay an annual membership fee, but do not do any checks on the traders or offer you any protection.

- Talk to friends / neighbours / family and get quotes from traders you know and trust.
- Agree a very specific job and get it in writing, with details of materials to be used, etc. If it's a job on your roof, for example, ask for photos to be taken before and after.
- Agree a price at the start, get it in writing and get receipts for payments.
- Agree staged payments—**don't** pay all of the money up front or you may not see the trader again.
- Always make written records of any changes from the original plan- seek further advice.

The following information must be given before entering into a contract and it must be clear, comprehensive, legible, and given

on paper or, if agreed, on another medium that can be stored and is retrievable.

- A copy of the signed contract or confirmation of contract detailing;
- The name of the business—if it's a Limited Company, check it on Companies House. The geographical address, phone number, fax and email.
- Clear description of the service or goods to be provided
- Total price of goods and or/services
- Length of contract
- If applicable a CANCELLATION NOTICE.

All of the above constitutes your contract.

Report any suspicious activity to the Police and Trading Standards. You might also consult Citizens Advice if you need help or advice

If residents are interested, there is a scheme called a 'No Cold Calling Zone'. If you think it's worth looking into, (and we get some more residents to volunteer for the SCRA!!!) then let us know what you think.

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CALLING ALL GARDENERS

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With the clocks back to GMT and fewer hours of daylight, all nature is preparing to tuck down for a rest. The SCHS Harvest show at the end of September made a spectacular round up to the growing season with fruit and flowers in abundance. The pictures give you a flavour of the occasion.

As well as the participants, these shows are appreciated by the many residents who come to enjoy a look around the exhibits followed by tea and cake and friendly chat. I think I should mention though, that putting on the show involves a heavy burden on the few. Likewise, at this time of the year after the last show, there is much work to be done by the society's few officers, checking the results to award the trophies and prizes, planning for next year so that the programme booklet can be ready in good time. All this work falls on very few shoulders. We would be delighted to have more of you come forward to help keep the show on the road. (For membership please contact George Crane crane.g@gmail.com)

Those trophies that I mentioned last month (left unused from 1939-45) have this year been duly engraved and awarded at the AGM. By co-incidence we have reached the 40th anniversary of the 'Dig for Victory' campaign that encouraged everyone during the war to turn over their gardens to food production and to take up allotments. Vale Farm playing fields were divided up into allotment

plots with standpipes put in to provide a water supply. Seed potatoes and supplies of lime were provided and much advice on vegetable growing became readily available. Much friendly chat between the owners of



neighbouring plots made for a great sense of togetherness and gave confidence to those who had never before lifted a spade. Gardens too were given over to vegetable growing and the flavour of this freshly-harvested produce greatly enhanced the somewhat meagre war-time diet. Northwick Park was ploughed up for corn production under the care of Mr Perrin at his farm on Watford Road that is now Harrow School Farm. At the RHS Lindley Library in Vincent Square, Westminster, an exhibition is being held until 15th November to commemorate the 'Dig

for Victory' campaign. It is open to all, free of charge, Monday to Friday 10am to 5pm. It gives all visitors a chance too, to take a peek at this wonderful library, a great resource for gardeners, though you have to be an RHS member to borrow books.

How is it that spiders seem suddenly to appear in the autumn? They cast their webs over the wing mirrors of our cars, block overnight the route to the compost bin, even spin threads indoors among the houseplants that can just be seen in a beam of sunlight. Do they feel a sudden need to fatten up for the winter, or have they been there all summer without being noticed? Answers on a post-card please!

Margaret Roake

Important Notice— Your SCRA is in Crisis

We are in desperate need of more volunteers to join our Committee to assist with the running of the Association.

We don't currently have a **SCRA Chair or Vice Chair**; both members stood down two years ago and we haven't managed to obtain replacements. This can't continue.

We will soon require a **Membership Secretary** following Aileen and Chris Bommer's intention to stand down after many years of superb service to SCRA. We thank them for their dedication and long service to the Association.

We currently have very few active Committee Members and usually have difficulty forming a quorum at meetings when voting on proposals.

Unless we receive more support from Residents willing to join our very small SCRA Committee we will not be able to fulfil the services we currently struggle to provide.

If Residents fail to come forward to join the SCRA Committee and assist, there is now a strong likelihood of the Association having to be wound up after 88 years in existence.

The consequences of winding up our Association will be the loss of most if not all of the following list of services available to residents.

A Combined Voice when dealing with matters affecting our Sudbury Court and Pebworth Estates. We represent approximately 3,000 households over the SCRA area. A combined voice is far better than disjointed and uncoordinated individual voices. We are currently a force to be reckoned with and would like that to continue.

The monthly Courier Magazine. Includes reports from our Police Safer Neighbourhood Team and reports from our elected Councillors on all things affecting our estate and

ward. It also provides links to trades and business services in our area.

SCRA Website. We don't currently have a Website manager to maintain the site.

Events Management. Organisation and co-ordination of events.

Grant applications. Grants for important support for our estate such as new trees and events.

Monitoring and Response Coordination for local Planning applications. With the One Public Estate (OPE) in Planning we will require a combined voice to ensure that our Estate is not adversely affected.

Organisation and coordination of Resident Meetings. The booking of meeting venues, organising speakers and ensuring Public address and other required equipment will be available.

Refreshments management. The purchase of refreshments for meetings and the organisation and coordination of helpers.

WhatsApp Groups. The provision and Administration of our important communication tools.

Estate Trees. Monitoring and reporting to Brent council.

Estate Footpaths. Monitoring and reporting to Brent council.

Estate Littering and Fly tipping. Monitoring and reporting to Brent council.

Police Liaison. Feedback of problems occurring on our estates. Largely covered by the WhatsApp groups.

Courier Delivery Management. Management of bulk delivery personnel, street deliverers and rounds including sickness cover and retiring volunteers.

Coordination with Northwick Park Hospital. Members to feed back problems concerned with things like hospital parking on our estate.

General Security support and alerts to residents within the SCRA area.

Monitoring of the Byron Court Primary School expansion programme and the subsequent problems with damage to the estate's infrastructure, traffic volumes and parking.

SOLUTIONS.

- We need Residents to volunteer a small amount of their time to support the Association. Meetings are held at St. Cuthbert's Church each month with the exception of January and August, commencing at 7:30pm and lasting about two hours.

- We require members who will be motivated to adopt a task from the above list, either singly or jointly with other Committee members.

- We aim to achieve a position where Committee Members don't feel pressurised into taking on something they are unable to fulfil, or have it assumed that they will do something just because they have volunteered to do certain things in the past.

- The more members we recruit, the less onerous it will be for each individual member.

With 3,000 households on our estates, with most having at least two adults, we can't expect less than ten members of a Committee to fully service the requirements of 6,000 plus residents.

We need YOU to volunteer for the Committee.

We are grateful to all of our current Committee members and those residents who currently undertake tasks on behalf of us all in public and in the background. However these tasks need some form of coordination to be thoroughly effective.

This is your chance to make a difference and to save our Association.

Please contact :- secretary@the-scra.co.uk.
if you are interested in volunteering for the Committee.

Keith Barker



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The active group meets on Wednesdays between 10:30 and 12:30 and members chip in £2 per sessions which includes refreshments. They raised a massive £600 for Mac-Millan Nurses at a recent coffee afternoon.

There are various regular activities—full details can be found on our website
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contact Paul Lorber 07917 094 239
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"The 'A Team WhatsApp' chat had a daily weather report leading up to the day, the forecast got worse and worse through the week so we were a little nervous about the attendance but to my absolute delight we had a fantastic turnout from all around the estate. The laughter and enthusiasm outshone the grey and wet sky, I think the 50 bottles of alcohol and the ice cream van definitely helped proceedings! Here's to SP2020." Alexia

"It was just our luck, the heatwave ended the day before!! But despite the interludes of heavy showers it was great to see many neighbours, from all corners of the estate enjoying the party. I'm very keen, as were other neighbours, to organise another one. How about organising something for the VE Bank Holiday weekend in May?

Above all, seeing kids play out on the streets with freedom and without fear. Something not seen in years". Hitesh



We had a Street Party!

Massive thanks go to:

Alex's Hairdressers for wine and cake, **Alexia** for impromptu venue, **Ashutosh** for hot treats, Alexia's neighbour for an extra gazebo, **Daniel's Estate Agents** for Prosecco tent, **Hitesh** for organising play stuff from **Byron Court Sch** and lots of other stuff!, **Jay** for tables and all sorts, incl positivity, **Mo** and **Papa Gee's** ice cream van (mostly free to the kids!), **Pappu** who made tea for us all—and, of course—everyone who brought along their cakes and snacks.

And finally, **everyone** who brought along their conversation, and can-do spirit, despite the rain!! (it didn't actually rain that much in the end.)

I hope I haven't missed anyone out—**The Play Street A Team** know who they are!!!

Everyone said we should do it more often—so anyone who wasn't able to make it to this one, make sure you come to the next one—don't miss out! Kaye



What people said afterwards:

"It kindled a neighbourly team spirit and gave us an opportunity to meet our old neighbours and even make some new friends. The children also had a blast." Neerja "Great food and good company. We enjoyed" - Tak "There is a lot of joy in being neighbourly" "In a world full of stress and distrust, let us all make an effort to come closer and make it a better place for us all to live in." "Lovely neighbours." "It was indeed a great pleasure to meet many of our neighbours from other streets of this wonderful estate. It was nicely presented with great lovely foods, drinks and fun too." "The girls and I thoroughly enjoyed the street party. We just wanted to be a part of it. Community spirit shone through."

Kids' Page



Hello Kids,

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

preeyaatthecourier@hotmail.com

JOKES

When is it bad luck to see a black cat?
When you're a mouse!

What time is it when an elephant sits on your fence?
Time to get a new fence!

What do you get when you cross a parrot with a centipede?
A walkie talkie!

What kind of animal goes OOM?
A cow walking backwards!

What animal has more lives than the cat?
A frog, he croaks every night.

What is a crocodiles favourite game?
Snap

What happens when a frog's car breaks down?
He gets toad away.

RIDDLES

I'm hot and I live in the sky. I'm bright, don't look directly at me. I will disappear at night.
What am I?
The Sun

I'm red, blood pumps through me, and I live in your body. I'm the symbol for love, please don't break me. What am I?
A Heart

I'm round and I go up and down. You can catch me. Please be careful with me near the windows. What am I?
A Ball

Please be patient, I'm new to the world. I cry a lot. Everyone smiles at me. Please pick me up. What am I?
A baby



Did you spot the deliberate spelling mistake?
'baby' should be 'babby'.





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WHAT'S ON

IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE—will give you a warm welcome at our Christmas Bazaar on Saturday 30th November. Sales will start at 10.00am and Santa will arrive at his Grotto soon after 11.00a.m. Refreshments available.

We are now able to accept donations for our in-house sales table so if you have unwanted gifts, costume jewellery or bric-a-brac please drop in at the Centre, (809 Harrow Road HAO 2LP) weekdays 10.00a.m. til 2.30pm or call Pat 0208 9081572 to collect. Thank you!

www.sudburyneighbourhoodcentre.co.uk

CHANGING SUDBURY GUIDED WALK—Join this Guided Walk to discover untold stories about long gone places and people, told through the voices of local residents and old photographs. **Sat 30th November**, 11am. Meeting point: Sudbury Neighbourhood Centre.

For more info: 020 8908 1220, matilde@sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—We will be performing Handel's Four Coronation Anthems, including Zadok the Priest and The King Shall Rejoice. Also Gounod's Messe Chorale with Organ and Brass on Saturday, November 16th, at 7:30 p.m. at St. John 's Church, Greenhill. HA1 2JE. Tickets £15.(Conc £12, under 19 free) 020 8863 7009 or on the door. Hope you can join us !! www.harrowphil.co.uk.

HARROW HARMONY invite you to join our OPEN REHEARSAL. Friday November 1st. 7.30 - 9.45pm. South Harrow Methodist Church, Walton Avenue, Harrow HA2 8QU.

Music, refreshments and a warm welcome provided. 0208 861 4017 if you want more info, otherwise just turn up.

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, HAO 3QY 020 8904 1457 www.stcuth.org

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

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