

The Community Magazine for the
Sudbury Court and Pebworth Estates

January
2020

The Courier

89th
Year



Happy New Year

To all our neighbours



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January 2030
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SCRA Website: www.the-scra.co.uk

Dear Neighbours,

I hope you all had a lovely, peaceful Christmas and holidays—and here we are at the beginning of, not only a New Year, but a new decade! The only NY resolution I've made this year—having been to a number of local community events over the last few months, as well as doing a sponsored 10k walk for the charity Shelter before Christmas—I'd like to see more community get-togethers, for fun and getting to know each other, not just meetings! The NP Community Garden regularly brings neighbours together, although the majority of the participants seem to come from the other side of the station, perhaps we can change that this year? I would also like to have another street party soon—maybe an 'Indoor Street Party' in the New Year—watch this space for details. And also more little 'Guerilla Gardening' sessions on The Pimple. If you'd like to join in, or you have any other ideas for activities/Buddy Schemes, please let me know.

I hope you enjoy our article and recipe on page 23—submitted by a local French resident. We are blessed to live in a community of many cultures and faiths—if anyone else would like to share a recipe and some words about the tradition around the dish, please get in touch.

Until next time,

Kaye



Our Regular Contributors

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Special thanks to Sahil Shah
for the front cover picture of
sunrise over Nathans Road

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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 Kubik
Sergeant Yu Zhang



Dear Residents:

Happy New Year to you all.

In December we lost PC Colin HOBDAV to another job within the Met. He had worked a number of years on the Northwick Park ward, and is missed by his colleagues as he is a dedicated, experienced officer with a strong work ethic. The officer who is his replacement is PC Kubik who I am sure will do his utmost to fill PC Hobday's shoes.

REGISTER on OWL:

Please make it your New Year's resolution to register on OWL, it is the platform we are using to send out alerts.

"What is OWL?" I hear you saying. The council have paid for an online neighbourhood watch platform called O.W.L – this stands for Online Watch Link. The website is www.owl.co.uk

We, in your Neighbourhood Police Team will be using this website to send out alerts to residents about crimes happening in our area and other information of benefit to local residents. We will also be sending out the same alerts on the various Whats App groups and from time to time on Twitter.

We urge you as local residents to register on OWL in order to receive these alerts.

• **Residential burglaries:** At the time of writing this article, the 09/12/19, 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 in hours of darkness.

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 Whats App 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.

• **Vehicle Thefts – from and of:** a number of residents who have Ring Doorbells and similar systems have reported trespassers going onto their driveways in the middle of the night and trying the door handles of their

vehicles – the males involved in this are opportunist thieves, most likely drug addicts, who are roving around trying door handles and if they find one open, they will search the car for anything valuable - cash or anything that they can sell – glasses, sat nav. So to avoid being a victim of this crime please ensure that lock your car door, sometimes the central locking fob can be very sensitive and if you put it in your pocket after locking your car, it might accidentally unlock. Leave your car empty of cash, and anything of value.

Similarly, we are aware that from time to time Northwick Park ward roads are targeted by car thieves who have devices to boost the signal from your car key to your car and steal your car if you don't keep your car key in a Faraday pouch. People who have high value new cars still keep their car keys in their kitchen or in the hallway not in one of these pouches, don't be surprised if your car goes missing if you do not take this security measure.

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

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

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

• **Scrap collectors:** please report any vans you see roving around potentially collecting scrap metal. We are finding a lot of people who are doing this activity are also opportunist thieves – taking items from people's driveways without their consent.

• **Cold calling telephone scams:** can elderly residents please be aware of telephone calls from people they don't know stating that their bank accounts have been compromised. A number of elderly residents have been contacted by a person who claims to be a police detective in Central London and that they have caught someone trying to use their card. Please be cautious of **anyone** who contacts you on the telephone wanting you to confirm bank details or to go to the bank and withdraw cash because "your bank account has been compromised". **Hang up the telephone immediately, wait for 10 minutes, get your bank statement and then ring the telephone number on your bank statement 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 some information about you BUT 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.

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• **Cold callers:** The problem of cold callers is a persistent issue in this area. There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scam and con merchants both on the phone and in person. **DO NOT GET ANY GOODS OR SERVICE BY SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!** *I am astounded with otherwise sensible people giving "work" to cold callers because by doing so you are encouraging them to come into the area!*

Remember cold callers is the term given to someone who you don't know and knocks at your house asking you for work / or providing a service for a fee – driveway washing, guttering cleaning, laying driveways, roofing work. Why on earth would you give someone you don't know, never met before, don't know their real name, where they live or anything else about them access to your property! It beggars belief, if they are on your driveway or doing your gutters do you not think that they will get to find out who lives at your address and the general layout of your address, don't be surprised if you get conned or burgled if you give someone who cold calls on you "work".

Bottom line do not, do not engage with cold callers.

Overview of offences 9th NOV to 9th DEC:

Robbery Personal: Oldborough Road (25/11 1700hrs) 12 year old male robbed whilst being threatened with a bladed article by two youths, phone stolen by the pair; Oldborough Road (26/11 1630hrs) 15 year old boy robbed of his phone by two males, one of the youths said he had a knife, handle shown to victim; Harrow Road near Sudbury Court Drive (03/12 1705hrs) 13 year old victim approached by a youth at this location, threatened with a knife, victim told to hand over his phone and headphones, however bank card taken, victim managed to convince the robber to follow him to his home address, at which point the victim's father chased the robber away;

Attempted Robbery Personal: Oldborough Road (28/11) a 12 year old boy was accosted by two youths, one said that they would stab the victim, asked him for his mobile, he said that he didn't have one and they then searched him; Oldborough Road (nr no. 70, 28/11 1500hrs) 12 year old boy walking home from school, accosted by two youths about 15 on a wall, grabbed hold of the 12 year old and told him to hand over what he had; Northwick Park near outdoor gym (28/11 1545hrs) 15 year old boy walking home through Northwick Park approached by two youths who threatened to

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stab victim and told him to hand over his phone, they then searched him.

Burglary Residential: Priory Crescent (in 20s, odds, 15/11 1950hrs) victim returned at about 8pm to find a dark golf car blocking their home driveway, a male then came from the driveway got in the car drove off, it was found that the side door to the house had been forced, burglary at address; Georgian Court Elms Lane (18/11 1100 – 1710hrs) flat burgled, jewellery stolen; Paxford Road (in 40s evens side, 21/11 0300hrs, occupiers asleep, house alarm activated, occupiers wake to find two males running out of their house – believed intention was to steal the cars; Carlton Avenue West (in 120s evens side, 22/11) entry forced to house via back door; Rushout Avenue (in 20s odds side, 07/12 1729hrs) burglary via french doors at house

Attempted burglary: Sudbury Court Road (in 50s odds, 04/12) holes drilled in house front door, no entry gained

Theft of Motor vehicle: St. Andrews Avenue (in 40s evens, 08/12 0030 – 0730) 58 plate BMW stolen;

Theft from Motor Vehicle: Northwick Park Hospital (13/11 1345 – 1600hrs) – catalytic converter stolen from 05 plate Prius; Watford Road (13/11 0720 – 2020) catalytic converter stolen from 18 Plate Auris; from car; Harrow Road Assisi Court (30/11 1930 – 02/12 0600hrs) catalytic converter stolen from 16 plate Toyota Auris; Kenton Road (05/12 2200 – 06/12 2130hrs) registration plate stolen from car

Northwick Park Hospital (13/11 0900 – 1700hrs) catalytic converter stolen from 03 plate Honda Jazz; Norval Road (14/11 0150hrs) catalytic converter stolen from 04 and 05 plate Honda Jazz; Carlton Avenue West (near 170s, 13/11 1730 – 14/11 0900) catalytic converter stolen from 04 plate Honda Jazz; Perrin Road (16/11 1000 – 18/11 1700) catalytic converter stolen from 05 plate Honda Jazz; Elms Lane (in 10s evens, 19/11 1700 – 20/11 0800), property stolen

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
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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope you had a festive, restful and pleasant Christmas and New Year. I am hoping that you all enjoy a better year this year, than you may have had last year.

London Borough of Culture for 2020

The Mayor's London Borough of Culture award is a major new initiative launched by the Mayor of London in June 2017 and inspired by the UK City and European Capital of Culture programmes.

The Mayor's London Borough of Culture award brings Londoners together. It puts culture at the heart of local communities, where it belongs, illuminating the character and diversity of London's boroughs and showing culture is for everyone. Now more than ever, the Mayor wants Londoners to get to know each other and feel part of our great city. Thanks to this new award, all Londoners will now have the chance to be part of something extraordinary.

An Outdoor Spectacle telling the story of Brent

RISE is the opening event of Brent's year as London Borough of Culture. A large-scale outdoor display with a local community cast of hundreds, telling the story of Brent through dance, projection, film, and an incredible soundtrack.

Brent is the home of Rachel Yankey, Riz Ahmed, Zadie Smith; the home of the Grunwick strikers, of reggae and rebellion, great roads, legendary family businesses, famous Irish pubs, trailblazing young poets, Metro-land architects and the builders of the biggest Hindu Temple outside India. Like Brent they did, and do, things in their own way.

RISE will tell the story of how this little-known corner of the capital - in its activism, writing and athleticism - travelled from the margins to change British culture. Above all it will be a tale of how, for generations, people of different countries, faiths and backgrounds came here to grow and make a future together. Everyone is welcome. All rise! Further details of events related to the borough of culture can be found at

www.brent2020.co.uk/programmes/

LBOC2020—RISE



London Borough of Culture (LBOC) Fund

As part of the London Borough of Culture 2020 programme, the LBOC team are administering a £500,000 fund for local individuals, voluntary and not-for-profit organisations, and community groups in Brent to lead their own cultural activities.

The fund is to support arts and cultural activities at locations across Brent that take place during 2020, including events, performances, workshops, exhibitions, talks, walks, installations, festivals, carnivals, screenings and participatory projects across all art forms.

Projects funded through the LBOC fund must:

- be creative and/or cultural, and involve artists
- be open to the public
- take place in Brent during 2020
- create opportunities for people from different generations and/or backgrounds to come together
- involve opportunities for local participation and volunteering
- provide young people with roles and opportunities within the leadership of the project
- respond to one or more of the four LBOC 2020 culture questions

Individuals can apply for up to £3,000. Organisations can apply for up to £10,000.

It's not too late to apply—the third and final round of funding is open. The deadline for applications is:

23:59 on Tuesday 4 February 2020.

www.lboc2020.com/2020culturefund

titania.altius@brent.gov.uk



Online Advice for Brent Residents

Brent Advice Matters, (BAM) an online service for people in Brent, is now live. It is easy to use and provides straightforward information and advice with each advice category having a translate function.

BAM is 5 Brent advice agencies working with the Council for the Voluntary Sector in Brent (CVS Brent). The five agencies working with CVS Brent are, Brent Community Law Centre, Citizens Advice Brent, Ashford Place, Advice for Renters and Age UK Brent.

We are working together to co-ordinate our advice services because we want to make it easier for people in Brent to:

- find advice and information about problems they need to sort out;
- take action themselves to sort out problems or take the next step themselves, to sorting it out;
- be confident they know which local agency is the best one to get more help from, when they need it.

The BAM Advice website brings advice, information and answers on different problems people in Brent face, into one place;

- uses simple language and explains difficult words;
- gives you options that make searching for answers straightforward;
- has an up-to-date and complete list of all the advice services BAM agencies have.

Please check the website at:

www.bam.org.uk

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If you see a large vehicle causing damage please pass the following information to the Council:

- Date and time of the event
- The address the vehicle is serving
- The vehicle registration number

- The make, model and colour of the vehicle and

- Any company name and telephone number that is endorsed on the vehicle.

If possible please take a photograph and report a defect online using the Cleaner Brent App. Alternatively you can call us on 020 8937 5050 or email with details.

Councillors' Surgery for Residents – Margaret, Keith and Robert

First Saturday of each month – 11am-12noon (apart from August and December). The next Surgery is on Saturday 4th January 2020.

St Cuthbert's Church Community Room,
214 Carlton Ave West, Wembley HA0 3QY

A Night At The Opera

We are so lucky to have so many wonderful community events right on our doorstep—and, if you haven't been to the annual Diva Opera fundraiser for St Luke's Hospice, you're really missing a treat.

This event began 8 years ago, I understand, with a small grant from the Edward Harvist Trust. It has since gathered many loyal supporters to ensure that it continues, thanks to the dedication of Jean Peacock and Christine Harvey.

I love the fact that they also actively ensure that local young people attend, by sponsoring their tickets—the students who attended this year were from Harris Westminster 6th Form College, Newman

Catholic College, and local Police Cadets. I know that the students that I accompanied from Newman had never been to a performance of opera before.

The Diva Opera company perform nationally and internationally 40-50 times per year. They performed the 'Next Stop Christmas' show only 5 times—twice at the Earl of Leicester's Holkham Hall in Norfolk, once at Stuckeridge House in Devon, at Villa Ephrussi de Rothschild, Cap-Ferrat in the South of France And St Andrews Church, Sudbury!! How lucky are we?

Please make sure you book your tickets early next year.

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Diva Opera

On Saturday 7th December, Sudbury's Arts Events light-hearted Christmas show performed by Diva Opera with its festive theme, was once again a hugely successful evening held in aid of St Luke's Hospice. The members of the audience and supporters also donated money to support the 'Buy a Ticket for a Student' initiative. This year 30 teenage students including the Brent Voluntary Police cadets loved every minute of the performance especially the chance to visit The Diva Opera Photo Booth during the interval where, with the help of the costume prop box, they could dress up and get their picture taken.

Christine Harvey



The Memory Café

Support for those experiencing memory problems



Hi folks and welcome to a new Memory Café year. We are making good progress towards opening another day of the week – but this time with a craft focus.

We kept the Memory Café choir busy over Christmas with singing carols – at the Clementine Churchill and the carol service at St Cuthbert's. It makes my heart sing for joy when I hear the choir in full flow. There is something about singing that is good for us at the very deepest level. My dad was an East Ender and his father used to play and sing in the East End pubs. So singing and music were a very big part of my growing up.

Of course, none of this happens by magic. The choir has taken a lot of hard work and practice – and our music team, Anna and Francis, have shown great dedication. A vicar once said to me that the art of getting

things going in any church was to say yes more than you say no. If a good idea comes along, grab and go for it! I have lived by this motto while I have been here.

We have certainly gone for it at Memory Café. It still amazes me each week to see the car park filling up and then seeing the place very busy and joyous. If you haven't been along to see us yet, you are most welcome to come and try it out. The food is good and the company even better. I have made many friends at the Café and I know that it has played a real part in building up community ties. This is a brilliant place to live and Memory Café is now part of the fabric of our life.

(We will be closed 2nd January but open again every Thursday from 11am–1pm on the 9th)

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January can often seem a bit flat. Spring is still to come and the excitement of Christmas is behind us.

But for me, I like January at Church because life is less hectic and because January is a time of fresh starts, resolutions and the turning of the New Year page. In terms of the story we tell at church, this is a season when we think about God as one of us. This is a thought I find very comforting. Life is often tough and things can get us down. But I love the thought that the divine being is walking right beside us.

One of the other things I really like are the routines of the church. We have different services and events for different seasons. We do them each year. The seasonality of our lives chimes with seasonality of church. I find it comforting to be able to read the old

words and sing the old hymns. It feels like we make a connection with something that has permanence.

As a boy, I wasn't much of a church-goer. In fact, I only went when I had to in order to play in the Scouts football team. I grew up in Northolt and our church was one of the oldest in London – St Mary's. I used to love the sense of history there, the smell of incense and the sense that this was a place with a story to tell. I still like that about church. Our church here is much more modern, but sometimes I just go and sit in it and soak up the atmosphere. I find it calming for my soul.

So I wish you a happy New Year – whatever season of life you are in.

Rev'd Steve

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10 Top Tips for Weight Control

1. Don't go on a diet and don't go hungry.
2. Do eat lots of vegetables; a wide range of different ones helps a healthy microbiome (bugs in your gut which help keep you to a good weight and lot of other things like protecting our immune system)
3. Don't have take-aways
4. Do not eat processed food. Try to prepare from fresh or frozen individual ingredients, do not eat anything your granny wouldn't recognise!
5. Don't have any added sugar, and avoid all sugary drinks including squashes, fruit juices, smoothies,.
6. Find out what are your killer foods. Some of us gain weight when we eat certain foods such as bread, pasta, rice, potatoes.
7. Have a smaller plate and eat really slowly, don't think about what to put on your fork until you have swallowed the previous mouthful.
8. Consider a different eating pattern. Some of us do really well on a fasting diet, i.e. no

breakfast and first meal around 11 and last at around 6. And some of us do really badly, and need frequent small meals. Others find the discipline of a 5/2 regimen very helpful, so eat normally for 5 days and around 600 calories for two days a week

9. Balance your diet, you can eat moderate amounts of most foods (except sugar), which includes saturated and unsaturated fats, red meat and dairy products, pulses, grains and fruits as well as those wonderful vegetables. We think that members of the allium family may be particularly good in feeding the healthy bugs in our gut. Those are garlic, leeks, artichoke, onions.

10. Crisps, milk chocolate, sweeties, sweetened milk drinks and non-diet soft drinks have no nutritional value but high calorific penalties so don't buy them or have them in your home or car.

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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We're proud to announce that our custom and therapeutic footwear range is fully operational.

Gone are the days when therapeutic or orthopaedic footwear looked clunky and felt heavy.

Our new range of comfort shoes are stylish, comfortable and affordable.

And rather than wait months to have your shoes made on the NHS you can now get them much more quickly.

We have a small but interesting selection of brands and models in stock and can order in additional models within a week or have them custom made footwear made for you, often within a few weeks.



Who Needs Them?

A range of different people with different needs can benefit from comfort, therapeutic and custom made shoes.

If you are suffering from foot, ankle or back problems customised shoes can help reduce impact on the body through having better cushioning than normal footwear.

We help a lot of runners, people with rheumatoid arthritis, diabetes and a range of other problems that the right footwear can ease.

Buying these kinds of shoes online is often hit and miss. So, it's often much better to have a proper evaluation from a foot and ankle expert who can then recommend the best course of action – be that footwear or clinical services.

To book your evaluation, please contact us on the number below.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we wish all the readers of this publication a happy new year.

Firoz

For more foot care tips visit our website www.footcomfortcentre.co.uk



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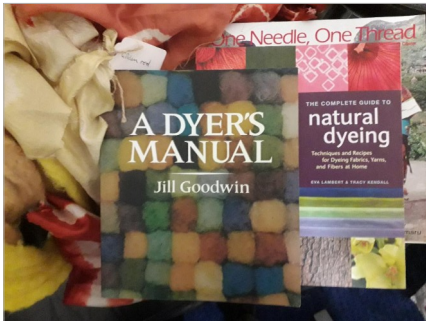
Northwick Park Community Garden

www.northwickparkcommunitygarden.com



"If you want to be happy for a short time, get drunk; happy for a long time, fall in love; happy forever, take up gardening."
Chinese Proverb

You may have done the first two over the festive period and if you want to do the third item, NPCG can help!



The last of our 15 events during 2019 was held on Saturday 14th December. It was a workshop about natural dye and using plants to dye fabric. It was amazing how beautifully the silk scarves turned out! Have a look at the photos from the workshop on our website.



2019 was a great year for NPCG. We sowed the seeds of a lovely community garden with the help of our enthusiastic and incredibly helpful volunteers; a reminder of how much we can achieve as a community.



We submitted our NCIL funding application on the 1st of December for the Permaculture Education Project. Not only was it on time (precisely 6 mins to 00:00 deadline), but it was also supported with 85 responses to our survey - thanks again to everyone who completed it and continues to support the community garden.

We will continue to fill out the community garden, but 2020 will be more focused 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-dept knowledge to apply in their own garden or run gardening events for others.



(cont'd on pg 19)

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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



Make a note in your diary of our January events:



An Introduction to Composting

Thursday 23rd January, 7pm-9pm.

This workshop will be an introduction to the different ways you can compost. We'll be looking at hot and cold composting, leaf mould, wormeries and bokashi composting. We'll also look at which composting methods are suitable for small spaces and which for larger spaces. This will be the first in a series of workshops looking at the best way to keep the soil, and therefore plants, healthy that will run through the year.

Workshop tickets are advertised on www.billetto.co.uk (just search for our name) - hope to see you there!

Gardening: Half-day session on Sunday 26th January, 1.30-4.30pm.

Winter is a good time to plant trees so come and join us for this planting session at the Garden where we will be planting a wide variety of trees. You'll have a chance to learn about trees that have edible leaves as well as those with more conventional fruit and nuts. We'll also be planting some more shrubs and perennials. These sessions facilitate people to learn through doing, so if you'd like to know how to best plant and support a tree come along to learn and have a go!

We will be meeting at 1.15pm in the Northwick Park Pavilion car park

If you would like to come along please RSVP by email so we know how many people to expect. We want to start the year off with cake so it's got to be big enough!

Eleri, Joanna, Rishil and Iris

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

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‘Every Cloud Has A Silver Lining’

Every day, elderly people still face feelings of loneliness and isolation at home.

- almost half of all people aged 75 and over live alone
- one in 10 people aged 65 say they always, or often feel lonely – just over a million people in the UK alone.

In March 2018, The Silver Line helpline – a free 24-hour helpline founded by Dame Esther Rantzen supporting the UK's over 55s, took 48,070 calls from lonely and isolated older people, 24% more than the same month the year before. 53% of their callers say they have no one else to talk to.

Loneliness is not about how many people you see but more the quality of social interaction.

Causes:

- busy lifestyles or distance of family
- poor physical health affecting mobility
- bereavement – loss of partners or friends
- location and lack of transport
- and not forgetting Dementia

Does your loved one need support and care in 2020?

Contact Home Instead Senior Care for advice on how we can support your loved ones and neighbours at home.

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0208 731 5211

The Silver Line Helpline – **0800 470 80 90**

If you, or a family member needs a little help, please get in touch, we are here to help. **0208 731 5211**

www.homeinstead.co.uk/wembley
Email: **wembley@homeinstead.co.uk**

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CALLING ALL GARDENERS

**Sudbury Court
Horticultural Society**

Your local gardening club

Here we are at the beginning of another New Year – Greetings and best wishes for a happy and successful time in your garden in 2020. We are all a year older, and hopefully a year wiser, but nature is kind enough to give us all a fresh start as the year turns. The sun begins to creep our way again, bringing on the snowdrops, lengthening the days and promising new growth. We are all part of this natural world, responding to seasonal changes in daylight, warmth and weather. So January is not a

bad time to take stock of your plot, front and back, to consider what has done well, and where changes would be of benefit.

Here in Sudbury Court we are very lucky to have gardens of our own, for every family a personal outdoor space to enjoy. Front gardens set off the house and though often needing to be partly used as a car park, there should be some feature to remind us that we live in a garden suburb, even if that feature is only a neatly-clipped hedge or some potted plants near the front door. The aspect of your house determines what will grow well. South-facing gardens catch any sunshine, speeding up growth and drawing plants towards the warmth and light of the sun, sometimes even with a tendency to encroach on the pavement. Many families here are long-established, but there is scope for even short-term tenants to make a positive impact by sowing some seeds in the spring.

Now is the time to take a look around your garden and plan for the coming season.

Some plants and trees in our gardens have special significance for us, planted there

perhaps many years ago to mark an anniversary, the birth of a child or other memorable occasion. From year to year these treasures are cherished and cosseted to make a framework to our planting. Other

parts of the garden are changed every year, maybe with summer bedding from the Plant Sale

to follow on from the spring bulbs, or perhaps with the latest fashionable new cultivar brought home from a visit to Wisley. Your Society is planning a visit to the RHS garden at Wisley in the spring so there will be a chance then to add something special to your collection. The pleasure is that we decide ourselves what to grow in our gardens; each garden is different, reflecting the interests of the people who live in the house.

More news of our Society's activities will come in later editions of the *Courier*. Your committee is now planning the new season's activities which will be detailed in the Programme Booklet to be published in the Spring. We hope you will join us for the 2020 season. Contact [George Crane](mailto:George.Crane@gmail.com) crane.g@gmail.com. Just £3 gives your whole family membership of the Society and the opportunity to join in our outings and our shows.

Margaret Roake





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A January Tradition—Lucile Diacono



La Galette des Rois

In France but also in Spain and Italy, we celebrate a Christian feastday named Epiphany. It's on the 6 of January, and remind us of the day when the three Kings arrived in Bethlehem to visit baby Jesus. To celebrate we eat a pastry, a frangipane tart name the King's Cake. Traditionally, at the end of the family Sunday lunch, the youngest go under the table to chose who receives each piece of cake. Because in the frangipane there is a fève (a dried bean) and the one who finds the fève is the King or the Queen and earns the crown for the day! Nowadays you can

buy, every January, in all Boulangeries, a King's Cake with a golden paper crown and a ceramic fève inside. Some people collect the fèves. To begin you can try to do a Galette des Rois with the following recipe:

Ingredients:

2 x 200gr layers buttery puff pastry cut into circles
100 gr of sugar
60 gr of butter
3 eggs
150 gr of almond flour
1 vanilla pod
2 spoon of brown rum



Traditional and ceramic fève

Method:

1. Heat the oven to 180 °C
2. Whip the sugar with the soft butter, and add the almond flour.
3. Scratch the vanilla pod and put the grains in the mixture.
4. Add two eggs and the rum.
5. Take one circle puff pastry and put it on a baking tray (leave greaseproof paper on the bottom). Roll out the almond mixture on the pastry leaving 2cm around the outside.
6. Place the fève on the cake.
7. Brush some water on the edge of the bottom layer of pastry circle, and put the second layer of pastry on top and seal the pastry together.
8. Take only the yellow part of an egg, and whip it and brush the top of the cake.
9. Put the Galette in the fridge for 30 minutes. And after draw/make pattern with a knife on top! But carefully, don't make a hole in it.
10. Put your Galette des Rois in the oven for about 40 minutes, until golden brown colour.

And eat it lukewarm or cold with cider or champagne! I hope you enjoy!

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2020 BEST WISHES

Paul Lorber says "On behalf of everyone from Barham Community Library we wish all our supporters & users a Happy, Peaceful and Healthy 2020 and urge everyone to come and visit us and borrow a great book as part of your new year resolution".

WINTER LIBRARY OPENING TIMES

From 1 December 2019:

Monday 3-6pm; Tuesday 2.30-6pm

Wednesday 2.30-6pm; Saturday 12-5pm

WELLBEING WITH YOGA

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Chess Club – Saturday 12-2pm

Crafts or Games—Saturday 2-3pm

Homework Club—Saturday 2.30-4pm

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The Knitting Sewcial—The active group meets on Wednesdays between 10:30 and 12:30 and members chip in £2 per sessions which includes refreshments.

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 barhamlibrary.uk

contact Paul Lorber 07917 094 239
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Kids' Page



Hello Kids,

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preeya@thecourier@hotmail.com

JOKES



What do you give an elephant that's going to be sick?
Plenty of space!

What happened to the cat that swallowed a ball of wool?
She had mittens!

What do you call a gorilla wearing ear-muffs?
Anything you like! He can't hear you!

Have you heard about the teacher who was cross-eyed?
She couldn't control her pupils!

What school supply is always tired?
A knapsack!

Knock Knock!
Who's there?
Dewey.
Dewey who?
Dewey have to go to school today?

Teacher: Name two days of the week that start with "t".
Pupil: Today and Tomorrow.

Teacher: I see you missed the first day of school.
Pupil: Yes, but I didn't miss it much.

Teacher: Could you please pay a little attention?
Pupil: I'm paying as little attention as I can.

Teacher: James, where is your homework?
James: I ate it.
Teacher: Why?
James: You said it was a piece of cake!

- You use me when you're resting. I'm soft and comfortable and I protect your neck and head. You can ask for me on an airplane, and fighting with me can be fun. What am I?
A willow

Did you spot the deliberate spelling mistake?
,willow' should be 'pillow'.






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SUDBURY NEIGHBOURHOOD CENTRE— invite you to join us for a New Year's celebratory lunch on Tuesday 14th January from 12.15 until 3.30pm. The cost is £10 per person including a two course meal and live music from 2.00 til 3.00pm. Please phone 020 8908 1220 to book. We are still looking for good quality bric-a-brac and jewellery for our sales table and thank you for donations given recently.

(809 Harrow Road HAO 2LP) Thank you! www.sudburyneighbourhoodcentre.co.uk

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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

20:20 STORIES OF MOVING LINEAGE—Multimedia arts and heritage exhibition that casts a long lens over the memories of 20 refugee families who arrived in the UK 20 years ago, includes artistic responses from Brent school children. Up to 15 January 2020 at 12am, Brent Civic Centre, Engineers Way, Wembley HA9 0FJ

FLY GIRLS WELLNESS—The Fly Girls Wellness is an established award winning community wellbeing organisation that provides a weekly walk or run hourly session on non-event days at Wembley Stadium.

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On non event days we may arrange walks and hikes in and outside of Brent and outside London.

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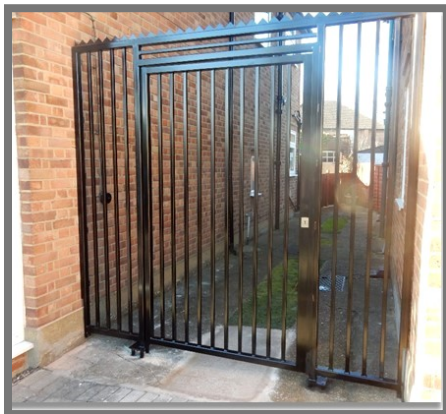
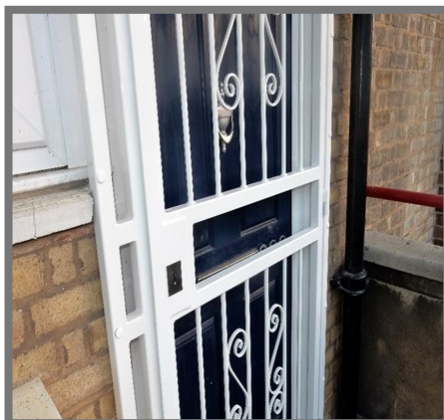
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

PROPERTY HUB

Residential

Commercial

Land

Our office : 38 Court Parade, East Lane, Wembley HA0 3HS

Contact us : 020 8903 1002 / 020 8459 3333

Email: info@propertyhubid.com / sales@propertyhubid.com
www.propertyhubid.com



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CLIENT MONEY PROTECTION



July 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			