

The Community Magazine for the
Sudbury Court and Pebworth Estates

February
2020

The Courier

90th
Year



Happy 90th to us!!

How resilient can community organisations
be when we all have such busy lives?



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February 2020
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Dear Neighbours,

I don't know about you, but I always find January a bit of a strange month—even though it's my birthday month. Everybody's had enough of the 'party season', struggling back to work and school, the weather's a bit grey. So I do like to try and look for positives.

I found the flower (front cover pic) on The Pimple—completely out of season, so a welcome sunshiney face, but also quite resilient. It got me thinking about how resilient our Resident's Association is going to have to be if we're going to make it through, and past, our 90th year! . . . 90 years! . . . How are we going to celebrate that? How are we going to make sure this community is still represented by the end of the year and beyond? Have a little look at page 9.

And, please, use your Subs envelope to pay your £5—it's such a bargain, and will make SUCH a difference. If you can spare a bit extra, make a donation to the tree fund to make sure we can keep our streets leafy. If you still don't understand why you should be a member of the SCRA, get in touch, we're happy to talk to you about it . 😊

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 Kubik
Sergeant Yu Zhang



REGISTER on OWL:

There has been a great response to our continued appeals for residents to register with OWL, Northwick Park Ward has the greatest uptake in Brent! To any of those residents that haven't registered with OWL please do so.

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

Can I please urge you to register on OWL if you haven't already, 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 our 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 WhatsApp groups and from time to time on Twitter.

Street Robberies:

As you can see from the figures below, there has been a significant increase in street robberies, mainly involving school children/teenage victims. In some instances the victims were approached by large groups of male teenage youths and have been threatened with stabbing if they didn't hand over their mobile phone and valuables. However, there has also been a robbery involving two female suspects – Norval Road.

On the grounds near Vale Farm a 65 year old woman was also robbed. The time of day that the robberies have been happening is after school, so from 1500hrs – 1800hrs in the main.

Please can I ask residents to speak to their children about personal safety when going to, and particularly, from school. I would suggest that you tell your child that when they walk home that they do so with a sense of purpose, not to be distracted on their mobile - wearing earphones shows that you are in possession of a mobile. If they can, to walk home with another (safety in numbers,) or to follow near adults on their commute when they are walking. To be aware of your surroundings at all times is a good idea—is there someone following you? – just today, whilst reporting a fly-tip online on my mobile, I had a hooded, drug addict-looking male, creep up on me on the pavement on a bicycle. Had I not looked behind when I heard him cycling, he may have tried to snatch my mobile from my hands.

The top deck of a bus at the back is one of the worst places to sit as the youths involved in anti-social behaviour (robberies) tend to go to the back of the bus on the top. Some of the robbers have also been on scooters, so be aware if you hear a scooter noise coming up behind you.

When some of the victims have been stopped by the robbers, the robbers asked to see what the victim's mobile is – in some instances when the robbers have seen that it is not a mobile of value they have asked what money the victim has. So it's vitally important that the victim doesn't show that they have a mobile whilst they are walking home, a hard ask I know, but it is advisable.

Can I also ask residents to register their IMEs of the mobiles on the IMMOBILISE

Website. The IMEI could help us find the robber in due course, as I have in the past stopped and searched one and his mobile, which was stolen in a burglary for which he was duly arrested and prosecuted. To get your IMEI number key in *#06# into your mobile and a 15 digit number should come up, this is your IMEI the unique serial number of your mobile.

Also consider insurance for your mobile, particularly if it is very expensive.

(note from Editor—check with your household contents insurance to see if your mobile is covered, it's much cheaper than buying separate insurance.)

What to do if you have been accosted by a robber: of course, prevention is always better, however, I would urge you not to put up a resistance at all as the robbers might use violence on you. I am aware of a terrible incident a number of years ago whereby a man was stabbed and died in a street robbery in south Brent. A mobile or whatever cash you have is not worth being stabbed. If you have been robbed, try to remember as much detail on description, clothing, peculiarities of the robbers (marks, scars, distinctive features), direction of travel of the robbers, ring 999 as soon as possible after the robbery and if it is safe to do so; if your mobile has been stolen in the robbery consider knocking on someone's house telling them what happened and ask them to ring 999.

The sooner we can get to you and take you on a drive around the area, the greater the possibility we have of catching those responsible. Please be advised also that we sometimes run out of police units, so it might not be possible to get you someone straight away.

Also, try to remember if your robber has handled any items that you are still in possession of, as we might be able to get DNA or fingerprints from it.

Residential burglaries:

At time of writing, 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 targetted 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, give 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 in a vehicle for no apparent reason and paying attention to people's comings and goings. If you see anyone acting suspiciously, then consider ringing the police.

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info@studio136.co.uk

I know from reading the various residents What's 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.

Real police and Fake ones:

In December there were several phone calls from concerned residents re: possible fake police officers at their doors on Oldborough and Blockley Road – these officers were not in uniform, they were in fact genuine officers making CCTV enquiries in relation to a recent incident.

It goes without saying that a resident should not permit entry to their house unless 100% certain that they are police officers – officers not in uniform should be in possession of a police warrant card (this card has, on one side, a metal crown crest with braille metal writing underneath, and on the other side an ID card which should give the full name of the officer, a photo of the officer and their Warrant number). Also, the officer should be wearing a Met Vest (the stab-proof vest in the photo below, a body-worn



camera with the yellow on it (photo) and police radio similar to the one below. If in doubt, ring the police on 101, who should be able to confirm whether the person at your doorstep is a genuine officer.



Officers should also be in possession of Personal Protection Equipment (PPE) – which is an extendable baton, Parva spray (pepper spray), handcuffs.

These photos show the uniform of Metropolitan Police officers - in the majority of instances if a police officer attends your address in Wembley they will be from the Met, so please take note of their uniform. In many instances officers will not wear their hats—on foot patrol, yes, and generally not in vehicles.

There have been incidents of robbery-burglaries involving fake police officers whose equipment looks fake – they have been wearing really fake looking Met Vests. You should scrutinise what the officer is saying and how they look and if in doubt ring 101.

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 you 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 and not in one of these pouches, don't be surprised if your car goes missing if you do not take this security measure.

Overview of offences 09/12/19—13/01/20:

Burglary, residential: Oldborough Rd (in 50s odds side, 11/12 0845hrs – 1715hrs, back door forced open); West Court (in 30s odds, 14/12 0700 – 2030hrs, rear upstairs window forced open, unknown exactly what has been taken); Byron Road (in low evens side, 19/12 2000 – 2230hrs, front door forced, not known exactly what was taken); Littleton Road (in 10s evens, 28/12 1500 – 1700, rear upstairs window forced, unknown exactly what was taken); Eskine Court, 71 Kenton Road (26/12 lock up garage broken into); Sudbury Court Road (in low odds, 04/01 0001 – 1600hrs, garage of flat broken into, jewellery stolen, suitcases stolen)

Attempted burglary, residential: The Fairway (in 20s odds side, 14/12 1830hrs, male seen at the back door of house, trying to gain entry, resident at home); Nathans Road (in 30s evens side, 16/12 1410hrs, male smashed window of back door, house alarm activated and male fled scene); Watford Road (in 240s evens, 21/12 0403hrs, suspect seen on doorbell to be interfering with front door, no entry gained)

Burglary, Commercial: Black Horse pub Harrow Rd (31/12 0200hrs, two males broke into freezer at location); Caffè Lavazza (31/12 2000 – 03/01 1100hrs, front window smashed, till taken)

Street robbery: Norval Road (near 128, 12/12/19 1850hrs, 18 year old male approached by two females and asked to use his phone as she said her phone died, the male has then been hit over the head with a glass bottle, phone stolen, the suspects involved are described as two females in their mid-late teens); end of Woodfield Avenue (park side, 16/12 1540hrs, group of males followed and one threatened by another group of mid-late teen youths, were asked what phones they had, one of the group pulled a knife on the others and one victim had his phone robbed), Watford Road bus stop near Perrin Road (20/12 1751hrs, victim was looking at bus time table on his mobile, when he was approached by a group of seven males late mid-late teens, one on a scooter, have taken his wallet (containing

driver's licence and mobile phone); believed Northwick Park hospital underpass (01/01 0230hrs, victim had been out in central London and was believed attacked in underpass and mobile stolen, wallet, no suspect description)

Theft from Motor Vehicle: Pasture Road (in 10s odds side, 16/12 0800 – 1550hrs, catalytic converter stolen from 07 plate Prius, also photographic equipment); East Lane (in 180s odds, 27/12 2215 - 28/12 1215, registration plates stolen from car)

Attempted theft from Motor Vehicle: Abbots Drive (in 50s odds side, 15/12 2230 – 16/12 1300hrs, car broken into, nothing taken as nothing of value in car, 01 Plate Merc); East Lane (in 220s, 09/01 0255hrs, someone has tried car door)

Theft of motor vehicle: The Fairway (in 30s odds side, 08/01 1700 – 09/01 0635hrs, 11 plate Ford Transit stolen); Blockley Road (in 40s odds, 08/01 2000 - 09/01 0500hrs, wallet stolen from car)

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

Apologies

**No Councillor's Comments this month—
but you can still contact our local Councillors, or visit their surgery as usual**

**Councillors' Surgery for Residents
– Margaret, Keith and Robert**

First Saturday of each month – 11am-12noon (apart from August and December).

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Happy 90th Birthday to the SCRA!



I haven't been able to discover the actual date the SCRA was first constituted—but the year was 1930.

I always have a little request on page 24 for people to share old photos and stories of the estates in their young days, and maybe now's a good time to dig them out. We will be updating our website shortly, it would be lovely to mark this anniversary with a little gallery. So please, get in touch if you can help.

I have spoken to some residents who have lived here since the 1950s and they always talk fondly about the close-knit community they moved into and continued to build—and they can't help but think that we've lost a bit of that 'community feel'. There are pockets across the area where a few neighbours know each other really well, and we always see the same people at meetings, but the 'community feel' seems to be diminishing—backed up, I guess, by people not paying their membership subs. (pg 11)

So, what is it that creates a community? And how do we nurture it? My thoughts are that the main elements might be trust and cooperation—and you only get that if you know somebody. So, if more neighbours knew each other, maybe they'd feel safer. We can also all work together more effectively when we need to deal with local issues to do with the local Council, for example.

People have such busy lives these days, and this is often a reason why they might not want to put themselves forward for community 'stuff'. But it doesn't have to take up as much of your time as you fear.

We had such a great Street Party in September—ask anyone who was in Audrey Gardens on that day—it was lovely. Neighbours from different streets getting to know each other, sharing food, the children playing in the street. I've been quite involved in community events for the last few years and I met many 'new' neighbours. So that was a few hours of organising and setting up by a small team of about 6 people—and just 2-3 hours for everyone who attended.

So, as a starter, I'm suggesting that we take the Street Party 'on tour' around the estates throughout the year's more clement months and get people talking. So, the first of the 90th Street Parties could be in March. Where would you like it to be? Audrey Gardens again, to kick us off, or your street? Get in touch and we'll get a little posse together to help organise it—it's not difficult and it'll be fun.

So—street parties, photos and stories from residents, a revived SCRA that will make it beyond 2020 . . . how else should we celebrate our 90th year?

Please email me: editor@the-scra.co.uk

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Sudbury Court Residents' Association

Any Residents' Association is only as strong as it's membership. We are here to:

“maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates.”

We will certainly need your support to ensure that we hold the Council to account with regards to the plans they have for the development in Northwick Park (One Public Estate). We also look out for other issues and plans that might have an impact on the **area, environment or residents**.

Your subscription is just £5.00 per household per year.

You can also add a donation toward the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. As traffic increases, trees offer us some environmental protection against pollution, are a food source and habitat for wildlife, as well as offering us a 'feel good factor'.

Please give as generously as you can, in order that we keep our streets 'leafy'!

Sudbury Court Horticultural Society

Members of the SCHS, and those who wish to join, should include their annual subscription of just £3 per household in the envelope. You can also add a donation to your subscription if you would like to do so. This will be passed on to SCHS.

As a member you can participate in shows as well as order all your Spring bedding plants (and more) at very competitive prices - this can save your annual subscription many times over. You can also join us on our day trips to gardens of interest.

DO IT NOW (PLEASE!)

Sadly, the number of residents paying their annual subscription has dwindled hugely in recent years. It's very disappointing, and it

means we are diminished as a community. You will only really recognise what the Association does for you when we're not there any more—and that is a real risk at the moment

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* INCLUDE payment—cheque (made payable to SCRA) or cash

* DELIVER it to one of the collection addresses on the envelope; some streets have neighbours who collect envelopes on your behalf.

* One-off online payment, or annual **Direct Debit**—we are trying to encourage people to set up a DD, as it means that they don't have to think about it every year, it just happens automatically. If this would work for you please make sure you use your house number and street name (e.g. 72 Spencer) as your reference (without your reference it will be impossible to allocate your membership to you!) Also—please send an email to treasurer@the-scra.co.uk attaching a photo of your completed envelope, so we can correctly allocate your payment.

Bank details:

SCRA acc: s/c: 203721 a/c: 23291154

Data Protection Policy

By joining SCRA or SCHS you are deemed to agree that your personal membership information can be retained on one or more personal computers owned by members of the committees of SCRA and SCHS for the purpose of maintaining proper membership and financial records. This information will never knowingly be sold or passed on to third parties. You may occasionally be contacted if necessary.

The Memory Cafe

Support for those experiencing memory problems



It's amazing that we don't grow out of storytelling. We love novels and films and plays. I think we love them because we see ourselves in them – our dilemmas, triumphs and defeats. Our own stories give us a sense of beginning, middle and end. We are the storytelling animal.

I am aware, though, that many people are alone and don't have anyone to tell their story to. It is a great shame, because the telling of life stories is a way of bringing a community together. It is also the glue that holds families together – the narrative of our lives together.

I think that listening to each other's stories has been one of the factors in the great success of Memory Café. Indeed, I think it is at the heart of the ethos of the café. Each week I try to listen to at least one person's story. I

have heard some beautiful tales – stories of the war and of families and of fun and sadness. At Memory Café we regard these stories as a precious gift, entrusted to us. Knowing a bit about each other's lives helps us to have empathy and see the person as an individual. Atticus Finch in *To Kill a Mockingbird* advises his daughter "to walk around in other people's skin." I feel so much closer to people if I know about their life; sharing my own story has helped me to see how things fit together for me and my family.

By the way I've just written a book about the importance of life stories and how I have heard so many great ones at Memory Café. It's called *Our Precious Lives*, which just about sums the whole thing up.

(*Our Precious Lives* by Steve Morris, is available from Amazon.)

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I write this just before the New Year, knowing it will be published in February. It is an odd experience looking forward when I, at least, seem stuck in the heart of winter. I can't be the only one who is longing for Spring!

One of the best things here is my garden at the vicarage. It is huge. And throughout the year I get such pleasure looking out and enjoying the animals, plants and trees. We have had some amazing visitors. There have been 2 badgers, a hedgehog, squirrels and some magnificent foxes. We have had voles, and my cats do the decent thing and catch the odd rat. On the bird front, it is a festival. I love the woodpeckers who come and I am partial to the wily old crows.

The book of nature, as it is sometimes called, is testament to the wonderful world we live in.

The seasons remind us of the seasons of our own lives. I find that reflecting on nature tends to put my problems into perspective. Long after I am gone the birds and the animals will still come; the sky will be wondrous and so will the moon in all its phases.

Our church is named after that great holy man Saint Cuthbert. Like all the Celtic saints he loved animals and the natural world. He celebrated the sense of creation revealing a source of love at the centre of things. Long before I was a person of faith I had a deep sense of wonderment and that wonderment is something that is beyond words. We are more than a collection of selfish genes, I think.

I wish you a wonderful February. Why not pop in and see us one Sunday?

Rev Steve

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These sound like promises on the literature of wacky diets or vitamin supplements which no one believes, and with no evidence for their claims. But I have just stolen those statements from my medical bible, the British Medical Journal, and every claim there has robust evidence to support it. The Academy of Royal Colleges describes the benefits as "miracle" cures—and I hope you are now

desperate to have some! Even better, it will cost you nothing . . . except some time, and a decision to adopt some new ways. And apologies to those of you on the estate who are already reaping the benefits: those of you working in your gardens, walking your dog, cycling down the road — because the miracle cure is physical activity. The health benefits of physical activity are wide-ranging, exceeding that of any drug. On the flip side, inactivity contributes to as many deaths in the UK as smoking, and is the fourth greatest risk contributing to death in the world.

I am writing this for the 25% of adults in the UK who do less than 30 minutes of physical activity per week, and next time will cover what we **all** need to do, as well as suggestions for those who already have long term conditions that make physical activity more difficult.

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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We are often reminded by our clients that nobody teaches the importance of feet to their overall wellbeing. Unlike our teeth we are not taught how to look after feet; what signs to look out for or if something's not right. Therefore, when we first see clients, they've often needed therapy for quite some time, unaware that clinically proven techniques are available to help them.

One of our new clients, Kaye, came to see us after noticing a bruised big toenail a couple of days after a long walk:

"I've always walked because I have dogs. I also enjoy walking longer distances whilst away on holiday without dogs. So a 10k sponsored walk wasn't a big stretch for me, although further than I'd walked in a while. The next day the only parts of me that were suffering were my two big toes! I didn't think any more about it, until a couple of days later I noticed that the big toe nail on the left was half black.

I spoke to Firoz and he suggested I book an appointment – he was more concerned than I was at the time, and with good reason.

After a consultation and gait analysis, it became obvious that I would

benefit from orthotics in my shoes to correct my foot posture. The bruised toenail was the clear warning sign.

I must say, the whole experience was very gentle and enjoyable – and especially Anamaria's foot massage and mobilisation.

Since wearing the orthotics, I have noticed that my left knee doesn't 'niggle' any more, which was also affecting my right hip, and occasionally my back – I hadn't considered that the root cause could be my feet.

Why doesn't anybody tell you? We're told to look after our teeth, obviously, but we don't know how to take care of our feet; we take them for granted."

To book an MOT for your feet, please contact us.

Thanks for reading, *Firoz*

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www.footcomfortcentre.co.uk

Kaye
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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



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

Gardening: Half-day edible perennial planting session on Sunday 23rd February, 1.30-4.30pm.

Come along to find out more about the low-maintenance perennials we're planting—they will have edible flowers, leaves, stalks and roots. They will also provide food and habitat for wildlife in the garden. We will be meeting at 1.15pm in the Northwick Park Pavilion car park. If you would like to come please email so we know how many people to expect.

northwickparkcommunitygarden@gmail.com

It was great to catch up with everyone at our first gardening session of 2020 on 26th January. We planted small-leaved lime, Toona, Medlar, Quince, Mulberry and Italian Alder in the community garden. The wonderful thing is that most of the trees have edible leaves or delicious fruit and they will bring lovely vibrant colours to the garden. In addition to providing food for years to come, the trees will create increasingly diverse habitats for wildlife and insects.

We also got our hands dirty while talking everything 'composting' at our workshop on 23rd January. This was the first in a series of workshops looking at the best way to keep the soil, and therefore plants, healthy.

If you missed either of these, please do make a note of our next workshop and gardening events:

Workshop: Making Your Garden Wildlife Friendly on Thursday 27th February, 7-9pm. Your garden can provide a crucial habitat and an important feast for suburban wildlife. This workshop will explore how you can maximise both habitat and food for wildlife. We'll be making bee hotels for your garden and the community garden.

We should hear back from Brent Council very soon on our NCIL funding application for the Permaculture Education Project - we'll keep you posted!

This month we are entering the community garden for the London in Bloom 2020 competition - "It's Your Neighbourhood & Parks". You may recall we were awarded our first certificate last September for establishing the garden. In the meantime, we've achieved so much as a community group and are optimistic to succeed. Once we submit our application, we'll be allocated a judge from the London in Bloom panel in late March to arrange a judging date between 15th June and 17th July. Exciting times ahead!

If you would like to keep updated on news & events, refer to the 'Get Involved' section of our website (above) and sign up to the email list.

Thank you for the continued support.
Eleri, Joanna, Rishil and Iris

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join us on Facebook, Instagram

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A February Tradition—Valentine's Day



There are numerous stories of martyrdom associated with various Valentines connected to February 14, including a written account of St Valentine of Rome's imprisonment for performing weddings for soldiers who

were forbidden to marry and for ministering to Christians persecuted under the Roman Empire. According to legend, Saint Valentine restored sight to the blind daughter of his judge, and he wrote her a letter signed "Your Valentine" as a farewell before his execution. The Feast of Saint Valentine was established by Pope Gelasius I in AD 496 to be celebrated on February 14 in his honour as Saint Valentine died on that date in AD 269.

As with many of our festivals and celebrations with religious connections, many also have roots in folk traditions, and Saint Valentine has some remaining associations with the advent of Spring. In Norfolk, for example, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

In Slovenia, Saint Valentine or Zdravko, was one of the saints of Spring, the saint of good health and the patron of beekeepers and pilgrims. A proverb says that "Saint Valentine brings the keys of roots" - plants and flowers start to grow on this day; It has been celebrated as the day when the first work in the vineyards and in the fields commences. It is also said that birds propose to each other or marry on that day.

It's in much more recent history that Valentine's Day has become a significant cultural and commercial celebration of romance and romantic love in many regions around the world with the custom of sending anonymous cards, flowers, chocolates and other gifts.

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Each year millions of older people, especially those 65 and older, have a fall.

More than one in four falls each year but less than half tell their doctor. Falling once... doubles your chances of falling again.

If you would like to have a chat about how to prevent falls or you would like to discuss care for yourself, a loved one or a neighbour, please call Home Instead Senior Care Wembley on 020 8731 5211.

Prevention

- 1) Talk to your doctor to evaluate your risk and what you can do.
- 2) Ask if your medications require review to see if anything makes you dizzy or sleepy. This includes both prescription medication and over the counter medication.

Keep yourselves and loved ones safe at home

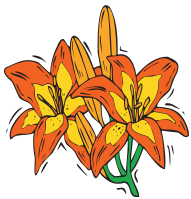
- Secure your rugs so they are not a trip hazard
- Handrails on both sides of the staircase
- Install handrails in the bathroom
- Ensure entryways, stairs and paths are well lit
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CALLING ALL GARDENERS



Membership : George Crane - crane.g@gmail.com
Follow us on Facebook - Sudbury Court Horticultural Society

Sudbury Court Horticultural Society Your local gardening club

Well, the winter has been remarkably warm, hasn't it? In this part of the world we have hardly had a frost – so far! As a consequence, many of the flowering plants in our gardens have lingered on, throwing the odd bloom as the fancy takes them. The roses have tried really hard to keep up a year round display and this periwinkle has twinkled its way into the February edition, though slightly out of focus, blossoming in January in a sunny spot on new growth from its well-established roots. Things have been going on underground too, the slugs have had a remarkably comfortable winter and can be found alive and thriving under any flower pot on the patio. They will be fit and ready to devour tender seedlings so special vigilance will be needed in the coming season. Climate change may be bringing us flowers in winter and a pest problem but its effects world-wide are truly sinister.

With lengthening days it is time to be active in the garden again, so shake off the torpor of armchair relaxation and enjoy the sunshine out of doors. We hope you will join the Society along with the Residents' Association, using the envelope included with this copy of *The Courier*. Even if you are not a keen gardener we still value your presence at our events and your support by joining the Association. Our smart new header gives you the contact details.

The **Plant Sale and Coffee Morning** is scheduled for **Saturday 16th May**. You again have the chance to buy the well-grown summer bedding and vegetable plants raised at

Shane's nursery. An order form with your programme booklet will be delivered to all members in the Spring. Since the Church Hall at St Cuthbert's is due for redecoration, we cannot hold a Spring Show this year. However, Christine is planning a coach trip for us to visit the **RHS garden at Wisley**

where a special display of tulips is on offer this year among other new attractions there. You may like to know the likely date, **Tuesday 28th or Wednesday 29th April**, to be confirmed. I was a little premature in giving you the dates for our 2020 season last December. The **Summer Show** in June will happen a week

earlier than advertised in December. It will take place on **Saturday 6th June**. Roses, the pride of Sudbury Court Estate, will be at their best. To round off the growing season we hold the **Autumn Harvest Show** on **19th September** when vegetables and fruits hold sway, along with all those late summer flowers making this show a glorious, colourful spectacle. Later, we hold a celebration of the year's activities at the **AGM on Saturday 24th October**.

These are our events, but I must end as I began with the matter of climate change! As I write, fires rage through Australia, the ice-cap melts. This issue will impinge on the lives of all our young people. So we invite young people to think about it and to write a poem on the subject of climate change and mankind's reaction to it for the Early Summer Show. We really want you involved with us in this important issue.

Margaret Roake





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Christmas Light Show

Secret Santa's helpers strike again.....

After we'd delivered all our presents we set off from Lapland once again, this time to enjoy all the Christmas lights. It was marvellous to catch sight of all the jolly displays; we don't get to appreciate them much when we're out making deliveries.

We would like to make special mentions of:

37 Pasture Rd (1st prize-£50) - what a delightful display, full of variety and colour—incl little santas having a party around the front door and Rudolf in the drive. But what was great to see was a nativity scene complete with wise men and sheep in the front porch, which reminded us of the true story of Christmas.

17 Norval Rd (2nd prize-£30) - had a cheery farmyard setting with animals and trees all twinkling with their lights. (sorry we couldn't get a good photo).

112 Abbots Drive (3rd prize-£20) - the front garden was extravagant in its use of snowmen, penguins, candy canes and baubles - it was truly overflowing with Christmas joy. (I think it's grown since last year!)

Once again it was nice to see all neighbours on the green on the Pebworth Estate working together to provide a heartfelt, festive and welcoming atmosphere.

The same can be said of 56,58 and 60 Norval Rd with their co-ordinated displays. Westcourt likewise, with hedges and trees lit up together with a magnificent snowman and Santa.

We hope you all had a wonderful Christmas holiday, however you celebrated, and a big thank you to all those who put on excellent displays of lights and decorations that have not received a mention here.

To claim your prize you need to email: treasurer@the-scra.co.uk and provide proof of name and address.



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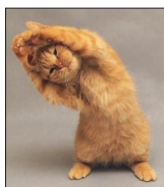
We received the great news of a £10,000 National Lottery award for funding for our Memory Lounge. It means that those activities are fully funded for two years. This is on top of £2,000 from the Wembley Stadium Trust towards the cost of our chair yoga and Tai Chi sessions.

WINTER LIBRARY OPENING TIMES

Monday 3-6pm; Tuesday 2.30-6pm
Wednesday 3-6pm; Saturday 12-5pm

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

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Tues—11am for 30 minutes (50p donation)

Chess Club – Saturday 12-2pm

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

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Volunteer Committee members:

We urgently need residents to step up and join the committee. Take on a role that interests you and use your skills for your community.

The more people we have, the more we can do. As I'm writing this another planning application has gone for approval for a block of flats within the conservation area—the few residents who are on the WhatsApp group are not happy about it—how will you hear about these things if not for the SCRA? How will a coordinated response help block these moves without a strong community voice? Who will organise and publicise parties and events?

Come and join us to make sure we're still here next year!

Shout out to any leaplings!!

Apparently you have special powers—unique abilities and talents. Is that true?

Did you know that if you lived in either one of the twin cities of Anthony, Texas or Anthony, New Mexico, the whole city would hold lavish birthday parties just for you.

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We can't claim to offer you anything so grand, but I would like to hear from you—please email me editor@the-scra.co.uk



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Kids' Page



Hello Kids,

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preeyaathecourier@hotmail.com



JOKES

Teacher: You've got your shoes on the wrong feet.

Student: *But these are the only feet I've got!*
What's the difference between a teacher and a steam train?

The first goes "Spit out that chewing gum immediately!" - the other goes "chew chew"

Today my teacher yelled at me for something I didn't do.

What was that?

My homework!

How is an English teacher like a judge?

They both hand out sentences!

Why didn't the two 4s want any lunch?

Because they already 8!

Why did the teacher turn on the lights?

Because her class was so dim!

Why did the teacher wear sunglasses?

Because her class was so bright!

RIDDLES

- I am full of holes, but I can still hold a lot of water. What am I?

Answer: A Sponge

- The more you take away from me, the larger I become. What am I?

Answer: A Hole

- I have hands, but I cannot clap. What am I?

Answer: A Clock

- You can catch me, but you can't throw me. What am I?

Answer: A old

- I come down, but I never go up. What am I?

Answer: Rain

- I am a ball that can be rolled but never bounced or thrown. What am I?

Answer: An Eyeball

Did you spot the deliberate spelling mistake?






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SUDBURY NEIGHBOURHOOD CENTRE— Please see page 10 for our new exercise classes. Also - "Home is Where the Art is" is a new art project based around the themes of Home – our houses, food, objects, memories – and is using a mixture of art and craft, sensory objects and reminiscence to trigger and stimulate people's memories about home life. The project will also record people's memories, celebrate life stories, and these will be celebrated at the end of the sixth week of the project. Starts 29th January for 6 weeks—Wednesdays 1.30-2.45pm. Free. Please phone 020 8908 1220 for more information. (809 Harrow Road HAO 2LP) Thank you! www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—for our Spring programme we will be singing "Glories of the Baroque".... Pergolesi: **Magnificat** and Scarlatti: **St Cecilia Mass** on Saturday 7 March 2020 at 7:30 pm, St John's Church, Harrow HA1 2JE
For further details go to our website www.harrowphil.co.uk.

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

ST LUKE'S WALKING CLUB— informal group of supporters of St Luke's Hospice who meet regularly to walk and raise money for the Hospice. An annual long distance sponsored walk in May. The rest of the year we offer a variety of short and long walks in the country and in town for pleasure and to keep fit. Anyone can join us. The walks are free but small donations are welcome. Further details can be found at www.stlukestrainingwalks.org.uk

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