

The Community Magazine for the
Sudbury Court and Pebworth Estates

March
2020

The Courier

90th
Year



Welcome to Spring



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March 2020
Number 209 (1,049)

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Dear Neighbours,

I'm hoping as you read this Spring has sprung, because as I write it we've not long come out of Storm Ciara and Storm Dennis is on it's way.

Another hopeful is that we will see some new trees popping up over the next few weeks, as a result of successful NCIL funding—there'll be more news to come on this next month.

I'm really disappointed not to have more news on the volunteer front—c'mon neighbours, we really need you to help us continue—the SCRA have had some nice wins recently, and these are things you'll miss if we're not able to continue, for example—drumming up enough residents to object online to a planning application in the Conservation Area; our SCRA-led WhatsApp groups which have been very helpful to the police in picking up some burglars; petition leading to plans for School Streets pilot (currently in consultation). That's all I have room for, but you get the message. 🙄

Please Help!

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



Please, if you haven't already done so, register with OWL— Online Watch Link— 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 What's 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 12/02/20, 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 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.

Thefts of/ from cars and vans: if you have a relatively new car, keyless one, then can you please ensure that you turn off the engine and lock your car when you park it up and leave it. These cars that are around nowadays that you don't have to put a key in the ignition to start it up, you would be surprised at the amount of times that we come across or get calls on these type of cars with the engine left running and sometimes the doors unlocked.

Also, if you are owners of any newish car – certainly cars manufactured within the last 10 years can you please put your keys inside one of those special security pouches

when you are at home, as there are some men going around in the early hours of the morning using a device to boost the signal from your key to your car to get into your car and they also have some technology to start your car.

From time to time, we receive reports in the morning from some residents that have the Ring doorbell or similar systems that they had men in their driveway during the night with laptops or some hand held electronic device. The residents inform us in the morning when they have assessed their Ring activation. If you are awake in the middle of the night and you see someone sneaking onto someone's driveway holding up a device inside a bag, then ring 999 please because they are trying to steal that resident's car.

This is such an avoidable crime type, all it involves is you putting your car key inside one of those security pouches – it's called a Faraday pouch and you can buy one relatively cheaply. Please do it.

Please, please do not leave anything of value in your car when it is unattended and ensure that it is locked up. A lot of thieves involved in stealing from cars are desperate people, Class A drug addicts, who would think of nothing of smashing your car window if they saw a pound visible. I would go so far as to say leave your glove compartment open and empty of anything of value. Again by these small measures you are limiting your chances of being a victim of this type of crime.

Catalytic converter thefts: As you can see from the crime figures below, we are still having the issue with the Catalytic converter thefts - Toyota Prius cars, Auris 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.

Beggars: there continues to be a problem with beggars on the grounds of Northwick Park hospital outside A & E, by the payment machines in the multi storey car park and outside the main entrance to the hospital, another spot is also outside Northwick Park tube station. All the ones that I have stopped recently are Class A drug addicts and will use any money given to them in begging to buy drugs. We even had a sighting of a vehicle dealing to them outside Northwick Park tube station recently. Please do not give to beggars.

If you wish to support homeless charities or agencies that assist in combating addictions then give your money to them – do not give to beggars as you are supporting their addictions if you do so. Begging is also an offence, so by giving to them you are promoting them committing their offence.

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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 on the telephone by a person who claims to be a police detective in central London and that they have caught someone trying to use their card. Please be aware and cautious of anyone who contacts you out of the blue on the telephone and claims to be from your bank or the police and wanting you to confirm bank details or wants you to go to the bank and withdraw cash because "your bank account has been compromised". Alarm bells should ring immediately in your head, so hang up the telephone immediately, wait for 10 minutes, go get your bank statement and then ring the telephone number on your bank statement for your bank if you are worried. These fraudsters trying to get hold of your money can be very convincing and can sound like professional people, they may even have information about you so don't in any way divulge any information or fall for their scare tactics. It is also worthwhile having a telephone call monitoring system, or caller display on your telephone and if you don't recognise the telephone number calling you don't answer it.

Cold callers: The problem of cold callers is a persistent issue in this area. There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scam and con merchants both on the phone and in person.

DO NOT GET ANY GOODS OR SERVICES 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 people who you don't know who knock at your door asking you for work / or providing a service for a fee – driveway washing, gutter 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.

LAWRENCE J MAGNIER

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Overview of offences 10th Jan—12th Feb:

Street Robbery: outside Northwick Park Hospital (NPH) (21/01 0200hrs), victim was using their iPhone 11 when they were pushed and their phone snatched; Priory Gardens (05/02 1500hrs), 15 year old robbed by two boys in their late teens.

Burglary residential: Abbotts Drive (in very low evens side, 15/01 1230hrs) back door smashed in, alarm sounded, believed four white males involved; Byron Road (in 50s evens side, 15/01 0815hrs – 1713hrs) kitchen window broken, unknown what was taken; Norval Road (in 120s evens side, 30/01 1100hrs) patio doors smashed, jewellery stolen, believed white male in full high viz jacket and trousers involved along with another.

Attempted burglary: Blockley Road (in 70s odds side, 19/12 1215hrs) rear patio door forced, believed no property taken.

Burglary Commercial: NPH (18/01 1630hrs – 19/01 0730hrs), office entered and property stolen; NPH (17/01 1900hrs – 20/01 0720hrs) tablet stolen from locked room; Café Kenton Road (22/01 1830 – 23/01 0645hrs) café broken into and cash stolen from till.

Theft from Motor Vehicle: Northwick Ave (low evens side, 14/01 1700hrs – 15/01 0730hrs) tools stolen from 19 plate Vauxhall van; Byron Road (in 10s evens side, 16/01 1630hrs – 17/01 0800hrs) air pods and bills stolen from Ford car, no damage to car; NPH (22/01 1400hrs) catalytic converter stolen from 14 plate Toyota Auris; Lothian Close (2000hrs 22/01 – 1130hrs 23/01) blue badge stolen from car, entry gained no damage caused; NPH (22/01 1300hrs) catalytic converter stolen from 14 plate Prius; Peabworth Road (in 70s evens side, 31/01 0435hrs) laptop stolen from car, no damage caused; NPH (01/02 1530 – 1730hrs) catalytic converter stolen from 15 plate Toyota Auris; NPH (04/02 0745hrs – 2045hrs) catalytic converter stolen from 14 plate Toyota Auris; Elms Lane (in 90s odds, 05/02 1130 – 1900hrs) catalytic converter stolen from 08 plate Honda Jazz;

Nightingale Ave (07/02 0900 – 08/02 1100hrs) dash cam stolen from car, no damage to car; Langham Gardens (in 30s odds side, 07/02 2355hrs – 08/02 0900hrs) catalytic converter stolen from 14 plate Toyota Auris; The Crescent (10/02 0001hrs – 11/02 1359hrs) disabled badge stolen from car, no damage to car.

Attempted theft from Motor Vehicle: Kenelm Close (17/01 0045hrs) car rifled through, not known if anything taken; Sudbury Court Road (in 30s odds side, 17/01 0105hrs) white male captured on CCTV trying door handle of BMW; East Court (18/01 2130hrs – 19/01 0955hrs) 17 plate Mercedes no damage to car but rifled through; East Court (18/01 1200hrs – 19/01 0700hrs) 16 plate Mercedes entered and rifled through, no damage;

Attempted Theft of Motor Vehicle: Paxford Road (in 90s evens side, 14/01 0230hrs) 16 plate Prius, hooded males seen by occupier with device believed tried to steal car, ran off after victim shouted at them; Norval Road (in low odds side, 14/01 0224hrs) two hooded white males with device tried to steal 17 plate BMW;

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 Robert Johnson - Northwick Park Ward

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

Welcome to the beginning of the end of the first quarter of 2020

already!! I hope that by the time you see this note you are all enjoying the end of the winter period and that you did not suffer from storm Ciara!!

Byron Court School 'School Streets' Initiative

Brent proposes to introduce a School Streets scheme around Byron Court Primary School. School Streets involve temporarily prohibiting access to one or more roads surrounding a school to most vehicles at the start and end of the school day. Residents on a School Street will be entitled to apply for a permit (free of charge) to access their properties during the restricted times.

Why are Brent Council proposing this?

As part of our sustainable transport policy, Brent Council is progressively improving key walking routes to schools and making them safer for all road users; particularly for vulnerable road users such as children. As a part of the expansion of the Byron Court Primary School, a road safety scheme was introduced in roads surrounding the school in 2018. A car parking facility was also provided for parents to drop off their children in the Northwick Park pavilion car park. Since this scheme was introduced, Brent Council have continued to receive regular complaints regarding vehicles disobeying the waiting and loading restrictions and obstructing access to service providers and residents. The Council have also received a petition with 232 verified signatures asking for a School Streets scheme to be considered in the roads immediately surrounding Byron Court Primary School.

What are the proposed improvements?

The summary of the proposed scheme is as follows:-

- The introduction of a School Street (pedestrians and cycles only) in **Abbots Drive, Nathans Road, Norval Road, Spencer Road and The Link**. The restrictions would **operate Monday-Friday 8:15am to 9:15am and 2:30pm to 4:00pm**. Properties on these roads will be entitled to apply for a permit "SZ3" and will be exempt from the proposed restrictions.

- Provision of "Pedestrian and Cycle" zone entry signs and traffic cameras to help the enforcement of this area to improve safety of children and pedestrians.

- Permits will be issued to residents and businesses located on the proposed School Streets free of charge. Blue badge holders, registered carers and the emergency service vehicles will be allowed access without a permit.

Some Q&As

Q. Residents living in the proposed scheme area will need to apply for a permit - will there be a charge for the permit?

A. They are free to residents living within the School Street area

Q. How many permits will residents be entitled to (for multiple cars registered at residents properties)?

A. Residents can apply for one permit per vehicle as long as they are registered at an address included within the School Street area.

Q. What about residents' visitors who may need to attend during the hours of operations - will there be visitor permits, and will they come at a charge? (I am thinking of those residents who are house bound and have Care needs).

A. We do not provide permits for visitors, but we can make provisions for welfare related

visits, carers etc.

Q. How long is the proposed scheme intended to last for?

A. It will be a 1 year pilot scheme

Q. When do you propose to review the scheme?

A. As with the other School Streets we will review after 6 months

Q. What will be the success criteria of the scheme, and if the scheme is temporary, what factors will make it a permanent one?

A. To measure success we will review the schools modal shift, air quality data, traffic volumes and feedback from the school, parents, pupils and the local community

Q. How will delivery companies, who do not have set delivery times be treated, especially where their deliveries are stipulated as either a morning or afternoon appointment? Would it be possible to inform officers about the deliveries when they receive the appointment date?

A. The only option available is to issue a ticket and for the delivery person/company to

contact us with evidence that a delivery was made at that time and we will cancel the ticket.

The document and plans of the scheme are also available online at **www.brent.gov.uk/consultation**. Only responses from those within the consultation area will be considered. The consultation closes on **Friday 6 March 2020**



Damaging of pavements and grass verges

The Council spends a lot of money on repairing broken pavements and reseeding/relaying grass verges—damage that was caused by residents' contractors in the area.

Spring Concert

An exciting mix of styles including Choral Classics, Pop, Songs from the musicals

Guest Artist: **Gregory Mitchell** - Flute

Saturday 4th April 2020 at 7.30pm

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www.harrowharmony.co.uk

The Council is determined to minimise any unnecessary spend and will seek to recover costs where pavements and grass verges are damaged in the course of refurbishment or construction to properties in the Ward.

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

Highways Improvements in Northwick Park

Over £800,000 has been allocated to the Northwick Park area to spend on road and pavement improvements. The schemes are being finalised and will be on site by the time you read this article. The roads benefitting from the investment are:

Abbots Drive, Camden Crescent, Dean Court, East Court and Holt Road.

Given that there are a number of roads in the area that could do with improvements, I am asking residents to suggest what they

see as the roads that needs to be prioritised so that when monies do become available - we can have a priority list to recommend to officers. Please email either myself cllr.robert.johnson@brent.gov.uk or Cllr Keith Perrin or Cllr Margaret McLennan with your views.

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I love this picture—this was the sales brochure 'back in the day'!

Street Party

What with one thing and another, and no nominations from residents, there won't be a Street Party in March—maybe we should hold out until May?

Please email me and nominate your street, you won't be left on your own to organise it, I'll bring the A Team with me!!

Stories and Photos

I'm currently running an inter-generational story-sharing project in Harlesden—some amazing teenagers getting stuck into getting to know their community—it's amazing.

Why can't we do that here?

editor@the-scra.co.uk

How do you think we should celebrate?

The Memory Cafe

Support for those experiencing memory problems



I still have to pinch myself about Memory Café. We are just so busy and it is a joy to see so many people coming along and being part of it. The exercise sessions are packed, and so is the choir. All good stuff.

We have started a kind of Memory Café 2. Every Tuesday from 11-1pm we meet at the church. The heating has been on so it is nice and warm. We have the usual tea and cake and then we have a range of board games and other games. There is one table that plays Bridge. It is a game I have never played but it looks fascinating.

There is also Scrabble and other games too. We get about 20 people. So do come along and get involved. Of course, if you want you can just enjoy the tea and chat.

We are very relaxed. As a boy we always played board games at home, every Sunday evening. I suppose it was cheap entertainment. But it also helped to pull our family together. We were quite competitive when it came to the games but it was also good fun. We played, and it is something I look back on with great fondness.

So I invite you to come any Tuesday and be a part of this lovely little club. If you are on your own or at a loose end it is the ideal way to pass some time. I really enjoy playing Triominos which we have here. I hadn't played it before, but it is a hit.

Tuesdays, and Thursdays for our usual Memory Café activities—11am-1pm.

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Lent happens in March. It is a solemn time – a time to reflect on what we are made of and to come to terms with the less-than-perfect sides of ourselves. All through this period we are just having the one Sunday service at St Cuthbert's – at 10am. We aim to celebrate the big seasons of the Christian year as one family in one service. This is one of the changes I have introduced here.

Personally, I find it very therapeutic to reflect on the things I'd like help with improving. I think we are all learners, and that learning goes on throughout our lives. One of the great Christian saints, Paul, wondered why he always did the things he had decided he shouldn't do. It is a good question. All faiths wonder what to do with parts of our lives that don't please us or others.

It is one of those 'human condition' things. We are sentient beings, aware of who and what we are. In our modern world we all rush about. We are constantly busy and are frequently messing around with our phones. But a period of reflection and taking stock is a very useful life-skill.

Lent is a preparation for Easter, which is the most important festival of the Christian year. Lent asks us to slow down and not rush to the end of the story. It is a good piece of advice. Not many of us take pilgrimages or retreats, although some do and some faiths are very good at encouraging this. Lent is a kind of mini-pilgrimage – a time for a spiritual MOT. Which reminds me. I must pop the car over to the garage for it's MOT.

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A Miracle Cure—Part 2

Last month I wrote that physical activity has more benefit than any drug, with a reduction in risk of death (all cause mortality) of 30%. Not surprisingly, the more physical activity you do, the greater the benefits - with people doing just 15 minutes per day having a three year increase in life expectancy more than those doing nothing. Even light intensity activities have an impact.

The health improvements are due to lots of factors. Activity reduces body fat, or adiposity, it improves metabolism and has an anti-inflammatory effect on all systems. These changes have a protective effect against chronic conditions as excess fat deposits internally affect glucose and body fat control, and low-grade inflammation is linked to metabolic disorders, dementia and depression. The nervous system and our hormone messaging systems all show helpful adaptations caused by physical activity.

The World Health Organisation would like us all to do 150 minutes per week of moderate intensity activity, with muscle strengthening activities on at least 2 days a week. In the UK 33% of men and 45% of women do not achieve this level ...I hope that is not you!

I am hoping that most of you do moderate intensity physical activities, for example—cleaning and gardening, fast walking and cycling, dancing, swimming, sports, running, home gym, but also include event participation, outdoor activities, and sexual activity. The good news is that if you are frail, then even if you participate at a lower intensity, the benefits are the same, and other exercise such as sitting exercises, group classes such as strength and balance and Tai Chi have a similar impact.

DR JANE WOYKA
MA MB BChir MRCGP DFSRH

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Ken Dixon—sadly missed

Ken Dixon died on Christmas Eve 2019. A private burial was held on the 16th January 2020, followed by a church service.

Ken moved to the Sudbury Court Estate, firstly to East Court, in about 1932 with his mother. He attended Preston Manor Grammar School, as was— one of the last surviving "old Manorians" from his cohort. He married Joan and she joined him in East Court in 1955.

In around 1964/5 or so they moved to St. Andrews Avenue, but were not to stay away for too long, moving to The Fairway in around 1971. So he spent approximately 80 of his 90 years on this estate.

Over the years he was involved in the community in many aspects - as a Governor of Wembley High (now the technical college)



where his children, Andrew, Sarah, Jeremy and Katherine attended, and where Joan worked for many years; involvement with various PTA organisations. He was absolutely committed to the community in and around the Estate, in his latter years he delivered/distributed the Courier. This commitment to community extended to his 50+ year involvement with Wembley Park United Reformed Church.

Many people (certainly the dog walkers among you) would have seen him in Northwick Park come wind, snow, rain or shine walking the various rescue dogs, that through his wife's work with the Mayhew Animal Home, they adopted over the years.

Ken will be sorely missed by Joan, his family here in the UK and in New Zealand.

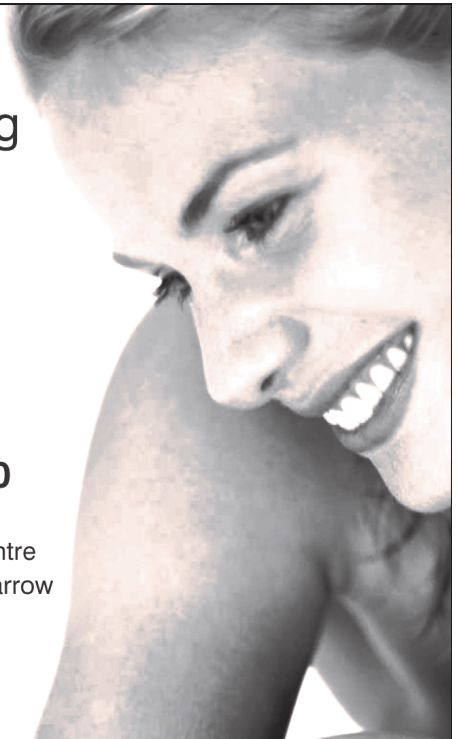
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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



For us, the great thing about February was that we could indulge yet again in crème eggs and pancakes before committing ourselves to eating sensibly in the run up to Easter. Thumbs up for having gardening as a hobby!

On that note we are still very impressed how fantastic the 3rd Kenton Scouts Group and dedicated gardeners were supporting the tree-planting session in the community garden on 26th January. We planted 28 trees that day, some of them in the garden area close to the footbridge and others in the existing round planting circles we had created in previous planting sessions.



The gale force winds in February didn't hamper our group's spirit and on Sunday 23rd February we got together and planted a whole lot of low-maintenance perennials – thank you for everyone's support that day!



Spring has sprung in the garden! All the hard work by the Scouts group planting hundreds of Spring bulbs in the autumn is paying off. At the time of writing this update, it was lovely to see that lots of stems have already popped up. We are waiting in anticipation to be able to admire their beautiful colours. If you get time, please drop by and have a look.

We have submitted our application for the London in Bloom 2020 competition—in the “It's Your Neighbourhood & Parks” category. We'll keep you updated.

We hope to see you at our next gardening session on **Sunday 29th March** in the garden. Any feedback you have for us on our workshops and events, do get in touch via email. Also, we've populated our calendar with forthcoming workshops and onsite sessions which is displayed in the News & Events section of our website (above) - and sign up to the email list to Get Involved.

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

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A March Tradition—Mother's Day

The Romans honoured their goddess of motherhood in the Spring with the feast of Matronalia. In ancient Greece there were many customs around mother worship with a festival to Cybele, a great mother of gods, and Rhea, the wife of Cronus.

And Mother's Day, has been celebrated in the UK on the fourth Sunday in Lent since at least the 13th century. The custom possibly originated in the church festival of "Refreshment Sunday" when everyone was expected to revisit the church in which they were baptised, their "mother church." It was a small step from honouring Mother Church to honouring our own mothers and so in the mid-17th Century the custom grew for children to pay special tribute to their mothers on this day. Mothering Sunday became more established by the 18th and 19th Centuries when many people worked away from home as servants to the rich and wealthy (especially girls in service, such as cooks and maids), they would be allowed to go home for the day to visit their home church and so naturally they would get to visit their families.

Traditional Food

The day also provided a welcome break from any self-imposed penance or fast being offered during Lent. The girls would often take a basket of goodies to their mothers that would include a **Simnel Cake**, a very rich fruit cake, the name of which dates back to a special flour used by the Romans.



Ingredients:

100g/4oz glacé cherries
225g/8oz butter, softened
225g/8oz light muscovado sugar
4 large eggs
225g/8oz self-raising flour
225g/8oz sultanas
100g/4oz currants
50g/2oz chopped candied peel
2 lemons, grated zest only
2 tsp ground mixed spice
For the filling and topping
450g/1lb marzipan
1-2 tbs apricot jam, warmed

Method:

1. Preheat the oven to 150C/280F/
Gas 2. Grease and line a 20cm/
8in cake tin.

2. Cut the cherries into quarters, rinse under running water. Drain and dry thoroughly on kitchen paper.

3. Place the cherries in a bowl with the butter, sugar, eggs, self-raising flour, sultanas, currants, candied peel, lemon zest and mixed spice and beat well until thoroughly mixed. Pour half the mixture into the prepared tin.

4. Take one-third of the marzipan and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.

5. Bake in the pre-heated oven for about 2½ hours, or until well risen, evenly brown and firm to the touch. Cover with aluminium foil after one hour if the top is browning too quickly. Leave to cool in the tin for 10 minutes then turn out, peel off the parchment and finish cooling on a wire rack.

6. When the cake is cool, brush the top with a little warmed apricot jam and roll out half the remaining marzipan to fit the top. Press firmly on the top and crimp the edges to decorate. Mark a criss-cross pattern on the marzipan with a sharp knife. Form the remaining marzipan into 11 balls.

7. Brush the marzipan with beaten egg and arrange the marzipan balls around the edge of the cake—brush with beaten egg and then carefully place the cake under a hot grill until the top is lightly toasted.



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Wednesday 4:30-5:30pm	Bollywood Dance Class	Sudbury Methodist Church hall
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Thursday 7-8pm:	Dance Around The World	Sudbury Methodist Church hall
Friday 1:15-2:15pm:	Holistic Therapy Class	Sudbury Neighbourhood Centre hall

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Membership Subs—Have you paid up yet?

Your Subscription Envelope was included with the last issue of The Courier. If you've mislaid it—follow the instructions below to pay online.

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 here any more—and that is a real risk at the moment

Please pay NOW, before you forget! It will only take a moment.

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* 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.

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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.

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Your Mobile Phone

How to keep it safe

3 simple things to consider in order to protect your handset from opportunist thieves:

- 1) Keep it out of sight in busy locations such as concert venues, shopping centres, and public transport—where close contact with others is normal—they are popular places for pickpockets, especially if your handset is visible in an open bag, or in your back pocket;
- 2) Think about when you use your phone – outside underground stations can be popular venues for snatch theft, as people instinctively get their handsets out to check for signal and missed calls;
- 3) don't leave your handset unattended in public places - you wouldn't leave your wallet unattended, but a surprising number of people leave their mobile phone on a table while they go to the bar to order a drink, or go to the toilet.

How to ID your phone if it is stolen

Each mobile phone manufactured for use in the UK has a unique International Mobile Equipment Identity number (IMEI) hardwired into it during the manufacturing process. Knowing the IMEI will help the police and insurance companies identify your handset should it be stolen. UK network operators will also prevent a stolen phone from working across their respective networks if they know its IMEI.

You can find your handset's **IMEI** by:

- 1) type ***#06#** into the keypad or dialer of your handset;
- 2) look inside the battery or SIM card compartment;
- 3) look on the side of the box, or on the associated paperwork, that you received when you bought the phone.

Make a note of it and keep it safe—just in case.



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How is your water works? UTI in the elderly

What is it?

UTI - Urinary Tract Infections

UTIs are caused when E. coli bacteria enters the urethra and travels to the bladder or kidney, it can affect all or different parts of the urinary tract.

A bladder/ kidney infection can be nothing more than a brief nuisance, or it can cause major discomfort and require medicine and rest. The elderly do not exhibit the same symptoms as younger sufferers therefore the entire body can be affected before an infection is suspected and diagnosed, in some cases an emergency that requires immediate treatment.

Men and women can suffer however women are more susceptible.

Risk factors that can increase the chances of a UTI:

- Not urinating frequently
- Diabetes
- Poor hygiene habits
- Kidney stones
- Certain medications
- Incontinence – especially people who wear incontinence aids
- Immobility resulting in insufficient bathroom breaks
- Difficult clothing to remove when visiting bathroom
- Simply forgetting to go to the bathroom
- Not relaxed therefore not completely emptying the bladder
- Dehydration (which will only exacerbate the issue)
- Menopause (women) urinary tract lining thins and weakens
- Enlarged prostate (men) obstructs urine flow.

Join us next month to learn about 'Signs and Symptoms of a UTI'

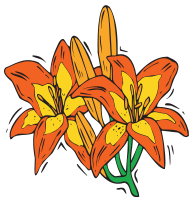
If you would like to have a chat about how to prevent UTIs or you would like to discuss care for yourself, a loved one or a neighbour, please call Home Instead Senior Care Wembley on 020 8731 5211.

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

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CALLING ALL GARDENERS



Membership : George Crane - crane.g@gmail.com
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Sudbury Court Horticultural Society Your local gardening club

'March winds and April showers bring forth May flowers.'

Everything is coming early this year. As I write on Sunday 9th February gales are buffeting the whole country. High winds mixed with squally showers – not a day to be out in the garden! But the storm will have passed by the time you read this. As we venture into March, it is good to see the days lengthening and signs of Spring on the way.

You will see these signs of Spring in every sunny corner of the garden. Snowdrops and crocuses, miniature daffodils, violets and hellebores compete with each other to be the first to bloom. These early flowers give special pleasure – sometimes the reward for bulb planting last Autumn while others, long-established, happily increase from year to year. These warmer days draw us out of doors to tidy the borders and enjoy these early signs of new growth. Vegetable gardeners are chitting their seed potatoes for an early crop and taking a spade to their allotment plots. March is a good time to give a dressing of fertiliser to the rose beds and to any long-established shrubs that will flower later in the year. Plants, like people, respond well to attention, good food and kind treatment.

Each year our Society arranges trips to gardens of particular interest. This year a Summer visit is planned to a special Flower Show taking place at **Blenheim Palace**, the splendid estate in Oxfordshire, home of the Dukes of Marlborough. It will be possible to visit the house and grounds as well as the flower show in a large marquee.

This visit is open to all readers of *The Courier* and the date for your diary is **Saturday 27th June**. More details next month.



Our first coach trip this year takes us to the **RHS gardens at Wisley on Tuesday 28th April** where a special display of tulips is a major attraction as well as a first look at the many improvements made to the garden recently. This visit is reserved for people who were **members of SCHS in**

2019. As a reward for their support this will be a **FREE** trip for those who exhibited in any of last year's shows. Other 2019 members of SCHS may join the trip for £10 per seat. Two places are allowed for each family membership, first come first served. Reserve your places with Christine Lawton clawton13@btinternet.com or Lynn Dube dubefamily@gmail.com. All seats must be **booked or paid for by 15th April**. The coach will leave St Cuthbert's on 28th April at 9.30am sharp.

This year's programme booklet will soon be delivered to all 2019-20 members of SCHS with all the details you need to take part in this year's events. A leaflet for the ordering of summer bedding and vegetable plants from Shane's nursery will be included and these will be ready for collection at our

Coffee Morning and Plant Sale on Saturday 16th May.

Happy gardening!

Margaret Roake



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MONTHLY BOOK CLUB £2 per session

Contact us if you are interested in joining. The group meets once a month in the afternoons.

LOCAL HISTORY CLUB

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

FOR CHILDREN

Story Telling & Rhyme
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Chess Club – Saturday 12-2pm
Arts & Crafts 2 to 3p.m.
Homework Club—Saturday 2.30-4pm

OTHER ACTIVITIES, incl

Memory Lounge – inc. chair yoga or Tai Chi
Tues, 11am to 1pm (small donation)
The Knitting Sewcial—This active group meets on Wednesdays between 10:30 and 12:45 and members chip in £2 per sessions which includes refreshments. Then at 1p.m they do 1 hour Tai Chi for another £2.
Arts Group – Tuesdays 1:15 to 3:15p.m. - £2 contribution for refreshments etc.

Volunteers Welcome

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

For more information about our activities please contact Paul Lorber 07917 094 239 barhamlibrary@hotmail.co.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!



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Kids' Page



Hello Kids,

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

preeyaathecourier@hotmail.com

JOKES

How do bees get to school?

By school buzz!

When do you get shouted at for something you didn't do?

When you haven't done your homework!

Why did the echo get detention?

For answering back!

What did one maths book say to the other?

Boy, do I have problems!

What is black and white and very hard?

An exam pauper!

What is a butterfly's favourite subject at school?

Moth-a-matics!

What do you give a sick bird?

Tweetment!

What do you get if you cross a duck with a firework?

A firequaker!

Did you hear the story about the peacock?

It's a beautiful tail!

What bird is always out of breath?

A puffin!



RIDDLES

- Fill me up with hot or cold. Put anything in me and I will make sure I'll hold. What am I?

Answer: A Cup

- White and sparkly I can be, kids make angels out of me. What am I?

Answer: Snow

- I can jump, and I can climb. With my many legs, I swing from tree to tree. I can make a house much bigger than me. What am I?

Answer: A Spider

- I give milk and I have a horn, but I'm not a cow. What am I?

Answer: A Milk Truck

- I have four legs but no tail. Usually, I'm heard only at night. What am I?

Answer: A Frog

Did you spot the deliberate spelling mistake?
'pauper' should be 'paper'.



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IN AND AROUND THE ESTATE?

DATES FOR YOUR DIARY

A free community service -
just let the Editor know.



SUDBURY NEIGHBOURHOOD CENTRE— is looking forward to Tuesday 10th March when the Harrow School Swing Band will be coming to entertain us. You are welcome to join us at this event from 1.30--3.00pm followed by tea and cake. Cost only £5 but it is **ESSENTIAL** that you book with Katia.

Please see our programme of Exercise Classes 50+ (pg 20) and join us if you can.

Please phone 020 8908 1220 for more information. (809 Harrow Road HAO 2LP) Thank you!

www.sudburyneighbourhoodcentre.co.uk

HARROW PHILHARMONIC CHOIR—are celebrating *Glories of the Baroque* - Pergolesi **Magnificat** and Scarlatti **St Cecilia Mass**, on Saturday 7 March at 7:30pm, St John's Church, Greenhill, HA1 2JE. Tickets £15 (£12 concessions), under 19 free. 020 8863 7009, www.harrowphil.co.uk or at the door.

HARROW HARMONY CHOIR— Spring Concert—7.30pm, April 4th, St Cuthbert's Church, 214 Carlton Ave West, HA0 3QY Tickets £12, call 020 8861 4017 (see pg 9)

CUTH'S TODDLER'S GROUP—(now **Daniel's Den**) Fun. Play. Stories. Support. **Every** Friday 10-11.30 (except school holidays) £2 (+50p extra child). St Cuthbert's, 214 Carlton Ave West, HA0 3QY 020 8904 1457 www.stcuth.org

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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