

The Community Magazine for the
Sudbury Court and Pebworth Estates

April
2020

The Courier

90th
Year



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April 2020
Number 210 (1,050)

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Dear Neighbours,

Looks like a couple of lucky residents on the estate would've found pots of gold in their gardens! Thanks to Amir Tyebally for the cover photograph—I thought it was apt for these uncertain times—I don't know anyone who doesn't smile at a rainbow.

A packed issue, including some announcements and appeals—please understand the cancellation of some of our gatherings, and help out with the couple of appeals if you can.

Stay safe, and keep washing your hands!

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 note that PC Kennedy, who usually writes our updates is on a well-earned holiday—so we will have double the update next month, I'm sure.

Thank you for your understanding.



In the meantime, our Neighbourhood Police Team use the OWL Online Watch Link to send out alerts to residents about crimes happening in the area as well as other information of benefit to residents.

If you haven't already done so, please register on OWL in order to receive these alerts—it is a FREE service—to register, go to: www.owl.co.uk

The various residents' WhatsApp groups receive the same alerts.

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

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Saturday 18th April, 2 – 4pm

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How to make your devices and technology safer, understand how to recognise when there is a problem and how to deal with it. There will be a Q & A session at the end, and the possibility to discuss in a 'one-to-one' session should it be needed.

Everyone will be very welcome. Refreshments provided.

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(please note change of venue due to our usual church hall undergoing modernisation; there is a large car park.)

AGM 2020—Postponed

(until further notice.)

Due to the evolving circumstances around the Coronavirus outbreak, we have taken the decision to postpone the Sudbury Court Residents' Association Annual General Meeting.

It may be that the worst is over by the time you read this, but, at time of writing it is impossible to predict.

We thank you for your understanding and hope to re-schedule shortly.

Any questions, please do contact us.

editor@the-scra.co.uk

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

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

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

The Memory Cafe

Support for those experiencing memory problems



CORONAVIRUS

Hi folks,

It is with huge sadness that we have decided to **close** Memory Café for a short time. We hope to re-open again on the **16th April**.

Please look at our web site for details www.stcuths.org. Or email me on steve_stcuthberts@hotmail.com and I will keep in touch and tell you when we reopen.

Our small Tuesday Group 11am-1pm will still keep going for the time being and Church will be open on Sundays for our 10am service. Please do keep safe and do keep in touch with me.

Rev Steve Morris

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I sit here writing this article watching the snow fall outside the vicarage window. I think it was the German poet Rilke who wrote about how beautiful and short-lived snow flakes are. They are with us for a second or two, perfect in their way, and then they are gone.

In a way, they are a metaphor for life itself. In terms of the great sweep of history we are rather like snowflakes. Sometimes we make a dent, at other times no. I was very struck, at Oxford while studying to be a vicar, by one particular lecture. The lecturer asked us to write down the names of our great grandparents. It was amazing how few of us could recall their names. It made me realise that our time is short and that we are fragile. I didn't know the names of any

of my great grandparents, which is pretty shocking.

As you read this it will be Easter time and there will be Palm Sunday, Good Friday and Easter Day to look forward to. This is a time of great hope. It is a time when we remind ourselves that each and every one of us has huge significance. There is no such thing as an 'ordinary person', as CS Lewis reminded us.

I love Easter because it fills me with a surging sense of optimism that, in the end, love wins and has always won. I love it that our lives matter and that, even if we are forgotten here, we go on. I wish you a very happy April and I am glad that we share our time here on this beautiful planet together.

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A Miracle Cure-Physical Activity—Part 3

Have you ever sat in front of the telly for two hours? Perhaps you watch Test cricket or 6 Nations rugby all afternoon. That earns you a sedentary label; a separate independent risk factor for heart disease, diabetes and other mortal conditions. Lack of awareness, lack of motivation and uncertainty about the benefits of activity are factors and we need to encourage those who have fallen into bad habits to begin to move more. Sedentary time should be no longer than 20 minutes, so get up and begin to move again, and perhaps put the sport on replay. Personal apps, making a date to walk with a friend, or joining a club are all ways to start moving again. Start with just ten minutes, twice a day and build up by 10% every day. COUCH TO 5K is a great example of such a programme, and a commitment to an end goal is appealing.

If you have a medical condition that slows you down, exercise has an important place. Those with osteoarthritis know that exercise is a core part of treatment, the pain from an arthritic joint may come from the ligament,

capsule, muscle. Regular physical activity improves muscle tone and control, supports joints as they heal, and maintains range of movement, reducing stiffness and optimising recovery. Those of you with breathing problems such as bronchitis, COPD, asthma and those with all forms of heart disease will know how important exercise is. Cardiac rehabilitation programmes supervise and support those with a recent heart attack, and pulmonary rehabilitation programmes are known to reduce hospital admission, and improve measurable lung capacity.

We aim for the best quality life in our last years, we need to move with confidence and strength and avoid falls. Muscle strength is crucial. Can you get up from your chair, grip firmly, and keep your balance? Preserved muscle strength is associated with reduced heart disease, reduced falls, improved mental health, and less dementia or cognitive decline.

Keep active !

DR JANE WOYKA
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An April Tradition—April Fool's Day



April Fool's began as All Fools' Day in 16th century France. The beginning of the New Year was originally observed on April 1. This was celebrated then, as New Year is today, with parties and dancing late into the night. In 1582, however, during the reign of the French King Charles IX, Pope Gregory introduced a revised calendar for the Christian world which meant that New Year would now fall on January 1. It took quite some time for many people to hear word of the change (communications being what they were in the 16th century), so New Year's Day continued to be celebrated on the first day of April in many areas. The more stubborn simply refused to accept the change. People who had accepted the dates of the new calendar played tricks on those who had not and referred to the victims of such pranks as "April Fools," sending them on a "fool's errand".

This evolved into an annual tradition, migrating to England and Scotland during the 18th Century and was introduced to the American colonies by British and French settlers.

Tradition dictates that pranking must stop at noon.

The style of the pranks has changed over the years. Sending unsuspecting folk on pointless errands was a particularly prized practical joke in the early days.

The primary aim behind April Fools' Day jokes and pranks are that they should be able to be enjoyed by everyone ...especially the person upon whom the joke is played.

Hot Cross Buns

Although they're now in the shops from just after Christmas, they are, of course a traditional Easter favourite.

For the buns:

300ml full-fat milk, plus 2 tbsp more

50g butter

500g strong bread flour

1tsp salt

75g caster sugar

1 tsp sunflower oil

7g sachet fast-action or easy-blend

yeast

1 egg, beaten

75g sultanas

50g mixed peel

Zest 1 orange

1 apple, peeled, cored, finely chopped

1 tsp ground cinnamon

For the cross:

75g plain flour, plus extra for dusting

For the glaze:

3 tbsp apricot jam



1. Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.

2. Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand,

(cont'd on pg 12)

An April Tradition—Hot Cross Buns *(cont'd from pg 11)*

then folding it back on itself. Repeat for 5 mins until

3. With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hr more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.

4. Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hr more.

5. Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with about 5 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.

6. Gently heat 3 tbsp apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.

*Paul Hollywood recipe
Good Food magazine,
April 2012*



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Join the waste reduction revolution

We need to use natural resources very sparingly. It is a challenge that we can't escape and it can enrich our lives.

In February 2019, I had a bad episode of eco-anxiety after the UK registered very hot winter days. The mercury topped 20 degree Celsius in several parts of the country. Other European countries were also affected.

In an effort to remain sane, I had a long conversation over Skype with American climate activist Margaret Klein Salomon.

To tackle my anxiety, Margaret, who is a former clinical psychologist and founder of **The Climate Mobilization**, advised me to speak the truth about climate change and adopt an 'emergency mode'. Why? Because **the climate emergency requires a mobilisation on the scale of World War II, she advocates**, and adopting an emergency mentality is viral.

Thirteen months down the line, I am not sure whether I have gone far enough in adopting this climate emergency mentality. I have, however, created ripples online and offline.

A year ago, I launched a WhatsApp group where residents of North West London can donate items in good condition to other residents of the area. A fellow climate activist commented that it was a "waste of time" considering that there were already a number of websites where people can donate free items—**Freecycle** and **Freecycle** among others.

I cannot say exactly what the impact of the group, which counts 175 members, has been on the environment. I am certain of something though: the experience has shown that the NW London free items WhatsApp group is not surplus to requirement.



True, some of the mirrors, airbeds, cushions, computer monitors etc. advertised via WhatsApp would probably have been donated to charities otherwise or advertised on the aforementioned websites.

I suspect, though, that a great number of small items of furniture would have been left on the pavement in the hope that someone would give them a new home—a highly risky strategy considering the number of rainy days there are in London.

Reducing waste was not the only objective I had in mind and, as a matter of fact, the impact of the NW London Free items WhatsApp group has gone well beyond saving items from landfill. It has proved a powerful way to create connections between people who were strangers to each other before joining the group.

The family fun cycling event organised on March 1st in Roundwood Park may not have happened if I had not created NW London free items. Putting up an event can be a daunting experience if you have no idea who is going to turn up but, less so if you have interacted with some participants online beforehand.

Any step taken at community level to address our wasteful lifestyles, whether it's a regular clothes swap, a repair café or a flea market, can be a game changer. It can accelerate the pace of the zero waste revolution and strengthen our communities.

Amandine Alexandre
Editor of **Zero Waste London Mail**

www.getrevue.co/profile/amandine-london

The Lady Without a Voice?



Life is like a game of cards. We are dealt a hand, whether good or bad and we have to play that hand according to the rules of the game of life.

Hilary Sage, my neighbour, passed away recently and according to most people she was not dealt a good hand. However, Hilary, in my opinion, played the hand she was dealt with great fortitude and a smile.

As a child, Hilary was diagnosed as deaf, she was diabetic and later on also had a heart condition. At Hilary's funeral there were people of all faiths and many of them suffering from similar problems. The funeral was in Sign Language and everyone had stories to share about Hilary, a couple of which I would like to share with you, as Hilary had lived here most of her life.

As a young girl when her friends started working, Hilary was also seeking work. She went to the local mini supermarket and asked the Manager for work. She was told politely that he had no work for her. Hilary went on the second day and the third, with the same reply from the Manager. On the fourth day when the Manager gave her the same reply, young Hilary sat on a chair and told the Manager she was not leaving until he found work for her!! Hilary won and she got the job. There was no stopping her after

that and she had many jobs and eventually made a career in local Government and the Civil Service. Hilary enjoyed life to the maximum and she visited many foreign countries with her husband John and with the Deaf Club. I've seen them bring up their son, Trevor, with fantastic results.

Hilary had to deal with some everyday injustice in later life. A builder neighbour gave them a great deal of hassle by building an enormous extension on their boundary line. The builder thought the Sages would not object. He did not know what metal Hilary was cast in. When he refused to see reason, Hilary wrote to the Council and the result was that not only did the builder have to pull down his extension, he had to make good the Sage's property. This was a victory for the "lady without a voice".

Hilary was very supportive of the SCRA. Due to their speech and hearing problems, the Sages could not attend the events held on the estate, but Hilary always made sure she put her point of view to the right authorities in writing.

I admired Hilary immensely and she was my inspiration. She was always smiling and never complained. Hilary played the card she was dealt bravely and fairly.

Sukaram Chopra

Membership Subs—Have you paid yet?

Your Subscription Envelope was included with the February 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

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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 **Standing Order**—we are trying to encourage people to set up a SO, 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.

Let's 'see' how we can help...



Greetings, namaste, salaam and shalom to you and all.

Today I am going to write about something very personal to me and in the process invite you to help me with my appeal.

Sadly, my father, Haji Abdul Gaffar, passed away peacefully, this January, aged 88. He is survived by his wife Zubeda Siddik, five sons (me included) and eight grandchildren. Thankfully, his whole family were with him to hold his hand throughout to share the experience and were able to lay him to rest the following day. It was truly a blessed experience, and certainly the way I would want to go when my time comes.

I would describe him as a quiet and humble man, of good character. He was never afraid of hard work and he did so, in retail and grocery,

right up until his retirement. My parents came from north Gujarat in India before meeting and marrying in Zambia. In 1976 they immigrated to the UK intent on educating us and settled in Northampton, making a conscious decision to move into a mixed community where we could retain our traditional values whilst integrating into the 'new world'.

My parents opened a corner shop (yup for real, I'm not kidding) and I remember coming home from school to help him behind the counter. My parents believed that the most important thing in life was to fulfil your responsibilities to yourself, your family and your community and that the way out of poverty was through education, hard work and charity. I'd like to think we've done him proud on that score; we're well educated, and we're so very grateful to him, and my mum, for our upbringing.

We're very fortunate as our faith and tradition allows us to embrace death, offers us hope and a way to celebrate the life of our loved one. As a



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Saturday	9.00am - 5.00pm

community we come together to help the bereaved and, in their memory, extend a helping hand to those who need help. My brothers and I are splitting the week and we all spend time with my mother weekly. So now FCC is open one day less, at least until I am joined by a new member of our team who can cover me whilst I return the favour and care for my mum.

We've also taken on the challenge of helping my father's local mosque in Northampton. It was opened several years ago and is run by a group of Imams from Africa including Kenya and Somalia. It is a friendly, inclusive and family orientated mosque for men, women and children and has a school for evenings, weekends and holidays for young boys and girls, teaching them the value of respect, love, compassion and mercy. In fact, they were recently commended by Northamptonshire Police because, and I quote, 'their youth are polite, well behaved and not involved in any antisocial behaviour'. As five educated brothers, we have got together to help them navigate regulatory issues and begin fundraising so they can modernise their facility.

At our recent meetings, one of the Imams explained he is collecting old and unwanted prescription

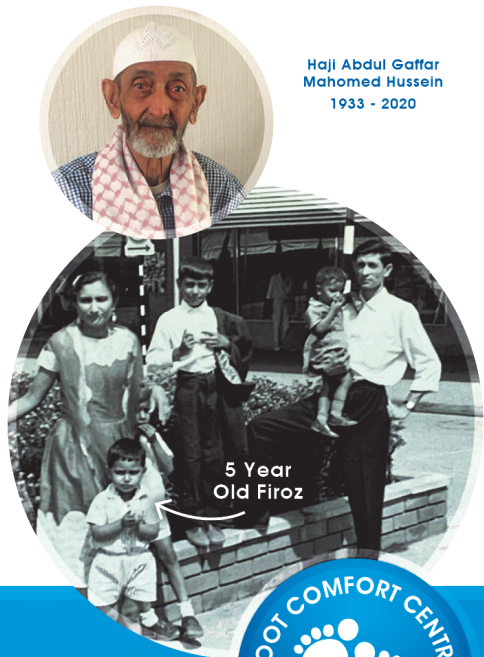
spectacles, intact or broken to take with him back home to Africa. To my surprise, we found 6 at my mum's and I also found 3 sitting at home when I came back. I have enlisted the help of family, friends and colleagues and today I would like to reach out to all of you. We have a drop box at our centre and can arrange collection. Please contact me direct on 07801 107 271 or my office at the usual number.

Thank you all in advance for your help and support. Let's all see how we can help them see...

Thanks for reading,

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UTIs in the Elderly Signs and Symptoms

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Watch out for the Signs and Symptoms: UTI and Dementia

- Painful urination
- Burning while urinating
- Burning sensation in genitals
- Lower abdominal ache or cramps
- Urgency or frequent need to urinate
- Cloudy or foul-smelling urine
- Blood in urine
- Tenderness in back, under the ribs (kidneys)
- Fevers and chills
- Nausea
- Short of breath
- Confusion
- Dizziness
- Cough
- Nausea and vomiting
- Fatigue

UTI's can cause worsened behaviours, practically overnight in those with dementia. Look out for:

- Cognitive difficulties
- Confusion
- Delirium
- Hallucinations
- Anxiety
- Withdrawn
- Fatigue
- Unusual insomnia/excessive sleepiness

If coupled with other symptoms such as fever; nausea, cough or dizziness contact your doctor or take your loved one to hospital as soon as possible. Don't assume it is simply the dementia 'taking a turn for the worse' especially if the onset is very sudden.

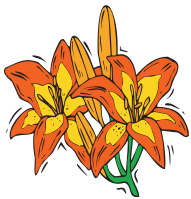
Untreated UTI can enter the kidney and cause further illness and sepsis can occur if the infection spreads.

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

Today the sun is shining - a very welcome change in the weather. It is even possible to venture down the garden path without stepping into puddles. In Carlton Avenue the almond trees are blooming, giving special pleasure to those of us who remember a time when that whole avenue was planted with almond trees.

Members of SCHS last year may already have received the new schedule of events for the coming season. If not, it will very soon be delivered to you. We are rewarding our active members this year, offering a treat to those of you who actively supported the Society in 2019, a trip to Wisley on 28th April, free of charge for those who took part in last year's shows and with a bargain price for all other members of SCHS. All the details were published in *The Courier* last month. We have had a lively response. You can find contact details for new members in the heading to this article.

With the Schedule comes an application form for the Plant Sale, so that you can order boxes of bedding plants to brighten your summer borders and grow some vegetables to enliven your diet with that 'home-grown' flavour that makes meals extra special. Please return your order form to Robert Smith no later than 12th April and come to collect your plants at St Cuthbert's on Saturday 16th May. Our first show this year on Saturday 6th June is the Early Summer Show when the roses should be at their best and the Church Hall renovations, we hope, will be well on the way towards completion. For the latest detail on our events – please watch this space!



Chatting with friends who were about to plant a rather special tree, we considered the challenges it faced. A young lady had lovingly grown it in a pot from a seed, but her treasure had now reached the adolescent stage, needing room to stretch its roots wider and deeper and to grow taller. It needed a new home! We talked about giving this young tree a good start with some fertiliser under its roots and discussed how a similar seedling had been dug up by a fox. Some advice from the Plantation Garden Centre was then remembered. Bonemeal, Mike advised, encouraged foxes. Smelling a likely meal, a fox will dig down expecting to find a bone, uprooting the young tree

yet coming away disappointed! He recommended 'blood, fish and bone' fertiliser, mixed well with the earth that comes out of the hole. This seems to work!

I noticed a shrub with tiny white blooms flowering early in the year in Roundwood Park. No-one there could tell me its name. So this photograph was intended to request its identity from the RHS member enquiry service. By chance however, a trip to a South Harrow supermarket gave us a lovely surprise. There it was displayed, a well-grown evergreen shrub, its flowers pink rather than white, labelled 'Diosma (Coleonema)' otherwise known as 'Breath of Heaven', which made it extra special. I now have one too, ready to plant and shall put some good stuff underneath!

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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



Our last workshop was definitely not just any old gardening workshop—we were surprising a group member for their birthday, with two absolutely delicious home-made cakes. Eleri certainly pulled out all the stops!



The workshop was about how we can make our garden wildlife friendly. One way to do this is to install bee hotels. Bee hotels are great for solitary bees of which there are just under 250 species in the UK. Now is the perfect time as bees start laying more eggs in Spring. If you've missed the workshop, bee hotels are relatively easy to make and you certainly can replicate our work at home. Refer to the News & Events page of our website and you'll find a set of instructions



Dates for your diary:

Half-day planting sessions in the Garden:

Sunday 29th March (1.30 - 4.30pm) Come along to find out more about low-maintenance perennials we're planting that will have edible flowers, leaves, stalks and roots. They will also provide food and habitat for wildlife. There will also be an Easter egg hunt for the children.

Sunday 19th April (1.30 - 4.30pm) We will plant strawberries, seedlings and flowers for bees and butterflies.

We always meet at 1.15pm in the Pavilion car park. If you're joining us, please RSVP by email so we know how many people to cater for.

Workshop: Designing a pond for your garden on Thursday 23rd April, 7–9pm at the Windermere Pub. Adding even a very small pond to your garden can have a massive impact on the diversity of wildlife. Come along to this workshop to find out how easy it is to create a pond and different ways you can set one up. It will also explain which plants to add and ways to maintain a healthy ecosystem in the water.

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

Trip to Hazeleigh Wood: On Sunday 26th April we are visiting Hazeleigh Wood in Maldon, Essex, for a guided tour by land owner Maureen and a talk on the work she has done to restore this ancient woodland. We will be collecting log-rounds to be used as stepping stones in the community garden. We may be lucky and hear nightingales sing during the day at that time of the year. Blue bells will also be out.

The idea is to car share and drive down in the morning with the aim to arrive by 10:30am. We plan to be back around 3pm ready to put the log stepping stones into the garden. If you would like to join, please email us and let us know if you would like to car share or if you are happy to drive and how many people you can accommodate.

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

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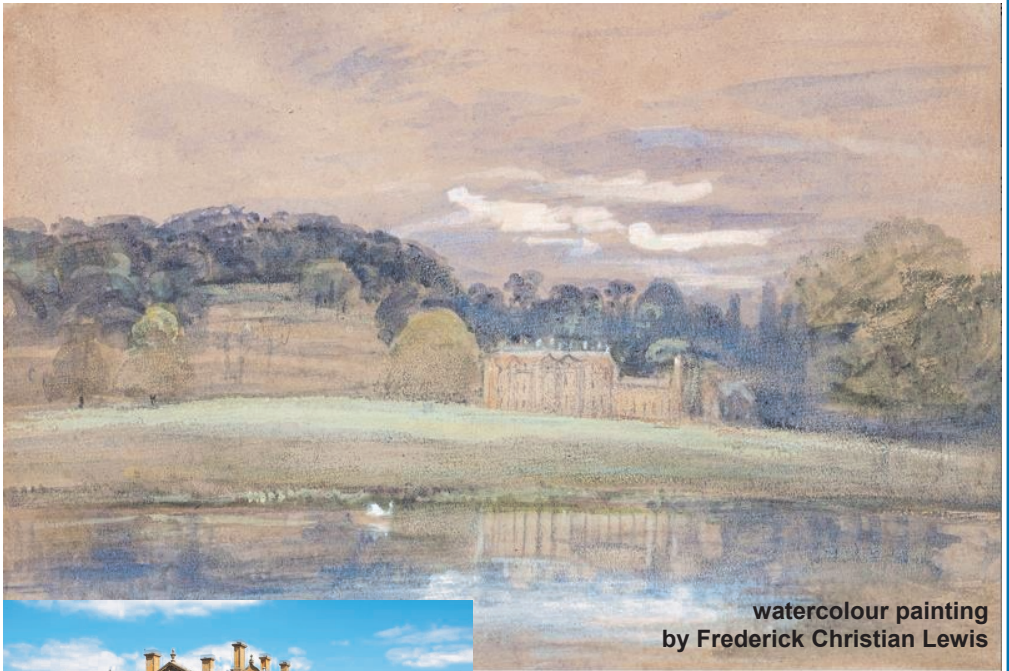
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Northwick Park—our namesake



**watercolour painting
by Frederick Christian Lewis**



Northwick Park Ward land belonged to the Rushout family from the 17th Century. In 1797, Sir John Rushout—grandson of a wealthy Flemish merchant—became 1st Baron Northwick. The country seat being Northwick Park Estate in Blockley, Gloucestershire.

The title became extinct in 1887, and in 1912 the estate passed to Edward George Spencer Churchill, grandson of the last Lord Northwick's widow.

Much of what we now know as Northwick Park Ward was sold for development in the 1920's, with many of it's streets named after the Northwick family and places on or near the Northwick estate in Gloucestershire, e.g. Bengeworth Road, Blockley Road, Northwick Avenue, Rushout Avenue, Churchill Avenue, Spencer Road.

(with thanks to Arlene Howard for pointing me in this direction)

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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

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

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 for knitting, stitching & chat 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.

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

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PILATES

The Sudbury Running Club hope to resume their Wednesday 7:15 to 8:15 sessions in April. Please email barhamlibrary@hotmail.co.uk if interested.

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Please let us not forget our older or more vulnerable neighbours who may be staying away from the shops / public spaces at this time, due to the potential risk of infection.

We urge all residents to check in with their neighbours to see if they need any assistance, groceries, supplies or even a friendly voice to chat with. If you know of anyone who is self-isolating, do offer your help as this can be a time of great concern for many.

(If you are in isolation and you need assistance or supplies, or you'd be happy to offer an hour or two to help someone else, please email:

secretary@the-scra.co.uk or contact the SCRA phone on 07933 958 166).



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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

What do you get if you cross a parrot with a woodpecker?

A bird that talks in Morse code!

What do you call a woodpecker with no beak?

A headbanger!

Why do birds fly south?

Because it is too far to walk!

What do owls sing when it is raining?

'Too wet to woo'!

Which birds steal soap from the bath?

Robber ducks!



What kind of weather excites a pet duck?

Fowl weather, of course!

What do you get if you cross a lawn-mower with a budgie?

Shredded Tweet!

RIDDLES

- I have a thumb and four fingers but I'm not alive. What am I?

Answer: A love

- I come out at night without being called. I'm lost in the day without being stolen. What am I?

Answer: Stars

- I have a neck but no head. What am I?

Answer: A Bottle

- I have one head, one foot, and four legs. What am I?

Answer: A Bed

- I have teeth, but I don't eat. What am I?

Answer: A Comb

Did you spot the deliberate spelling mistake?
'love' should be 'glove'.





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DATES FOR YOUR DIARY

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SUDBURY NEIGHBOURHOOD CENTRE— A forward date for your diary. We shall be holding a Garden Party and Summer Sale on Saturday 13th June. More details next month.

We would still be glad of donations for our in house sales table. Bric-a-brac and jewellery are popular, please call in to the Centre or phone Katia on 8908 1220 and we can collect items.

We have a programme of Exercise Classes 50+ - 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—date for your diary—Saturday 16th May, 3pm. Come and sing—or come and hear, Handel Messiah with instrumental ensemble; Conductor: John Wyatt.. Wealdstone Methodist Church, Locket Road, HA3 7ND. Registration 1.30pm, Rehearsal 2pm Concert 3-5pm, with a tea break.

Singers £10 Audience £5. Pay on the door. www.harrowphil.co.uk

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

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

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