

The Community Magazine for the
Sudbury Court and Pebworth Estates

May
2020

The Courier

90th
Year



**STAY AT
HOME**

**PROTECT
THE NHS**

**save
lives**

The logo for Daniels, featuring the word "daniels" in a stylized, lowercase, yellow font.

danielsestateagents.co.uk




Let us look after your letting needs this spring...

Talk to us, your local
Relocation Agent Network
member. As an affiliation of
Cartus, the premier provider
of global relocation services,
we have access to potential
tenants moving into the area.

020 8904 4888

A red watering can with a long spout and a perforated nozzle, tilted as if watering a plant.

If you have a
property available
to let, contact
us today...

A small green seedling with three leaves growing out of a mound of dark brown soil.

Wembley | Sudbury | Neasden | Kensal Rise | Willesden Green

To find out why we're your Local Expert -
visit www.relocation-agent-network.co.uk

The Courier



May 2020

Number 211 (1,051)

The official publication of the Sudbury Court Residents' Association.

Chair: chair@the-scra.co.uk

Vice-Chair:

Treasurer: Pareet Shah, treasurer@the-scra.co.uk

Secretary: Noura Abdul-Cader, secretary@the-scra.co.uk

Membership: Nisha Gorasia, membership@the-scra.co.uk

Courier Editor: editor@the-scra.co.uk

Courier Advertising: advertising@the-scra.co.uk

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

Dear Neighbours,

Hope this finds you safe and well and you're getting used to the 'lockdown' - at least we are lucky to have lots of green and space around us—the blossom on the trees around our streets is always a welcome sight, but more so, maybe, this year.

This issue will be published online only at the moment—we will keep updating our plans for future issues in line with government guidelines and police advice.

You'll find plenty of tips and advice for keeping safe and connected, including how to access support, either from Brent and Mutual Aid groups, or from your neighbours. If there's something we haven't covered, please do get in touch—by email in the first instance, if you're able.

I'd like to say a huge thank you to our young residents who have made brilliant contributions this month—including Sona and Sita's lovely front cover picture. You'll also find a few suggestions of 'things to do' - let me know how you get on. If you or your children would like to submit something for the June issue, please let me know by **8th May**.

Until next time, stay safe.

Kaye

Our Regular Contributors:

	Page
Safer Neighbourhood Team	4-7
Councillor's Comments	8-9
Memory Cafe	12
Sudbury Court Horticultural Society	19
Northwick Park Community Garden	21
Kids' Page	31

Features:

EMERGENCY NUMBERS	10-11
Looking after your Mental Health and Wellbeing	14-15
May Tradition	17
Good Neighbours; WhatsApp groups	23
Greetings from Titus the Bear	25
Things to do	26, 27, 29, 30

Stories from our young residents:

Life in Lockdown	26
The Forbidden Box	28-29
The Power of Sun	30

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



Apologies for not getting an update to you last month, I was on holiday in Central America and when I returned I came back to the nightmare of Covid--19.

I am sure that you are all struggling with this new reality that we find ourselves in, and I hope, like everyone else, that in due course we will be able to return to normal. However, it is vitally important that all residents adhere to the infection control measures (lockdown) that the government have brought in to try to minimise the infection rate of this virus. This is what we have been asked to do to back up the NHS, who are in the front line dealing with the victims of this infection – please keep this in mind when you are struggling with the lockdown.

I would like to say I am really impressed with the local community that are rallying around to help the elderly residents and those self-isolating. Well done on you all and thank you. We all need to keep strong and support one another in order to get through this.

Covid-19 has had some impact on policing: our call volume has decreased, however a lot of our time, particularly in the neighbourhood teams, is trying to reinforce the lockdown measures.

Residential burglaries, on the whole, have gone down, as most people are at home the

majority of the time – we have had some garages attached to houses forced recently. Commercial burglaries have increased somewhat though, as a lot of commercial premises are vacant.

Domestic incidents, family arguments and assaults, have increased dramatically – it goes without saying that this situation is impacting a lot of people mentally and financially, which is causing a lot of stress - please try to be tolerant of one another during this time, try to take some time out before getting involved in an argument in your household. The majority of our serious assaults and homicides occur in domestic circumstances so, in this time with increased pressure on us all, please bear this in mind. The police are there to help to prevent domestic incidents from escalating – if you think that someone is at risk in their domestic situation please ring us and let us know, in an emergency ring 999.

Another noticeable consequence of lockdown is on the supply chain for Class A drugs, the supply has decreased and therefore the price has increased. There are a lot of addicts that are struggling to get drugs and doing some desperate things, like going around in the middle of the night trying door handles of cars on the off chance that someone has left their car unlocked and they can take loose change. A number of

**SCISSORS**
HAIRDRESSERS
YOUR LOCAL SALON
IN WINDERMERE AVENUE
(NEXT TO SOUTH KENTON STATION)
Busy and Friendly Unisex Salon

Experienced Stylists
Competitive Prices - Free Advice
Try us for a Set, Blow-dry,
Cut, Colour, Perm or Highlights.
020 8904 1488

local residents have had this happen to them. Please ensure that your car is locked and do not leave anything of value inside.

PC Kubik and I had rather a scary experience with one such desperate addict on the 26th of March. We were on patrol in Northwick Avenue at about midday when there was a report of a male in a mask trying to burgle a house on Churchill Avenue. We tried to detain a male matching the description but he ran onto the railway bridge on Northwick Avenue leading to the Ridgeway. He climbed onto the bridge ledge and threatened to throw himself off. Fortunately, he didn't carry out his threat, but he was very desperate and strung out; he was later detained by police on suspicion of burglary and public order offences. He claimed not to have had drugs in a few days and was going through withdrawals. Upon investigation, it was found that the male had been knocking at houses in Churchill Avenue begging off the residents. This male had previous arrests for burglary so people should be very cautious about answering the door to anyone or giving money to people begging. There is a social issue with drug addiction in general and the situation with addicts during lockdown—all I can say to you is that by giving money to addicts you are supporting their addictions.

There have also been a variety of Covid 19 related scams on the internet and, I understand, in person. I have heard reports of bogus persons pretending to be NHS workers cold calling on people's addresses stating they are testing for Covid-19. There is no such scheme in place.

If you are unsure on the veracity of someone cold calling at your address, ring the police on 101, or 999 in an emergency.

Also, I understand that there have been a variety of internet based scams involving the sale of so-called miracle cures. Do not be taken in by these scams.



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. (see page 23 for details)

Overview of offences 15th Feb-16th Apr:

Robbery: Northwick Park - 15/02/20 2200hrs male victim was walking from the Northwick Park tube station towards the play area, mid-way was approached by two youths loitering, one put him in a headlock and the other kicked him, wallet and iPhone stolen; Northwick Park – 17/02/2020 2145hrs two adult males were in Northwick Park by Proyers Path when they were approached by two males who threatened them with weapons and stole their mobiles and wallet;

Burglary: Amery Road (in 60s odds) 12/03 2326hrs, side glass door to house smashed, occupants inside, police called, no suspects found on arrival of Police; Pasteur Court – 27/03 1800hrs – 28/03 0900hrs, flat in block broken into; Pasture Road (in 40s evens) 30/03 0400 – 30/03 0600 garage broken into and tools stolen; Norval Road (in 60s evens) – 12/04 0430hrs, garage forced;

Attempted burglary residential: Nathans Road (low evens) – 16/02/2020 2200hrs – window at rear of house smashed with brick, no entry gained; Nathans Road (low evens) – 16/02/2020 2200hrs window at rear of house smashed with brick, believed no entry gained; Pebworth Road (in 60s

evens) 26/02 0315hrs, security patrol saw an unattended GOLF car during the night and a male at the front of an address, when the male saw the patrol car he ran back to the GOLF and drove off, the front window had been smashed and window lever pulled up in an attempt to get in; Sudbury Court Drive (in low evens) – 08/03 0330hrs, glass panel smashed in a believed attempt to gain entry; Amery Court (10s evens) 27/03 2300hrs – 28/03 1700hrs, front window smashed in a believed attempt to break in;

Burglary non-residential: Northwick Park Hospital, office – 13/03 1550hrs – 16/03 0900hrs, office broken into, filing cabinet forced, cash stolen; Mumbai Junction – 21/03 0101hrs, rear door forced,

Theft from motor vehicle: Northwick Park Hospital – 17/02/2020 1730hrs, catalytic converter stolen from 14 Plate Toyota Auris; Northwick Park Hospital – 20/02 0915 – 1720hrs, catalytic converter stolen from 14 plate Yaris; Northwick Park Hospital – 20/02 0900 – 1800hrs, catalytic converter stolen from 17 plate Lexus; Carlton Avenue West (in 110s odds) – 26/02 1800 – 27/02 0700hrs 16 plate Peugeot entered and items stolen from within, no damage caused; Northwick Park Hospital – 03/03 0800 – 03/03 1700hrs, catalytic converter stolen from 09 plate Prius; Norval Road (30s evens) 20/03 1500hrs, spare wheel stolen from 19 plate Mercedes Van; Rowan Close – 21/03 0001 – 23/03 0001hrs, catalytic converter stolen from 05 Plate Toyota; Sudbury Court Road – 27/03 1900 – 2222hrs, reg plate stolen from moped; Watford Road – 31/03 1225hrs, petrol stolen from gas works vehicle; Pasture Road (in 60s evens) 01/04 2300hrs – items stolen from car; Watford Road (in 240s evens) items stolen from car, sunglasses;

Attempted theft from motor vehicle: Peabworth Road – 18/03 0405hrs, suspect seen by witness who phoned police and suspect arrested; Sudbury Court Road (in 60s evens) 21/03 1520hrs, 3 males seen interfering with car;

Theft of motor vehicle: Langham Gardens (in 10s evens) 24/02 1000 – 1540hrs 15 plate Mercedes stolen from the driveway of a house; Hill Road (low odds) 13/03 1800hrs – 14/03 0800hrs, 125 Honda motorbike stolen, recovered Ethelred Ct NW9 on 20/03; East Lane (in 230s odds) – 27/03 2100hrs – 28/03 0740hrs 2000 plate BMW 528 stolen, subsequently found on Oakington Avenue Wembley; Aspen Drive – 30/03 2100 125 moped stolen;

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.
- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.
- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.

● Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try obtain the registration number of the tow truck.

Robbery -

● Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you listening to an iPod or on a mobile phone.

● Stay clear! - if you think you are being followed or that someone looks like they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Bicycle Thefts -

● Ensure that you secure your bicycle with a substantial lock at all times and leave in a well lit place.

● obtain your frame number and register your bicycle on www.BikeRegister.com or www.immobilise.com - this could assist police in recovering your bicycle if stolen.

Please consult the websites below for more crime prevention tips or if you do not have access to the internet, perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.

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

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





Safeclean

The furnishing care specialists from **GUARDSMAN**

www.safeclean.co.uk

Professional Cleaning of Carpets, Upholstery, Curtains & Leather.

Independently Owned & Operated by Robert Loomes

Specialist in Stain & Odour Removal Recommended by Leading Furnishers Throughout the U.K.

Guardsman Anti-Stain Protection With a 5 Year Guarantee

• Domestic & Commercial •	All Work Fully Insured and Guaranteed
• Guaranteed No Shrinkage •	
• Free Estimate & Advice •	

FREE PHONE 0800 328 6017

67 Lankers Drive, Harrow HA2 7PA. Email: robertloomes@safecleanharrow.co.uk www.safecleanharrow.co.uk



Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope that this article reaches you in the best of health.

As I write we are in the middle of a Pandemic that is sweeping the globe. The Government have ordered a lockdown due to the Novel Coronavirus (COVID 19). This article will deal specifically with the COVID 19 virus and what support and resources are available for residents located within the Northwick Park ward either from the Government and locally through Brent Council, local Mutual Aid Groups and local charities, plus our very own Community WhatsApp Groups.

Before going into specifics, it's so important that we all take seriously our responsibility to look out for each other and ourselves, and protect our most vulnerable by not spreading the disease. I am really proud of the way our local community are looking out for each other. Public Health England's latest phrase:

—Act as if you have it, anyone can spread it—

is an excellent way of looking at it.

Most of all the most important message for everyone is to keep safe.

The government guidance is as follows:

Stay at home. You should only leave the house for one of four reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person
- Travelling to and from work, but only where this absolutely cannot be done from home.

How to stop infection spreading

There are things you can do to help reduce the risk of you, and anyone you live with, getting ill with Coronavirus.

DO:

- Wash your hands with soap and water often; do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get back home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards. Catch it Kill it, Bin it.

DO NOT:

- Touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- Stay in touch with family and friends over the phone or on social media
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Do light exercise at home, or outside once a day

If you are feeling anxious, stressed or experiencing a low mood - you can get focused support by phone, video call or through online treatments through:

Brent Talking Therapies service:

020 8206 3924

www.cnwtalkingtherapies.org.uk/b1-brent

cnw-tr.brent.iapt@nhs.net

Government Support during this crisis.

The Government's website will direct you to the different levels of support whether you are a business or an individual.

www.gov.uk/coronavirus

For vulnerable residents: the Government has sent a letter directly to you encouraging you not to go out and gave you a telephone number to call to assist you independently.

The government have also given funding to local authorities to assist in providing community support.

Support provided by Brent Council

Please see page 10,11 for all support and emergency numbers:

Coronavirus requires an unprecedented effort from us all – and the council and our partners have stepped up to deliver that in Brent. We have established a hub at Bridge Park to organise food and supplies for hundreds of vulnerable residents.

We have been able to make food deliveries to our most vulnerable residents so far, many of whom had no food left in their houses due to circumstances. In times of crisis, we pull together.

Help within the Community

We know many people want to help in this crisis. We need even more exceptional people to step forward and help to provide a safety net for our vulnerable residents. However, we know that this effort needs to be sustained for a period of many weeks and possibly longer.

All sorts of skills and talents will be needed and there are all sorts of challenges that will be thrown up, and what better way to face those challenges than by harnessing the energies of our community.

The Northwick Park Community has risen to the challenge of supporting elderly and vulnerable people in the area. It is so heart warming to know that even in a moment of crisis, the British Bulldog spirit is still thriving (similar to how people helped each other out in the world wars). We Councillors are proud to be representing Northwick Park and doing our volunteering bit as well.

Any residents wishing to volunteer, please register online:

www.brent.gov.uk/volunteer

CVS is our key partner managing all volunteering co-ordination and will take calls should anyone want to speak to someone for more information: **020 3011 1690**

Mutual Aid Groups

Mutual aid groups are set up to provide local aid relief to vulnerable residents.

Brent COVID 19 Mutual Aid Group – acts as a central reference point for all Mutual Aid Groups in Brent and can be found on Facebook.

Community WhatsApp groups

I know many of you have already joined these groups in our area—most individual roads are now covered (although not all), and there are also some umbrella groups across the Pebworth and Sudbury Court Estates—please see page 23 for how to join.

Councillors Surgeries

Our face to face surgeries have been put on hold for the foreseeable future. We will be exploring the use of online technology to replace the surgeries, and will let you know once we have a workable solution. You can still contact us as follows:

Cllr Robert Johnson **07876 138 676**

Cllr.Robert.Johnson@brent.gov.uk

Cllr Margaret McLennan **07949 398 193**

Cllr.Margaret.McLennan@brent.gov.uk

Cllr Keith Perrin **07711 561 848** Direct calls only

Cllr.Keith.Perrin@brent.gov.uk

If you wish to do FaceTime, you can use our mobile numbers as well.

Stay safe – by staying at home, protect the NHS by not spreading the virus and you will help to save lives, including your own. Act as if you have it, anyone can spread it

Until next time.

Councillor Robert Johnson



Brent

GENERAL ENQUIRIES

If you need help with, for example, benefits, welfare support or council tax support, call **020 8927 1234**

COMMUNITY SUPPORT

If you need help getting essentials e.g. food or medicine delivered to you while you are in isolation, there are local Brent community groups who can help you, for more information call **020 311 1690**

VOLUNTEERING

If you want to offer your support through volunteering, we can help connect you with groups working to get help to the people who need it, just call **020 3011 1690**

For more information:

www.brent.gov.uk/coronavirus

If you have a question, call or email

020 8937 1234

coronavirus@brent.gov.uk

for the latest NHS advice

www.nhs.uk/coronavirus

**STAY AT
HOME** 

**PROTECT
THE NHS**



**save
lives**

EMERGENCY SUPPORT

ADULT SOCIAL CARE

If you, or someone you know, needs urgent help washing, feeding, or dressing themselves, but don't have a local support network, call **020 8937 6589**

CHILDREN AT RISK

If you have any concerns about a child being harmed, or at risk of being harmed, call Brent Family Front Door **020 8937 4300**

DOMESTIC ABUSE

If you, or someone you know, is affected by domestic abuse, speak to Advance by calling **07398 454 898**
In an emergency, always call **999**

EMERGENCY CHILDCARE

For vulnerable children or children of key workers, call **020 8937 3010**

EMERGENCY FOOD SUPPORT

We can connect you to a local food bank, call **020 8937 6792**

HOUSING

If you are homeless, or threatened with homelessness, call **020 8937 2000**

PERSON AT RISK

If you have any concerns about a person being harmed or at risk of abuse, call the Safeguarding Adults Team on **020 8937 4098**

The Memory Cafe

Support for those experiencing memory problems



It is very hard for me to write this for a couple of reasons. One is that things are changing so rapidly. I am writing this a few weeks before publication and have no idea what we have in store - although, like all of us, I am concerned.

What I do know is that this amazing community and country will bounce back. We always have done. In these times we have to pull together and help our neighbours.

As far as Memory Café goes, as soon it is safe to do so, we will reopen. To find out when, please keep looking at our church website www.stcuth.org where we will share

information as and when it's available. We will also update the blue notice board in front of the church car park. If any of you Memory Café regulars need me, do contact me on 07873 434 617.

Church will also, very probably, be closed. I mean the building will be closed, but not the amazing heart we have for in community.

If you check the news section of our website it will show you a daily prayer and blessing, as well as other resources. We hope to get a list of useful contacts up there as well.

Go well. Take heart. Reverend Steve

NOTICE: SUDBURY NEIGHBOURHOOD CENTRE has had to temporarily suspend services as have other day care centres. Our lovely care assistants are helping out at local nursing homes and administrative staff are working from home to ensure ongoing help is available to our clients who are living independently. We all look towards the easing of this very difficult time and hope for a return to normality as soon as possible.

Look as young ...as you feel

Our facial rejuvenation treatments can achieve:

- * Skin rejuvenation
- * Fewer, softer facial lines
- * Reduced pigmentation
- * Radiant skin
- * A smooth, fresh complexion
- * Facial acne improvement

Ask about Botox®, dermal fillers and facial peels



Blue Court Dental Centre
201 Watford Road, Harrow HA1 3UA
Telephone: 020 8904 9440



THINK Before You Post

Social Media (including WhatsApp) posts can be quite upsetting sometimes, but especially at the moment. Many people are understandably anxious in lockdown and might not have access to a supportive network; many of us are just trying to adjust to this 'new normal.'

So, please, before you forward a piece of 'news,' **THINK**

- is it from a verified source, for example?
- is it relevant to the people you're posting it to? Many of whom you might not even know personally.

And please be patient and respectful, even if you don't agree with somebody's point of view—they're entitled to it, just as you're entitled to disagree.

This certainly doesn't mean you can't express yourself, please just **THINK** first.

THINK

Is what you're about to post

True?

Helpful

Inspiring?

Necessary?

Kind?



Dog Owners—Seriously?

Having been a dog owner myself, I understand that picking up after your dog is not the most enjoyable part of having a 4-pawed member of your family—but, of course, it's the right thing to do for many reasons.

So, you buy the poo-bags, you pick up and tie a secure knot—Hoorah! And then you just drop it on the floor? Genuinely, I just don't understand. I've seen them often in the park and The Pimple over the last few years—and now up and down our streets, especially The Fairway over the last few weeks.

Why would you do that?

Why would you not take it home with you?

Or drop it in a bin?

Who do you think is going to pick it up for you?

A few residents have been in touch with us to complain about this, and I agree. It is worse than general littering—and I don't understand that either.

We're so lucky to live here, surrounded by trees and green spaces—please take all your litter home with you.

Looking after your Mental Health and Wellbeing when staying at home

www.mentalhealth.org.uk/coronavirus/staying-at-home

1. Plan your day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing.

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

Even at home, there will be lots of ways to exercise and keep your body moving.

3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

A range of relaxation techniques, including progressive muscle relaxation, are available from the NHS.

4. Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for you, whether that's by post, over the phone,

PRIVATE GPs

TRAVEL CLINIC

OCCUPATIONAL HEALTH

MEDICALS

MENOPAUSE

IMMUNISATIONS



The Harrow Health Care Centre

PRIVATE GENERAL PRACTICE

TRAVEL VACCINES,

SPECIALIST IMMUNISATIONS

Our Address:

1st Floor Reception & Consulting Suite
The Clementine Churchill Hospital,
Sudbury Hill, Harrow HA1 3RX

To book an appointment, call us on:

0208 861 1221

info@harrowhealthcare.co.uk
www.harrowhealthcare.co.uk

Surgery Hours: Monday - Thursday 8am - 8pm, Friday - 8am - 6pm,
Saturday Morning - 9am - 12 noon

We are regulated by The Care Quality Commission Reg. No. PO50002272

HHCC is a Yellow Fever and NaTHnac registered travel centre

social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

5. Take time to reflect and practise self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression).

We have a number of relaxation and other digital exercises on our website.

6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

A range of tips for improving sleep can be found on the Mental Health.org website and from Every Mind Matters website.

General resources and advice:

www.mentalhealth.org

www.nhs.uk/oneyou/every-mind-matters

Relaxation techniques:

www.cntw.nhs.uk and search 'relaxation techniques' for their resource library.

Creating & maintaining natural smiles

- Quality care for all the family
- Full range of cosmetic treatments
- Facial rejuvenation using Botox®
- Early, late & Saturday appointments
- Highly experienced, friendly team
- New patients always welcome

Call us now on **020 8904 9440**



Blue Court Dental Centre
201 Watford Road, Harrow
Middlesex HA1 3UA



How are we handling the COVID-19 Crisis?

Firstly, I would like to start by saying how touched I have been by the huge and generous response to my late Father's charity appeal for unwanted glasses. Thank you.

Despite being overshadowed by the Covid-19 Pandemic, many of you have continued to donate. I have received an overwhelming response and collected over 70. I plan to continue our appeal throughout the summer months, so please call us and we will arrange collection.

Your response to my appeal and Our National response to the Covid-19 crisis is a testament of how charity and care for and towards each other is an essential part of who we are and that ultimately we are all connected and need each other.

Like many, we are struggling to know what to do and how we can help our fellow brothers and sisters. In today's article I would like to share what we are doing.

We closed during the first round of the 'lockdown' on 28th March 2020, whilst continuing to offer remote telephone consultations.

We appreciate it is important to continue providing our service to ensure everyone remains comfortable. In the immortal words of Freddie Mercury 'The show MUST go on'.

Therefore, we reopened during the second round of 'lockdown' on 20th April 2020 to treat 'key workers', painful foot conditions and clinical emergencies and have adopted a robust Covid-19 cross infection policy to safeguard our staff and patients:

1. We will triage staff and patients for COVID symptoms using an infrared thermometer and make available masks and hand gel for use by everyone.
2. The therapist will be wearing PPE which includes a disposable face mask, face shield and apron.
3. The clinic will only be manned by the therapist on duty to reduce social contact.
4. We will create a 15-30-minute gap between each patient to ensure they do not meet and avoid any waiting time.
5. During treatments, we will continue to follow our high clinical standard of care, cleanliness, and cross-infection policies. As we have always done, treatments will be carried out using medically sterile instruments and wherever possible use of single-use disposable consumables.
6. We will take card payments and encourage contactless mobile device payment methods.

Footcare Tips

Although proper footcare is always vital, it is even more important now to remain comfortable and maintain your daily exercise and key worker duties. I will be publishing a more detailed article on our website this month but for now here are some basic steps on how you can look after your feet and what to look out for;

Wash and examine feet daily and dry carefully especially between toes.

Use moisturiser and exfoliating gloves to manage dry and hard skin. Do NOT use corn plasters. They contain acid and can cause severe injury and infections.

Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

Open Mon-Sat See our website for opening times

www.footcomfortcentre.co.uk

Tel: 020 8908 1425

130 Llanover Road, Wembley
Middlesex HA9 7LT

Bus Route 245



North Wembley Underground
& Overground station



When indoors wear comfortable indoor slippers or if busy on your feet, wear shoes. Remember this is the longest we have been at home.

When going for daily walks, use comfortable lace up walking shoes or trainers and wash/dry your feet when you come home.

Trim your nails every two weeks following the shape of the end of your toe. Do not cut too low or down the sides to avoid ingrown toenails.

There are some international reports that COVID patients are presenting with blisters and rashes on their feet. If you are at all concerned about this or anything else on your feet please contact us.

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

We will continue to give remote telephone and video consultations Free of Charge to anyone who needs advice on a foot problem or how to remain comfortable.

Our best wishes to you and all during this challenging and life-changing period.

Be safe, remain home and stay active.

Thanks for reading, *Firoz*



A May Tradition—May Day

May Day is a May 1st celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in a change of season (spring in the Northern Hemisphere).

The Celts believed May 1st to be the most important day of the year, when the festival of Beltane was held. This festival was thought to divide the year in half, between the light (summer) and the dark (winter). Fire was one of the main rituals of the festival, helping to celebrate the return of life and fertility to the world.

The Romans brought with them their 5-day celebration known as Floralia, devoted to the worship of their goddess of flowers, Flora. Taking place April 20th-May 2nd, the rituals



of this celebration were eventually combined with Beltane.

A popular tradition of May Day involves the maypole and can be traced back to medieval times.

Villagers would enter the woods to find and cut down a young tree—it was then stuck in the ground on the village green. The day's festivities involved merriment and people danced around the pole with colourful ribbons. This dance was thought to bring good luck for the upcoming crops and to bring good weather for the summer.

The restrictions and social distancing will obviously mean that May Day won't be celebrated in this way this year—I wonder if there has ever been another event which has put a stop to the maypole. Are there any historians amongst our residents who can answer this?



Live In Care

Have you thought about Live in Care for you or your loved ones during this Global Pandemic?

We appreciate that the home care landscape is changing rapidly due to the impact of Coronavirus so why not call Home Instead Senior Care now on **020 8022 4590** to see how **Live-in care could be the best possible home care option for your loved ones and family members** at this unprecedented time.

Our dedicated Live-in CAREGivers can help by:

- Having Key Worker status which enables us to access dedicated shopping hours allocated to social care
- Obtaining our elderly clients' medication
- Managing medical conditions such as dementia, stroke, stoma and catheter care, Parkinson's care and incontinence
- Supporting our elderly clients' with limited mobility
- Managing the cooking, cleaning for our clients and ensuring the smooth running of the household
- Helping the elderly to self-isolate comfortably and safely in their own home with their dedicated CAREGiver
- Ensuring that the elderly have companionship led care in the comfort of their own home
- Supporting our elderly clients to stay connected with family and friends which has become increasingly important. For the elderly, it brings both reassurance and social stimulation while living at home.

We've witnessed outstanding acts of patience and kindness by our CAREGivers in the last couple of weeks. What our clients need most is support, human connection and reassurance. We are here to provide that. If you would like to discuss home care options, please call Home Instead Senior Care Wembley on **0208 022 4590**.

If you, or a family member needs a little help, please get in touch,
we are here to help **0208 022 4590**

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

Each Home Instead Senior Care® franchise office is independently owned and operated. Copyright © Home Instead 2019.





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

There is some comfort in the fact that the natural world goes on growing regardless of the virus that afflicts mankind. We can see in our gardens an abundance of spring flowers and new growth. The spell of warm weather we enjoyed in April for the Easter weekend has given some lovely surprises. Butterflies are appearing. Sightings of a yellow Brimstone and a Peacock have been reported as well as a Red Burnett moth, surely all a month before their time.

Our gardens are a great benefit in these uncertain times. Time at home gives a chance to enjoy our own open space and brings a golden opportunity to renew a part of the garden that has been neglected or become overgrown, perhaps to grow some vegetables that are hard to come by just now, though you will have to wait awhile for results!

Our Society's activities however, are on hold at the present time, the coach trip to Wisley cannot happen and the Early Summer Show in June has, sadly, also been cancelled. We have also had to cancel the Plant Sale. However, we have been advised that our nurseryman Shane's plants are growing well and he hopes to open the nursery on 4th May. Maybe by then, if travel restrictions make it possible, you may be able to visit it, phoning him first on 01895 833 289. Shane's Nursery at 29 Oxford Road, Denham Bucks, UB9 4DA lies on the A40. It might be a good idea to take your schedule (details are on page 5) with you to let him know you belong

to our Society.

However, we must live one day at a time and feel fortunate that our gardens are there for our pleasure, a place to potter, to plan and to prepare, perhaps even to plant some peas!

I have been questioned by an expert gardener on that story in last month's article about planting a tree. The advice I had received about adding fertiliser to the planting hole is certainly true for more shallow-rooted plants. But for a tree, I am advised, no fertiliser should be added to the planting hole, so that its roots reach down, searching for nourishment, making a firm root system rather than feasting on the plant food near the surface. So there's a lesson for us all. I hope no-one has been seriously misled!

The recent windy weather played havoc with the tulips. Heavy-headed, they succumbed to the easterly blasts and swayed uncertainly on their long stems, collapsing on to the path. That strong wind also helped a tall euphorbia, planted at the back of the border, to smother the wallflowers and reach for the prime place at the front. Again blown by the wind, a seed has settled into a warm and sunny spot by the front door, producing a fine marigold. All plants have a tendency to seek the best situation for themselves. So, as we put in plants for the coming season it is good to bear in mind their likely relationship to each other and the need for each one to have space and light in which to thrive.

Margaret Roake



AFFORDABLE, RELIABLE & QUALITY CONTRACTORS



- ◆ **New Build Contracts**
- ◆ **Office Building Conversion to Flats**
- ◆ **Extensions & Renovations**
- ◆ **Commercial Contracts**

Swan Contractors Ltd provide affordable and quality building construction services
To customers across Harrow and London

020 8004 5474

info@swancontractors.co.uk
www.swancontractors.co.uk



Flights

Enjoy Travel?

Hotels

Make a one to one call today

Cruises

0203 005 3238

Excursions

Sales@thetraveljet.com



TURKISH AIRLINES



PAKISTAN
International Airlines
Great People to Fly With

الإتحاد
ETIHAD
AIRWAYS
ABU DHABI



AIR CANADA

QATAR
AIRWAYS
القطرية

Northwick Park Community Garden

www.northwickparkcommunitygarden.com



**"To plant a garden is to
believe in tomorrow"**

(Audrey Hepburn)

Our first AGM was held on 30th March despite the limitations of the lockdown—we counted 20 attendees on our Zoom video conferencing call. It is fantastic that everyone embraced this alternative approach to connect with each other. It is important that we stay connected as a gardening community, for support, during this challenging time. For those that couldn't make it, we had a recap of the year, (including finances) and discussed upcoming events. We've had a successful year, a great group effort!

We are excited about the months ahead and the prospect of starting the new Permaculture Education Project, thanks to Brent CIL! The project will focus on education for children and adults. We are talking to Brent to establish whether we can commence certain aspects of the project, for example, producing online resources and activities. We'll keep you updated.

Whilst we've had to suspend all events mentioned in the April Courier, we are rolling out new activities you may want to participate in.

Photographic competition

We are looking for fantastic photos of the community garden which could include plants, flowers, blossom, wildlife etc. Think creatively and try out different ideas. It could be a close-up of a flower or blossom; it could be a portrait of someone in the garden.

We will have a weekly competition with two age ranges: adults and under 18s. The prize will be a free ticket to one of our online workshops. Email your photos attached with the subject 'NPCG Photographic Competition' (address, right) and indicate whether you are an adult or under 18yrs. Each person can submit one photograph each week so make sure you choose your best!

Painting competition

We would love you to paint a picture of the community garden, perhaps a particular plant or fruit tree. We'll have categories for adults, 12-18yr olds, 8-12yr olds and under 8s. The photo (below) is of an entry we loved from our recent daffodil painting com-



petition.

Please photograph your painting and send it to us by email with the subject line 'NPCG Painting Competition' to northwickparkcommunitygarden@gmail.com

Please indicate your age group. Each person can submit one painting each week.

Online workshops

We've trialed some workshops online—a big 'Thank you' to everyone who participated and provided feedback. It helped us fine-tune our approach, ready to roll out specialised online workshops. We'll share more details shortly through our mailing list via our website (address above / Get Involved)

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

northwickparkcommunitygarden@gmail.com

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

RS Furniture Services

Furniture Repair Restorations and Reporting Service

- . Scratch Repairs
- . Broken Springs Replaced
- . Removal Damage
- . Insurance Retail and Manufacturers Reports
- . Frame Repairs
- . Loose Joints Secured
- . Recoveries

For enquiries call **07795398109**

or

email : rsfurnitureervices@gmail.com

send photos with enquires

CUTH'S TODDLERS' GROUP

Fun Play Stories Support

(now a Daniel's Den)

Every Friday 10-11.30
(except school holidays)

£2 per family (50p extra child)

saintcuthberts

214 Carlton Avenue West
HA0 3QY

0208 904 1457

www.stcuth.org

Belgrave Sew Creative

Room 202, 10 Courtenay Road,
East Lane Business Park, Wembley HA9 7ND

We design, make and fit made-to-measure

Curtains, Pelmetts, Cushions;
Roman, Cascade, Roller, metal /
wood Venetian, Pleated blinds etc.

Professionally made by us in our workroom, we
also supply fabrics, tracks and poles to order.

Call: Mertis 07712123783

mertisbel57@gmail.com

www.belgravesewcreative.com

G. V. ELECTRICAL SERVICES

for all types of electrical work



- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



020 8904 7923

Mobile: **07947 595 112**

ALL SYSTEMS GO!

BOILER BREAKDOWNS

Repairs - Replacement - Servicing

HEATING SPECIALISTS

Gas Safe Registered

Central Heating Installations
Power Flushing - Landlord's Certificates
Free Estimates

Alan Lazarus C.I.T.B. A.C.S. Qualified

0208 4059 / 07956 298 867

Blockley Road—Sudbury Court Estate

R & J Services

Home Improvements

- ◆ Extensions ◆ Roofing ◆ Flooring
- ◆ Fitted Kitchens & Bathrooms ◆ Tiling
- ◆ Plumbing & Electrics ◆ Refurbishments
- ◆ Decorations ◆ Disabled Adaptations
- ◆ Carpentry & Joinery

The One Stop Solution
from Concept to Completion

For information please contact

Randolph on: 07743 140 937

info@randjservices.co.uk

www.randjservices.co.uk



Good Neighbours

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 (while maintaining social distance) 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**



WhatsApp groups

There are now localised street groups that residents can join across the area, which is enabling us to keep connected.

Neighbours have been able to safely reach out if they need something picking up from the shops.

We have also been able to share updates on, for example, where/when it's possible to get deliveries from local shops, relevant info from the Police, etc

If you would like to join, we will put you in touch with your local group, or help you set one up in your street if it's not yet covered.

Please email:

membership@the-scra.co.uk



MN TELECOM

Installers & Suppliers of Telecom Equipment SIP trunks & Faults,

Structured Cabling & Networking,

CCTV, Satellite & Minor electrical works.

Also suppliers of LED lightings

Tel/Fax No. 020 8795 3355 Mobile No. 07850 753 960

info@mntelecom.co.uk

www.the-scra.co.uk
we're always looking for photos and stories
for The Courier and website,
especially historic photos
Please contact: editor@the-scra.co.uk

Easy Electrical Care

Tel: 020 8900 2287
or 07976 535 867

NICEIC



- All Electrical and Building Work Undertaken
 - Inspection & Testing Reports
 - Fault Finding to Complete Rewiring
 - Free Quotes
 - NICEIC Guarantees/Warranties
- Email: info@eecare.co.uk
Website: www.eecare.co.uk



**PLUMBING &
HEATING
SERVICES**

- ◇ Central Heating
- ◇ Boiler Installations ◇ Kitchens
- ◇ Bathroom Suites ◇ Showers
- ◇ All work guaranteed



07831 544 538
0208 908 6021



No call out charge Mon-Fri 9am-5pm
City & Guilds Qualified—Corgi Registered

29 Woodcock Dell Ave, Kenton, HA3 0PW
email: info@j-anda.co.uk



**PLUMBING
& HEATING
SOLUTIONS**

- Boiler upgrades supplied and fitted
- Full central heating installations
- Mego-flo's to Power flushing
- Gas leaks & burst pipes
- Full bathroom installations
- All aspects of plumbing covered
- Landlord Certificates



07956 189 115
020 8902 3477

33 Tudor Court, North Wembley



Est. 1995

07837 345 811

Your Local Handyman

All Interior and Exterior household maintenance

Specialise in Wall Paper hanging

Laminate and Hard Wood Flooring

Furniture and Flat-pack assembly

Jet-wash Drives and patios

Call for free estimate

Greetings from Titus the Bear



Have you ever wondered how Barham Park or Barham Primary School got their name?

The name comes from the Barham family who moved into the area in the 1890s. Sir George Barham set up the Express Dairy Company delivering milk to London by 'express' train in the 1860s and became known for campaigning to clean up and improve milk quality.

They bought Sudbury Lodge and what is now the Park became the family home. In the 1890s the whole area was mostly farmland, and opposite the current Park was a very large Express Dairy family farm. What is now the Dignity Funeral premises in Chaplin Road used to be an Express Dairy farm shop; behind it and on the frontage of Harrow Road, was a laboratory specialising in research on improving milk quality.

Sir George died in 1913 and the business was shared between his two sons Titus (who continued the Express Dairy business) and Arthur who eventually merged his part to create United Dairies, later to become known as Unigate.

Titus remained in Sudbury Lodge, which was later renamed Barham Mansion. Titus used his wealth to contribute to many local causes including the Tennis Club in Sylvester

Road and donated land for the building of Wembley Hospital, which he supported with his wife until his death.

In 1936 he was forced to sell part of the Sudbury Farm Land for the building of Barham Primary School and for Council housing in Farm Avenue; Chaplin Road stands on the original Express Dairy farm.

In 1937 Titus Barham was due to become the Charter (1st) Mayor of a newly-formed Wembley Borough Council. Sadly he died on the very day the Borough Council came into existence.

As part of his will he donated his home and gardens for "the enjoyment of the people of Wembley," and this is why we are so lucky to have the beautiful Barham Park. Barham Mansion was used in the war but became so neglected that it had to be demolished in 1955.

A library and small museum were opened in another of the original buildings on 31 May 1952. It was closed in October 2011.

Together with a group of colleagues, I set up Friends of Barham Library, a registered charity; we opened a Community Library, in a building on the Harrow Road in October 2016—part of this particular building may originate from the 1780s and was known as Crabbs House after its owner. The Library is run by volunteers.

The bear in the picture is the Barham Bear from the Barham Family crest. This version is a drawing by our artist Alessandra Grasso from an old photograph. We have commissioned her to create a larger version for display in our library as part of our reopening celebration—whenever that will be.

We are very lucky to have had such generous benefactors who have left us something as valuable as a local park to enjoy.

I hope you have enjoyed this bit of local history and now that you have had a taste - you'll want some more.

Keep healthy and safe and please enjoy (and look after) OUR Barham Park.

All the best

Paul Lorber, Barham Community Library

Life in Lockdown—Sona Shah, aged 9 and Sita Shah, aged 11



Since the 19th of March we have been at home.

As you know, all schools have closed due to coronavirus. We have kept on track with learning by doing online schooling with our teachers. They send us tests, tasks and worksheets to do plus videos and pictures to base our creative writing on. We found the first few days tricky because our mum and dad weren't feeling well, but we all pulled through.

The positive side to that unfortunate week was that we spent more time together as a family.

This is what we have been up to:

We wake up between 8am and 9am, have breakfast, get dressed and sign in to our

online school. We have a break and then continue working for another hour and a half. After that, at about 12:15, we have our lunch break.

In the afternoon we get to relax by reading, playing together, painting and drawing, and sometimes, depending on the weather, going outside into the garden.

We can talk to our friends using video chatting apps such as Skype, Houseparty and Facetime.

Also, we help our parents by cleaning the house and helping them cook delicious foods like lasagne and soup.

My mum also cut our hair at home as the hairdresser is closed – luckily it turned out well!!!! She's going to cut my dad's hair this weekend too – hopefully it goes to plan ;) or he could always wear a hat!

To end the day, every night we unwind and watch a movie or a game show.

We think the NHS is doing an amazing job and are so grateful. Thanks also to all the people involved in feeding and keeping the country running. We miss our friends, family and teachers but we hope everyone stays safe and healthy!

Things to do 1 — Young Artists and Graphic Designers (closing date 1st June)



Challenge 1:

Would any of our **young artists** like to design a new logo for our magazine?

This little man appears on page 3 every month and we thought, maybe he looks a little tired.

When you're thinking of ideas, perhaps you could think of:

1. The name of the magazine is The Courier—our man in the current picture is a courier delivering a parcel. So maybe your idea could include a delivery.
2. What is The Courier for? e.g. local updates, things to do.

3. Who is it for? e.g. our community, neighbours.

4. It will have to be quite small, so keep it simple.

Challenge 2:

Are you a budding **graphic designer**??

Would you like to design a logo for the Sudbury Court Residents' Association? We don't have one—we're just known as SCRA.

When you're thinking of ideas, the same 4 points above should be considered.

NOTE: New logos will be judged by the SCRA Committee before use—their decision is final. We'll print the best ones in the July issue. **Closing date 1st June**

Things to do 2 — Wildlife in your Garden Survey



Many of Britain's mammals are under threat, but by recording sightings of these species you can help protect their future.
#LivingWithMammals

Residents have been spotting some new visitors to our streets and gardens; some have reacquainted with old friends.

A pheasant was spotted in Campden Crescent a few weeks ago, a Red Kite over Byron Court School; hedgehogs are back in some gardens. I have been visited by Sparrows and Goldfinches, almost daily for the last few weeks.

And as many of us are probably spending more time in our gardens than we would normally, here's something that you might like to get involved in:

"Towns and cities are busy, noisy places, but it's here that most of us live and encounter nature day-to-day. We know the importance of connecting to nature for our own health and wellbeing, and by monitoring wild mammals, it gives us an indication of the 'green health' of our communities. So whether you have hedgehogs under your hedge or even a pine marten on your patio, join in with *Living with Mammals* this spring.

This survey, run by People's Trust for Endangered Species (PTES) started on the **30th March 2020** and runs through

to the **28th June**. You can choose any green space to survey, whether it's a garden, allotment, local park or village green, but the site must be within 200 metres of a building. To take part, all you have to do is record the mammals you see each week and any signs they might leave behind, such as footprints or droppings. Please check the current government guidelines to help you decide if it is appropriate and safe for you to visit public green spaces during the COVID-19 outbreak.

To date, around 8,000 surveys from over 3,000 sites have been completed. The information collected is vital to our understanding of the current status of these wild mammals, and allows us to implement appropriate conservation strategies where needed. You can read about the latest findings from PTES' 2019 survey on our website."

This has been taken from the website of People's Trust for Endangered Species (PTES).

www.ptes.org/get-involved

The Forbidden Box—Aditi Shingala, aged 8

At the start of this amazing adventure, a boy called Alex woke up and was excited because it was another day filled with surprises.

Just then, he heard a creak.

"I wonder, who is that?" He thought to himself.

It was his father, Alex was astonished. His father had woken up at 5:00AM!

"Alex, my son, you are someone who I can trust, surely you will believe me; I have cancer," Stated Alex's father in a discreet manner. "Make sure you don't tell your mother."

Those were the last words that came out of his father's mouth and then he fell to his knees. He had given Alex a rather peculiar looking box that had a note on it. It said:

Whatever you do don't open this box.



Alex turned 15, it already had been a year since his father had passed away. Earlier that day he received a reminder of - THE BOX! THE BOX OPENED...Sparks came out of the box and it made Alex wonder what would happen next...At that second, at that minute, at that moment, a burst of energy fell out of nowhere! Alex sensed that someone wanted his power.

In a moment of time, he felt like superman. Nearly a god, he was breath-taken. As he strutted to the kitchen, he felt like he was hopping and flying at the same time. He flew down the stairs through the main room, past the bathroom and the dining table where he finally reached the kitchen.

The kitchen, a place full of eye-watering onions, the smell of yummy custard and the birthplace of food. The kitchen was the most

restricted area of the house. It had a 'DO NOT ENTER' sign that was written in bold. Every person that entered the kitchen would get grounded for more than half a year (It's super true, Alex always hopes that she is in a good mood). Alex's mother was a really strict lady; she would get angry if anyone would even lay eyes upon her! When Alex told his friends, they didn't even want to think about it.

When Alex stepped away from the world of food, he discovered that he was invisible he was- EUREKA he exclaimed at the top of his voice.

He slowly crept to the kitchen door. He didn't make a single sound. The door went ERRRRRR. His mother heard the sound of a human breathing. She went closer and closer and closer to Alex.

"Wherever you are, show yourself or the more you'll be punished," bustled Alex's mother.

Alex had disappeared somehow in a click of a finger. Alex woke up and found himself inside a deadly bag; He was grunting so loud that he popped out of the hard and rough cage-like bag. As he got his heavy but slim body up, he was baffled and devastated to see him not in his house, but in a cobwebbed, eerie and spooky cave.

He saw dripping blood on lampposts. TIP PLOP PLUP it went. He was petrified as he found an opening. He saw two comfy looking chairs, that were facing each other. He saw a girl and boy. They were much older than him they were too old to be the same age as him.

They said in a witchy voice, "As what we seek you give don't freak, you'll be punished or would you rather live; you have no choice GIVE IT NOW!" Screamed the people.

"Give what?" whimpered Alex.

"THE POWER," emphasised the ugly siblings.

"I-I CAN'T G-G GIVE IT YOU. I'M SORRY," informed Alex to the nasty siblings.

Alex had to stay the night at the wicked siblings haunted and deadly fortress. He slept on a slimy bone-made bed. In the middle of the night he woke up set up traps for the snot nosed siblings. He was so anxious because he was put under pressure.

"Will they come, are they gaining more plans then me aww," he cried.

He put lots of rat catchers that he found, he then put it near their door so when they wake up, they will get hurt on the foot.

"Ha," Cracked Alex.

He then put glue on the toothbrushes and then left them there so when they brush their teeth their toothbrushes will stick on their hands! He then put a bucket of water in the shower, so it is ready to be poured on them in the morning.

The next day the family woke up and the first thing that happed was that they got hurt on their foot because the rat catchers were there.

"Mission one accomplished," whispered

Alex.

They then limped to the rotten and stinky toilet where they were brushing their teeth, but the toothbrush was stuck on their hands.

"Ahhh" the siblings complained.

They sat on the edge of the bathtub and that's when Alex poured the buckets of water on their head. He found a window next to the bathtub the night before, so he quickly escaped.

He found himself back in his house where he was left off before this whole adventure begin.

This time around he never opened anything when he was told not to open it because that was a terrifying adventure; it all felt like a dream for him.

Remember this that when you are scared you have to face that fear and you will become used to it; it might be hard at first but slowly it will become easier.

So always try to face your fears.

Things to do 3 — Making Elmer and his family



Materials:

Empty/clean plastic milk bottles
Scissors
Multi-coloured tissue paper cut into squares
PVA/white glue and brushes
White card
Black pen

1. Cut into the milk bottle just below the handle (Elmer's trunk). Cut off the entire bottom of the bottle and cut 4 legs and a little tail.
2. You're ready to start sticking the coloured squares all over. It doesn't matter if some of them overlap. Once the whole body is covered, add a wash of glue over it all and leave to dry.
3. The ears were made using equal sized pieces of white card, with a tab at the bottom so it can be bent and glued onto the body. It is easier to cover with the coloured squares before you stick to the body.
4. The eyes were cut from the white card, with black pupils drawn with black Sharpie.

When Elmer is all dry, he's ready to take part in stories.

(If you get 'stuck', just search YouTube for 'Elmer from milk bottles' and there are quite a few videos showing how it's done)

The Power of Sun—Aditya Shingala, aged 10



There once were two forces that ruled over the Earth: Wind and Sun. They were the best of friends until one day, Wind grew tired of being the sidekick of Sun and decided to form a devious plan. Later that night, Wind started howling and that caught Sun's attention.

"Why are you howling, is everything alright?" questioned Sun quizzically.

Wind replied with a fierce and abrupt "No! I'm not, can't you see I am howling because I've been hurt by you!"

Sun was baffled and perplexed to hear what Wind had said - he knew something wasn't right. The following morning, Sun noticed that Wind was not at breakfast - so he went to check on him in his room, but he wasn't there either. Now Sun was really getting impatient and curious to find out what was going on

with Wind. But in mere seconds, Wind appeared out of nowhere bewildering Sun so much that his heart started beating like a bird flapping its wings while caught in a net. Sun thought he just did that so he could scare the life out of him, until he was besieged by clones of Wind.

"Oh Sun, Sun, Sun, you really thought we were best friends; just remember we are not and this was all to make you gain my trust - and you fell for it, what a loser!" Wind cackled furiously while clasp onto Sun's beloved sceptre and breaking it into nothing but meagre bits.

For a moment in time, Sun was doomed to misery and death. BOOM! Something whizzed out of the sceptre's rear end and Sun had vanished leaving Wind stuck in his own trap.

Wind had understood that nothing is more powerful than Sun, so he banished himself into his 'gallery of Winds' (His devious plan to trap Sun into a hall of Winds making Sun frantic and eccentric).

After that commotion, Sun has been providing all of Earth its lovely heat and Wind has been weeping and whimpering still to this day.

Things to do 4 — The Tiger Who Came to Tea

Get 'up close and personal' with some amazing animals in your front room or garden.

Google search one of a list of animals on your mobile device (iPhone or android), then press 'View in 3D' - your screen will switch to camera, and a few seconds later you can invite a tiger 'round for tea! Just make sure you don't run out of cake!! Here is the current list:

Tiger	Hedgehog
Lion	Duck
Cheetah	Emperor penguin
Shark	Wolf

Angler fish
Goat
Rottweiler
Snakes
Eagle
Brown bear
Alligator
Horse
Shteland pony
Macaw
Pug
Turtle
Cat
Octopus
Dog



Kids' Page



Hello Kids,

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

preeyaatthecourier@hotmail.com

JOKES

When should you buy a bird?

When it's going cheap!

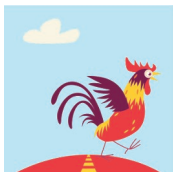


What did the little bird say to the big bird?

Peck on someone your own size!

What do you get when you cross a parrot with a pig?

A bird who hogs the conversation!



Why did the rooster cross the road?

To prove he wasn't a chicken!

What did the buffalo say to his kid when he dropped him off at school?

Bi-son.

What do you call a cheese that's not yours?

Ma-cho cheese!

What does a nosey pepper do?

It gets jalapen-yo business!

Where do cows go on their first date?

To the mooovies!



RIDDLES

I can fly without wings and cry without eyes.

What am I?

A Cloud

I have four teeth and a tail, but I have no arms and legs. What am I?

A Fork

I have a spine but no bones. What am I?

A Book

I'm white and perfect for cutting and grinding. I'm a useful tool for most animals. What am I?

Teeth

I jump when I walk and sit when I stand.

What am I?

A Kangaroo

I come in many different colours and I get bigger when I'm full. I will float away if you don't tie me down and I will make a loud sound if I break. What am I?

A Balloon

My body is usually made of brick or wood and I come with a lot of windows and doors. Keep me nice and clean for visitors and I will keep you warm and cosy. You can sell me when your family grows. What am I?

A House

I'm not a friend of paper and you will want to keep me away from small children. You can use me to create some art or change the style of your hair, but whatever you do, don't run while holding me in your hands. What am I?

Scissors

Did you spot the deliberate spelling mistake?
'Macho' should be 'Nachos'.

williams
DG Limited



windows
windows, doors & conservatories



From
**Conservation Area
compliant windows**
to
**state of the art
Bi-fold doors**

From concept to completion:
U.P.V.C., Aluminium or Timber-look
Windows, Doors,
Porches, Conservatories.



certass 



Family business since 1985
020 8428 5433

info@williams-windows.co.uk
www.williams-windows.co.uk





MAIL BOXES ETC.

here to help in Harrow

post, parcel & print centre

UK & WORLDWIDE DELIVERY

PACKAGING MATERIALS

BUSINESS & PERSONAL MAILBOX RENTAL

ARCHITECTURAL & POSTER PRINTING

BUSINESS CARDS, FLYERS & BOOKLETS

PRINTING & PHOTOCOPYING

SCAN & COPY UP TO A0 / SCAN TO FILE

SOLICITOR SECRETARIAL SERVICES

BINDING & LAMINATING

STATIONERY & FAX SERVICES

***50% OFF PACKAGING WITH CODE: MBE50**

OFFER EXTENDED!!! *Offer valid until April 30th 2020



020 8427 4477



info@mbeharrow.co.uk



www.mbeharrow.co.uk

Mail Boxes Etc. Centres are owned and operated by licensed franchisees of Mail Boxes Etc. (UK) Limited in the UK & Ireland. © Mail Boxes Etc. services vary by location, participating stores only.



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

CHURCH HALL FOR HIRE

Beautifully refurbished Church Hall available for hire at competitive rates.

Telephone 020 8904 9224 or email standrewssudbury@aol.com for more information.

Office open: Tues – Thurs 9 am. to 12 noon.

ROOFING

ALL NEW ROOFS ▪ FLAT ROOFS

ALL TILES ▪ SLATES

LEADWORK ▪ U.P.V.C. FACIAS

GUTTERING ▪ REPAIRS

All Work Guaranteed

For free estimates call:

07940 908 596

D & M & Son

BUILDERS & DECORATORS

FREE ESTIMATES - No job too big or too small

Insurance Work Undertaken

Tel: 020 8966 9140

Mob: 07977 840 123

Complete Building and Decorating Service

Kitchens & Bathrooms fitted

Electrical, Plumbing, Tiling & Plastering

New Roofs / Repairs / Guttering replaced

UPVC Facia Boards / Soffits fitted

Garage / flat roofs replaced in 3 layer Torch Felt

Windowbays replaced in Lead & Felt

Fencing replaced in Panels & Featheredge

ADVERTISER FINDER

	Page		Page
Boilers/Heating, Plumbing	22,25	Home Carers	18
Building Services	20,33	Home Improvement	22,33
Cleaning Services	7	Nursery, Pre-School	22
Dentist (private)	12,15	Printer	33
Doctor (Private)	14	Property Maintenance	25
Estate Agents	2	Roofing, Gutters	33
Electrical Services	22,25	Security Gates	35
Foot Care	16	Soft furnishings	22
Furniture Repair	22	Telecoms/CCTV	23
Hair, Health & Beauty	4,12,15	Travel	20
Hall Hire	33	Windows, bi-fold	32
Handyman	25		

Thank you for supporting our advertisers
They make this magazine possible

Next Copy Deadline

The Courier is published monthly.
Copy, advertisements and remittances for the
June issue should be received by

10th May 2020

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

* **SCRA NEWS** is the latest news from the Association Committee. All other articles are from third parties and do not necessarily reflect the views and opinions of the Committee. As such, the Editor and Committee will not accept responsibility or liability for any such material.

* **The Editor** reserves the right not to publish all or part of any material submitted for publication.

The Editor/Committee's decision is final

* **All rights reserved.** No part of the publication may be reproduced in any form, without the prior consent of the Editor

* **Produced and published** by the Sudbury Court Residents' Association.

* **Printed** by Mail Boxes etc (0208 427 4477)

Please mention

The Courier

When contacting them.

If they do a good job, recommend
them to a friend / neighbour

ADVERTISING

Advertising rates and Terms & Conditions
are available from:
advertising@the-scra.co.uk

All advertisements are accepted in good faith and no responsibility is taken by the producers of this magazine for claims made by advertisers. Readers must satisfy themselves as to the suitability of any contractor or supplier they engage. No recommendations are made or implied. Neither The Courier nor the SCRA can become involved in any disputes between advertisers and their clients.

SECURITY GATES 4 YOU LTD

www.securitygates4you.co.uk

0208 935 5921

Manufacturers and installers of high security gates for windows and doors

Free quotations Price Match guarantee 5 year guarantee



Unit 3, North Cavendish House, 391 Burnt Oak Broadway, Edgware, HA8 5AW

0208 935 5921 07535 218 265

Registered in England/Wales Company No: 08776774 VAT: 266 6666 58



PLEASE NOTE

listening to music is not cancelled,
quality time with your family is not cancelled,
reading a book is not cancelled,
learning new things is not cancelled,
singing out loud is not cancelled,
laughing is not cancelled,
connecting with your community is not cancelled,
sharing HOPE is not cancelled.

EMBRACE what you have