

The Community Magazine for the
Sudbury Court and Pebworth Estates

June
2020

The Courier

90th
Year



Photo: Begoña Garcia

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The Courier



June 2020

Number 212 (1,052)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope this finds you safe and well. If you missed us last month, please do get in touch and we'll send you the link to the May issue of The Courier, which is only available online. Or you can access it, as with all our past editions, on our website—www.the-scra.co.uk/courier

I'm delighted to say that I've received more contributions from residents than ever this month. Perhaps it's at times like this we remember that community is so important—and maybe we've all got a bit more time on our hands?? (Unless, like me, you're working from home, which makes it seem like you've never been busier!) Whatever the reason, Thank you. And please send more!!

I hope you don't mind, but I've included the stories from our young neighbours again—I thought they'd like to see their name in print, plus more of you can enjoy them this month.

Until next time, keep checking on your neighbours, and stay safe.

Kaye

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Special thanks to Begoña Garcia for the cover photo. She said:

"I just thought I'd share. I can see this lovely rose in my neighbours front garden from my window. Nice in these current times to have something lovely to look at.

Hope everyone is keeping well."

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 7271NW

PC Finn Kennedy 2621NW (author of this article)

PC Daniel Kubik 1579NW

Acting Sergeant Joe Cox 2289NW



We have had some recent changes in the management of the Northwick Park Safer Neighbourhood Team (SNT) – Sergeant ZHANG has gone to an Inspector's role and is temporarily Inspector in charge of the SNTs throughout Harrow and Brent. Our Acting Sergeant is A/PS Joseph COX 2289NW, he is also the dedicated ward officer and Acting Sergeant for Preston Ward.

COVID 19 and crime in general:

If, like me, you are finding this "new normal" very hard then we must remember why we are complying with the government restrictions regarding the Coronavirus – we must all do our bit to ensure that the transmission of this virus is kept down.

Please continue to be up to date with the Government guidance and restrictions. I am sure many of us know someone who has died from this dreadful disease; it affects young and old – please do not be one of those people who don't care until it arrives on your doorstep.

The crime figures are greatly reduced as many people are still at home. Robberies and burglaries are down significantly across London, however, as people start to go back to work and houses become vacant, there may be a likelihood that burglaries occur.

Domestic incidents/domestic assaults and mental health incidents continue to be at a higher rate. Please continue to look out for one another and if you find yourself getting wound up by it all or maybe by your partner, then try to take some time out alone: go for a walk, go to the park - exercise is a good relief for stress too.

If you feel intimidated by your partner or family, or at risk of/threatened with physical harm in your domestic circumstances then please consider ringing the police – 101 in a non emergency and 999 in an emergency situation where you are being assaulted or there is a risk to your person.

If you feel stressed, please remember there are support agencies out there. Many people are suffering depression as a result of what is going on – remember a problem shared is a problem solved. Friends/family may be able to help, but if you feel that you would like to talk to someone neutral or feel suicidal then please consider ringing the Samaritans.

What has your team been up to?:

- many Covid compliance calls to ensure social distancing is being complied with.
- assisting neighbouring SNTs in Preston and Sudbury with 3 cannabis factory raids – a number of arrests made; over 1,200 cannabis plants seized and destroyed.
- assisted Preston SNT in the arrests of 2 persons involved in human trafficking and modern slavery in relation an international prostitution ring, women were trafficked from South America on the pretence of a genuine job. The pair arrested are on remand.
- assisted Preston SNT in the ejection of some males who had 'cuckooed' a vulnerable adult's address - cuckooing is when someone has entered and taken over someone's address, sometimes vulnerable adults who have mental health or addiction issues. The address is normally taken over by drug dealers. In this instance, the flat was boarded up and taken back into possession of the housing association; the vulnerable adult was re-housed.
- 27/04/20 PC Kubik and I noticed a car on Kenelm Close, we attempted to speak to the driver, he failed to stop, we attempted to arrest him and he sped off, driving erratically. The driver was identified and is subject to an investigation.
- two separate stops by PC KUBIK and I - 2 arrests for Proceeds of Crime; suspected drug monies – the total monies seized was over £6000, not a huge amount but it disrupts

their activities. The car of one of the males was later seized and he is being processed for 2 counts of driving without insurance, which will result in his disqualification.

Watch out for the Elderly – recent scams in the area:

Bogus builders – fraudsters: 6/05/20 early afternoon an elderly resident of Elms Lane was out in the shops local to Sudbury when she was approached by a “friendly” male who said that he is a builder and was working on her neighbour’s guttering and noticed her guttering needed changing. This male was so convincing and disarming in his manner, that he coaxed the elderly woman to having him do her gutters. When she returned from the shops some of her gutters were dismantled and the male was demanding £1,500 for materials. The company name used was “Apex”. Fortunately, the elderly woman’s daughter intervened before monies were lost but there was some damage to the roof. The elderly woman was also questioned by this male as to whether she had monies at home - for sure he and his accomplices were out to extract the largest amount of money they could from her and do little or no work.

Please, please, please keep an eye out for your elderly neighbours, this is a relatively common scam. I can assure you, like most fraudsters, they are brilliant at convincing and assuring people that they are genuine. If you have elderly family members living on their own please try to organise any building works that they might need, or get a reputable builder or roofer to survey for any required works.

Please ring police immediately if you see anyone who is cold calling, particularly on the elderly.

Bank card scam at cashpoints: an elderly Sudbury resident was recently using the cashpoint in Sainsbury’s Alperton when a male tapped on her shoulder and, saying in a panicked manner “don’t use that machine it took my mother’s card”, he was also waving a piece of paper in front of her as he was saying this. He managed to steal her card from the cashpoint after he had seen her entering her PIN number in this very slick

and well-practiced routine. Please be mindful -these card thieves will rinse your bank card as they will quickly use it in another machine whilst you think the cashpoint that you have inserted it in has swallowed it.

Please if you are using the cashpoint, particularly if you are an elderly person, before you approach the cashpoint see if there is anyone hanging around; before you put your card in, look again, all around you to ensure no one is hovering. Only once you have done this, the cashpoint should be fairly safe to use.

Builders:

As an example: Some paving companies do not dig the required foundations for a driveway or use the necessary substrate, using cheap or inappropriate products. It might be cheaper, and initially it might look nice, but in a couple of years, it will sink and need replacing.

Some of these bogus builders may use cheap labour; a few driveway companies previously found working in the ward, have been subject to investigations into “Modern Slavery” - using foreign nationals, housed in camp sites, paying them minimal wages.

The fact that someone has a company name or website means nothing. You as the resident contracting a company are responsible to ensure that this is not the situation with the company you are using.

If you need roofing/paving work, I would suggest that you ask a local resident, who has had their roof/driveway done a few years ago so you can gauge with the resident the quality of the work; ask on your WhatsApp group.

Dangerous Dog incident, Northwick Park:

02/05/20, 1950hrs: an allegation that two dogs were dangerously out of control. A female mid 30s was walking in Northwick Park near the Playgolf when two Rottweiler-type dogs ran at the victim and jumped on her, barking and scratching at her. The owners were, apparently, a white female mid 30s/early 40s and a black male. They responded to this incident saying that the dogs were only puppies. If someone knows the owners of these dogs can they please ask them to get in touch with us.

Dog owners please be vigilant and keep your dogs under control, especially if they are large dogs with the size that could do some injury to a person or another dog.

CYCLING and MOTORISTS:

In my opinion, one positive of the Covid restrictions is the decrease in vehicular traffic and the increase in cycling. However, one of my team members recently stopped a resident of the Sudbury Court Estate who was doing well in excess of 40mph! She was given very strong words of advice.

A good driver is always a safe driver, speeding kills!!

Many residents might decide to start cycling to work to avoid possible social distancing issues that might be on public transport. I have been cycling in London for over 22 years now, and am still alive! I have had two collisions with cars in those years – my first was about 18 years ago when I was cycling home from night duty at about 630am, I had a light front and rear but was dressed in dark clothing, a motorist did not see me sideways-on on a roundabout – fortunately, he was going slowly and so was I, so though I was knocked off my bike, my injury was slight.

My advice – a good light-coloured helmet, a fluorescent jacket or tabard, lights front and rear. Do not wear earphones unless you can still hear the traffic and consider buying a mirror to see what is on your right side as you cycle, to ensure that you can overtake safely. Always leave a door width as you pass parked cars, remember to keep your vision up and scan the traffic.

Invest in a really good lock - lock your bicycle to a fixed durable object such as a bicycle rack or railings. If you have quick release wheels remember to detach them and lock them too.

Register your bicycle with the frame number on www.BikeRegister.com or www.immobilise.com as police do encounter and recover suspected stolen bicycles from time to time but it is near impossible for us to find an owner without the frame number.

Finally, don't be one of those cyclists who try to run down pedestrians and run red lights and give us all a bad name.

Cannabis Factory checklist:

Questions to ask yourself in order to detect a cannabis factory:

- Are the windows of the property permanently covered from the inside?
- Do visits to the property occur at unusual times of the day or night?
- Do people live in the premises or only visit?
- Are the premises rented?
- Is there a vent protruding through the roof or a rear window?
- Is there a pungent smell coming from the premises?
- Is there a lot of equipment noise, such as cooling fans?
- Have a large number of pots and lights been moved into the premises particularly at night time?
- If in a terraced house, do shared walls appear wet & warm to the touch?
- Are powerful lights being left on overnight?

If the majority of the answers are yes to the above questions then you may be living near a cannabis factory, please contact us.

Overview of offences 16th April - 16th May:

Non residential burglary: Court Parade 24/04 1900hrs – 30/04 1600hrs, rear door of commercial premises forced, alcohol and other property stolen; Kenton Rd (in 70s, odds) witness saw two males break in to



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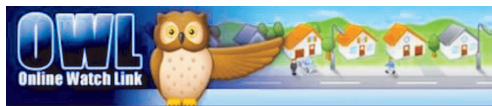
building site, police called two males arrested after pursuit.

Theft of motor vehicle: Watford Rd near 210s, 26/04/20 1054hrs, delivery driver left engine on whilst making a delivery, passing thief stole the van, there was a police chase, thief caught, van recovered – police 1, thief =0!; Harrow Rd, Montague Fell 05/05 0830hrs – 05/05 1630hrs, 10 plate BMW stolen and recovered nearby, believe immobiliser activated.

Theft from motor vehicle: Elms Ln (in 30s evens) – 20/04 2200 – 21/04 1045, CatCon stolen from 18 plate Prius; Northwick Park Hospital (NPH) 23/04 0800hrs – 23/04 1600hrs CatCon stolen from 09 plate Prius; NPH - 24/04 0650hrs – 1500hrs, CatCon stolen from 06 plate Honda Jazz; NPH - 24/04 1030hrs – 1300hrs, CatCon stolen from 06 plate Jazz; Sudbury Court Dv (in the 120s odds side) 26/04/ 2200hrs – 27/04 0400hrs, registration plates stolen from car; NPH, 27/04 1100hrs – 1700hrs, CatCon stolen from 04 plate Jazz; Nathans Rd (in 30s evens) 29/04 2030hrs – 30/04 0900hrs Toyota car broken into, rear passenger's side window broken, £40 cash stolen from within; Carlton Ave W (in 50s odds) 30/04 0200 – 30/04 0600hrs, window smashed and contents of glove compartment stolen; Blockley Rd (in 60s evens) 30/04 1900hrs, CatCon stolen from 07 plate Jazz; The Fairway (in 120s odds) 13/05 1325hrs, CatCon stolen 06 plate Jazz.

Attempted theft from motor vehicle: Old-borough Rd in 80s evens – 23/04 0145hrs, 07 Ford Transit, two male suspects tried to break into to a van in driveway of house, the victim saw the motion on his Ring doorbell and chased the males; Abbots Dv (in 40s odds) 23/04 0140hrs, two persons were disturbed stealing from the victim's van; Carlton Ave W (in 150s evens side) 26/04 1700hrs – 30/04 1030hrs, window of car smashed and glove compartment rifled through; Langham Gdns nr J/W Carlton Ave W, 29/04 2000hrs – 30/04 2000hrs, rear quarterlight window smashed, plastic bag in car searched; Carlton Ave W (in 80s evens side) 29/04 1430 hrs – 30/04 1200hrs, window smashed in an attempt to steal from car; The Fairway (nr 50s odds) 01/05 0001 – 01/05 0900hrs, rear

window smashed and glove compartment rifled through; Pasture Rd (in 10s evens) 07/05 2225hrs, four males have prised the doors to a Ford Transit in an attempt to steal contents, victim has shouted at them that he is coming out with his dog, suspects have fled in car.



We now 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. (please email: membership@the-scra.co.uk) for details

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



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, the Government has just announced a conditional 3-point plan to reduce lockdown measures, and a 5-point Covid Alert level system – to measure the reproduction rate (R) of Covid-19. This will help the Government to either lessen restrictions if the R rate is under 1 or increase restrictions if the R rate is 1 or over.

How will this affect you?

People who cannot work from home will be allowed to return to work, on the condition that they travel safely, preferably by cycling, walking or by car.

People will be able to use the park provided that they practice safe distancing.

Children in Reception, year 1 and year 6 can return to school in June.

By July some restrictions will be reduced for the leisure industry, the hospitality industry and some public spaces will be opened.

It is yet unclear when the quarantine will be applied to those coming into this country by air.

The Council is also considering a recovery process and will make its plans known in due course. The recovery phase will include phrases such as:

Restore – what things will return as normal?

Reinvent – what do we do differently? (whether by choice or necessity), and

Retain – what do we want to keep? as a result of the lockdown process.

OUR COVID-19 RESPONSE IN NUMBERS

1.5m bin collections
WITH NO DISRUPTION



7,453

VULNERABLE PEOPLE
PERSONALLY CONTACTED



£££

18,828

WILL RECEIVE COUNCIL
TAX SUPPORT

2,115
FOOD PARCELS
DISPATCHED



24,891 phone calls
AND
678 emails
ANSWERED



11,606

RESIDENTS LIVING
IN PRIVATE
ACCOMMODATION
WILL RECEIVE
INCREASED
HOUSING BENEFITS



42 rough sleepers

AND

51 people at risk
PROVIDED SAFE HOMES



£34.5m

GRANTED THROUGH
BUSINESS
SUPPORT
SCHEMES

92%
REPAIRS SATISFACTION
RATE DESPITE
THE CRISIS



165

SCHOOLS AND EARLY YEARS
SETTINGS OPEN FOR

465

CHILDREN OF KEY WORKERS
AND VULNERABLE CHILDREN

772

CONTACTS WITH YOUNG PEOPLE
AND FAMILIES NEEDING
EARLY HELP EACH
WEEK



**20% INCREASE IN
LIBRARY MEMBERSHIP**

502 NEW MEMBERS

28,209 E-BOOKS
AND AUDIO ACCESSED

4.5m PIECES OF PPE
AND **4,000** BOTTLES
OF HAND SANITISER DELIVERED TO
PROTECT

2,250
VULNERABLE PEOPLE AND
5,000 CARE STAFF



642 volunteers
HAVE SIGNED UP



Your views on this would be gratefully received!!!

One of the successes that is evident is that, as a Community, we have come together to help those who really need support. I take my hat off and applaud those who have gone above and beyond to help their neighbours in these challenging times. I hope that this can continue locally—through Brent Council, local Mutual Aid Groups, WhatsApp groups and local charities. Special mention to Northwick Park Mutual Aid, this group was born out of residents wanting to do something to help. SCRA and other WhatsApp street groups are doing a great job also.

Brent Council have received praise by members of the community for all the things that they have done to help and support local people. Brent has published an example of some of these things in response to the COVID-19. (See info graphic above).

Other measures being considered

Brent is considering measures to be potentially introduced to support healthier and safer movement across the borough if lockdown restrictions are eased.

They are:

1. We are looking at very simple measures in the short term to help ease social distancing pressures at pinch points in town centres. These will typically be at bus-stops, queues at busy premises (where store owners will also have a responsibility) and at narrow pavements. The interventions might include line marking, signage and barriers that help extend the width of footways, etc.
2. Alongside that, we are investigating the physical interventions that may be appropriate and available so we can bring all aspects together in a working plan for decision.
3. This will also link with the approach we've established for enforcement 'days of action' led by the Neighbourhood Managers. The plan should be scalable so it can account for an escalation of problems through any 'relaxation' period.
4. Further highways work to identify the potential for any green short/medium/long term measures around 'healthy streets' is also being done in tandem with a programme TfL are keen to initiate.

Seeding in Northwick Park Ward

There is some good news- Brent has sown wildflower seeds on the central reservation of Sudbury Court Drive. Your ward Councillors put in the request to brighten up that part of Northwick Park. Gratefully, that suggestion was taken on board. We hope to see the beautiful display there this summer.

Green Waste

Northwick Park is a very green part of Brent and I know that we have a lot of keen gardeners in the area. Due to austerity Brent implemented a charge for green waste. While many residents do pay for the Garden waste disposal service, it has come to our attention that some residents are using the grey bin to dispose of garden waste. Please do not do this. If you cannot pay for the service, please team up with a neighbour who has signed up and see if they can take your green waste as well. Alternatively you can compost your green waste.

The Council will be actively monitoring the use of the grey bins to ensure that this practice is eliminated. To sign up for the garden waste service please go to the Brent website and search 'garden waste service.'

Councillors Surgeries

Our face to face surgeries are on hold until September 2020. We will be holding virtual surgeries in the meantime where we can invite you to a Zoom session—all you need to do is to send an email asap requesting a virtual meeting. We will then send the link to you, so that you can join us on-line. You can still contact us anytime in the following ways:

Cllr Robert Johnson **07876 138 676**
[**Cllr.Robert.Johnson@brent.gov.uk**](mailto:Cllr.Robert.Johnson@brent.gov.uk)

Cllr Margaret McLennan **07949 398 193**
[**Cllr.Margaret.McLennan@brent.gov.uk**](mailto:Cllr.Margaret.McLennan@brent.gov.uk)

Cllr Keith Perrin **07711 561 848** Direct calls only
[**Cllr.Keith.Perrin@brent.gov.uk**](mailto: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.



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**

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Hello folks

I so hope that you are staying well. It has been such a difficult and unsettling time and by the time you read this column it might be out of date.

Although the church building is closed, we are still very much open for business. Our website www.stcuths.org has all the details and the section called 'Daily Hope' has daily encouraging messages that I know many of you are enjoying.

A couple of things. We cant wait for the time that **Memory Café** can reopen. In the meantime please do email me on steve_stcuthberts@hotmail.com if you used to come so that I can keep in touch with you.

As soon as it is safe we will reopen.

Secondly, can I pray tribute to this amazing community round here? We really have pulled together and helped each other out. Amazing. There are so many community heroes in these parts - delivering food, delivering the post and generally keeping everything going.

During lockdown, I have been taking my hour's exercise by walking the estate and praying as I go. I am praying for your safety and that you have people to stay in touch with you. I will be praying, still, when you reads this.

See you all soon. Steve

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Resident's Rainbows



Not sure if we're becoming more aware, generally, of our local surroundings, or whether we have actually been having more rainbows recently. These two pictures were sent in by Neesha (left) and Romano (below), this rainbow appeared on a Thursday—early evening, about half an hour before the doorstep 'Clap for the NHS'.



SIGNS OF THE TIMES

When I wake in the morning
The first thing I say
Is it Monday or Tuesday,
Thursday---Saturday??

Well what does it matter
Each day is the same.
The days of the week
Are now only in name

We are told we must exercise,
Keep muscles in tone
But it isn't much fun
As I'm here on my own.

If I try to do press ups
And lie on the floor
I find that I cannot
Get up any more

I'm 80 plus now
My next birthday's in June,
With all this hand washing
I should know the tune!

I can sit on my doorstep,
There's not much of a view
But I shout out "Good day"
To those walking through
(to the shops—lucky them!)

Well I'm stuck in my home now
Walking out is a crime,
But keep busy, be happy
Live one day at a time.

That's another day gone
I'm no longer inspired!
After doing so little
How come I'm so tired??

(20th April 2020)

(Submitted by a local resident, it was sent to her in a letter from her friend)

"My friend, Margaret, lives in a little village at the foot of the Quantock Hills and having recovered from a long bout of ill health was just getting back to longer walks in that lovely area when the shielding letter arrived. I think she was upset and disappointed to think of being further confined, it's a very prescriptive letter. I think writing the poem helped her 'let off steam!'"

Taking the next few steps...

I hope you are all keeping safe and well.

We've continued to provide our emergency service to keep key workers and those in pain, mobile.

It's been an interesting learning curve trying to meet the challenge of developing protocols for delivering care safely and in line with social distance guidelines.

We have been fortunate enough to secure a large volume of PPE which includes face shields and masks to take us through the coming months.

Although it seems likely that the lock down will be eased, social distancing and infection control protocols are likely to continue until a vaccine has been approved.

If you are one of many who is struggling to secure medically certified and reasonably priced masks and shields, then we can help. We are making available the following items.

In order to ensure everyone gets a chance to purchase we are limiting each item to a single purchase ONLY.

Thanks for reading,

Firoz

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



Face Shields

£4.95 each



KN95 Face Masks

£4.95 each



Disposable Face Masks

£4.95 per pack of 5



**Contact us
for more
information**

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& Overground station



A June Tradition—Summer Solstice



Summer Solstice (21st June) is the day that the sun climbs to its highest point in the sky.

To this day, the Solstice is a very important occasion at Stonehenge. When the Sun appears over the horizon at this time, it rises exactly over the Heel Stone, one of the stones that lie outside the main circle. This has led some to believe that Stonehenge played an important role in druid solstice celebrations when it was erected between 3500 and 5000 years ago.

On the night before midsummer, a group of white-robed Druids gather to watch the sun rising. And under normal circumstances, thousands of people make a pilgrimage to the site to witness the event. This year, English Heritage, which manages the landmark, has cancelled the event—they hope to make up for it by live-streaming the Solstice on the English Heritage Facebook page. If you want to witness it for your self, sunrise will be at approximately 4.52am on June 21st 2020.

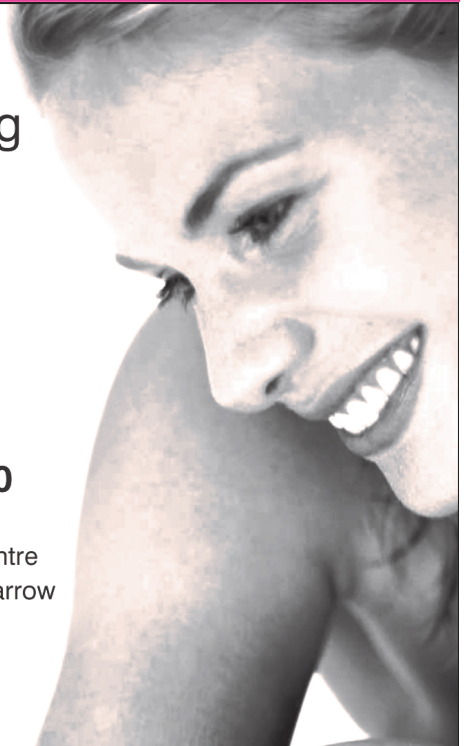
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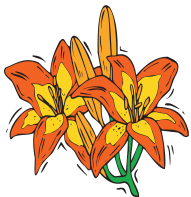
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CALLING ALL GARDENERS



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

Sudbury Court Horticultural Society Your local gardening club

There has never been a better time to discover your green fingers. Locked up at home watching spring turn into summer we must surely all be grateful for our gardens. Gardeners have been well blessed by this year's sunshine. The many days of fine sunny weather have made working outdoors a particular pleasure. The roses are in bloom and everything, weeds and flowers together are growing apace, so there is plenty to do: pulling out goose-grass, digging out dandelions and the seeds of celandines.

Many of us, denied the pleasure of shopping, have found fresh produce hard to come by, developing a sudden interest in growing vegetables. This will probably involve digging up a neglected patch of ground to make space. There is a lot of pleasure in planting seeds and watching the young plants appear and, though the vegetable seedlings are still at an early stage and the harvest some time away, we know that there is nothing to beat the flavour of produce gathered from the garden popped, after a quick wash, directly into the salad bowl or the cooking pot.

For those who must, or prefer to be indoors, this time at home gives time to practise all the creative arts that the SCHS encourages. Arts and craft skills allow us to create something special and original, perhaps a commemorative item. With more time to look up the cookbooks every day, there is the challenge of making interesting meals with whatever ingredients are available. In all these

creative ways we now have time to experiment.

It was great to see the efforts of young people in last month's *Courier*. During this time at home we can encourage children to join in the pleasure of gardening. They like quick results! Sowing radishes, peas and beans, poppies and larkspur do the trick. I remember my own parents marked out for each of us a small part of a sunny border where we could plant whatever we liked. Children like to own things and I remember thinking the primroses in my plot the best ever. Our Mother would make a special feature of the parsley we had grown as she served a family meal of fish with parsley sauce. Dad

would give our plots the occasional can of water when we forgot this necessary job. The whole family would enjoy working together in the garden. For me, this early start has led to a lifetime of pleasure in gardening. I hope it is like that for you.

Like so many other pleasures, our Society's usual activities are on hold. Our visit to Wisley had to be postponed, but Wisley will still be there when the present troubles are just a distant memory. We'll keep you posted on the Autumn Show, scheduled for Saturday 19th September. Maybe by then we shall be able to get together again. Until that happens, we must enjoy our own gardens, so keep on looking out for rainbows and, especially in June, enjoy the scent of the roses.

Margaret Roake



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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



Spring delighted us with stunning displays of blooming trees and plants in the community garden. We've had some great entries to our photographic competition.

Here is the winning entry; a great collage/snapshot from the community garden. We'd love to see more of your photos.



What's New?

A gardening enthusiast in Nathan's Road generously donated a stunning mulberry tree, cobnut and greengage, rosemary and lavender plants, all of which make a fabulous addition to the garden. We've also received a super collection of Rocket, Rocket Ruccolo, Cabbage and Broccoli plants which were grown by students at Capel Manor College in Regent's Park. They were planted by our fabulous volunteers on their social isolation walks - Thank You.

We are hoping that more plants will be added to the garden by participants of the online seed planting sessions held during April and May. The latest online seed growing session was held on 1st May with 37 Scouts (10-14-year group) of the 3rd Kenton Scouts Group and their Leaders, a lovely engaging bunch of children. They are growing cucumbers, squashes, chard, lettuce, broccoli and sunflowers – some of the larger plants will be grown in the garden.



We've also held an online potting on workshop on 7th

May where Susannah shared her tips on how to give our seedlings the best possible start and support their next stage of growth. If you missed the workshop, you can watch the recording of the session on our YouTube Channel 'Northwick Park Community Garden' - yes, it's a first for us!

Watering Call!

All of the plants in the garden will need watering during warm weather periods. If you would like to help out in your own time, email us your mobile number and we'll add you on to our WhatsApp watering group—last year we watered plants, chatted and ate cake :)



Fingers crossed we can resume our social watering meet ups again soon. We are working on the labeling of everything we've planted to produce signage for the garden.

Coming Up...

We are planning some seasonal workshops on 'Weeds as Remedies' - what each season offers us and the symbiosis of seasonal plants and health conditions. Watch this space!

To receive a reminder email with further details – sign up to our mailing list via our website

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

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LIBRARY UPDATE

While we are keen to open as soon as it is safe for our visitors and volunteers, we have not been idle: we have taken advantage of the closure to carry out essential repairs and redecorations.

We also continue with our fundraising to compensate for the loss of our regular hire and activity income. We are raising much needed cash by selling surplus books and other items donated by local residents.



If you're having a clear-out—donations of good quality paperback books (they need to have a bar code on the back) and items such as film cameras (working or not), electronic game consoles and small gadgets are popular and sell well. We can make local pick-ups or items can be dropped off at my address at 17 Stapenhill Road Wembley HA0 3JF or contact me on paullorber@hotmail.com

SUDBURY NEIGHBOURHOOD CENTRE UPDATE

While the centre has had to temporarily suspend services, our lovely care assistants are helping out at local nursing homes, and admin 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.

In the meantime, the only other news we have is the distressing theft of two of our three ambulances on the late evening of 23rd April. Hopefully we shall be able to start action to replace them before we get the go-ahead to open up again!



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VE Day 1945—2020

With huge thanks to Derek for sharing the photo on the right of East Court's celebration of VE Day in 1945. His late wife Mavis is the third girl on the left hand side of the table. Everyone joined in—no such thing as social distancing then.

Fast Forward 75 years, and just a few streets away to Dean Court.

“Residents organised (via their WhatsApp group) an impromptu gathering on the Bank Holiday to celebrate VE Day. Of course, any usual celebration would involve copious amounts of shared food and drink; but in these surreal times, residents emerged from their homes at 4 o'clock with their own snacks and drinks to sit on their own chairs a few metres apart to toast the 75th Anniversary to mark the end of WW2. While children played, adults forged new and lasting friendships until finally retiring indoors at dusk.

Residents comments:

“Great afternoon/evening with fab company.”

“We had a lovely afternoon and I'm proud to say we have a lovely, friendly community in Dean Court which has really come to light during lock down. Well done everyone!!”



See pg 27 for some pictures of London during the war



“It was indeed a gorgeous day with lovely company. Need to do this more.”

“Yesterday was awesome. So nice to connect and know we have such lovely neighbours that look out for one another. Definitely a golden nugget to come out of this situation. Looking forward to the next street hang!”





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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!

Young Artists and Graphic Designers (closing date 1st August)



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 August**

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.

London WW2 - Masks of a very different kind; long before social distancing.



Gas Mask fitting 1940

Our younger residents may have been learning about WW2 recently, with the VE Day celebrations and Cptn Tom Moore being in the news.

Some of our older residents may remember pictures like these.



Aldwych Tube station taken out of service and used for air raid shelter

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 claspings 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.



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**

Kids' Page



Hello Kids,

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

preeya@thecourier@hotmail.com

JOKES

Why are fish so smart?

Because they live in schools.

Why is Peter Pan always flying?

Because he Never-lands.

Who always come to a picnic but are never invited?

Ants.

What do you call a funny mountain?

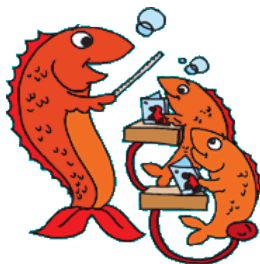
Hill-arious.

Why are frogs happy?

They eat whatever bugs them!

What do you call an alligator with a vest?

An investigator.



RIDDLES

I have a straight back and sharp teeth for cutting. What am I?

A Saw

I'm soft and hairy from door to door.

I always stay on the floor. What am I?

Carpet

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

A Coin

I can run but not walk. Wherever I go, you are close behind. What am I?

Your Nose

I am a nut with a hole. What am I?

A Doughnut

When I point up, it's bright.

When I point down, it's dark. What am I?

A Light Switch

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





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