

The Community Magazine for the
Sudbury Court and Pebworth Estates

August
2020

The Courier

90th
Year



Photo: Zahra Shah

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The Courier



August 2020
Number 214 (1,054)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Happy August! I hope you're all keeping well.

By the time you read this I will be up to my ears in packing boxes, and probably quite stressed! After almost 13 years, I am leaving the estate and moving on.

What I love about living here—my house, my garden, green space, cherry blossom-lined streets in Spring, my neighbours in my street, some really lovely residents from across the estates, sense of community.

I will still be putting The Courier together, for the short-term at least—I would love it if some of you would be my eyes and ears for things that you'd like to see in the magazine, as I won't be on your doorstep any more.

Which leads me on to saying a massive thanks to our new contributors this month—the youngest being Zahra aged 15 for the cover photo, which is beautiful; and the oldest being Iris, aged 91+! And a few in between—I especially liked the positive spin and appreciation by one of our residents (pg24) on the pavement works which are currently being carried out . . . I have noticed, however, that we're a bit short on gentlemen contributors—come on chaps, you're letting the side down! Please continue to email me: editor@the-scra.co.uk

Until next time, which will be from my new home!! My very best wishes.

Kaye

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Front Cover photo:

From Zahra Shah, aged 15

"I feel as if the sunflower may help to bring a sense of peace, serenity and joy to other readers whilst we hopefully near the end of the unfortunate pandemic!"

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



Dear Residents:

As you are probably aware from the News, an 18 year old male has been charged with the murders of sisters Bibaa Henry and Nicole Smallman whose bodies were found in Frynt Country Park, Wembley on 7/06/20.

Danyal Hussein, 18 (10.05.02), of Guy Barnett Grove, SE3 was arrested at his home address in the early hours of Wednesday, 1 July and subsequently charged with the murders. This follows an investigation by homicide detectives from Specialist Crime.

Your team, and other SNTs, were deployed over the past month in a vast number of re-assurance patrols around the parks. However, despite this a lot of residents have expressed their fear and nervousness of using the parks following these murders which is completely understandable. I hope that in due course people will return to use the parks and I have re-iterated the safety advice below which is general safety advice when out and about.

Keeping safe when out and about (taken from PSNI website):

How you can help yourself

- Carry a charged mobile phone.
- Consider carrying a personal attack alarm.
- Vary your daily routines, have company whenever possible, and always let someone know what your plans are.
- Remember - flight not fight!

Staying safe when you're out and about

- Cover up expensive-looking jewellery. Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go, do not get hurt. Your safety is more important than your property.
- Don't take short cuts through dark alleys,

parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed.

- Don't hitch-hike or take lifts from strangers.
- When walking alone carry a personal attack alarm. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it is dropped or falls to the ground.
- Self-defence/safety awareness classes may help you feel more secure, but remember - flight not fight!
- Arrange transport home in advance. Do not go out alone. Don't get isolated from your friends.
- Stay in well-lit areas and don't wander in areas you are unsure of.
- Never leave your drink unattended or accept a drink from someone who you don't know or trust.
- If you feel drunk, dizzy or disorientated seek help from a trusted friend or a member of bar staff.
- Consider carefully whether to leave with someone you have just met.
- When jogging or cycling, vary your route and time. Use well-lit roads with pavements. On parkland, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. Listening to music on your phones etc may limit your awareness to the surroundings.

What has your team been up to?

The vast majority of our time in the past month has been the patrols in relation to the Frynt Country Park murders. However, in one such patrol in Frynt Country park (Uxendon Hill) on 15th of JUNE two males were arrested by, PCs Kubik and Kennedy, following a foot chase of one of the males in which a quantity of drugs were discarded and large bolt cutters found attributed to the other male. These males are currently released under investigation in relation to the offences that they were arrested for – going equipped

to steal and Possession with intent to supply Class B drugs.

In another Fryent Country Park related patrol, PC Kennedy along with other officers were in an unmarked car on Preston Hill in the early hours of the morning when we had occasion to stop and search a group of males. As a result of this stop a male was arrested for Obstruction of a drugs search and Possession of Class A drugs, he later received an Adult Caution for possession of Cocaine.

Again in another late night patrol in the early hours of Monday the 22nd of JUNE, three males were arrested in a car on the Chalkhill Estate. Police, in an unmarked car, had witnessed an encounter with a male on an E scooter and the occupants of a car. On seeing police the male on the E scooter ran away on foot through Chalkhill being pursued by an officer, this male escaped however on the route he had travelled a large knife was found. Next to the car that the males were in, was found a large Rambo-style knife and metal baseball bats. The three occupants were arrested on suspicion of possessing offensive weapons. The arresting officers in this instance were PC Cousins (Sudbury SNT), Pc Williams (Wembley Central SNT) and Pc Kennedy (your team).

E-Scooters and the Law:

E-Scooters have become a fad during lockdown and it would appear that a lot of people

are buying them without being fully au fait with the law. E-scooters are subject to existing legislation under the Road Traffic Act and should be viewed much in the same way as any other powered 2 wheeled mechanically propelled vehicle (mini-moto, scrambler bike etc.). Accordingly, offences such as no insurance and driving licensing offences may be considered as applicable to anyone riding one on a public road. Please be aware of this before purchasing one.

The use of E-scooters and bicycles have increased, and people are using them willy nilly on the pavement. Whilst I understand there is a safety issue, particularly with small children being taught to cycle, footpaths are for pedestrians and children should be advised of this.

Other Local issues:

The catalytic converter thefts continue to be an issue. Areas being targeted have been Northwick Park Hospital car park, Norval Road and other roads on the Sudbury Court Estate, along with Elms Lane. The cars being targeted are old style Honda Jazz, and newish Toyota Prius and Auris. The males involved in this are predominately described as white males, sometimes wearing high viz tabards, ranging in ages from 20s to 40s. They normally jack up the target car, and using a hand held saw quickly scoot under the target car and cut off the catalytic converter. The cars that these thieves have

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been using to drive around in differs, but it would appear nearly always on false plates. If you own a Jazz, Auris or Prius please conduct some research and consider taking security measures to protect your car.

Scrap Collectors and thefts in the locality:

In an ideal world you should be able to leave something on your front drive with no risk of it being stolen, however, the reality is that there are opportunist thieves roving around. In the past month we have had residents in the locality reporting persons in vans trying to steal bicycles left in their front drive area. Previously, residents have reported to me that whilst bleeding their radiators they have left them in their front garden only to come out an hour later and find them missing. In this instance, I suspect scrap collectors were involved.

In some instances, scrap collectors abide by the law, ask permission of householders if there is scrap to take, and have the appropriate scrap metal licences and insurance. However, from my experience, the ones that are going around the North Wembley area, on the whole, do not abide by the law. So if you leave anything of value on your front drive that is metal or useful, it may very well be picked up by scrap metal collectors.

Overview of offences 14/06/20 - 10/07/20:

Robbery Personal: (i) Watford Road near John Lyon Roundabout – 30/06 1700hrs, elderly woman had exited the pharmacy at location and was approached by two youths who engaged her in conversation, the youths have then robbed her bag containing her medication and some cash.

Burglary residential: (i) Priory Gardens (in 20s evens) house under renovation – 26/06 1700hrs – 28/06 1100hrs, entry gained, nothing appeared stolen.

Burglary commercial: (1) Kenton Rd restaurant 120s (odds side) 03/07 2130hrs – 04/07 0645hrs, back door broken, computers and food warmer stolen.

Theft of Motor Vehicle: (i) Blockley Road (in 60s odds side) – 19/06 0030hrs, masked men entered drive with device, stole 16 plate Range Rover, which was subsequently found on false plates in N14. (ii) Hill Road (low evens) – 06/07 0050hrs, 15 plate Range Rover stolen.

Theft from Motor vehicle: (i) Northwick Park Hospital (NPH) – 19/06 0845 hrs – 1715hrs, catalytic converter stolen from 06 plate Honda jazz; (ii) NPH – 19/06 1410hrs – 1600hrs, catalytic converter stolen from 06 plate Honda CRV; (iii) NPH – 19/06 0730hrs – 2000hrs, catalytic converter stolen from 06 plate Honda CRV; (iv) NPH – 01/07 1400hrs – 1500hrs, catalytic converter stolen from 01 plate Honda Civic; (v) Nathans Road (in 30s evens side) – 02/07 2000 hrs – 03/07 1100 hrs catalytic converter stolen from 13 Plate Toyota Prius; (vi) Peabworth Road (low evens) – 06/07 1025hrs gardening tools stolen from open unattended van; (vii) Shelley Gardens (10s odds side) 08/07 1900 – 09/07 0700hrs, catalytic converter stolen from 17 plate Toyota Prius; (viii) Northwick Avenue 09/07 0945hrs – 1700hrs, catalytic converter stolen from 17 plate Auris; (ix) Peel Road (in 100s evens) 10/07 0540hrs catalytic converter stolen from 05 plate Lexus.

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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 -

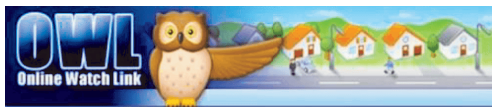
- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you are listening to an iPod or on a mobile phone.

- 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.



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: cllr.robert.johnson@brent.gov.uk

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

COVID-19 Update

Since **Saturday 4 July**, businesses including pubs, restaurants, cafés and hotels have reopened. You can also be part of a group meeting at a place of worship, visit a cinema or museum and get your hair cut by a hairdresser or barber. You are still advised to socially distance by the recommended guidance of two metres, however if you cannot stay at two metres, then you can use the 1 metre plus mitigation's rule (wearing face coverings/masks within enclosed spaces and taking other precautions).

Importantly, there is more freedom to see family and friends. You can meet in groups of up to two households in any location, indoors or outdoors. Meeting with different households at different times is acceptable. And you can stay overnight, away from your home, with your own household – so long as you stick to social distancing.

The Government's advice on shielding has been gradually relaxed - with more freedom for those who are vulnerable to meet others in groups, outdoors with social distancing, since **Monday 6 July**.

I know how happy and thankful many are to see loved ones again. These are important steps towards returning to a life as near normal as we can, for as many people as possible. But we must begin to return to normality

cautiously. The actions of the majority so far have helped to reduce the transmission of Coronavirus. Yet Brent still has one of the highest rates of Covid-19 related deaths in the country. When you leave your home, it's vital that you follow advice on staying safe. Avoid close contact and remain socially distant from anyone you don't live with – even inside the homes of friends or family. Wash your hands regularly. And if you do have any Coronavirus symptoms, ask for a test straight away.

The fall in the number of infections is not yet at a level where all businesses are safe to reopen. The risk is still too great for live music venues, soft play areas, swimming pools and beauty salons, among others. If your business needs extra support, one-off grants of £5,000 are available to help you through the pandemic. You can check if your business is eligible and apply online. If you do see a business that should be closed, but is continuing to trade and putting the community at risk, please report them.

Update on Mutual Aid Groups

We are all grateful that volunteers in our community have eased the burdens and pressures of very vulnerable people in our communities. They have been a welcome addition to help the Council support everyone in the Community. However, the Council will be scaling down its support to the Community as the Government are reducing measures for lockdown. The Government said they would do what it takes to battle the

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scourge of COVID-19 which included funding local Councils as it dealt with the pandemic. The Council has spent in the region of £50m and have received around £20m, so there is likely to be around a £30m deficit, unless more funding from Government is received.

Statutory support to vulnerable people will remain, but food aid and assistance to vulnerable groups are now likely to come from other sources, including Mutual Aid groups. Groups, such as Northwick Park Mutual Aid and other WhatsApp groups will continue to assist the shielded with shopping and prescription runs.

Celebrating Key Workers and the NHS

Sunday 5th July was the 72nd anniversary of the NHS. It was created in the aftermath of World War II, (a conflict that saw 67,100 British civilians killed) to create something better for us all.

During the Coronavirus crisis, public sector workers – specifically NHS, Council, Transport, Social Care and other types of front line workers – have been called upon to continue to work through the pandemic to keep us safe. They have often had to work without proper resources and PPE, within an already overstretched system. Many have been forced to sacrifice their lives. In the UK we have now reached the frightening number of excess deaths linked to Coronavirus of 64,000 (up to 28 May 2020), the second-highest death toll in the world.

The sacrifice that workers in these sectors have made, especially those who directly battled the virus to help people recover, deserves more than just our applause. I hope that you showed your appreciation on the Thursday evenings clap for the NHS/carers and front line workers and the recognition on Sunday 5th July at 5pm.

Let's continue to be alert/vigilant to keep the virus under control to protect the NHS and save lives.

COVID-19 Test Centre in Harlesden

The Harlesden local walk-in test centre is the first of its kind in the Country.

Opening hours have been extended to 8am-8pm, increasing capacity and making it easier for local residents to get tested at a time that suits them.

The site brings testing to the heart of the local community, by focusing on offering appointments to people without cars who can safely travel on foot, without coming into contact with others.

To book an appointment, you **must**:

- Have COVID-19 symptoms
- Be able to walk or cycle to the testing site – do not use a taxi or public transport
- Be able to wear a face covering
- Agree to adhere to social distancing at all times, when travelling to and from the testing site.

Appointments can be booked by calling 020 8937 4440 between 9am-5pm, any day of the week.

Footways programme in Northwick Park

The Council have a programme of footway improvements that have been planned over a period of eighteen months. Between October 2019 and March 2021, 42 miles of pavement will be repaired as part of a £20m programme of improvements.

These major repairs will be spread across the borough, giving footways a new lease of life and making it easier for everybody to get around.

Below is the programme for Northwick Park, much of which has already been carried out. Some delays have obviously occurred due to the COVID-19 pandemic.

Campden Crescent, Dean Court, East Court have all been completed.

Abbotts Drive—began in May (15 weeks)
Holt Road—Aug 2020 (6 weeks)

I hope you can see that we have made the investment in our streets.

Upgrade of mobile network to 5G

The proposal is for a new Hutchison 3G UK Limited column, in order to provide the latest 4G and new 5G technologies to this area of Watford Road.

As part of MBNL's continued network improvement program, there is a specific requirement for a new mast at the footway of Watford Road, opposite the shops to ensure that the latest high quality 2G, 3G and 4G service provision continues to be provided in and around Watford Road. The proposed new column will also ensure that new 5G coverage can also be provided at this location. This ensures that coverage and capacity requirements are maintained.

The proposed new mast has been sited and designed in order to provide 5G coverage and to support the existing mobile network. Whilst your Councillors understand the need to upgrade the mobile network, we do not support the location for the new mast. We have asked them to come back with their proposals for a new location.

Charging bays

As part of protecting our environment and reducing emissions, Brent Council will be installing electric charging points on the public highway throughout the Borough.

An area on Watford Road has been identified which, in your Ward Councillors' views, is inappropriate. Councillor Perrin has taken the lead on this and he will liaise with officers on a more appropriate location and we will be notified of the new location in the coming weeks.

Conservation Area Trees

The Sudbury Court Conservation Area Plan, (Article 4 direction) is designed to give extra protection to a Conservation Area by removing some of the property owner's Permitted Development rights. This enables the Council to prevent insensitive development which would otherwise be out of its' control. This does not mean that an owner cannot make any alterations to their home, but it does give the Council more control over the design and specification of proposed alterations to houses and gardens. This helps ensure the

character of the area is preserved or enhanced and that the quality of the environment is sustained. The protection of the environment includes trees within the Conservation area boundary.

All trees in the Sudbury Court Conservation Area that have a diameter greater than 75mm, measured at a height of 1.5m, are protected.

Permission is required to carry out even the most minor of work to these trees. It is always best to contact the Planning Service for advice on the best way to protect the trees in your garden. Contact details can be found on the council's website.

Councillors Surgeries

Due to the COVID 19 Virus, our face to face surgeries are put on hold until September 2020. However, we will be having virtual surgeries instead where we can invite you to a Zoom session. We will run a virtual surgery on 1st August 2020 at 11am. To meet us at the on-line surgery, all you will need to do is to send us an email as soon as you can 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

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.**

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By the time you read this, the church will be open in some shape or form on a Sunday. Our website will have the details www.stcuths.org

In these lockdown times we have been busy though - especially thinking about what we do about Memory Cafe.

So many people contacted us to say how much they missed the cafe and how lonely they felt. We decided to do something to see if we could help and **Memory Cafe at Home** was born. The basic plan was to offer the best bits of Memory Cafe to people's home - either by phone, internet or letter/package.

We wanted something that was tailored to suit individuals rather than just a generic project. So we rang people and asked them what they wanted, and how we could help. This is what is now on offer and we'd love you to contact us if you want to join in. We will have interactive events on Zoom - quizzes and the like; our quiz and entertainment pack, and the CD we put together with a little radio programme about Memory Cafe.

One day we will open again, but until then we have this to offer you. Do contact us on the phone number above or email:

memorycafeathome@hotmail.com

***Please NOTE**—Spotless Cleaning—Sully Ovens
Specialist oven cleaning service advertised last month (pg22),
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Have you already had COVID-19?

I hope you are all keeping safe and well.

As we move out of lockdown you may have questions. Is it safe to move around? What can you do to keep you and your loved one's safe? For now, the best we can do is follow current Public Health England guidelines and be responsible as we adapt to a new way of life.

Have you been wondering if those flu/cold-like symptoms you had were Covid-19? Or maybe you're simply curious to know if you've had the infection.

There are two modes of testing for the Covid-19:

1. A test to see if someone currently has the infection. This checks for the presence of the virus using a swab from the mouth and nose
2. A test to see if someone has already had the infection and recovered from it. This checks someone's blood for the presence of Covid-19 antibodies. If antibodies are present, this proves that the person has already had the virus, even if they didn't have the recognised symptoms. This can be done by taking blood from a vein and sending to a laboratory, or by taking a droplet of blood from a pinprick on a finger and applying it

to a test cartridge (similar to doing a pregnancy test).

We are now offering Rapid Antibody Testing using the SGTi-flex COVID-19 IgM/IgG test, recognised as one of the most reliable rapid antibody tests available. It is manufactured by a leading biotechnology company in South Korea and offers a clinically tested accuracy confidence level of 95%. It has been officially validated by several worldwide research institutions including the Pasteur Institute in France. It has ISO & CE-IVD certifications, as well as being listed with the US FDA.

Laboratory antibody test results have an average wait time of 2 days and can cost upwards of £75, with some institutions in London charging more.

Our walk-in service for **Rapid Antibody Testing** involves a pinprick to your finger and provides you with a written report of your test results in 10 min, costing **ONLY £45**.

We have set aside a safe working environment in which to carry out testing, but do recommend calling beforehand to be given a time in order to avoid any waiting time.

Firoz



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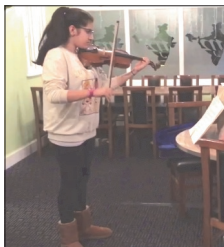




My love of Music - Jenica Jetha

When I was 5 years old, during my music lesson at school, I remember my teacher bringing out a small wooden instrument in the shape of the number 8 with four strings. Instantly, I was intrigued by the arm-length bow that the teacher was holding and the magical sounds which ensued. "This is a violin," the teacher shared. We had several lessons where my teacher introduced us to the instrument's beautiful sounds. I vividly remember the day I ran to the car where my mum was waiting to pick me up from school, eager to tell her that I have found a new hobby.

Fast forward to today, I have been playing the violin (albeit casually) for almost 11 years and it has given me numerous opportunities that I am extremely grateful for. I have performed during school concerts, Christmas fetes, and even had the opportunity to entertain the local community playing a short piece at a local restaurant, which was absolutely amazing! This has also encouraged me to learn the piano, as both instruments



complement each other really well.

From that one music lesson in school I discovered such a strong passion for music, and it opened up so many ways that I could spread this joy!

Learning the violin has shaped me in several ways. I have become more confident - getting outside of my comfort zone: had lots of opportunities, during orchestra practise and music trips, which allowed me to meet people I may never otherwise have met. It has also helped with my collaboration skills when composing pieces to play with my peers.

For any of you wondering whether to learn to play an instrument - go for it! I promise you that you will gain so much from doing so, and may even discover a lifetime hobby as I have!

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Here comes the Sun...

The summer sun is upon us and with the sunshine comes the risk of dehydration. Barbecues, beach trips, garden parties and picnics are what make summer time so much fun but unfortunately in the current Coronavirus pandemic, these activities may not be possible in the immediate future.

Too much outdoor time can also lead to dehydration, which for some senior individuals, can be a common cause of hospitalisation. Apart from drinking regularly there are other steps to prevent dehydration.

Tip 1: Wear Breathable clothing

Tight synthetic materials can make you perspire a lot – wear light breathable layers such as cotton fabrics and linen

Tip 2: Increase fluid intake

Drink as much as you can when it is very hot. Water, tea and juice are all great options to keep you hydrated. Try squash in water if you do not like drinking water to encourage you to drink regularly.

Tip 3: Foods hydrate too

Leafy greens, celery, berries, melon, cucumber, tomatoes and apples can be added to the summer diet. These foods can be very refreshing.

Tip 4: Medication Review

Certain medications can increase the risk of dehydration and sensitivity to the sun – talk to your GP or pharmacists about any concerns.

Tip 5: Always use Sunscreen

It is really important whenever you are outside in the sunshine that you wear Sunscreen, our skin can be delicate, so we need to protect it from burning, even when it is overcast.

Tip 6: Stay Indoors during the hottest hours

The sun is more intense during the middle of the day, between 12pm-3pm so avoid being outside during these times. Do any outdoor activities such as gardening, shopping and walking in the mornings or early evenings. Help your loved ones, friends and elderly neighbours stay safe and sun-happy!

Be Safe and Take Care

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August Traditions—Lammas Day

Lammas Loaf offering



Lammas Day, 1st August—is the Feast of St Peter and Lughnasadh.

Traditionally, Lammas marked the end of the growing season. Lammas is now recognised as a Christian holy day, and is celebrated by the Church as such.

'Lammas' was the medieval Christian name for the holiday and it means 'loaf-mass', as the day on which loaves of bread were baked from the first grain harvested and laid on the church altars as offerings.

Earlier Pagan celebrations often took place on the last day of July and again marked the first grain harvest. The success of the harvests determined the quality of life through the long winter months. The Celtic harvest season, occurring $\frac{1}{4}$ of a year after Beltane, began when the first crops were gathered at Lughnasadh, named after the Celtic sun god Lugh. Corn dollies made from the straw of the first harvest would be kept safe through the winter and then buried in the spring with the sowing of the fields.

Traditional Corn Dollies



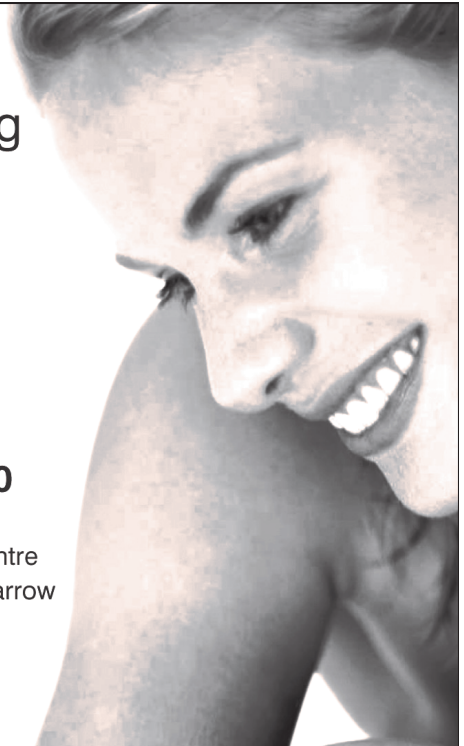
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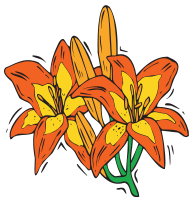
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CALLING ALL GARDENERS

Sudbury Court Horticultural Society Your local gardening club



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

It's no good! I have to admit defeat in hoping that we might put on an Autumn Show this year. You can now turn to your diary and free up that date of Saturday 19th September.

Our summer weather this year has brought some extremes to challenge gardeners. After some balmy, sunny days for sitting in the garden, we have been quickly caught up in the tail end of a hurricane. It came with strong winds that challenged the high fences that divide so many of our gardens. This writer is not a lover of high fences, which restrict

neighbourly contact and cut out sunlight at ground level, so I find some satisfaction in seeing them succumb to the wind. Others of course, value their privacy or point to the need for security. However, the upkeep of those high close-boarded fences can become a problem after the recent gales. If they must be six feet high, there is something to be said for a trellis panel in the upper part of the fence which lets the wind blow through. It also gives gardeners the chance to grow flowering climbers to share. Honey-suckle, clematis, rambling or climbing roses are good candidates for planting at the base of a fence. If you are tall there may even be a chance to speak to your neighbours through the trellis!

It was on one of those balmy days while we were sitting in the garden that the comma butterfly in the picture came to feast on the nectar from scabious flowers. He or she even gave me time to find the camera! Not only butterflies, but bees and other flying

insects enjoy the nectar from flowers with open stamens like daisies, so gardeners are now choosing these bee-friendly flowers to bring a welcome buzz to our borders and indeed even to our lawns, if perhaps your



patch of grass has its share of clover, creeping buttercup, daisies and purple-flowered self-heal. Digging them out has always been a regular summer chore but this year, watching the bees work over the flowers of these 'weeds' made me wonder if removing them is really a kind thing to do. These plants, after all, are native to the pasture land that was here before the houses were

built. Of course, a perfect grassy lawn is lovely but the bees will pass it by and it needs a lot of upkeep.

All these weeks at home have made our gardens extra special this year, a place to relax, to have some healthy fresh air and exercise, and to watch the changing seasons with particular interest. Every garden is different, reflecting the needs and interests of the family living in the house. It is a privilege for each of us to have an outdoor space to make our own, but the Sudbury Court Horticultural Society brings us together in the sharing of skills and knowledge and expertise. Our members have a special bond of friendship. When we can safely get together again it will be a pleasure to have you join in this long-established local enterprise. In the meantime, I hope the August weather will be kind so that you may enjoy your garden - or even ask a neighbour to watch over it while you escape on holiday.

Margaret Roake

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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



Garden ponds are becoming popular again and we held an online workshop, last month, about the wonders of creating your own pond.

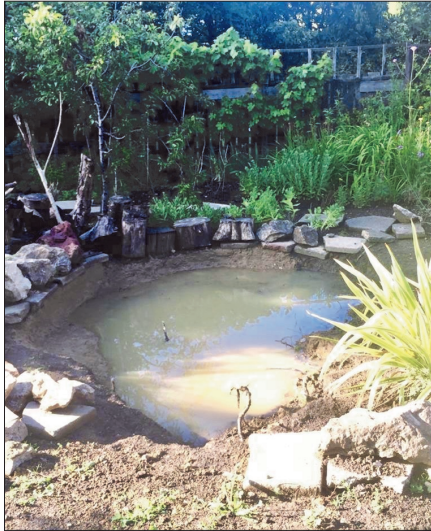
Did you know that, in London, around 90% of ponds have disappeared since the 1900s. This is mostly due to countryside making way for housing developments and industrial land.

Ponds are crucial to wildlife as they provide drinking water for birds, bats and small mammals. Pond plants provide pollen and nectar for insects. Amphibians (newts, frogs and toads) need ponds to breed. As they eat slugs they may help to keep the slug population at bay.

If you are considering installing a pond in your garden, you will be pleased to know that it's a fairly straightforward process! You may prefer to have a container pond using an old sink, a wooden barrel or wheelbarrow, or you may wish to dig a pond into the ground. Consider smaller structures if children are part of your household, and secure the pond accordingly.

10 steps to build a pond:

1. Consider the best place for the pond, preferably a sunny spot in your garden. Ponds don't do well in the shade, however ponds don't want to be in the sun all day either.
2. Create a pond with gradual levels of depth starting at 45cm (18inch) with a maximum depth of 1m. Most pond plants won't thrive any deeper than that.
3. Dig a hole and consider that:
 - i. You need an area where the ground slopes into the pond for wildlife to have a way of getting in and out.
 - ii. Pond plants live at different levels, so you need shelves around the edge for marginal plants - purple loosestrife, water spear-mint, forget-me-not. You can use bricks to create shelves and steps for wildlife.
 - iii. Ensure the top edge is level all the way round the pond. Use a stake and bridging timber as guidance.
4. Put down a protective underlay - old wool carpet is ideal.
5. Add a pond liner. Trilaminar LDPE is non-toxic.
6. Fill up with water - the pond liner will take on the form and shape you dug out. You need non-chlorinated water - ideally rainwater. Chlorine will kill the bacteria in water. You can buy a de-chlorinator product if you use tap water. Alternatively, fill your pond and leave it for a few days before adding plants so the chlorine can evaporate.
7. Decide the kind of edging you want to use around the pond.
8. Plant the pond. Put plants into a pond basket (available from Merebrook pond plants) with holes so water can circulate. Use specialist aquatic compost or heavy clay soil.
9. Keep your pond healthy. EM mud balls are a good option (available from Harold Horticultural). Use once every 6 weeks.
10. Enjoy your pond!



You can watch a recording of the pond workshop with Susannah Hall (as well as our previous workshops) on our YouTube channel.

I hope you find this useful. Keep well!

northwickparkcommunitygarden@gmail.com

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Barham Community Library artists have been busy completing a new mural at Butler's Green near the junction of Watford Road and Harrow Road in Sudbury Town.

The mural was designed by LeSpleen and commissioned by Friends of Barham Library to bring a bit of colour to the area, while paying tribute to all the workers and volunteers who kept helping our community throughout the Covid-19 emergency.

Donations to help pay for more murals across the Sudbury and Wembley area would be welcome. More info contact: Paul Lorber barhamlibrary@hotmail.co.uk or 07917 094 239



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Good Neighbours

Even as lockdown is relaxed slowly, please let us not forget our older or more vulnerable neighbours who may still be staying away from the shops / public spaces at this time. And even as we start getting back to normal—this would be such a lovely community thing to continue. If you are in any doubt as to the difference you can make to your neighbours, please read the note below this notice.

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 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**



Just to say "Thanks"

I received such a lovely hand-written note from a local resident, Iris (the picture, left, was on the notepaper). Please accept my apologies if I spell any names incorrectly.

"I am a 91+ woman. My husband and I have lived here over 30 years. Very sadly he passed away after over 60 years together. We had 2 sons who do things for me, and a wonderful daughter and grand daughter—she is one in a million.

I have wonderful neighbours who have been giving me some wonderful food, which I am grateful for as it's no fun cooking for one. Another friend, Vinita who takes my dog to the vet, collecting my prescription as well as some shopping. She is an angel. My dog got out one day and as I don't walk well, luckily Lavinia found him and now takes him for a walk. Another angel. And I can't thank them enough.

Also the lady at Costcutters who has delivered my Mail, etc.

There are a lot of good people around and I count myself very lucky to know them and again thank them.

I wish to wish Mr & Mrs Khan from the Pharmacy a very happy retirement. They were very helpful people. Thanks again to everyone."

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Cutting Edge?



Pavement renewal is truly underway in Abbotts Drive.

When street signs appear and stacks of bricks for the driveways are deposited on a nearby verge you know that the team is coming your way. Next there will be a friendly reminder to move your car. A cheerful team of mates is on the job. We hear them arrive each week-day morning in good time for a prompt start at 8am, along with the grab-truck that collects and delivers materials.

This is heavy work for the team. An especially powerful drill dislodges the kerbstones and another noisy instrument of torture cuts them to size. Verges disappear in a flash. Paving stones are lifted and piled up to be scooped onto the truck. Then renewal begins.

Tamping down the pavement base, setting the edges of the verge, laying the bricks for the driveways – all this keeps everyone busy. When the team take a break for lunch everything goes quiet. They usually finish about 3.30pm if the job has gone to plan but always stay to leave it clean and tidy. We quite miss them when they are gone! After weeks with no-one around it is good to have people working nearby. Further up Abbotts Drive they will be coming your way - so give them a welcome.



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Kids' Page



Hello Kids,

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JOKES

Why do bees have sticky hair?

Because they use honeycombs!



What do you call a cow with two legs?

Lean meat!

What do you call a pig that knows karate?

A pork chop!

Why are ghosts bad liars?

Because you can see right through them!

What animal might wear a wig?

A bald eagle!

What do you call a fly without wings?

A walk!

Knock knock.

Who's there?

A little old lady?

A little old lady who?

I didn't know you could yodel!

RIDDLES

- I come in a pair and you will need to tie and untie me. Don't go outside without me and take me off before you go in the water. I come in a useful box. What am I?

Shoes

- I have buttons or a zipper, pockets, and sometimes a belt. I'll protect you from a cold wind, but you won't need me in the summer. When you are done with me, please hang me in the closet. What am I?

A Coat

- I am full of keys, but I cannot open any door. What am I?

A Piano

Did you spot the deliberate spelling mistake?
, 'bes' should be 'bees'.





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