

The Community Magazine for the
Sudbury Court and Pebworth Estates

July
2020

The Courier

90th
Year



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The Courier



June 2020

Number 213 (1,053)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're continuing to keep safe and well—and although things might seem as if they might be relaxing, in terms of lockdown, it's important that we don't become complacent and relax too much—Covid definitely hasn't gone away just yet.

Having said that, I hope we can bring you some cheer—look out for the socially-distanced 'Together' event on pg 11, as well as an idea of what you might start doing from our star guest writer Jenica pg 22. Our usual contributors have plenty to update you.

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

Kaye


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CURRENT VERY SERIOUS INCIDENTS AND DEMANDS ON LOCAL POLICE RESOURCES:

At the time of writing this article 14/06/2020, I have spent the day on the Church End Estate, Harlesden, owing to the recent shooting incident on the estate and block party. In early June there was a shooting incident on the Church End Estate whereby four persons, including a two year old child, were shot. Though all survived, the two year old child has been in a critical condition. There have been some arrests in relation to this incident. This investigation and crime scene, along with subsequent patrols in the area, have placed considerable demands on officer resourcing and abstracting officers from other areas and duties.

Also in early June there was a block party on the Church End Estate where hundreds attended an outdoor party and social distancing was an issue.

In addition, to trying to keep people safe on the Church End Estate by increased patrols to prevent further shootings and block parties, there have been protests in Central London precipitated by the death in America of George Floyd, which has also abstracted the local police officers to Central London.

Fryent Country Park

On Sunday the 7th of June, there was the discovery of the remains of two adult sisters in the park who had been stabbed to death. At the time of writing this article, the murderer is still at large and suspected to be a stranger to the women, who were last seen by friends on the Friday at a barbeque in the park. The park has been cordoned off whilst crime scene investigation and a pain-staking search of the park is conducted, the staffing and patrols in the area

has also had a considerable demand on police resources, abstracting officers from their normal duties. I, along with my colleague PC KUBIK, were on patrol in Fryent Country Park yesterday; other officers were also on patrol in this park and other local parks, and we are likely to be doing so for some time to come.

We will make every effort to return to working our Ward area of Northwick Park when we are not abstracted, but I do hope that you understand that with ongoing Covid issues, the shootings in Harlesden, protests in Central London and the murders in Fryent Country Park, that abstractions to local resources are inevitable.

If you feel like reading further after the above, thinking that there is no good news, well the local crime figures still remain down on previous years!

This is still believed to be due to the continued home working due to the Covid pandemic.

Despite what has been going on in Brent and London, I would still ask residents to be mindful that Covid 19 is still around and we do not want a second wave of it.

I would ask that residents continue to keep up to date with the Government guidance and restrictions and abide by the guidance, we all have to do our bit.

I would like to re-iterate also if you feel stressed by things that are happening locally, or the whole Covid thing, then remember there are support agencies out there; a lot of people are suffering depression as a result of what is going on – remember a problem shared is a problem solved, remember those friends and family to shoulder your

problems / concerns and if you feel that you would like to talk to someone neutral or feel suicidal then please consider ringing the Samaritans.

Here is a little of what your team been up to in the past month:

Well, I have already mentioned the abstractions at present due to other serious incidents in Brent Borough and Protests in Central London.

On the 22nd May PC KUBIK, PC BRODERICK and myself had a marathon 24 hr shift owing to two arrests for 'possession with intent to supply Class A and B drugs'. As a result of a search of a car, and two persons inside the car, in Barham Park (Sudbury ward) we found a secret compartment in the dashboard of the car, inside which was hidden a reasonably large quantity of suspected Class A and B drugs. Both males were arrested and further searches of premises connected to them ensued, a quantity of weapons were found at one address. Despite the severe lack of sleep, we were all glad that we had stopped the drugs and weapons reaching the streets. The two males arrested are currently released under investigation.

In early June there was a serious assault (Grievous Bodily Harm) in Sudbury that your team was instrumental in the identification of the suspect involved, who was arrested, charged, and is currently on remand for this offence.

In the last couple of weeks we also had some drugs seized and a male arrested at the wheel of a car believed to be under the influence of drugs.

There were a number of unauthorised traveller encampments that we assisted in the visits to, one such recent encampment being at Curry's on Ealing Road. During the time that the car park there had been broken into and occupied large amount of fly tipped waste was deposited. Photos of several tonnes of waste and issues that it raised regarding residents using unauthorised and dubious

waste collectors was put out in an OWL message by me.

We also assisted in council actions when this unauthorised encampment moved onto Vale Farm Sports Centre car park.

In another recent incident, we arrested a juvenile in possession of a quantity of drugs. He is believed to be involved in drug dealing and anti-social behaviour in the Sudbury and Northwick Park area.

We are also gathering intelligence and trying to find the time to deal with two brothels known to be operating in the Northwick Park area.

What comes with doing anything in this job is paperwork, and so anything we do search-wise, gathering intelligence, or arrests comes with an amount of paperwork, so please remember the paperwork in all this, which takes up officer time.

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

With the harrowing murders of the two women in Fryent Country Park, I thought it would be beneficial to add something on personal safety when you're out and about:

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 your surroundings.

Overview of location of offences from period 13th May 20 to 14th June (date of writing this article):

Burglary Residential (1): Sudbury Court Road (in 50s odds side), 21/05 0915 – 1100hrs, conservatory door broken/forced, cash and jewellery stolen;

Burglary of house under Construction (1): Pebworth Road (in 30s evens), site door broken off and a quantity of tools stolen from the site;

Attempted burglary (2): Elms Lane (in low evens), 03/06 2217hrs, victim has returned home to find three hooded males trying to force entry to the house; Paxford Road (in 70s odds side) 0800hrs 06/06 – 1200 06/06, rear Back Sliding Door tampered with;

Theft of Motor Vehicle (2): Northwick Avenue (in 20s evens) 08/06 1000hrs – 08/06 1925hrs, Honda 125 stolen;

Theft from Motor Vehicle (4): The Fairway (in 120 odds side) 13/05/2020 1325hrs; catalytic converter stolen from 06 plate Honda Jazz, black Audi A4 used in this theft; Northwick Park Hospital, 20/05 0910 – 1700hrs, catalytic converter stolen from 16 plate Toyota Auris; Northwick Avenue (nr low evens) 26/05 2000hrs – 29/05 1400hrs, catalytic converter stolen from 14 plate Toyota Auris; Langham Gardens (in low odds), 10/06 1130hrs – 11/06 1830hrs, registration plates stolen from car

Your team would welcome any information on anti social behaviour or criminal offences that are occurring in the area - please feel free to contact us on 0208 721 29 69 or email: NorthwickPark.snt@met.police.uk



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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 -

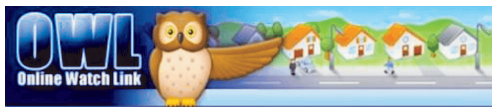
- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you are listening to an iPod or on a mobile phone.

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

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

Public Health—Covid-19

Things are generally improving in Brent (accurate at time of writing: 10/06/20):

- The numbers of cases, admissions and outbreaks are falling.
- There are currently no outbreaks in Brent.
- The R rate for London is 0.4.
- As I write there were 20 positive tests in Brent and there have been 60 deaths since the 18th May. There were no deaths in care homes this week.

Test and trace—The Council:

- was notified of the requirement to create an outbreak control plan during June, although much of this work had already been done. The Council is drawing up plans to manage outbreaks in care homes and schools. The Council is also currently working on the response to a potential outbreak in the hotels housing the homeless.
- will be required to support Public Health England on the management of complex cases and to identify high risk communities.
- will support vulnerable residents who are required to isolate for 14 days. This will be primarily done through the systems already in place to support vulnerable residents.
- plans to use same data flows as currently used to receive shielding data.

There is also a requirement to set up a Health Protection Board, as well as a member-led public facing committee. It is suggested that the Health and Wellbeing Board will form this.

Care Homes and PPE success:

Brent has been seen as the standard bearer in the supply of PPE to Care homes: testing for all workers and occupants and controlling the infection rate across all care homes in the

Borough. The Rt Hn Matthew Hancock MP stated the following in Parliament on 2nd June: "Brent is a very good example of where, when we saw a focused outbreak at the start, we put extra resources in; we have put support into Brent Council, and together we have managed to get this disease under control."

Schools reopening:

The Government have given clearance for schools to re-open, provided that they can do so safely. The Government have clearly stated that it is for the Head Teachers and Governors to make their own decisions when to accept children back into schools. As from 1st June Primary Schools were able to phase in children from nursery, year 1 and year 6, and from 15th June Secondary Schools were able to phase in all year groups.

Brent's View :

Early Years

There are 384 Early Years settings in Brent, due to have a phased return from June. 123 of these settings have remained open during the past weeks for the children of key workers and vulnerable children. Primary Schools have prepared risk assessments, which have been reviewed by the governing boards. For Community Schools, these are reviewed by senior officers of the Council. The Council is committed to ensuring that any phased opening takes place safely. All risk assessments seen so far have been thorough and detailed.

Younger children have been selected to return first as the science indicates that the transmission rate is lower for younger children. Social distancing is more complex for younger children, but it has been suggested that children tend to operate in a 'bubble' of a certain number of children they see regularly. This therefore creates a safer environment. Year 6 pupils are returning as this will aid their transition to Secondary School. There

are also economic benefits for children to return, as this allows parents to return to work. It is the decision of parents whether children return to school, there will be no fines for June and July if parents decide not to send their children to school.

Reinforcement of Brent message that shielded should stay home.

The Government's advice is now updated and reflected below:

- If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping 2 metres apart.
- If you choose to spend time outdoors, this can be with members of your own household.
- If you live alone, you can spend time outdoors with one person from another household (ideally the same person each time).
- You should stay alert when leaving home: washing your hands regularly, maintaining social distance and avoiding gatherings of any size.
- You should not attend any gatherings, including gatherings of friends and families in private spaces, for example, parties, weddings and religious services.
- You should strictly avoid contact with anyone who is displaying symptoms of COVID-19 (a new continuous cough, a high temperature, or a loss of, or change in, your sense of taste or smell).

The Government is regularly monitoring this position.

Help with food and medicines

Ask family, friends and neighbours (or mutual aid support group) to support you and use online services. If you'd like help with your shopping, [NHS Volunteer Responders](#) are also here for you. You can choose what products you want and when you want them, and an NHS Volunteer Responder will then pick up and deliver your shopping to you. They can also pick up prescriptions or any other essentials you need. Call 0808 196 3646 (8am to 8pm) to arrange volunteer support. If you cannot get the help you need, the government can help by delivering essential groceries and support. For further

information about how to get food and other essential supplies, please see the guidance on accessing food and essential supplies. If you (as a shielded person) urgently need food or care, contact Brent Council.

Reinstatement of parking enforcement, particularly around stations

As lockdown has been eased it has been noticeable that more people are now travelling by car to go to work and other places, especially travelling to, and parking near, stations, to the detriment of local people. The Council has now re-instated the issuing of parking fines (PCN) and it has so far increased to 40% of normal levels. This is likely to increase further as the lockdown measures are eased.

Our Environment

As part of a drive to improve our grass verge cutting service, especially during the busy growing period from April to July, Neighbourhood Management have put in place an extra grass cutting team which is in place from 27 April to 20 July.

This will cut more grass verges, quicker, and with maximum impact.

Due to the challenging impact of Covid 19 on recruitment (due to Veolia staff members self isolating and a smaller pool of specialist recruitment agencies to draw on), we can only provide one additional grass verge cutting team in this busy growing period at present rather than the normal extra two teams. This means it will take longer to cut grass than last year, and it will be approximately 9 weeks between cuts.

Please note that since the 2017 reductions in grass verge cutting to 6 cuts a year, grass is allowed to grow to an average, uniform, height of 300mm but this excludes weeds and isolated patches of grass which may be higher than 300mm.

The schedule is currently being updated and will be on the website shortly.

Footway Improvements

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 occurred due to the pandemic.

Campden Cresc—Completed

Dean Court—Completed

East Court—Started March 2020

Holt Road—approx 6 weeks

Abbotts Drive—Started—approx 15wks

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

Brent stands united against racism and inequality



Brent Civic Centre was lit up in purple in support of Black Lives Matter, a global campaign against violence and systematic racism towards black people. This follows protests taking place across the world following the death of George Floyd at the hands of a Minneapolis police officer.

(An extract from the Leader of the Council's statement Friday 6th June)

"The tragic and shameful killing of George Floyd in the United States last week has rightly caused an outpouring of anger. His appalling and brutal death at the hands of the police, and the resulting protests around the world, have shone a light on the deep inequality and systematic racism that exist in society.

I've heard the pain expressed by many of you. I want you to know that Brent Council

stands with our Black residents, the Black Lives Matter campaign, and against all forms of prejudice and injustice. As a community and Council we are proud of our diversity. We will not tolerate injustice or brutality in our borough.

The coronavirus pandemic is a further, painful example of the inequality on our own doorstep. Covid-19 has hit London, and Brent, particularly hard. People from black and Asian ethnic groups are up to twice as likely to die from the virus as those from a white British background. The high risk rates for those living in deprived areas and from Black, Asian and Minority Ethnic (BAME) backgrounds are simply unacceptable.

Since the start of the pandemic, the council has worked closely with Brent's varied communities to provide local support and meet their specific needs. We are determined to play our part in building a healthier, fairer London, reducing inequality as we fight this deadly virus, which is still very much among us."

Councillors Surgeries

Due to the COVID 19 Virus, our face to face surgeries are put on hold until November 2020. However, we will be having virtual surgeries instead where we can invite you to a Zoom session. As from Saturday 4th July, you can meet us at the on-line surgery, all you will need to do is to send us an email or text, 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.**

YOU'RE ALL INVITED!



On Sunday 5th July, mark the birthday of the NHS by joining together to say a big “thank you” to everyone who is helping us through these difficult times, from carers and helpers, to friends and family and neighbours. And make a promise to each other to get through the months and years ahead, together!

More information will be shared on the various Whats App Groups across the estate—we encourage each street to get involved—but please remember to keep to the social distancing guidelines.

To find out more about the campaign go to www.together.org.uk



Saturday 4th July— Evening



Light an LED candle or a diva (no live flames, please) to remember those we have lost.

Wembley Stadium and other national landmarks will also light up

Sunday 5th July



5.00pm Join a one-off clap for carers – the biggest yet, because this time it is to say thank you to everybody.



5.05pm Raise a glass, mug or cuppa, bring cake or a samosa to thank each other – our friends, family and neighbours – for looking out for us, helping the vulnerable, or simply doing the right thing and staying at home



Stay outside to chat to your neighbours (2m) or reach out to someone who is lonely, isolated or stuck in another household, to let them know they are appreciated.

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The First Steps Towards Normality...

Dear Readers,

I hope you and your families are safe, well and in good spirits. As we begin to move out of lockdown, I would like to update you on how we plan to do this and also take the opportunity to recap on a couple of our recent articles.

As you know, we have been providing an emergency skeleton service during the lockdown for key-workers, at-risk patients, such as diabetics and those with painful foot conditions where this is affecting the quality of their lives. This has proved very helpful especially those needing to remain comfortable and mobile and has also allowed us to get to grips with new enhanced protocols that are likely to remain in place for the foreseeable future, at least until a vaccine is in place.

We have created a gap between patients, all our admin staff are working remotely and the therapist looking after you and the nursing assistant will be on duty wearing PPE. This ensures that there is minimal contact between patients and our team and no contact between patients. We began seeing routine patients in June, although we won't roll out fully until mid to late July.

Patients are encouraged to wear face masks, or one will be provided on arrival, free of charge if you don't have one, along with hand sanitising throughout.

For those residents who are not attending but would like to source quality face protection, we have now reduced the costs of Face Shields, 3 Ply Masks and KN95 masks by 20%.

We welcome enquiries and will be sending out an email and SMS announcements to all our registered patients. The latest information can be found on our website.

On a final note, I would like to refer back to my article in April when I appealed for you to donate old and unwanted prescription specs. I was pleased with an overwhelming response, although it was overshadowed by the lockdown. I would like to remind you that I am still collecting and if you have any donations, please pop in to drop them off to our collection box, and collect a free mask in return. Alternatively, call me and I will come round to collect them.

Wishing you all a safe and healthy July. Take care and thank you for reading,

Firoz

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www.footcomfortcentre.co.uk



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Online Learning—The New Norm?

All of our lives have been changed in some way as a result of Covid-19. The biggest impact for me has been in my education. Very suddenly, schools closed and my final GCSE exams were cancelled. With little time for students and staff to prepare, online learning, such as via 'Google Classrooms' has become the new norm.

Bringing lessons online has helped to maintain continuity in our curriculum as much as possible. I have also found that I am able to work more freely and at my own pace which has allowed me to spend more time on the areas I find most challenging, with the benefit of the vast resources that are now available online.

One of my favourite projects learning from home has been visiting Barcelona. I was able to explore the beautiful architecture in the city... from my desk in London! This shows just how much technology has evolved over the last many years - if you are interested in visiting Barcelona, you can do it from your mobile phone or laptop: <https://sagradafamilia.org/en/virtual-tour>



Additionally, I have really valued the time that I have saved from not having to commute every single day, which has given me the opportunity to do lots of baking (brownies!!), learning to play the piano through online lessons, and even just spending more time with my family through playing board games.

There are definitely many challenges to online learning. I miss meeting my friends



face-to-face: lunchtimes are not the same, neither are PE lessons (although I have really enjoyed Joe Wicks' online PE lessons!), and there are just some topics that are better studied in a classroom setting where we can have debates and explore different ideas with each other. There is also a risk that this may cause students to feel more disengaged during lessons, and we also have to consider the impact this may have on students' wellbeing in the long-term; although teachers are clearly doing their best given the difficult circumstances that we have suddenly found ourselves needing to adapt to.

What has this lockdown meant for future education?

Could I see this new style of education is further developed in the upcoming years?

In short, yes. It seems to hold so many benefits and allows students to adapt the work to their own learning styles, whilst also allowing students to explore other avenues of life and have time for other activities. It breaks barriers which students like me face during lessons, such as pacing issues, and allows students to look over the content once the lesson is over. The ability to replay the lesson holds greatness and an increase in content the student is able to take on from the lesson. The future of technology seems to be a fast-growing industry and online learning has a perfect fit in being included in this.

Jenica Jetha



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July Traditions—St Swithin's Day and Oysters



St. Swithin's day if thou dost rain
For forty days it will remain
St. Swithin's day if thou be fair
For forty days 'twill rain nae mair.'
St. Swithin's day if both rain and shine
Then thoust guess is as good as mine

According to an ancient tradition, if it rains on St Swithin's Day, July 15th, it will rain for the next 40 days. The story began in the year 971, when the bones of St Swithin (who had died over 100 years before) were moved to a special shrine at Winchester Cathedral, and there was a terrific storm that lasted for 40 days. People said that the saint in heaven was weeping because his bones had been moved.

31st July is the start of the Oyster season. It is said that if you eat oysters today, you'll have plenty of money during the year to come.



The start of oyster season is celebrated with the blessing of the fishing boats on St. Reeves' Beach in Whitstable – an event dating back to at least the early 19th century. The history of Whitstable's oysters, which the Romans consumed in huge quantities, is told in the local history museum on the High Street.

www.whitstable-museum.co.uk

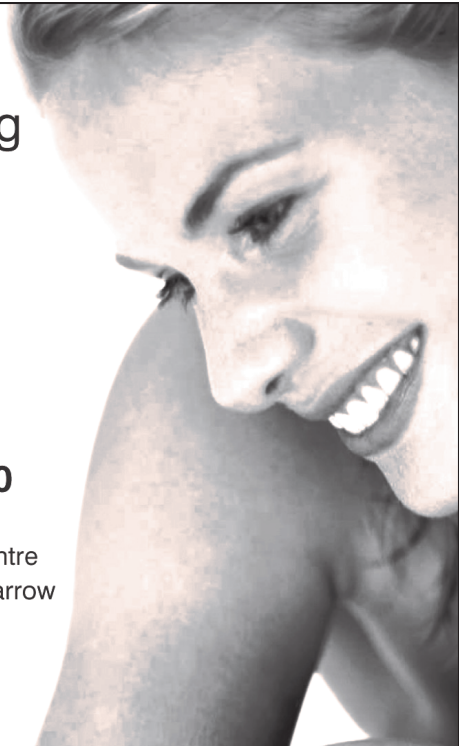
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The meaning of the Lotus flower

"My lotus has given me the most happy time during this Covid-19. After many years of trying to grow Lotus flower in my small tub I have had the most success this year. Watching the Lotus flower bloom was for me like a little baby joining the family, and I have had till today 3 in the tub. Lotus flower is also a very auspicious flower in Hindu mythology as it is offered to Hindu gods and goddesses. This experience has given me the confidence to hopefully set up another tub for next year."

Meena Bhatia

Anybody who has ever observed a **Lotus flower** emerging from a murky pond cannot fail to see the beauty. The flower always

looks so clean and pure against the background of the water.

Because of this the lotus (*Nelumbo nucifera*) has come to be associated with purity and beauty in the religions of Buddhism and Hinduism respectively; the ancient Egyptian scholars observed that, in the night-time the lotus closed its flowers and sank into the water, and came up with a different association with the flower related to rebirth and the Sun; in actual fact the Lotus slowly emerges from a pond over a three day period and then blooms in the morning until mid-afternoon.

Perhaps one of the strongest associations of the lotus flower with religion is that that is observed in Hinduism.

In this religion the lotus flower meaning is associated with beauty, fertility, prosperity, spirituality, and eternity.

Credit: www.lotusfloweringmeaning.net

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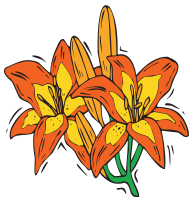
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CALLING ALL GARDENERS



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

Our gardens have responded to the long hours of sunshine, leaping ahead from spring into summer, leaving the gardeners rushing to catch up. Are we working more slowly now there is plenty of time? The first flush of roses was over by the date of our scheduled Early Summer Show on June 6th. It is now time for dead-heading and giving the roses a feed to ensure a good second crop of blooms later in the season. Elsewhere in the garden it is time for cutting back the overgrowth and trying to pull out the weeds before they set seed.

There has been some benefit though in this strange time of lockdown, as friends and neighbours have shared expertise and plants. I am enjoying a lovely plant of borage and some tomato plants kindly shared by a member of SCHS who has become a real friend, and my neighbour has helped fill some gaps in the borders with some special dahlias and busy-lizzies that have settled in happily. We enjoy sharing ideas and always have something new going on in our gardens. Now we are hoping for some rain. This is proving to be a good year for clematis, lovely climbing plants with many varieties of form, some tiny, some blowsy and dramatic in blues, mauves and purple, pink and white. Clematis can cover a pergola, enliven an archway or bring drama to a garage wall. Some varieties may be allowed to scramble over a flower bed, using a shrub as support for their trailing tendrils. They are

greedy plants though, and a bit temperamental, requiring regular care to put on a good show. 'Plant them deep, feed them well, water them often and give them time to get established'. With this care your clematis will come back every year and become old friends, but if you plant and forget them, they will fizzle out and die young – true of most things I suppose!

How do you feel about grass? Is yours a football pitch, or a well-mown, well-fed area of greensward? Plenty of mowing has been going on all around. The grass has suffered from the drought recently but will soon perk up when the rain comes. If it is mown your grass will welcome a summer feed and some spiking with a fork to loosen the clay base and discourage moss. But perhaps you have part of your garden as a wildflower meadow where the grass can grow and flower, while underneath the seeds of the snowdrops, primroses, fritillaries, daisies, buttercups and meadowsweet are setting seed to increase the display next spring and early summer. Anything there you don't like? – just don't let it seed!

We are still hoping it may be possible to put on the Autumn Show on 19th September, but no promises. The exit from lockdown is proving to be a contentious business and we need to be cautious. For many of us our outdoor space has been a salvation over the past weeks of confinement. I hope you too are enjoying your garden.

Margaret Roake



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Northwick Park Community Garden

www.northwickparkcommunitygarden.com



What's New?

After a dry, sunny May, it finally rained! This is good news for the lovely plants and trees, as well as our amazing volunteers that have been diligently watering the garden. These wonderful people have given up their time to keep the garden alive and thriving. Some have supported us from day 1, some are more recent discoveries. All are welcome superheroes in our eyes.

As we are heading into summer, we will need more volunteer waterers. If you enjoy walking, nature, community and helping others, then please email us your mobile number and we'll add you to our WhatsApp watering group (that's all we'll use it for). We use the group to monitor watering and the wellbeing of the plants. Some of you who are eagle-eyed will also spot when some new plants are added.

At our online plant fertility workshop in late May we learnt about plant teas that feed the soil food web. Teas contain food for the bacteria and fungi with nutrients that feed the plant. The bacteria and fungi will feed the plant the nutrients from the plant teas. There are 2 plants commonly used: nettles have a very high nitrogen content to support the early growth of the plants; comfrey is rich in potassium to promote flowers and fruits in a range of plants, e.g. tomatoes. Wear thick gardening gloves when you prepare the nettle and comfrey to avoid skin irritation. To make a plant tea, soak leaves (and stems for nettle) in a bucket of water so they are covered for 2 weeks. (Buckets with lids are

ideal, e.g. nappy buckets.) As leaves break down gradually, top up with fresh leaves. You may want to weigh the leaves down with a large stone. Dilute 20/1 and water the plants around their roots to feed them.

We hope to be able to organise social watering meet-ups again during the summer, pending Government advice and social distancing guidelines.

Coming Up...

Thursday 9th July 6.30-8pm we have a webinar to talk about the individual plants that are growing in the community garden so we can all learn about when and how to harvest them, how to use them, and their benefits for wildlife. When registering for this online workshop, let us know if there is a plant in the community garden you would like to research and share your knowledge on. This workshop will also explain the planting design of the garden.

And...

During July/ August we are planning to set up an online session with herbalist Roisin Reilly and talk about 'weeds as remedies'. Making the most of summer abundance, incorporating weeds into every day diet and using them to treat sunburn, hives, bites and rashes; drying herbs for teas. We'll confirm the date on our social media and website.

Keep well and stay safe.

northwickparkcommunitygarden@gmail.com

Check our website

join us on Facebook, Instagram



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UPDATE

We continue to review the health and risk situation and hope that we may be able to start some limited opening of our Community Library in July.

In the mean-time the library continues to be repaired and decorated.

We also painted a Mural on the door next to the Library entrance thanking everyone involved in serving the public during the Covid 19 crisis. This work was carried out by our artist Alessandra and paid for through donations from our supporters.

By the time you read this our much larger Mural project at Butlers Green Open Space in Sudbury Town will be finished. We are fundraising to pay for this latest artwork so if you wish to support us with a donation please contact me at:

barhamlibrary@hotmail.co.uk or on 07917 094 239 and I will send you a Gift Aid form.

Please keep well and safe and we hope to welcome you back to Barham Community Library soon.

Paul Lorber



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What to do?—by Jenica



Are you tired of lockdown and looking for places to go now that the rules have been relaxed? We can finally start to slowly go out, but now the question is where to go whilst still maintaining social distancing?

Here's some thing which you can do locally, and tips on how to stay safe:

If you are looking to catch up with friends, why not try creating a small book, movie, or TV show club while the weather is beautiful and sunny? Read/watch at home and then meet to discuss face-to-face. For instance, you could agree on a title to read/watch and set a time during the week to meet and discuss it. Alternatively, if you're still shielding you can also arrange a book club via Zoom.

If you are visiting the park, it is important to be conscious of your personal safety. You can do so by limiting the number of valuable

items that you bring with you and making sure you stay near routed areas and places that you are familiar with. Also when you are initially meeting up with other people it is important to make sure you meet outside the park, and go in so that you are together when entering. Safety in numbers!

Top tip! If you aren't sure whether you are maintaining an appropriate distance, a good way to measure a 2-meter distance is by imagining that there are two park benches between you and your friend.
Have fun, and stay safe!



Hi, My name is Jenica and I am 16 years old, I enjoy playing the piano and violin in my free time, and regularly go swimming.

I decided to write for The Courier since I have always loved writing and I

have been an active reader ever since they have been coming to my door.

This opportunity also allows me to be part of the community and a way for me to share my experiences as a young person living in the area.

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Young Artists, Graphic Designers and Writers



Challenge 1:

Would any of our **young artists or graphic designers** 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 the answer to these questions first:

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—but also think about what is being delivered—it's not just an object
2. What is The Courier for? e.g. local news and updates, information and things to do.
3. Who is it for? e.g. our community, neighbours—who are they?
4. It will have to be quite small, and is printed on letters as well as in the magazine, so it needs to be clear and quite simple.



Challenge 2:

Would you like to design a logo for the Sudbury Court

Residents' Association? We don't have one—we're just known as the SCRA.

When you're thinking of ideas, you should consider the same 4 points as Challenge 1.

NOTE: New logos will be judged by the SCRA Committee before use—their decision is final.

Closing date 1st August

Challenge 3:

We are always looking for extra stories for the magazine—if you would like to join in, then please contact me and I'll set you a task or story to write, or you can come up with your own idea—just like Jenica did this month (see page 13 and 22)

NOTE: Editor has the final decision on which stories get printed.

editor@the-scra.co.uk

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Kids' Page



Hello Kids,

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

preeyaathecourier@hotmail.com

JOKES

What do you call a sleeping dinosaur?

A dino-snore!



What is fast, loud and crunchy?

A rocket chip!

Why did the teddy bear say no to dessert?

Because she was stuffed.

What has ears but cannot hear?

A cornfield.

What did the left eye say to the right eye?

Between us, something smells!

What do you get when you cross a vampire with a snowman?

Frost bite

RIDDLES

They come out at night without being called and are lost in the day without being stolen. What are they?

The stores.

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

A milk truck.

Q: What is so delicate that saying its name breaks it?

Silence.

Q: What is as light as a feather, but even the world's strongest man couldn't hold it for more than a minute?

His breath.

Q: It has a neck but no head, and wears a cap? What is it?

A bottle.

Did you spot the deliberate spelling mistake?
, 'stores' should be 'stars'.






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