

The Community Magazine for the
Sudbury Court and Pebworth Estates

September
2020

The Courier

90th
Year



Photo: Pam Mundi

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The Courier



September 2020
Number 215 (1,055)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Whilst I write, it's swelteringly hot, and I'm still packing. We're in desperate need of some rain—please have a quick look at pg 24.

It's such a shame we didn't get to have a party to celebrate our 90th year! Maybe next year? (can I come?) In which case you'll need to mobilise—which I think we all did brilliantly well during lockdown. That's what happens when we work together—we don't think twice about it, we just get on with it; we met—and liked—neighbours we hadn't met before. How good was that?

So, I'm not going to apologise for the slant to volunteering this month. Our young correspondent, Jenica, has written about her experience volunteering (pg13) . . . And you know how much I love it! . . . We both highly recommend it! Please take a look at pg 23 and then get in touch. St Luke's Hospice shop is also looking for volunteers—take a look at pg11.

I look forward to hearing from you with news.

Until next time,

Kaye

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Front Cover photo:

Pam Mundi

"Beautiful flowers bring smiles to people's faces, which is a great pleasure to see."

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

Sergeant Steve Brown



We now have a new sergeant -Sergeant Steve Brown, who joined NW Safer Neighbourhood command. He will also be the supervisor over Sudbury and Preston Ward teams. He comes from a background working on Safer Neighbourhoods and in due course will be out and about introducing himself; he will be glad to meet you in person at the next Ward Panel meeting.

R.I.P Jack Gilbert:

Ward Team Officer, Charlie, would like to give a personal mention regarding the passing of Jack Gilbert: "When I first started back in 2007 Jack and Jill Gilbert were one of the first residents to offer their full support and whenever I had meetings with Jill, Jack would always make me feel welcome and offer his support - for a rookie back then it meant a lot. I will miss Jack's stories and his positive attitude. I believe that the estate has lost one of it's great characters. R.I.P". The whole SNT echo Charlie's sentiments.

The role of SNTs and Reporting Crime:

The role of a Safer Neighbourhood Team (SNT) is to identify local policing problems such as anti-social behavior (ASB), local criminality, and other Quality of Life issues. We work with partner agencies and local communities to identify and tackle these issues.

Unlike Police Response Teams, we are not always on duty. We have a shift cycle and generally are trying to do something to reduce community issues – through various initiatives or focused intelligence-led patrols. We can/do respond to calls (101/999) to police, but if a resident believes that a crime is being committed (assault, criminal damage, theft, burglary, robbery, fraud etc) then the resident should ring 999 if the suspect is still there committing the crime. If the crime is being committed by a neighbour and a person is being injured or they are damaging your property then depending on the

seriousness of this, then you should ring 999 which is the emergency number. If the crime **has been** committed and the suspect is no longer there ring 101, or report online via the Met Police Website www.met.police.uk

Please **do not** ring us (SNT) to report crime or Road Traffic Collisions - you need to follow the correct procedure. If you ring SNT to report you will be referred to the correct reporting method or your call could end up in our voicemail box for a number of days whilst officers are off duty or on other deployments. The SNT do monitor the various residents WhatsApp groups, however, likewise this **should not** be a method of reporting the crime to the police.

Where a resident has a boundary dispute with a neighbour, and they believe a criminal offence has taken place they should then report in the manner described above. They should seek advice from a solicitor in relation to issues of boundary or contested building works or to get a cessation of works, issues of the boundary are often outside criminal law and therefore not a police matter. Residents should not conduct any building works without the appropriate legal consent whether that be planning permission or agreement with your neighbours re boundary as it could end up with legal action being taken.

Next Street Briefing:

28th Sept, 4-5pm on the green outside St Cuthberts with PCSO Charalambous

What has your team been up to?

Your officers, PCs KUBIK and KENNEDY, have had various other deployments in the past month which have abstracted us away from Northwick Park such as patrols in Windrush Road, NW10 in relation to the recent murder there, policing the area surrounding the Ace Café due to large vehicle gatherings there, racing on the residential roads and general ASB, we have also been staffing up

the local response team who were short of officers.

Mid-July we responded to a call on the SNT number - a local resident who witnessed a believed domestic disturbance on the street in the vicinity of the Pimple, we attended and investigated, the male and female were found and neither made any allegation, however the witness alleged that the male was shouting and swearing at the female on the street. A subsequent enquiry found that the male had given a false name to police, his correct details were found and he is now subject to an investigation in relation to this, and in relation to the offence of him driving a car whilst disqualified and a number of fraud offences.

In this instance, a call to 999 would have been more appropriate. But we were luckily in the vicinity and able to attend immediately.

We have been policing the Pimple and Northwick Park pavilion quite a bit due to ongoing complaints of gatherings of young people involved in drug taking – anti-social behavior (ASB). A number of persons suspected as contributing to this have been identified, contacted and in a few incidents processed for possession of cannabis.

Possession of cannabis is a criminal offence, it and its users and dealers contribute to a vast amount of anti-social behaviour and criminality – see pg 6.

21/07/20 PCs KENNEDY and KUBIK were involved in a raid on Preston Road (Preston Ward Area) with the human trafficking unit in relation to an Organised Crime Network who set up cannabis factories. Persons at the address were arrested and the premises searched.

27/07/20 – We joined officers from Sudbury SNT to attend a suspicious address on Compton Ave. Entry to the address was forced to find a fully working “cannabis factory” with 400 cannabis plants inside, two Vietnamese males (suspected “gardeners”) were arrested, the dangerous electrics disabled, a forensic examination took place. The two Vietnamese males were later interviewed, charged following CPS consultation and remanded. That day resulted in a number of officers involved doing a marathon shift, particularly PC Kouppari (Sudbury ward) and PC Kennedy, who ended up doing over a 24hr shift, and secured that a sample of the plants were sent to the lab on the 28th for analysis and yield. The set up of this “factory” and others involved is being investigated.

02/08/20 - PC Kennedy had an arrest for a Failed To Stop drink driver, who blew three times over the drink drive limit back at the police station. Later that night, en route back to the police station just after midnight, in Sudbury PC Kubik, who was with PC Kennedy, saw a male right up close to a shop front. This male was searched and a large

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implement akin to a crowbar found, he was arrested on suspicion of Going Equipped to Steal, and following interview he was released under investigation. Again this too was a super long shift for PC Kubik and PC Kennedy as both officers were due off at midnight on the 2nd.

Both PC Kubik and PC Kennedy have a number of criminal investigations on the go at the moment in addition to our other deployments, memos from CPS lawyers to do with various cases we have, amongst other things.

Cannabis and the Law: possession of cannabis, in public or private, is a criminal offence.

Cannabis is a Class B controlled drug, on a first time possession instance, a person will generally get a warning called a Community Resolution. However a number of factors influence this being given to the person in possession: history of person, ASB in the area, and amount of cannabis. A Community Resolution is not a criminal record but will come up in an Enhanced DBS disclosure.

Cannabis has been listed as a controlled drug under the Misuse of Drugs Act 1971.

As an illegal drug, its' dealing is entwined with criminality – most dealers are involved in other criminality and, from experience, most cannabis dealers will also source other drugs. The 14/15 year olds who I arrested for peddling cannabis and street robberies are now, some 10 years on, dealing cocaine and involved in County Lines (the distribution of drugs from London to other parts of the county), which frequently involve the use of vulnerable children and adults. Cannabis dealers will often carry weapons.

The Pimple and Northwick Park are reported

as areas where groups of youths have been congregating doing cannabis. Sometimes driving there, smoking cannabis and driving away – this is akin to drink driving and is illegal and dangerous.

Often residents report the associated ASB in relation to groups congregating doing cannabis – litter, drug driving, doing 'doughnuts' in cars, nitrous oxide metal canisters thrown on the ground. If you see someone sucking on a balloon nowadays this frequently indicates that they are consuming nitrous oxide, which they get from the small metal canister. Nitrous oxide consumption is often associated with other drug use.

Bottom line if you want to be successful in life, and not get a criminal record or have anything that will influence your career do not do cannabis. Any parent out there if you find your child is doing cannabis, stress to them that it will negatively affect their life and their future.

Cannabis factories:

Cannabis factory is the term given to a property that has been made into a greenhouse for the cultivation of cannabis. It is an illegal enterprise and is frequently connected with Organised Crime Networks who are involved in large scale distribution of cannabis and human trafficking.

Cannabis factories are also dangerous - the large scale energy consumption required for the strong lighting and ventilation mean that the mains electricity is frequently hacked into and the meter by-passed. It is not unknown for them to catch fire due to overloading the electricity.

Some tell-tale signs:

- windows constantly covered and apparently in darkness. Visitors, particularly during hours of darkness.

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- Sickly smell of cannabis constantly coming from a property. Many are discovered by passers-by who catch a whiff of cannabis smell as well as some of the other signs

- you might notice a high level of condensation at the windows.

- The buzz of a ventilation system on an apparently unoccupied property. The ventilation is to regulate heat, condensation, smell.

Overview of offences 10/07/20—07/08/20:

Robbery Personal: (i) near Northwick Park pavilion, victim was walking from Northwick Park LT station to The Fairway, 22 July 20 2330hrs, Victim has been attacked by Four white Males (18-22) on two Mopeds. He was punched to the face three times, and a Knife has been used to threaten him, his iPhone stolen and he was forced to disclose his PIN.

Burglary Residential (2): (i) Elms Lane (in 30s evens), 16/07 1400hrs – 2245hrs, front door forced and jewellery stolen; (ii) Kenton Road (in 120s odds), 24/07 2330 hrs – 25/07 0630hrs, three white males broke into a garage there and stole a bicycle;

Attempted burglary (1): (i) Dyson Court, Perrin Rd 10/07 1350 hrs – 1530hrs, window of house forced open, believed no entry gained;

Theft of Motor Vehicle (1): Sudbury Court Drive (in 120s odds side) 25/07 1600 hrs – 1729hrs 16 plate Merc stolen subsequently recovered

Theft from Motor Vehicle (3): (i) Rushout Avenue (in low evens) – 25/07 0430hrs catalytic converter stolen from 14 plate Toyota Prius; (ii) Holt Road (in low odds) 31/07 1850hrs, wheels stolen from 20 plate FORD transit van; (iii) Elms Lane (low odds) – 31/07 2330hrs, male rummaged through unlocked car -stole cash and documents from within.



We 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.

Please register on OWL to receive these alerts—it is a FREE service:

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

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope that this article reaches you in the best of health. There is not much to report locally, so all updates are from the Council:

COVID-19 Update

Lockdown restrictions are being relaxed in most places across the country, which we have all been looking forward to, but a major risk remains.

We need to prevent a second wave of the virus in the borough, as we all want to avoid a situation where we cannot visit each other's homes again. Every effort we all make now will help save lives and protect people.

Please pay attention to your surroundings at all times and strictly follow the NHS advice:

Wash your hands, or use hand sanitiser, regularly and for at least 20 seconds



Wear a face covering in shops and supermarkets, on public transport and when in other indoor spaces where keeping apart from others isn't possible. Please always take a face covering with you when you leave your home in case you need to use it.

Get a free test now if you have any Covid-19 symptoms or have been in contact with someone who has symptoms. Search NHS Track and Tracing.

Stay at home if you test positive for the virus

or have been in contact with someone who has tested positive.

Brent Connect returns

10th August saw the virtual return of **Brent Connects** – a space for your community to come together and talk about what matters most to you. The sessions were held using Zoom.

They focussed on what climate change means for Brent - you can find out about the progress we have made so far, what will happen next and share your ideas on how we can all work together.

Thank you for the tremendous efforts and sacrifices you have made, and continue to make, to protect and support our borough.



Try an e-bike for a month

For those looking for an alternative to public transport or their car, cycling is a great way to get where you're going while getting fitter. Not to mention the environmental benefits.

The 'Try Before You Bike' initiative allows you to try out a bicycle for a month, which you can later buy at a reduced price. Previously, the offer covered standard pedal bikes. To encourage more people to take up cycling as lockdown eases, that's now been extended to include e-bikes.

www.peddlemywheels.com/try-before-you-bike



Free instructor-led sessions in parks

Get fit for free by booking one of the new Brent Council and Our Parks instructor-led sessions at a number of parks in the borough.

Local residents can book free a slot online and with a range of dates and times available, there will be a session to suit everyone.

www.ourparks.org.uk/borough/brent-0

New Brent 2020 programme

Now more than ever we are committed to making the very best of our year as London's Borough of Culture. In August a new programme of events was revealed, which will work closely with the community in Brent. It's disappointing that we aren't able to proceed with some large-scale public events as planned, but the safety and wellbeing of everyone involved, artists and public, has to be our primary concern.

www.brent2020.co.uk

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 5th September 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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Hi all.

What a strange summer it has been. None of us thought that this awful pandemic would be changing our lives so much. And yet we are still living with the ramifications of this awful time. Despite the darkness, though, there is much hope.

By the time you read this church will be open in some form on a Sunday. Check out the church noticeboard or our website www.stcuths.org for details.

My hunch is that we will be having one Sunday service of some kind, but that our online services will be continuing.

Church has changed forever.

A real bright spot is Memory Café at Home. We are now doing regular quiz events, befriending and making our radio programme. We got a small grant from the National Lottery, which has made a great difference and we have had some kind donations.

The MCAH idea is simple, like all good ideas. We want to bring into people's homes all that is good about Memory Café. I have been especially impressed by the way we have been able to get people online and help them to feel more confident with technology.

Please do email us and get involved—memorycafeathome@hotmail.com
We don't want anyone to be lonely.

Reverend Steve

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St Luke's Hospice

Enhancing the quality of life



URGENT HELP NEEDED

St Luke's Hospice is urgently calling for people to sign up and become a shop volunteer. The 18 shops across Harrow and Brent are a lifeline to the Hospice and rely heavily on volunteer staff.

The charity's Retail Manager, Tim Bradfield, said: "We urgently need volunteers across all of our shops, to continue to deliver our care. If you've been furloughed, or you're a student with some time to spare, or you just want to keep busy, volunteering in one of our shops is extremely fulfilling.

"St Luke's invites the community to join our shop teams to unite with us during this incredibly difficult time.

Without our hardworking, friendly, and caring volunteers, St Luke's Hospice wouldn't be able to offer all of the specialist care and support services to families."

Shop volunteer roles are varied, and shifts are available to suit individual needs and commitments. Volunteers can get involved in a variety of tasks such as; sorting through donations, steaming clothes, arranging window displays, and promoting the work of the Hospice with the local community.

For more information about volunteering at St Luke's Hospice shops, including shop locations, and to sign up today, please visit:

www.stlukes-hospice.org/shops/volunteer-in-our-shops



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Back to 'normality' - Whatever that means...

Greetings, salaam, shalom and namaste to you and all. I hope you and your family are safe and well and adjusting to our new way of life.

At the Foot Comfort Centre we are now 'back to normal'. So what does that mean? To us, it means we are back to providing all the services prior to the COVID pandemic, the lockdown and the social distancing measures that followed.

Aside from that, our lives will remain changed for some time to come, as we navigate our way through finding a balance between normality and safety.

We are potentially facing further local lockdowns and what we do today may be very different from what we do tomorrow. Sadly many people are losing their lives and others their livelihood.

We are grateful that we have been able to keep our doors open and continue to provide a much needed and valuable service.

We have therefore implemented changes, brought in new protocols and restructured ourselves to ensure we can continue to provide cost-effective and value for money service.

You can now choose from seeing our hygienist, junior foot specialist or our senior foot specialist subject to your budget and your clinical needs. We have also brought in new services which include Rehabilitation, Neuromodulation therapy for chronic pain, surgical correction of foot deformities and COVID-19 Rapid antibody testing while you wait.

As a promotion for this month, we are offering 50% OFF COVID-19 antibody tests to all our existing and new patients when taken at the time of your appointment.

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Volunteering: My Experience—Jenica Jetha

Volunteering allows you to connect to your community and help make it a better place. Volunteering can benefit those around you as well as giving you a feeling of purpose. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

I have found several benefits from volunteering including those above, whilst allowing me to support worthwhile causes, build up communities, and find passions which really interest me.

Ever since I was a child I have had a fond desire towards swimming. I started lessons from an early age and followed it on as I grew older. As my confidence with swimming increased, I realised that I could spread the joy and teach others how to swim too, and that was how I realised I wanted to share this skill. I started volunteering weekly at my local leisure centre. I would spend an hour per week teaching younger children different swimming strokes as well as encouraging them to build skills such as confidence in swimming. Seeing their progress, I felt a sense of satisfaction. Volunteering at the leisure centre was a great way to meet new people through a shared interest, in this case swimming.

Last summer when I was visiting the local temple I saw a poster calling for volunteers. I contacted the name via email later that day. Initially, I did feel a little scared - it was out of my usual comfort zone, however I was quickly put at ease! At the temple I served food to members of the community. This

experience has given me a sense of purpose by giving me a place to feel welcome. During this time, I was also studying for my GCSEs. Volunteering has helped to counteract the stress of exams, as well as providing a relaxing environment to be around which helped keep me motivated.

As part of my Duke Of Edinburgh Award, one of the sections was to volunteer. I chose to complete this by working with Year 2 students and helping them build up their reading skills as well as story writing. It gave me a sense of happiness. It makes me feel positive, it gave me something to look forward to and, above all, it makes me feel that I'm contributing rather than just taking. Seeing the children and talking about the stories which they have written while I worked with them felt as though I was connected and gave me a feeling of gratitude as it felt worthwhile and I could see the personalities of these children grow. Volunteering has helped me build upon the skills which I already had and strengthen them, such as communication styles between me and the way in which I addressed the story writing tasks to the children. At the end of each day working with the children it gave me a strong sense of fulfilment which I am glad to have felt.

If you are interested in volunteering and aren't sure of how to approach going about this here is a useful website to find roles which best suit your skills and interests:

www.london.gov.uk/what-we-do/volunteering/search/find-a-volunteering-role

Note from Kaye—you could also look a little closer to home (see pg 23)



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- Managing the cooking, cleaning for our clients and ensuring the smooth running of the household
- Helping the elderly to self-isolate comfortably and safely in their own home with their dedicated CAREGiver
- Ensuring that the elderly have companionship led care in the comfort of their own home
- Supporting our elderly clients to stay connected with family and friends which has become increasingly important. For the elderly, it brings both reassurance and social stimulation while living at home.

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

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

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

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



29th September—was once one of the most important days of the Christian year.

Widely popular in the Middle Ages, and because it falls near the equinox, this holy day is associated with the beginning of Autumn and the shortening of days.

It was also one of the English, Welsh, and Irish quarter days, when accounts had to be settled.

Tradition has it that Michaelmas day is the last day that blackberries can be picked. It is said that when St Michael expelled Lucifer, the devil, from heaven, he fell from the skies and landed in a prickly blackberry bush.

Lucifer cursed the fruit, scorched them with his fiery breath, stamped, spat and urinated on them, so that they would be unfit for eating.

As it is considered ill-advised to eat them after that day, a Michaelmas pie is made from the last blackberries of the season.



How many of you will have had a harvest of blackberries from around Northwick Park? You've a few weeks left to take advantage.

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Middlesex HA1 3UA



Favourite bake: Eggless Sponge Cake

My personal favourite bake - great to have as a dessert, or with a cup of tea!

(And it's really easy!
- Jenica)

Ingredients:

64 grams yogurt

128 grams icing sugar

236ml oil

1 tsp vanilla extract

187 grams plain flour

1 tsp baking powder

1/2 tsp baking soda (bicarbonate)

96ml milk

Optional:

Chocolate pieces, Soft fruit, Nuts

If you want to make a Chocolate cake you could also add cocoa powder.

Steps:

1. In a mixing bowl add the yoghurt and the icing sugar.



2. Proceed to mix this well until the sugar has dissolved into the yoghurt.
 3. Add the oil along with the Vanilla extract.
 4. Make sure that everything is mixed well (you will end up with a liquidy texture)
 5. Sift in the flour, to avoid lumps.
 6. Add the baking powder and baking soda (bicarb).
 7. Mix really well and make sure it is evenly mixed.
 8. Once that is done add milk and again make sure this is evenly mixed.
 9. At this stage you can add any of the additional ingredients which you would like to add to the cake, i.e. chocolate pieces, soft fruit, nuts or cocoa powder.
 10. Pour this mixture onto a baking tray, (18 cm/ 7 inches) lined with baking paper
 11. Place into the oven at 180°C to bake for approximately 25 minutes or until the cake has risen and is a light golden colour.
 12. Leave for a few minutes before turning the cake out of the tin to cool on a wire cooling tray.
- Enjoy!

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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

By September the year has tipped over into early Autumn. As I write there has been little rain so the trees in our streets and gardens feel parched and begin to drop their leaves. Shorter days bring less growing time and our plants respond by aiming to set seed. So this is a good time to collect seed of favourite plants for next year, keeping it dry in paper bags, well-labelled and if stored in the shed or greenhouse, in a tin to keep away the mice.

We have been enjoying nature's bounty for some time now, harvesting currants and gooseberries, plums and blackberries. All these summer fruits and berries have given us delicious desserts as well as the chance to enjoy freshly-made jam. Apples and pears are ripening fast, attracting flocks of starlings to feast on the fruit at the top of the trees. This harvest should rightly have been celebrated at our Autumn Show but we are not alone in having to cancel this year's event. The Middlesex County Horticultural and Allotment Societies Show, scheduled for 20th September has also been cancelled this year. The County Show, held at the Perivale Community Centre in Horsenden Lane, usually attracts entries from all over the county, reminding us that much of London's food was once grown in Middlesex, its market gardens sending fresh produce daily to London, all in friendly competition to produce the best crop.

With September, we are into the spider season again. Where do they go all the summer? Early Autumn sees webs spanning

every likely flight path of a flying insect. I watched through the glass, one that had made its web across a window. A small bird feather, caught up in the wind, blew into the

web. The spider dashed out to inspect the new arrival. Deciding that it was not good to eat, it wrapped the feather in a few turns of web and cut it loose to fall to the ground, leaving its own web intact. While one wonders at the spider's skill it gives no pleasure to see bees caught in a spider's airy trap.

Life has slowed down with lockdown, giving us time to notice the comings and goings of birds and insects. This has been a wonderful year for butterflies. Countless writers in the gardening pages of the newspapers mention the importance of growing flowers in our gardens that provide nectar for the bees. They find all the daisy-like flowers with open stamens very attractive and delve happily into the bell-like flowers of agapanthus.

September is a good time to think ahead, to review the successes and disappointments of this gardening year and to prepare for any desirable changes to the structure of the garden. (I would like to move a water butt from the patio to a spot where it catches rainwater from the greenhouse roof). Time too, to order bulbs to ensure a colourful Spring in 2021 when we hope that SCHS will be fully back in action in a newly re-furbished St Cuthbert's Church Hall.

Margaret Roake



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We invited Roisin Reilly BSc (Hons), Medical Herbalist, to run an online workshop on herbs and weeds to treat summer-time health conditions such as hay fever, sunburn, insect bites and stings. Wild plants have a high medicinal and nutritional value as they contain chemicals with antimicrobial and antiseptic properties which help plants ward off pests and help us too.

Hay fever

Roisin recommended nettle soup and elderflower and chamomile teas.

Elderflower is a prophylactic or preventive remedy which means you take it before symptoms arise. Drink an infusion of elderflowers daily, starting in early spring and continuing throughout the hay fever season. Elderberries are good for their antiviral properties during cold and flu season. You can dry them or turn them into a syrup.

Nettles have a high amount of anti-histamine within them that gently block the body's reaction to the allergens. The young stems are the most beneficial. You can make a fresh tea or soup or make your own tincture.



German chamomile has a high concentration of chamazulene essential oil which is an anti-histamine. The tea has a bitter-sweet taste which you may prefer over nettle. Bought tea bags are not as fresh, herbs should still look vibrant and smell fragrant to contain medicinal properties.

Sunburn

You must hydrate the body to enable the lymphatic system to work efficiently.

Cleavers - Infuse drinking water with cleavers, rose or chamomile. Put a handful of cleavers in to a bottle of water and into the fridge overnight and let it infuse. Rose hips contains 20% more vitamin C than oranges.

Aloe vera – If you have an aloe vera plant at home, put a leaf in to the fridge before you use its liquid gel to cool your skin.

Lavender oil - an oil you can apply directly on to the skin. A cool bath of lavender oil and bicarbonate of soda will help with itching and soothe the skin. Pick lavender when the bloom is just about to burst open.

Bites & stings

Plantain – Tear the fibrous leaf from the plant and break it up a bit to release the chemical. Make plantain oil – recipe found under Blogs in the News & Events section of our website.

Geranium is a natural insect repellent. Recipe found under Blogs on our website. Fill up in to a spray bottle and spray thoroughly on your clothes and body, if you know you are going to a place where you are likely to be bitten or stung.

Roisin recommended the book '[Root to Stem](#)' by Alex Laird for further reading

Disclaimer – The above are recommendations only. Northwick Park Community Garden does not accept responsibility for any health effects occurring because of readers of this article taking herbal remedies. Do consider any health/medical conditions you have before taking herbal remedies in general.

I hope you find this useful. Keep well!

northwickparkcommunitygarden@gmail.com

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We hope to open from Saturday 5th September.

Initially our opening times will be reduced to Saturdays from 11 to 2pm and Tuesdays from 3 to 6pm.

THANK YOU to everyone who has supported us during these difficult times, making donations, and in other ways.

Date for your Diary -

Barham Park Arts Festival - Saturday 3rd & Sunday 4th October 2020. Our Library and the Artist Studios all around us will be open to the public. There will be art displays and activities inside and outside the building

Keep Safe and All the Best
Paul Lorber

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Good Neighbours

Please continue to check in with your neighbours (while maintaining social distance) to see if they need any assistance, groceries, supplies or even a friendly voice to chat with—especially your elderly or more vulnerable neighbours. If you know of anyone who is self-isolating, do offer your help as this continues to 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.



It's time to start thinking of adding new input into the SCRA Committee—With Keith and Vanessa stepping down, Kaye having left the area, and Noura about to have her new baby, it's time for back-up just in case needed. We all pulled together during lockdown—who's going to help continue by joining in? Maybe we could host a Zoom meeting? Firstly, get in touch and let us know.

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VIP visitors



We found a duck along with her eight ducklings in our pond a couple of weeks ago .

They were a blessing in disguise; they brought great pleasure, not just to us but to the whole estate. It enhanced community spirit and we got to know new residents.

My special thanks for their help goes to my wonderful neighbours, Brendan and Francesca, Elaine from Audrey Gardens and everyone else who was involved. Most importantly, I would like to thank the ducklings' babysitter, my daughter Roshani, who watched over them and cared for them for 2 days!

I hope the ducklings are having a fabulous life in their new home in Chesham!

Pam Mundi

Please Note: While remembering other possible VIP visitors—if you have a pond in your garden, please remember to provide a ramp from the water to dry land, just in case your visitor gets stuck in the water.

Also—I had a fox in my garden this morning—desperately looking for water. please remember our wildlife during this particularly dry weather and provide some water if you can—a bird bath topped up, or a bowl for hedgehogs and foxes.



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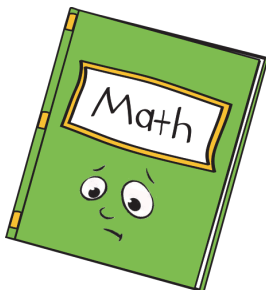
Kids' Page



Hello Kids,

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

preeyaathecourier@hotmail.com



JOKES

Why did the maths book look so sad?

Because it had so many problems!

Why did the man run around his bed?

Because he was trying to catch up on his sleep!

Why did the student eat his homework?

Because the teacher told him it was a piece of cake!

What do you call a sleeping bull?

A bulldozer!

Where do fish keep their money?

In the river bank!

What is brown and sticky?

A: A stick!



RIDDLES

I use my ear to speak and my mouth to hear. What am I?

A phone

What's worth more after it's broken?

An egg

It's a shower, but without water.

A baby shower

What grows only upwards and can never come down?

Our height

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



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