

The Community Magazine for the  
Sudbury Court and Pebworth Estates

October  
2020

*The Courier*

90th  
Year



*Photo: Dhilan Dhruv Patel*



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# The Courier



**October 2020**  
**Number 216 (1,056)**

## The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Happy Autumn! "Season of mists and mellow fruitfulness" and my favourite.

Whatever the latest Corona news is, please do remember to keep safe and informed—the virus certainly hasn't gone away (unless something miraculous has happened in the last couple of weeks!) With flu season about to hit, please take extra care, and watch out for your neighbours. Any events highlighted in this issue will be run in accordance with the restrictions at the time.

On a much happier note, I'm sure you'll all join me in wishing well and congratulating Noura and her family for the brand new arrival of baby son Adam, born 10th September.

Personally, I'd also like to thank our contributors to this month's magazine—all our regulars, of course, including our new regular Jenica—although I'm not sure how much longer she will be able to join in, once her A Level course really gets going. Thanks also to Terry—who used to contribute before my time, and got in touch after my plea last month, and to Dhilan who sent me some amazing photos from the local area. Anyone else who would like to see their words or images in print, or just send me some news—please do get in touch with me.

Until next time,

Kaye

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Front Cover photo:

Special thanks to Dhilan Dhruv Patel, aged 13

As he's a very keen photographer, I hope to see more photos from him in the future.

And anyone else . . . ?

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



Dear Residents:

Over the past month your team has had a lot of abstractions with annual leave and other commitments. However, when available, we are still out and about in the area.

***I am reiterating this from last month's Courier as there continues to be calls to the SNT number reporting crimes.***

The role of a Safer Neighbourhood police team (SNT) is to identify local policing issues such as anti-social behavior, local criminality, crimes that have been occurring, and other quality of life issues. We work with partner agencies and local communities to identify and tackle these issues.

We are not always on duty. We have a shift cycle and generally, when on shift, we are trying to do something to reduce issues in the community through various initiatives or focused intelligence-led patrols

## How to report crime:

- if a resident believes that a crime is being committed (assault, criminal damage, theft, burglary, robbery, fraud etc) and the suspect **is still there** then you should **call 999**.

- If a crime is being committed by a neighbour and a person is being injured or property damaged then, depending on the seriousness of this, you should **call 999**.

## 999 is an EMERGENCY number

- If the crime has been committed and the suspect **is no longer there** then you should **call 101**, or report online via the Met Police Website [www.met.police.uk](http://www.met.police.uk)

- Where a resident has a boundary dispute with a neighbour, and they believe a criminal offence has taken place they should **call 101**, or online on the Met website.

Please **do not call the SNT** to report crime or Road Traffic Collisions, you must follow the correct procedure. If you do call, you will just be referred to the correct reporting

procedure, or your call could end up in our voicemail for a number of days whilst officers are off duty or on other deployments.

Please **do not call the SNT** re: a boundary dispute – you 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 property/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.

We do monitor the various residents What's App groups, however, the groups **should not** be a method of reporting crime to the police. Please - you must follow procedure.

## Serious incident: GBH Norval Rd:

In the early hours of 09/08/20 there was a serious incident on Norval Road, which resulted in two teenagers being seriously assaulted with weapons. This incident is currently being investigated by CID at Wembley police station and is believed to involve persons who gate crashed a party at a residential address.

This incident should serve as a tale of the dangers of posting a party or function online. In a previous incident I dealt with some years ago, off Blackbird Hill, a teenage hosted a party at the home address while parents were away—posted online giving details of the party, which was then gate crashed by 50 youths, who proceeded to go through the house, stealing belongings and trashing the house – between damage to the house and theft of jewellery, the loss was about £20,000!

*Obviously, at present there are also COVID*



*restrictions and residents should abide by these as they are there for everyone's safety.*

### **What has your team been up to?**

12/08/20 whilst on patrol in Northwick Park one of the officers noticed a youth with a suspected stolen e-scooter, an identical model of scooter was reported stolen to police in a recent robbery. The result of this stop interaction was that the youth was arrested and the suspected stolen e-scooter seized. This is an example of your local officers being aware of what has occurred in the locality and recognising an item that has been stolen. As your local officers we ensure that we assess all the local crime reports in depth so that we know what has occurred locally, the property that has been stolen and the description of the persons involved.

Being aware of local issues with scrap collectors roaming about the locality and reports from time to time that such persons have been involved in the theft of metal objects from residents' driveways – eg. cast iron fireplaces, bicycles etc. we keep an eye out for suspected scrap collectors' vans. On 14/08/20 one such van was spotted on Abbots Drive, it was a right hand drive vehicle but on European plates, which normally are left hand drive. The van was stopped and following investigation, the driver was processed for suspected no insurance and the van seized. In this instance, the van was also searched and no suspected stolen property was found on this occasion.

On 30/08/20 at about 2100hrs, whilst on patrol in an unmarked car in Churchill Ave, along with a Sudbury Ward officer, PC COUSINS. In the alleyway to Rushout Ave, a male was seen acting suspiciously next to a car, it was initially thought that he might be urinating against the wall. Officers stopped to speak to him, and had occasion to search him. He had a small knife, loose change and other property and when questioned about the knife said that he had just taken it from a car in the alleyway. He was subsequently arrested. The male, a heroin addict, was found to be on bail for a burglary. He was later interviewed, charged with theft from the motor vehicle, remanded to court, and then remanded to prison.

It is believed that this male had been going around trying door handle of cars to find one open, then searching the car, stealing loose change and anything else of value or. Reminder – double-check your car when you lock it, confirm it is locked, it takes all of a couple of seconds. Also, do not leave anything of value in your car; in this instance as is often the case, the male arrested is a drug addict, who are extremely desperate when it comes to their dependency on drugs, they would smash your car window even if they only saw loose change visible.

Both PC Kubik and PC Kennedy have had annual leave, have a number of criminal investigations on the go at the moment in the addition to our other deployments, memos

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from CPS lawyers to do with various cases we have amongst other things.

### **Cold callers Permanent Alert:**

Please do not engage with someone who is not known to you and calls unexpectedly at your address. This is particularly pertinent if you are elderly and live on your own. I don't wish to alarm you but there are some right piranhas with two legs out there.

**Examples:** on 26/08/20, 1030hrs an elderly resident answered a knock at her door to find a man in work overalls who said that he was working on pipes on her street and needed access to her house to check her water pipe. She permitted access, believing that he was genuine (these chaps are superb actors), he then said that he needed to check the pipes under her sink and that his colleague would have to come in, they asked her to hold a pipe whilst they were "working" and a short while later they left. A couple of days later the woman discovered that money she had upstairs in her house had been taken. The only persons that had been in to her house were these men, who she didn't have under constant observation, and they distracted her by asking her to hold a pipe.

In late August, "workmen" trimming trees on an address in Sudbury Court Drive (using card with business name of "Four Seasons" in the title) called on neighbouring properties and said that they could do gardening work at a discount as they were in the area, they asked for money up front for a shredder for the tree branches and £400 was given. These males were never seen again! By the way, I bet they gave a good deal to the first house that they called on, so that they could get the work and look legit, while approaching other residents. I would also be rich if I had a pound for the amount of times cold calling gardeners have fly tipped the garden rubbish.

***I personally call on residents who I am aware of employing cold calling builders/workmen as you are bringing them into the area,*** where they can see other resident's movements, and get a close-up of neighbouring houses, and especially the elderly people living in the area. They may/may not scam you, but they might scam your elderly neighbour or burgle their property.

If you need work done, do your research on who is local and does this type of work, that have a good reputation, and give them the work. No tradesperson worth their salt has to canvass for work by cold calling.

Keep Northwick Park a No Go Zone for cold callers.

Cold callers also operate on the phone. On 28/08/20 an elderly resident of Byron Road received a call on her landline from a male who gave his name as 'Andy' who said he was from the police and that someone was trying to use her card in the Apple computer store in Regent Street. He was trying to get her to confirm her card details. In this instance, the woman didn't take it at face value and began to scrutinise his bona fides – asked him for his shoulder number and what station he was calling from. He hung up!

Another elderly resident of Byron Road had a telephone call from a company who said that they sell insurance cover for household appliances and asked the resident for her bank details. The victim realised shortly after the call that it may have been a scam and immediately contacted her bank.

On 02/09/20 a resident in their 60s had a call on their landline from a male who gave his name as 'JORDAN LEE' saying that he worked for BT and that their household Wifi Router needed rebooting due to 'fibres'. The resident believed that the male legitimate. The resident was then told that they should log into their online banking in order for a routine process to be completed to rectify the issue. The resident followed the instructions, and whilst logging in found that the computer monitor went blank – the resident later found that a substantial amount of money (in the ££££s) was taken from their bank account.

Not all victims of scams are elderly. Recently a resident of Northwick Avenue, a young job seeker, had registered with some online agencies and advertisements. This resident was contacted online by a person claiming to be from a company offering them a job. The resident was told to give them their bank details so that they could process the job application and it all sounded legit. Except it wasn't. This resident unwittingly became involved in a fraud/suspected money laundering scam!

There is another telephone and correspondence scam from fraudsters purporting to be from HMRC or Inland Revenue. I have detailed these before.

Please **do not** engage with cold callers on the telephone, anyone—especially if you are the target group, principally anyone over 60, as it is highly likely that it's a scam.

Please scrutinise anyone you don't know who rings you and **do not** divulge any personal information such as your name, date of birth, bank details, address, email address, mobile number, passwords etc.

Please **do not** engage with cold callers if they are saying that they need your bank details and that you are entitled to refunds. If anyone legit owes you money and then they can send you a cheque!

#### **Car crime and general car safety advice:**

Recently, one victim of a car theft had advertised his car online and apparently met a prospective buyer in Northwick Pk to test drive the car. The prospective buyer took the car for a drive, on his own, and never came back! Quite a number of cars are stolen in test drives, so please be cautious when it comes to selling your car.

As stated before, most newer cars get stolen in keyless thefts, so please be aware of this and if you have a car, with keyless ignition, please ensure that you lock your car when unattended and put your key into a Faraday pouch – if you don't know what this is then check it out. It basically stops the signal from your key being hacked.

There are regular reports of males going around in the middle of the night trying car doors on the street and in driveways; odds on that one in 20 cars will be unlocked. They will search the car, steal the loose change and anything else they can use or of value. This is an easy crime to prevent—make sure

you double-check your car is locked and don't leave anything of any value in your car. Simple!

#### **Bicycles and locks:**

I recently had an off duty incident, while locking up my bicycle outside a leisure centre. I saw two middle-aged males at the bike stand with their backs to me; they proceeded to cut off a lock from a bicycle. I shouted at them and they scarpered, unfortunately as I had no phone on me (I leave it at home while at the leisure centre in case it gets stolen), I asked the Centre staff to become involved and the would-be thieves ran off. When I looked at the lock on the bicycle, it was only 1cm thick, a good wire cutter would cut it easily. I have a 3cm thick lock—I also remove the front wheel, lock it to the back and through the frame to the bicycle stand. I also remove my saddle and take it with me. If you buy a decent bicycle, buy a decent lock.

Later, on my way home, two twelve year olds blocked my path on the road as I was cycling and told me to give them my bicycle. I told them to jog on and they were having a laugh, at which point I was subjected to vulgar abuse and they spat at me. If this can happen to me, it can happen to anyone, so please stay safe out there.

#### **Overview of offences 07/08/20—11/09/20**

**Burglary Residential:** (i) Watford Rd (in 260s odds) 15/08/20 2330hrs approx, occupier was getting ready for bed when noises heard and looked outside to find two men inside her porch, the suspects had smashed a pane of glass in the front door. Males made off on being shouted at. (ii) Sudbury Ct Rd (in 60s evens side) 21/08/20 2000hrs – 25/08/20, money stolen from house. (iii) Pasture Rd (in 80s odds) house broken into over night between 31/08 – 01/09/20 patio door forced, substantial amount of property



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stolen including bicycles, cars, jewellery.

**Burglary Non Residential:** (i) NP Hosp – 28/08/20 1913hrs, patient has stolen staff's bag from a 'staff only' room in the hospital (ii) Gayways – 02/09/20 0240hrs, shutters forced and suspects made off with property in an Audi car.

**Theft of Motor Vehicle:** (i) Northwick Pk 09/08/20 1500hrs, male advertised his car for sale on Gumtree, met prospective buyer in in the park, who stole his car in test drive, car subsequently recovered. (ii) Watford Rd (near 240 odds), 17/08/20 2001 plate Golf Stolen (iii) Carlton Ave West – 26/08/20 1200hrs – 18 plate Mercedes advertised for sale on Autotrader, a buyer agreed to buy it but the car was stolen; (iv) Norval Rd (in 100s odds) 31/08/20 2100hrs – 01/09/20 0100hrs 13 plate Mercedes car stolen, without keys (v) East Lane (in 200s evens) 06/09 2300hrs – 0100hrs 07/09, 15 plate Range Rover stolen from driveway of house, keyless theft.

**Theft from Motor Vehicle:** (i) Byron Rd 10/08/20 1355hrs, car alarm went off, male seen fleeing from vehicle, vehicle was unlocked and property stolen from vehicle; (ii) Kenton Rd, in 60s odds side, 14/08/20 0320hrs, loose change stolen from car 12 plate Nissan Note; (iii) Kenton Rd (near in 100s odds) 25/08/20 1105hrs, victim making a delivery in a van, had someone steal his mobile and belongings whilst his vehicle was momentarily unattended and unlocked (iv) Northwick Pk 25/08/20 1930hrs – 26/08/20 0930hrs, registration plates stolen from Gilera Scooter; (v) Kenton Rd (rear of 81) 29/08/20 2100hrs – male arrested having stolen items from an unlocked car, male charged and remanded.



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](http://www.owl.co.uk)

The various residents' WhatsApp groups receive the same alerts. (please email: [membership@the-scra.co.uk](mailto: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](mailto: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](http://www.met.police.uk)

[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

[www.cifas.org.uk](http://www.cifas.org.uk)

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# Councillor's Comments

**Cllr Robert Johnson - Northwick Park Ward**

Email: [cllr.robert.johnson@brent.gov.uk](mailto:cllr.robert.johnson@brent.gov.uk)

I hope you had a wonderful summer break and that this article reaches you in the best

of health.

## **COVID-19 Update**

At time of writing, there have been some localised outbreaks in London, but not in Brent; there continue to be isolated or small numbers of cases occurring in households.

Following the recent slight increase in cases, a letter from the Department of Public Health (DPH) was sent to each household reinforcing public health advice - keep yourself informed and safe.

## **Back to School**

Brent schools worked hard over the summer to establish comprehensive plans for all children to return at the start of the autumn term. Term started from Wednesday 2nd September, with most schools opened for staff training days before welcoming back pupils on Monday 7 September.

Schools have put in place a number of safety measures aimed at protecting children, staff and families and reducing the spread of the virus.

In terms of travelling to and from school, the safest and healthiest way to travel is outdoors, and so Brent children are being encouraged **to travel on foot, by bike or scooter to school**. Transport for London have also increased the capacity of transport for home to school journeys with additional buses and dedicated school services—this information has been shared with Brent schools.

It is compulsory for all children to attend school from the start of the autumn term. School is essential for children's future success as well as their emotional and social development. To ensure parents understand the importance of their children coming back to school, the Brent "Back to school" publicity campaign was launched at the end of August

which complemented the national campaign. Information leaflets for parents and carers were sent to Brent schools for circulation to parents. Leaflets were produced for parents of primary age and secondary age pupils and were translated into the four most common home languages other than English for pupils in Brent schools (Gujarati, Arabic, Somali and Romanian). There is a "Back to school" webpage on the Brent Council website.

## **Emergency School Streets**

We have previously been consulted on a Schools Street project for roads around Byron Court School. Despite there being a lot of initial support from neighbours, the scheme was finally rejected. With the new Emergency School Streets, it will be equivalent to the original scheme, however Brent can use COVID-19 regulation as an emergency measure in consultation with the School and the surrounding Community. If the scheme was adopted it would have the effect of closing the road(s) outside of a school to vehicles at pick up and drop off times, helping to make the route safer for pupils, promote walking and cycling, and cut the number of polluting cars contributing to local air pollution. It also helps the school community with social distancing as more pupils return to school.

Residents, blue-badge holders and emergency vehicles are exempt from restrictions.

Brent has received support to roll out Emergency School Streets to over 30 schools from September 2020, in partnership with Transport for London. The roads outside 30 schools will be transformed into 'School Streets', banning cars for pick up and drop off times.

Parents and teachers at the pilot schools were overwhelmingly in support of School Streets. I have since found out that the Council had considered installing the emergency scheme on Spencer Road. The school was contacted as part of working through the programme, as this would

require their support. The school declined the offer as they did not think this would be of benefit to them. As the Emergency School Streets are managed by school staff putting out cones to block the road rather than CCTV enforcement, without the school's support this would not work. Byron Court School is an ideal location for an Emergency School Streets programme. If you agree, please contact the new Head Teacher of the school and see if they take a different approach to the previous Head.

Please also write to:

[Cllr.Shama.Tatler@brent.gov.uk](mailto:Cllr.Shama.Tatler@brent.gov.uk) if you want Byron Court to be reconsidered for future Emergency School Street funding.

### **Consultation for Penalty Charge Notice Banding**

Following Cabinet approval (17/08/20) of the report entitled *Parking Penalty Charge Notices: Borough-Wide Banding*, the Parking Service will be consulting on a proposed change to re-band the borough of Brent from a mixed A and B band to band A only for parking contravention Penalty Charge Notices (PCNs).

While the majority of the London boroughs sit in either Band A or B, Brent is one of a small number of boroughs that operate as both a Band A and Band B borough for parking offences. In general terms, the area around Wembley is Band A, while the remainder of Brent is Band B.

The objective of any well-functioning enforcement service should be to gain and maintain compliance with parking restrictions. As compliance increases, the number of parking PCNs issued should reduce, as the majority of motorists follow the regulations. Brent has instead experienced growth in the number of PCNs issued each year for the past few years.

The Council believes that an increase in the Band B penalty amount (to the Band A level) is likely to restore the deterrent effect of the Penalty Charge Notice (PCN). This should, in turn, result in higher levels of compliance and an overall reduction in the number of PCNs issued. PCN banding will also then no longer be determined by the location of the contravention within the borough.

Consultation will be open for 4 weeks,

7th Sept—5th Oct, and is aimed at gathering the views of residents and businesses on moving PCNs to Band A borough wide. We will use the results of this consultation to support the progression of an application to change PCN bands to the Secretary of State, which is also subject to prior approval by the Mayor of London and London Councils Transport and Environment Committee.

### **Damage to Pavements and Roads**

As Councillors, we regularly receive calls about works to properties which are causing nuisance along the highways and pavements. Repairing pavements and roads is very costly and we have to prioritise which roads need urgent attention. This is further complicated where residents, having contractors to do works on their properties, use large trucks or lorries to mount the pavement and cause further damage to the pavement slabs, bollards, curbs, trees, grassed pathways and other street furniture. The Council will now take affirmative action to reclaim the full costs to rectify damage to our roads. If you see any large lorry that mounts pavements, damages street furniture, trees, bollards, pavement slabs, grassed pathways and curbs, please take a photo of the lorry (capturing the number plate and the name of the company on the lorry), the address that the vehicle is operating from and send it to your Councillors for us to pursue the recovery of costs from the company. We will seek full redress from the transgressors or the owners of the property for any damage caused to our street.

For those who are having works done, please inform your contractor to take care of the highways and/or street furniture. If any damage is caused accidentally, please email [Tony.Kennedy@brent.gov.uk](mailto:Tony.Kennedy@brent.gov.uk) and he will respond directly to you. Please feel free to CC your Councillors by email if you wish.

### **Article 4 - Conservation Area Guidance consultation**

Proposals for new Article 4 Directions to replace the existing directions for its residential conservation areas.

An article 4 direction allows for greater control of physical changes to buildings and features in an area and is often used to protect against such change harming a particular



quality or character of that location.

A clear objective identified within the Strategy is to update the Article 4 Directions. It makes the point that the directions were all made some time ago and do not reflect the current legislation contained in The Town and Country Planning (General Permitted Development) (England) Order 2015. It also makes the point that they are therefore difficult to interpret or simply no longer adequately cover the elements of the building that are significant and are in need of protection. Therefore, the Historic Environment Place-making Strategy advises that the current Article 4 Directions are reviewed for each of the conservation areas and that fresh Article 4 Directions are made.

In our case the **Sudbury Court Conservation Area Guide** will be updated and a draft will be submitted for consultation in the coming weeks.

### Councillors Surgeries

We will run a virtual surgery on 3rd October 2020 at 11am. Please send us an email as soon as you can requesting a meeting. We will then send the link.

You can still contact us anytime in the following ways.

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

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

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

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

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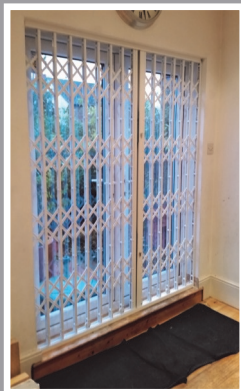
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We certainly live in very strange times. The last 6 months have really stretched our resolve but have shown what a great community we are. The estate here has pulled together and I have enjoyed going for my daily walk and admiring various houses and gardens. I can kill a plant just by looking at it, but many of you really do have green fingers.

Writing a month in advance I am left with many things I am hoping for. I am hoping that the virus has not come back with a vengeance. I am hoping that things seem a lot more like normal and I am hoping that we will soon be able to do many of the things we used to do. I am particularly missing going to the theatre - there is nothing

like a good musical to lift the spirits.

But our faith lives do endure, and for that I am grateful. People of all faiths, and none, have played a great part in helping during the dark days of Coronavirus.

St Cuthbert's should be open on a Sunday and I know that our services bring comfort and joy to people. I love it that one of our number brings her little dog to the service: the dog sits perfectly quietly and her owner tells me that she looks forward to church and likes it here. God loves animals - he loves all of his creation. This little dog - whose name is Faith always brings a smile to my face; and that has to be a good thing.

Rev Steve

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### 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](http://www.stlukes-hospice.org/shops/volunteer-in-our-shops)

### St Luke's and COVID support

St Luke's Hospice face a rapidly increasing demand for their expert end of life care, both in people's homes and at the hospice. Right now our Home Care team are supporting everyone living in Harrow and Brent who have been discharged from hospital with COVID-19, regardless of their illness.

With your support we can continue to deliver free care for local people, both now and in the future. Thank you for your support at this critical time.

It's challenging to fundraise without our organised events. Perhaps you could try one of these suggestions? Or look at our website for other ideas.

### Some fundraising ideas you could try from home:

**Virtual Tea and Cake** - Missing friends and family? Use Zoom get together over a cuppa and cake to have a good catch up. Ask everyone to make a small donation.

**Get Crafty** - Knitting needles gathering dust? Pencils and brushes out of sight? Always fancied origami? Now is the perfect opportunity to get crafty again, so why not make a challenge of it? Share your efforts and successes on social media and try and raise some money whilst you do.

**Dance** - Play your favourite song and let the world see your best dance moves. Or grab a partner and produce a performance worthy of Strictly! A sure fire way to raise sponsorship and bring a smile to peoples faces.

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# Saying goodbye to Summer and hello to Autumn

Greetings, salaam, shalom and namaste to you and all. I trust you and your families are safe, well and in good spirits.

As we say goodbye to a hot and eventful summer and wave in Autumn, I hope our progress for managing the COVID-19 pandemic continues to move in the right direction.

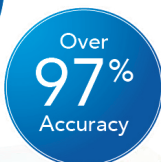
Please follow the current guidelines, be safe, look after each other and yourself by exercising daily. Don't let foot pain stop you, we're here to help.

During this month, we are offering a COVID-19 antibody test for **ONLY £10** to anyone who books a new patient appointment and **ONLY £20** to current FCC patients.

The test must be taken during your appointment time and your certified results will be ready in **10 minutes**. Your friends and family who attend with you may also benefit from the same offer. Usual price **£35**.

Thanks for reading, *Firoz*

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If you put a hedgehog house in your garden you could be providing a vital nest for a hibernating 'hog in the coming months—and now is the perfect time to do it. Leave it any longer and they will already have made their nest, if they haven't already.

Hedgehogs usually hibernate from November until March/April (depending on weather conditions), and prepare for hibernation in autumn. Preparations include eating plenty of food (in fact over-eating) and putting together a sturdy, safe and dry hibernation nest.

A hedgehog house in the garden can provide a vital ready-made nesting site. You can buy a hedgehog house online, or build your own using instructions found on the Hedgehog Street website—where you'll also find a handy video guide. The house should be placed in a sheltered, undisturbed part of the garden.

The Hedgehog Street housing census from 2017 indicated that hedgehogs need some time to get used to seeing/smelling the new house before they move in. Putting a house out asap will therefore increase your chance of a hedgehog using it this winter!

Hedgehogs overeat during the autumn in order to increase their energy stores and build up fat reserves to keep them going through the torpor of 4/5 months of hibernation. So you can also help by putting some food out for them now, if you haven't already

Hedgehogs can be fed any combination of meat-based wet dog or cat foods, as well as specially made food, which you can read about on the website.

I'm delighted to say that my new garden already has some hedgehog tenants, so I've been feeding them for a couple of weeks already. Let me know how you get on.

This information was taken from the Hedgehog Street website—and there's so much we can do to make our gardens accessible (e.g. hedgehog highways) and our VIP visitors welcome.

[www.hedgehogstreet.org](http://www.hedgehogstreet.org)



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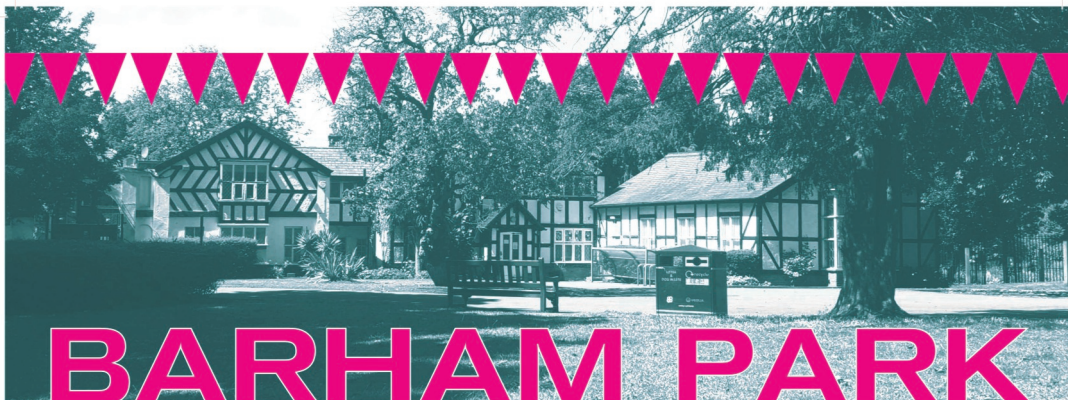
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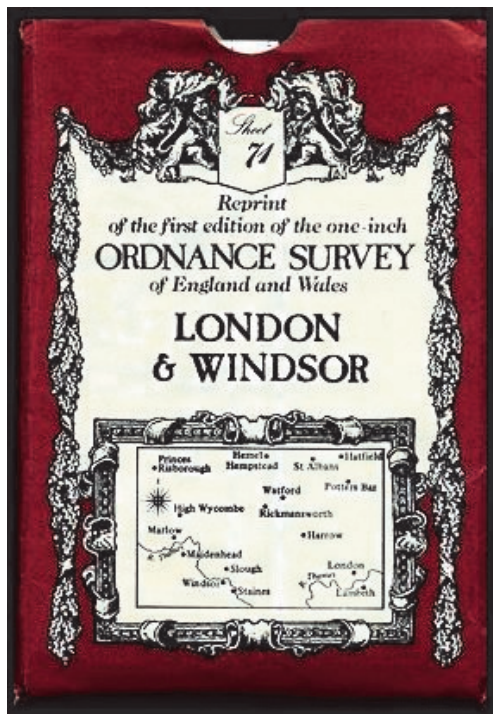


**ACAVA**





## Yesterday's Maps



I love maps; proper paper ones that is, not flickering SatNav. A few years ago the Ordnance Survey had an offer of a reprint of the very first OS map of where you lived, so naturally I got one for 'Harrow'. It's absolutely fascinating to study ... but don't think of trying to navigate with it today!

It was produced in 1822 and covered a large area from Windsor in the south to Berkhamstead in the north, extending eastwards into the heart of the capital as far as London Bridge. Focusing locally however, you find that 'Harrow' barely existed. Harrow-on-the-Hill of course was a substantial village (the school's been there since 1572) and at the northern foot is Greenhills. Then after a gap of open fields, nearly 2 miles away there is a small cluster of houses labelled Harrow, close to a much larger Harrow Weald.

Other familiar local names, albeit as mere hamlets, include Hatch End, Pinner and, rather larger, Stanmore with a prominent Bentley Priory. Kenton is on the map – just – with most of its roads becoming dead ends in open country. Encouragingly the Swan pub in Sudbury was going strong while the Kings Head, on the Hill, isn't shown although it was certainly there. Sadly the Mitre pub shown just round the corner from where I live in the Watford Road became a post office in 1914 and is now not even that.

Looking eastwards, Wembly (sic) Park was just that, a large park, before you reached Wilsden (also sic). The Brent River runs clearly visible and above ground through the whole area. I was surprised at first sight to see both the Metropolitan railway and the 'North Western' mainline marked, with Harrow on the Hill and Harrow Weald stations respectively. But a footnote says they were specially added to the original edition in an 1891 reprint.

The making of the map is fascinating in itself. The whole OS project began in 1784, supported by George III and, as its name suggests, was very much an army exercise. Our area was surveyed by Major Thomas Colby and an important triangulation point for the full system was a special tower built on 'Hangar Hill' – yes, up the road from Hangar Lane. The view from the wooden tower was frequently impeded by "the thick and darkened atmosphere of London between the observation stations" Air pollution 1820's style! A nice historic touch is given by the fact that the original printing plates were engraved in the Survey's Drawing Room in the Tower of London.

I wonder what Major Colby would make of the area that he surveyed so carefully today?

Terry Emery



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## Back to school: My Experience—Jenica Jetha

Walking into school after six months of being in lockdown and school closures happening unexpectedly... felt very odd.

The feeling of starting lessons in a classroom and adjusting to the new routine of attending physical lessons in the middle of the pandemic made me feel slightly nervous, however, seeing the reinforcement of measures put in place eased the anxiousness. Everything formed into place fairly quickly and four days into the school routine, I have already got into the “new normal” measures that the school has put in place such as the one way system, and having masks on during lessons. The majority of the measures are reinforced very well in my experience and the school generally is firm on making sure the desks are sanitised before the start of lessons and providing a safe environment in order to start our A Level course.

I am happy to be able to meet peers around the school and during classes (socially distanced!) after not having seen them in such a



long time. From a social and mental health perspective, the opening of schools has had several benefits as it reduced the feeling of isolation that I am sure many of us have experienced.

However, I personally feel that schools opened up too quickly; I think online lessons were a good substitute for attending school during these unprecedented times and it would have made me feel more at ease working at home, i.e. with reduced exposure to Covid-19.

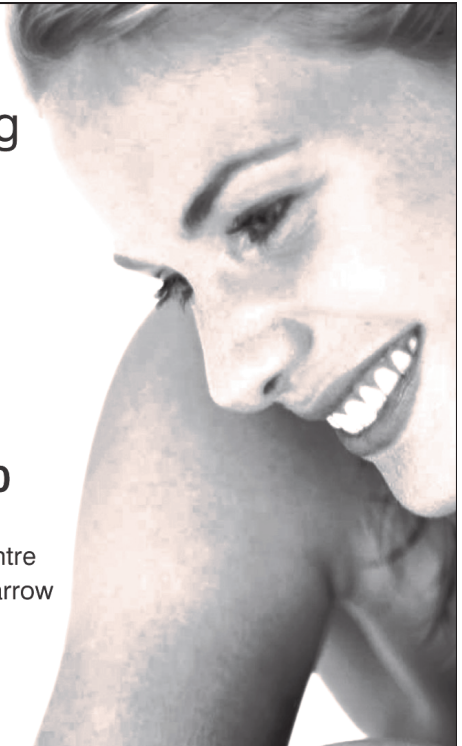
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## A little bit extra from SCHS . . .



How we miss our Harvest Show this year!

Christine took the robin picture and Bernie, our President, has grown this enormous pumpkin. She must have been very busy with the watering can!

Margaret Roake

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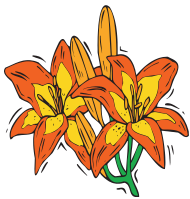


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# CALLING ALL GARDENERS



Membership : George Crane - [crane.g@gmail.com](mailto:crane.g@gmail.com)  
Follow us on Facebook - Sudbury Court Horticultural Society

## Sudbury Court Horticultural Society Your local gardening club



There is still much uncertainty at the time of writing about the effect of Covid on future plans for SCHS, so we are looking well ahead and may well choose to concentrate our efforts in 2021 on a bumper **Autumn Harvest Show** in early **September**. If it proves possible we

Looking ahead, post-Covid, our treasurer Robert Smith hosted a meeting of the SCHS committee in his lovely garden to consider and plan for the future. With social distancing, tea and cakes we all enjoyed the sunshine. Our Secretary, Lynn Dube took this picture of us gathered there. You will notice that we are an ageing group; keen but now less able to fetch and carry as is necessary when putting on a flower show. We really need some new faces on the committee.

Our AGM will be held, with appropriate Covid precautions, on **24<sup>th</sup> October, 3-5pm** in St Cuthbert's Church. This will be the first chance this year for members to get together. Please do come and join us in making future plans, come to meet like-minded friends and have tea together. We now have 103 members and many of you, while joining or renewing membership via the envelope scheme, have kindly made additional donations to the Society. This generosity is very welcome and makes it possible to pay for some help in setting up our shows. If you have active, young family members or friends who would welcome some pocket money, we welcome their help in arranging and later dismantling tables, fetching and bringing equipment, but above all we need **you** to help run the show. We warmly welcome all members at the AGM.

shall also try to arrange some garden trips for our loyal members. Any such plans will be advertised here and on our website.

For many families the garden has provided solace and pleasure over the past difficult months. There has been time to observe the changing seasons, to watch plants grow and blossom and to enjoy fresh air out-of-doors in a safe environment. Many families, necessarily at home together throughout the summer, have found pleasure and some release from the strain of it all by working and/or playing in the garden. As a plaque in Robert's garden reminds us, 'Whoever plants a garden plants happiness'.

I have to report the total failure of our runner beans, through lack of rain and proper TLC. With just enough growing time left to plant a row of spinach in their place, I decided to take down the bean-poles. This brought about an immediate protest from our resident robin who danced about and sang his annoyance at losing his favourite perching place. He was only placated when I dug over the ground and he found a few tasty worms. For me, the good healthy exercise left me feeling better.

Don't forget the **AGM! Sat 24<sup>th</sup> October, 3-5pm**. Look forward to seeing you there. Please note: We shall be abiding by any Coronavirus limitations in force at the time.

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# Northwick Park Community Garden

[www.northwickparkcommunitygarden.com](http://www.northwickparkcommunitygarden.com)



## What's New?

Good news for our community garden group. We were given the green light in early August by Brent Council to use the cricket pitch standpipes in the park to water the garden from. It enables us to better support the amazing watering efforts by volunteers who visit the garden to water the trees, fruit bushes, edible plants and some very grand sunflowers. This, no doubt, helped plants to survive the hot weather periods we've had this year.

We would like to thank everyone who facilitated this decision, including Brent Council officers, Veolia and local Councillors.

## ASKC . . .

This summer Susannah Hall ran the online August Saturday Kids Club sessions for us which, due to popular demand, extended into September. Each session included a talk, chances to ask lots of questions, and finished with a story that related to that week's topic, e.g. bees, worms, mini beasts, trees and small creatures.

Children were focused and engaged. The youngest participant was 4.5 years old and very enthusiastic. The plan is to hold more specialized nature-based sessions with children as part of the separate permaculture education project which we are hoping to roll out in due course.

## Coming Up...

We hope to be able to plant up the remaining garden area this autumn/ winter, but it is dependent on Government advice and social distancing guidelines. Our online workshops are obviously not affected by this, so if there is a topic you're interested in, please do email us with your suggestions.

## Plus...

Back in February we submitted the garden's application for the London in Boom 'It's Your Neighbourhood' competition. We then provided an update to the judging panel at the end of July of our gardening group's activities during and post lockdown. We should hear the result of the judging panel's decision soon. Fingers crossed we receive some good news soon for us to share with you!

## And finally...

We love this time of the year for the stunning seasonal colours within nature, cooler air to layer up again and cosy evenings with a hot cuppa and a good book on the sofa to unwind.

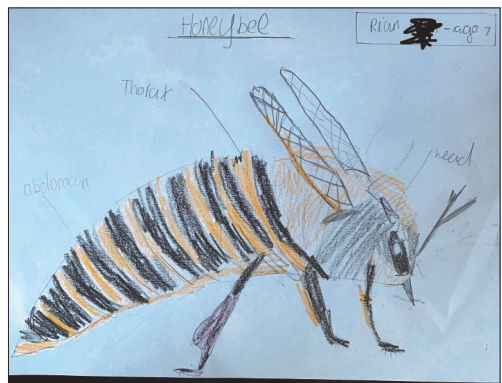
Have a wonderful autumn!

Eleri, Joanna, Rishil and Iris

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After a lot of hard work preparing, our Barham Community Library has reopened - initially on a limited basis. At time of writing the opening hours are:

Tuesday 3:15 to 5:15pm

Saturday 12 to 3pm

To ensure everyone's safety please email if you plan to come, giving day and time.

[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)

The Library Shop in Sudbury Town Underground Station is also now open on:

Wednesdays 3 to 6pm

Saturdays 1 to 4pm

Thank you to everyone who supported us with donations.

## Barham Park Art Festival & Open Days

The Library is taking part in this event on Saturday 3rd & Sunday 4th October. Please see pg 16 for more details.

[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)

or phoning me on 07917 094 239

## SUDBURY NEIGHBOURHOOD CENTRE

We are hoping that the Centre will be able to re-open soon, we aim for November. There will be restrictions, of course, but it will be good to have the doors open again!

Meanwhile, the Friends will continue to hold sales in the car park, on Saturdays **10th and 24th of October**, from 11am til 2.00pm. We have lots of bargains so do come along, we shall be suitably distanced socially!



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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 with 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.

[secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk) or contact the SCRA phone on **07933 958 166**

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## October Traditions—Pearls and Conkers



### Pearly King Harvest Festival—1st Sunday

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The tradition continues to thrive today and Pearly Kings and Queens can be seen in their full spectacle at the annual Pearly Kings and Queens Harvest Festival at the church of St. Martin-in-the Fields offers. The event offers spectacular display of historical London in all its glory.

Henry Croft left quite a legacy, considering his childhood spent in a workhouse—he even met King Edward VII and Queen Alexandra. You can see his statue in the crypt of St Martin-in-the-Fields.



... And Conkers!



**Did you know? .....**

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# Kids' Page



Hello Kids,

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

[preeyaathecourier@hotmail.com](mailto:preeyaathecourier@hotmail.com)



## JOKES

**Why did the chicken cross the playground?**  
**To get to the other SLIDE**

**How do you know if there's an elephant under your bed?**  
**Your head hits the ceiling!**

**Why are elephants so wrinkled?**  
**Because they take too long to iron!**

**How can you tell if an elephant has been in your refrigerator?**  
**By the footprints in the butter!**

**What can you catch but not throw?**  
**A cold!**

**Why did the picture go to jail?**  
**It was framed!**

## RIDDLES

**It can carry lots of food, but doesn't eat anything. What is it?**  
**A refrigerator**

**It can see, but it isn't an eye. What is it?**  
**A keyhole**

**What is it that you can't hold for more than a few seconds?**  
**Your breath**

**You can eight it at night, but never in the morning. What is it?**  
**Dinner! You can't eat dinner in the morning . . . Because, it's dinner!**

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





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Copy, advertisements and remittances for the  
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**10th October 2020**

Format required:

Pictures - JPEG (high res)

Advert - JPEG (high res)

Editorial—MS Word

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