

The Community Magazine for the  
Sudbury Court and Pebworth Estates

November  
2020

*The Courier*

90th  
Year



This is the 'after' - Turn to page 7 to see the 'before'

*Photo: Paul Lorber*

**Who do you know?**

(see page 13)



Campden Crescent



Norval Road



Norval Road



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# The Courier



**November 2020**  
**Number 217 (1,057)**

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

**Chair:** chair@the-scra.co.uk

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**Courier Editor:** editor@the-scra.co.uk

**Courier Advertising:** advertising@the-scra.co.uk

**SCRA Website:** www.the-scra.co.uk

Dear Neighbours,

"It's not what you know but who you know."

It's so true, isn't it? You are far more likely to help someone you know than someone you don't know; far more likely to employ someone you know than someone you don't.

So, get to know your neighbours and your local businesses, because it's going to take quite some effort of support to re-build communities and High Streets as a result of Covid.

The Courier is also being affected—this monthly magazine exists solely because of the support of advertisers and many small businesses are, understandably, tightening their belts. This does leave us in a precarious position. So, please, have a read of page 13 and Pay It Forward. We can quite easily take steps to improve security locally by looking out for each other which, in turn, improves our own feeling of wellbeing. We can ensure our good local businesses—products, services and trades—survive which, in turn, ensures that we receive good service, and The Courier survives. Win, win, win.

Get in touch with Noura if you can join us to put together a list of community things to be done once we're able to get back to some kind of 'normality' (see pg 14). Get in touch with me with local news, stories of interest, and names of local businesses. I look forward to hearing from you.

Until next time, stay safe and well.

*Kaye*

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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



## Street Robbery:

On the afternoon of 9/10 we had a robbery of a school boy who was on his way home – he was threatened with “shanking” (being knifed) and two youths made off with his iPhone 11 which the boy was made to re-set to factory settings. The youths who robbed him were teenagers. Please speak to your children about safety en route home from school.

We had a spate of robberies pre-Covid lockdown of school children en route home from school. I have previously put safety advice in here re this; the Met Police website also has some safety advice.

We are focussing on Street Robbery on our patrols as well as other local and topical matters: crimes that have been occurring:

- Please bear in mind the current Covid restrictions that are in place in an effort to curb the infection rate, police are monitoring the compliance of residents and businesses.
- As a follow on from the above, please be aware that the scam and con artists are using the Covid pandemic as a means to con people out of money. If you are cold called by anyone that you don't know, specifically if they are asking you for money for whatever reason then alarm bells should ring and you should be thinking 'fraudster'!

As always, please be aware of cold callers (unsolicited contact from someone you don't know) in person (knocking on your door,) on your telephone, via the internet or through your letterbox.

Where money is mentioned in a cold call, do not do anything rash and make sure you do due diligence to scrutinise any contact of

this nature.

- Recently a resident looked online for a tree surgeon, they found one and asked for them to attend their address. The tree surgeon did minimal work and then asked for money upfront to get equipment – the resident gave them the money and he was never to be seen again.
- The burglary figures are on the up again, so please be vigilant and on the look out on behalf of yourself and your neighbours. Review your home security, and if you are going away then please speak to your neighbours. Also, keep an eye out in the area for any dodgy behaviour – people ringing your doorbell to see if you are in, hanging around for no apparent reason.
- Please once again, ensure that if you have a newish car that you keep your key in a Faraday pouch to prevent the keyless theft of your car. If you don't use the pouch then the signal could be boosted (from outside your house) from your key to enable thieves to access and steal your car.
- Also, please ensure that you lock your car when it is unattended and leave it completely free from anything of value as we are aware that thieves are walking around at night time trying door handles of cars to see if they are open. When they find a car unlocked they rummage around to see what they can steal. We find that frequently that the thieves involved in this type of crime are Class A drug addicts, but not always. Remember to lock up.
- Amazon and other deliveries left on the doorstep or in communal hallways are being stolen—again, by people roving around looking for an opportunity to steal, I always recommend picking up your delivery from a



depot or pick-up location if you are not going to be in.

### **Overview of offences 11<sup>th</sup> Sept - 11th Oct:**

**Street Robbery:** (i) Stapenhill Road near Pasture Road – 09/10 1630hrs – teenage schoolboy was making his way home when two youths hanging around threatened him with stabbing if he didn't hand over his phone (iPhone 11) and re-set it to factory settings.

**Burglary Residential:** (i) Norval Road (70s odds) – 01/10 815hrs – 1615hrs rear patio doors forced; (ii) The Crescent (10s evens side) – 1925hrs – occupier having shower doorbell rang, didn't answer, burglars got in and began burglary on realizing occupier in ran away; (iii) St. George's Close – 05/10 2200hrs – 06/10 1330hrs – front window forced open.

**Shed Burglary:** (i) Clementine Court Northwick Avenue – 26/09 0001hrs – 27/09 0600hrs two bicycles stolen from shed;

**Burglary Commercial:** (i) Northwick Park Hospital – 17/09 1745hrs – 18/09 0700hrs, expensive industrial compressors stolen from site; (ii) Watford Road – playgolf complex – 20/09 0001 – 0730hrs, premises broken into a cash and till stolen

**Theft of Motor Vehicle:** (i) Priory Hill (20s

odds side) – 4/10 0200hrs 15 Plate Range Rover in keyless theft

**Attempted Theft of Motor vehicle:** (i) Sudbury Court Road (near 60s odd) 19/09 1255hrs blue tow truck tried to steal a vehicle at location.

**Theft from motor vehicle:** (i) Northwick Park Hospital (NPH) – 14/09 1230 hrs – 1700hrs Catalytic converter (CatCon) stolen 12 plate Lexus; (ii) NPH – 0910hrs – 1700hrs, CatCon stolen from 08 plate Prius; (iii) NPH – 22/09 0920 -1330hrs CatCon stolen from 10 plate Prius; (iv) NPH – 23/09 0845 -2130hrs CatCon stolen from 13 plate Lexus; (v) Stapenhill Road – 24/09 1830hrs CatCon stolen from 14 plate Auris; (vi) Sudbury Court Road (20s odds) – 28/09 1700hrs – 29/09 1600hrs – car reg plates stolen; (vii) Byron Road (20s odds) – 24/09 1700hrs – 25/09 1000hrs – goods stolen from car no signs of forced entry; (viii) NPH 09/10 1200hrs – 1615hrs CatCon stolen from Prius; (ix)NPH – 9/10 0830hrs – 1615hrs – CatCon stolen from 13 plate Auris

**Attempted Theft from motor vehicle:** (i) Northwick Ave (nr 40s odds side) 11/09 1700hrs – 12/09 1600hrs – VW Transporter had hole drilled near handle in a believed attempt to access the vehicle to steal; (ii) Churchill Avenue (50s odds side) 20/09 0840hrs male disturbed tampering with front grille of Merc

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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 listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like their up to no good, then cross the road or go into a shop/address - ring the police if necessary.

*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.*

### 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](http://www.BikeRegister.com) or [www.immobilise.com](http://www.immobilise.com) - this could assist police in recovering your bicycle if stolen.



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-skra.co.uk](mailto:membership@the-skra.co.uk)) for details



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*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)**

**[www.direct.gov.uk](http://www.direct.gov.uk)**

### **. . . This was 'before'**



Any frequent visitors to The Pimple might recognise the above—the wall to the back of one of the houses in Pasture Road has been frequently tagged for quite some time.

The Artist - LeSpleen (who painted the Mural in Butlers Green) approached the owner who gave permission to paint on the wall. You can see the transformation on the front cover—note the use of blending the wall with nearby nature on the finished mural.

There may be other walls in the area that residents could put forward as suggestions for similar artworks. Please let us know.





# 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 autumn period and that this article reaches you in the best of health.

## COVID-19 Update

Cases in Brent have continued to rise. In the week to 6th October, the incidence rate in Brent was 75 per 100,000 population. Rates are rising in all age groups now but the highest rates are in those aged 16 to 29 years. At least part of the rise is due to the increased availability of testing. The majority of the cases are mild and we are not seeing a pressure on the NHS or care homes at present.

Just to remind you we have three key testing sites in Harlesden, Willesden and in Wembley. We also have a mobile site at Neasden and trying to get approval for another testing site in Kilburn. You need to make an appointment at each site for a test.

We are now seeing cases in students resident in Halls in Brent. The nature of the student accommodation, with shared kitchen, means that a number of students are needing to self isolate as someone in their 'household' has tested positive. The University and the accommodation providers are supporting both the students who have tested positive—who, fortunately, have only mild/no symptoms—as well as their contacts; they are monitoring their physical and psychological wellbeing.

In terms of a 'local lockdown', we anticipate a new national 3-tiered system of restrictions will be announced by Government shortly. Different regions are likely to be in different tiers depending on their levels of infection.

## Report a social distancing breach

Although the vast majority of individuals and businesses are sticking to the Government's social distancing and facemask wearing

rules, a minority continue to flout the guidance or are simply are becoming complacent. This puts everyone at risk.

Whilst the council does not have any specific powers or legal duty to enforce social distancing or the wearing of facemasks, the Regulatory Services, Neighbourhood Patrols and Community Safety teams have investigated hundreds of Coronavirus-related complaints over recent months and carried out over 1,000 spot checks to check compliance with the rules.

Our enforcement team are working with you to be their 'eyes and ears' as our High Streets begin to recover from lockdown. Most businesses that we inspect are trying to comply with the latest guidance. Please play your part and follow the controls that are in place to protect you. If you are aware of a business that is not operating to the relevant Covid-19 standards, please report this to your local Trading Standards service in one of three ways:

Call the Citizens Advice Consumer helpline, on **0808 223 1133**

**Use the online chat service**

Email [trading.standards@brent.gov.uk](mailto:trading.standards@brent.gov.uk)

If you see a large group of people gathering, report them by contacting Brent's Community Safety team:

Call **0208 937 1058**, or

Email [community.safety@brent.gov.uk](mailto:community.safety@brent.gov.uk)

## Brent Borough of Culture events

Even though we are in the middle of a pandemic, Brent will still be having on-line events to celebrate our Borough of Culture status.

Please visit the website at [www.brent2020.co.uk](http://www.brent2020.co.uk) to see the latest events that will be happening around the borough.

## Small Business Saturday Awards: Your Nominations.

Brent's Small Business Saturday Awards 2020 will celebrate small businesses in Brent and the diversity and variety they bring to our high streets.

The last six months have been especially challenging and it is now more important than ever to promote our best local businesses.

Ward Councillors are also encouraged to nominate up to three businesses from their ward for the following categories:

*Best Place to Eat/ Drink, and  
Best Place to Shop.*

If you want to recommend a business, please get in touch one of us.

But be quick, the deadline for all nominations is **Sunday 1 November at 8pm.**

## Councillors Surgeries

We will run a virtual surgery on 7th November 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.

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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Well what a year it has been. When all this began, I felt all would be normal again in a month or two. But we are still in the thick of things.

In times of turbulence we cling to things that are familiar and comforting. We cling to the things that come around each year, and we enjoy the reassurance that some things don't change.

We are still here at St Cuthbert's. During this pandemic we have continued to reach out to our whole community and offer hope and welcome. We're not alone in this. Other community groups and places of worship have done the same. Plus, we have been

much helped by our local council, Brent.

November is a chilly and difficult month. If you are feeling lonely why not join us at **Memory Cafe At Home**? We have a quiz every week, a radio show, and we can send you a lovely pack of goodies through the post. I am so heartened by this and look forward to the quiz every week. Just seeing how happy people are to say hello to each other is a real tonic. Do contact us on:

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

In the meantime, stay safe and keep in contact with each other. I wish you every blessing.

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## Letter to Editor

“ May I respond as a parent to Cllr Johnson’s suggestions concerning Byron Court School, which appeared in the October edition of the Courier? I would concede that there is an unholy scrum in Nathan’s Road at around 840 every weekday morning. However, as the father of a four year old who lives the other side of the Watford Road, I would say it is impractical not to drive at least some of the way.

At the end of the day, when our daughter is more awake and we don’t have to worry about time, I can park in the Fairway without inconveniencing anyone; I can walk to the school and she can walk back with me. In the morning, however, I believe I have no choice

but to park nearer and contribute to the scrum. If the nearby roads were closed the school would have to relax the high expectations it rightly has concerning punctuality, so I am not surprised that the school does not think it is in its interests.

What are the alternatives? Either only to apply the School Streets project to Spencer Road only, where older children, who can reasonably be expected to walk a greater distance, go in. Another possibility would be to create a one way system during pick up and drop off times from Carlton Avenue West to Nathan’s Road to Norval Road. The most fractious moments are often caused by one car that wants to go the opposite way from the majority.

”  
- Resident of Sudbury Court Road

**Letters to the Editor/SCRA must be signed and include an address; this information will not be published. The Editor reserves the right to shorten any letters, as space dictates. Letters published do not necessarily reflect the views of the Editor, SCRA Committee or SCRA policies.**



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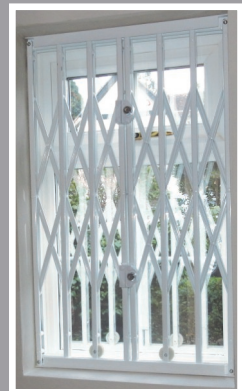
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# Something To Look Forward To

**Greeting, salaam, shalom and namaste to you and all. I trust you're safe, well and in good spirits.**

As the cold, wet, wintry months arrive, I'd like to make what I hope to be a heartwarming announcement.

Since opening in September 1997, we are now in our 24th year of service. I would like to mark this anniversary by launching the **'Foot Comfort Centre Pro Bono Program'**.

It's my way of saying 'thank you' and give back to the community who has granted us their patronage and remained supportive and loyal during our years of service.

All requests will follow a formal application process setting out the 'special circumstances' for consideration by a panel of 4 judges. Successful applicants will receive a free specialist consultation followed by treatment planning and partly or fully funded treatment with us depending on their circumstances, needs and evaluation outcome.

Although affordability and difficulty in accessing care are some of the factors which will be taken into consideration, the Program is primarily intended for anyone who has been suffering for many years, having tried other treatments and

simply requires a fresh approach. To learn more about this service or register your interest, please visit our website.

We hope to begin the programme in January 2021 offering one place a month and grow the number of patients in the coming years.

*Firoz*

For foot care tips visit our website  
[www.footcomfortcentre.co.uk](http://www.footcomfortcentre.co.uk)

## OPENING HOURS

<b>Mon</b>	9:00 – 17:00
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<b>Sunday</b>	Closed



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& Overground station



## Who do you know?

### Locally. Who do you know?

Do you know more of your neighbours after lockdown—doorstep clapping, picking up shopping, VE Day celebrations in your street?

This can only be a positive thing as the uncertain times continue, daylight hours are getting shorter and crime figures are starting to edge up.

### What can you do?

- Everybody said that getting to know 'new' neighbours has been really positive. So, continue to reach out and keep in touch—socially distanced, of course. Especially if we see more lockdown restrictions come into play.

- Join the WhatsApp group for your street. You can offer/ask for support. You can also alert neighbours—and be alerted—to any ASB or suspicious goings-on locally. It really does help to keep you and your neighbours safe.

- with our SNT continually warning residents about Cold Callers across the two estates, we all need to take some responsibility and stop encouraging them by giving them money—and that means NOT paying them to carry out 'work' for you. Only use trades people who are recommended—it may cost you a little more in the short term. But will save you a lot in the long run—they will do your job properly, and they won't be scoping your property, or your neighbours' property, for 'other' reasons.

### Pay it Forward

So, what do you do if you need some work to be done on your property, and you don't know anyone?

- Ask your neighbours who may have had similar work done.

- I would also ask, please, if you have had any works carried out by good local trades-people; similarly, any local products or services—**please let me know**. Let's see if we can get them in The Courier so that other residents can get to know about them and we can stop rewarding Cold Callers and Cowboys.

- Many local small businesses have found 2020 extremely difficult—and may continue to have difficulties in the months and year to come, so please consider shopping local in the run up to Christmas and not just rely on the corporate giants who don't support your local community, or indeed pay their fair share of tax.

Paying it forward in this instance is all about - when you get a good service (win) and you pass on the possibility of someone else also getting a good service (win)—the company will still be in business for you when you next need them (win).

So, please, email me and let's help out our local community and support our local businesses.

[editor@the-skra.co.uk](mailto:editor@the-skra.co.uk)

(please also see pg 9 for nominations to Brent's Small Business Awards)

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**It really is time for you to help us help you. Please join in.**

We can have Zoom meetings for the next few months come up with a short community wishlist—this won't be too time-consuming, we know you're busy. Let's see what we can do together.

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

(Please be patient if you don't hear back straight away as Noura has just had a her baby.)

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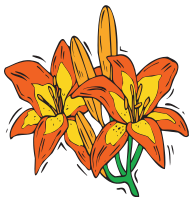
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# CALLING ALL GARDENERS



Membership : George Crane - [crane.g@gmail.com](mailto:crane.g@gmail.com)  
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## Sudbury Court Horticultural Society Your local gardening club

All garden lovers have enjoyed an excellent gardening year, though disappointing for our Society. SCHS has needed to cancel our flower shows, our coach trips and now even our October AGM.

Members for whom we have email addresses were given notice of this last cancellation. Despite these disappointments, the weather has given everyone a remarkable gardening season.

September offered lots of sunshine, allowing us all to make good use of our gardens, to take meals and relax out of doors. Writing now though, in early October, suddenly last week came the rain, lots of it, with gusty winds to rattle the window latches. We notice the shorter days especially when the clocks go back at the end of October. Berries are ripening to make a winter feast for the birds. Time, you may think, to withdraw indoors and leave the garden to look after itself.

Yet for many of us there is still a lot to do out of doors. November is the ideal time for planting tulip bulbs, as deeply as you can, to hide them from the squirrels. They can sniff out any tulip bulbs within paws reach; a bed of sand at the bottom of the planting hole will keep your tulip bulbs from rotting in our heavy clay. Plant them deep, then relax and look forward to a colourful display next May.

Lots of annual weeds are making a last stand in the borders, hoping to be overlooked. It is just as well to banish them before their roots get too firm a hold. Autumn is the perfect time to plant new trees, perhaps

element into the story of your evolving garden - making 2020 memorable in a happy way; perhaps it will celebrate a new baby in the family or a significant birthday. High

winds bring down leaves from the trees, leaves made colourful by the nutrients the tree no longer requires. If you sweep them up and store them over the winter, out of doors, out of sight, time will transform them into leaf mould. Spread as a mulch on the borders in the spring, the worms will gratefully accept the gift, carrying it down to enrich the soil.

cept the gift, carrying it down to enrich the soil.

'Shorter days.' 'Yes, but longer nights!' say those who love the indoors. Time at home has given many of us a chance to develop new interests and skills. Many people have undertaken home improvements, others have found a renewed interest in cooking. Television programmes and newspapers are full of ideas for making the most of time at home. Longer evenings indoors give families a chance to enjoy all the creative crafts; making models, drawing and painting, all kinds of needlecraft, working together as a family to share and pass on expertise. All these homemaking skills are celebrated at our SCHS shows along with all the garden produce of fruit, flowers and vegetables. Next year we hope very much to be able to get together again and resume our activities. But this November, keep warm and well, stay safe and please be especially careful with those fireworks!

Margaret Roake



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## Northwick Park Community Garden

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



### What's New?

We're delighted to announce that Northwick Park Community Garden group have achieved London in Bloom's Level 4 'Thriving' award from the 'It's Your Neighbourhood' judging category. We have progressed from Level 1 'Establishing' the garden to Level 4 in a year! This is a fantastic achievement for the group and testament to the tremendous effort and dedication of all our garden supporters and volunteers.

In keeping with government guidance, groups of six volunteers have been adding some lovely perennials and ground cover plants to the community garden. The tansy, rosemary, thyme, marjoram, Moroccan mint, German Camomile and lavender already smell divine even though they are still fairly small plants. Lovage, meadowsweet, primroses, St Johns wort, valerian, sorrel and soapwort will follow. See if you can spot the new plants in the community garden next time you take a walk in the park. You may notice the four new compost bins constructed out of old palettes and kindly painted by four dedicated gardeners whilst social distancing.

The variety of plants ensures it's a good

educational resource for the community, especially for children who love to learn all about the natural environment. Our permaculture expert, Susannah has continued to run the online Saturday Kids Club workshops with the lively group of children who have been finding out about small creatures, what to see in autumn and migrating birds. We plan to continue the children's workshops on a fortnightly basis throughout autumn and winter - email us if your child is interested in joining.

We are also putting together a schedule of



online workshops so do check our website regularly for News & Events.

If you would like to be added to our WhatsApp watering group which has worked so tirelessly throughout the summer, please email us your mobile number.

Keep well and have a lovely autumn.

Eleri, Joanna, Rishil and Iris

[Northwickparkcommunitygarden@gmail.com](mailto:Northwickparkcommunitygarden@gmail.com)

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## CELEBRATING TITUS BARHAM

For our annual celebrations in July we commissioned a new painting of Titus Barham.

He is the man who gifted his home and gardens for the enjoyment of local people and that is why we now have Barham Park to enjoy.



Titus was born with a disability which impacted his stature. He lived in the large house built by the Copland family, he created a rose garden next to his home and opened his gardens to the public for a 'Rose Sunday' every year. The Wembley News from 1936 reported that 7,000 people attended Rose Sunday that year.

The Bear in the picture represents part of the family crest. The name Barham originates from the word 'Behr' which itself is the historic word for bear.

The 120 x 70cm painting was launched over the weekend of 3rd October when around 60 people visited our Art event in the library.

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You can see some of our books on

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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

**What did one hat say to the other?**

**Stay here, I'm going on ahead.**



**What side of a turkey has the most feathers?**  
**The outside!**

**What falls in winter but never gets hurt?**

**The snow!**

**Why did the teacher put on sunglasses?**

**Because her students were so bright!**

**Why do bees have sticky hair?**

**Because they use honeycombs!**

**What do you call a flower that runs on electricity?**

**A power plant!**

## RIDDLES

**I like food, but water kills me.**

**What am I?**

**Fire**

**I am hard like stone, and you grow me on your body.**

**What am I?**

**A tooth**

**You cannot come in or go out without using me first.**

**What am I?**

**A deer**

**I'm excellent to taste, but not to smell.**

**What am I?**

**A tongue**

Did you spot the deliberate spelling mistake?  
,deer' should be 'door'.



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# Depression and Loneliness

One of the questions I get from families often is  
*“How can I get help for my loved one when they don’t want it?”*

### DON'T DISMISS SYMPTOMS

If your family member or loved one is not eating regularly or loses interest in activities that used to give them pleasure, it could be depression.

### TALK ABOUT HOW THEY FEEL

CAREGivers can help by recognising the significance of talking by asking how they feel. It is important to hear them out and listen to their emotions. Listening to others offers direct comfort and support.

### LOOK FOR SUBTLE SIGNS

‘I am not sad or lonely...’ parents don’t want to burden the family. Instead they show signs of distress by wringing their hands excessively, getting agitated or having difficulty sitting still.

### RECOGNISE DEPRESSION AS AN ILLNESS

People can be so sick with depression that they can’t get out of bed. Avoid making them feel guilty by telling them to get out more or pull themselves together.

### WE CAN HELP

Ask for support, be it advice on how to make subtle yet significant changes at home or assistance with care at home.

### Popular British Flowers

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If you, or a family member needs a little help, please get in touch,  
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