

The Community Magazine for the
Sudbury Court and Pebworth Estates

January
2021

The Courier

91st
Year



Photo: Dhilan Patel

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January 2021
Number 219 (1,059)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Wishing you, above all, a Healthy New Year.

Many people think about the things they 'should' do at this time of year, and make some resolutions to try and stick to practising them. Sadly, 90% of us don't get past February before those resolutions are forgotten.

Maybe this is a good time to be thinking about what we can do differently to get more people involved in our community. We're certainly due a big Street Party when restrictions are finally lifted, but that will be some time yet. There is a small pot of money waiting to be spent (as a result of fines from the construction company at the school) - if you can think of some little interventions to cheer up the local area—someone did suggest a path around Northwick Park, to make it easier to walk especially in winter. Sadly, that is way out of our league in terms of cost. But please send in your suggestions by email and let's get a plan together.

I'm loving the fact that a few people are now sending in contributions for The Courier—letters (emails,) articles, and photos. Please don't be shy, join in—just like Dhilan (aged 13) who has been sending in some incredible photos, I chose the one on the front cover . . . Last month we had the break in the clouds, and now we have a chink of light—here's to things looking brighter in 2021.

Stay connected to your community.

Until next time, please 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



I wish you all a Happy New Year and all the best for 2021, can't be as bad as 2020 says you!

Stabbing Northwick Park:

We had the most shocking incident on 12/11 - a teenager was killed in Northwick Park, near the station, in a stabbing incident. Because someone has now been charged in connection with this, I cannot say much about the incident itself.

My heart goes out to his family, and I know that this sentiment is shared with the residents. I know too that this has impacted local residents on their safety and security in using the park. I have worked in the area for nearly 10 years now and this is the first incident of this magnitude that I am aware of in this time. We are aware that there have been issues in the park and try as best as possible to patrol there as often as possible, however, I would like to reassure you that the park is reasonably safe.

Issues in Northwick Park:

Drug dealing and misuse has been a persistent problem over a number of years. This issue is largely fuelled by a market for illegal drugs - some users being local youths and others believed coming from the university.

I am often told by users of cannabis that they are doing nothing wrong - from a policing perspective they are. Cannabis possession is illegal, it is a Class B controlled drug, and where there are users the dealers won't be far away; there will also be the associated anti-social behaviour.

Drug dealers are not upstanding citizens, they are making money through a life of crime; they are criminals and often carry weapons. Most of the cannabis dealers I know will also deal harder drugs or be connected to people who deal harder drugs.

We patrol Northwick Park and other drug hotspots, to try to eliminate this problem. We do our best to try and stop the drug dealers

and users. Bearing in mind some dealers only keep a small amount of drugs on them, keeping their stash hidden so sometimes it is difficult for us to prosecute them.

Another issue, which is linked to the first, is that there have been some robberies in and around the park environs in the past year—4 reported 09/12/19 - 09/12/20. These robberies are connected to the park area alone. All have been in the hours of darkness. Obviously the vast amount of 2020 has been under some sort of lockdown. From my analysis there wasn't anything reported in the previous year (2018-2019) in the park itself.

Towards the end of 2019, early 2020 there were a number of robberies on school children in and around East Lane, but not in the park itself. I continue to put advice on 'Keeping Safe Out and About' which I urge parents and teenage residents to read as it might offer some guidance.

Arrested Burglar:

In the early hours of the 17/11 a member of the public witnessed a male with a torch in his neighbours' back garden shortly after 3am and called the police. The male was subsequently arrested after hiding for some time in back gardens and was subsequently dealt with by PC Kennedy for a number of offences in connection to being on enclosed premises and burglary. He was remanded in police custody to court on the 18th where he was given bail with an electronically monitored curfew 8pm-8am, this is being strictly monitored by PC Kennedy for compliance as the male is believed responsible for a number of night-time burglaries prior to the 17th in the Sudbury Court area.

I would like to thank the particular residents who have helped the criminal justice system in providing statements so that this male can be prosecuted. Please understand in the majority of instances we require a statement from the householder in order to convict

someone of burglary or associated offences; we require a victim of a crime in order to prosecute.

The agility of this burglar in his late 40s was breath taking, he is seen on CCTV leaping over high fences and gates in the middle of the night. I would advise residents to assess their house perimeter to ensure that fencing/walls/gates are high enough, and have some deterrent for someone to climb over – perhaps wall spikes or brambles with thorns growing on a trellis might inhibit someone from climbing over. You may wish to consult with your neighbours on your perimeter regarding proposed security measures, especially if it is a shared boundary. Appropriate signage may also be necessary, depending on the site of any security measures. The Met Police website (as well as other sources) has information on home security.

When dealing with this burglar, it came to light that he also steals bicycles from sheds. He has also been active in the Kensal Green area where he was suspected of stealing a number of bicycles, some of which were recovered. The frame number is typically etched/stamped at the bottom of the frame between the pedal arms, you have to turn over the bicycle to find this number. Please register your bicycle on Immobilise or BikeRegister with the frame number so that we can restore your property to you and convict these people involved in burglaries, bicycle thefts and handling stolen goods.

Keeping Safe Out and About:

- When walking alone try to remain alert, so that you can SEE and HEAR who/what is around you; keep your mobile out of sight.
- If you see someone or a group that seem to be paying attention to you or other passers-by and their behaviour is suspicious then try to avoid them or walk with another person.
- Frequently a robber might try to engage you in conversation, e.g. ask you the time and when you produce your mobile phone they might try to rob you. We have had groups of youths offer 'weed' (cannabis) for sale and then robbed the person they've approached.
- Avoid short cuts through dark alleys, parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed.
- When walking alone consider carrying a personal attack alarm – these can be bought online for a few pounds. This emits a very high frequency sound which can alert people nearby and can also be debilitating to your attacker.
- Self-defence/safety awareness classes might assist you in feeling more confident, however it is always better to avoid any potential attacker—flight not fight is best.
- Safety is always better in numbers so if you are walking home from school or from the tube station try to walk with another,
- Try to stay in well-lit areas and don't wander in areas you are unsure of.
- When jogging or cycling, try to vary your route and time. Use well-lit roads with

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pavements. In parkland/wooded areas, keep to main paths and open spaces where you can see and be seen by other people.

- Be aware that listening to music on your phone etc may limit your awareness of your surroundings.

The Role of the Safer Neighbourhood Team/Reporting Crime – 999 or 101:

The role of a Safer Neighbourhood Police Team is to identify local policing problems such as anti-social behaviour, 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, unlike the police response teams, are not always on duty. We have a shift cycle and generally when on shift we are trying to do something to reduce the issues in the community – 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, remember **999 is an emergency number**. If the crime has been committed and **the suspect is no longer there then you should ring 101**, or report online via the Met Police Website www.met.police.uk or via Twitter [@MetCC](https://twitter.com/MetCC)

Please **do not** ring the Safer Neighbourhood Team (SNT) to report crime or Road Traffic Collisions—you need to **follow the correct procedure in reporting**.

If you ring the 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. Follow the above procedure.

Where a resident has a boundary dispute with a neighbour, and they believe a criminal

offence has taken place they should report in the manner described above. A resident should also seek advice from a solicitor in relation to issues of boundary or contested building works or to get a cessation of works. Boundary issues 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.

Permanent alert for Cold Callers and Cannabis factories.

Both bring criminal activity to your doorstep.

Cold Callers—anyone who knocks on your door or calls you on the phone to offer you a service that you didn't ask for or some kind of financial offer or refund that you didn't know about does not have your best interests at heart. So ask yourself—what's in it for them?

Cannabis Factories—a full list of what to look out for has been included here before. Here are a few of the most obvious, which may or may not all apply:

- When new occupants of a rental property have lots of deliveries at night time.
- Windows constantly covered, often blocked up with sheeting to stop you from seeing the powerful lights used in the cultivation of cannabis.
- Constant sickly smell of cannabis, constantly coming from an address.
- A high level of condensation on windows from the numbers of plants growing inside.
- House appears in darkness and visitors particularly at night time.
- Buzz of ventilation system on an apparent unoccupied property. The ventilation system is to regulate the heat, the condensation and the smell.
- In cold or frosty weather, the roof of a cannabis factory will not have frost or very little snow on it., because of the heat needed to cultivate the plants.

Overview of offences 9th Nov to 9th Dec:

Residential Burglary: (i) Nightingale Ave, in 20s odds, 08/11 2100hrs – 09/11 1530hrs bicycle stolen from shed; (ii) Nathans Rd, in 50s odds side, 14/11 2000hrs – 15/11 0330hrs, garage broken into at the front, large amount of property stolen including bicycles (iii) Nathans Rd, in 90s evens, 15/11 0009hrs – 0230hrs, burglar has jumped over fence to back garden, accessed shed and spent 2.5hrs emptying contents towards other side of South Kenton tube – burglar has been identified and evidence being collated (iv) Abbotts Dr, in 20s evens, 17/11 0425hrs, burglar has gained entry via back kitchen door, stolen laptop, no damage to door believed possibly unlocked; (v) Sudbury Crt Dr, in 60s evens side, 08/12 1946hrs, occupiers left at 1945hrs returning at 2100hrs to find rear door smashed in, cash stolen, silver estate car involved.

Attempted Burglary: (i) Nathans Rd, in 30s odds, 17/11 0315hrs approx., male burglar has jumped side gate to back garden and tried to open kitchen door and shed; occupants inside asleep; also jumped into back garden of neighbouring house and shone torch in shed – this male has been arrested (pg 4).

Theft from Motor Vehicle: (i) Hill Rd, 22/11/20 1200 – 1400hrs, catalytic converter (CatCon) stolen from 05 plate Land Rover (ii) Langham Gardens (nr 49), 23/11 0530hrs CatCon stolen from 06 plate Honda Jazz; (iii) Carlton Avenue West, in 50s evens, 22/11 2000hrs – 23/11 0700hrs, registration plate stolen from 17 plate Mercedes (iv) Pasture Road, nr 10s evens, 24/11 1054hrs, CatCon stolen from 05 Honda Civic; (v) Northwick Park Hospital, 24/11 0640hrs – 1830hrs, CatCon stolen from 02 plate Honda Jazz; (vi) The Fairway, 10s evens side, 24/11 1305hrs CatCon stolen from Honda (vii) Pasture Road, nr 60s evens, 26/11 1420hrs, CatCon stolen from 11 plate Toyota Prius; (viii) Northwick Park Hospital, 30/11 0730hrs – 2015hrs, break in to car, drone, dash cam and bag stolen from 60 plate Toyota Verso; (ix) Aspen Drive, 3/12 0001hrs – 1500hrs, CatCon stolen from 19 plate Toyota Prius;

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 neighbours 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 to be aware of your surroundings when you are out and about, this is especially important if listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Bicycle Theft -

- Always secure your bicycle with a substantial lock and leave in a well lit place.
- obtain your frame number and register it on www.BikeRegister.com or 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 local crimes and 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
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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

I hope that you all had a happy Christmas despite the COVID restrictions. May I also take this opportunity of wishing you a peaceful, prosperous and healthy new year. Let's hope and pray that we are finally seeing the battle being won against this awful virus.

COVID-19 Update

- Vaccine Breakthrough

There is now real hope of tackling the virus by the licensing of at least 3 vaccines, one of which started to be rolled out in the last month which will be targeted to the most vulnerable in care homes, and by the spring will be rolled out wider. This is really good news and we can now see the light at the end of the tunnel. Brent Council has been working closely with the NHS to set up the logistics for Vaccination Centres. This preparation has taken place at two sites: Network Homes in Olympic Way, Wembley Park, and Willesden Centre for Health and Care.

- Brent in Tier 2 of national restrictions

We came out of the national lockdown on 2nd December and placed in Tier 2, due in part to the number of positive cases we had and the level of the 'R' rate in the borough, which was just above 1.

- What is Tier 2?

- meeting indoors with people you do not live with remains against the law, although you can meet up to six people outside.

- Pubs and bars can only open if they are serving food, and must be shut by 11pm.

- Gyms, non-essential shops, salons and hairdressers can reopen. Communal worship can restart.

- continue to work from home if you can.

It's imperative that we ALL respect the rules, but also share the message among the community that if we don't follow the rules, we will end up in Tier 3 and much tougher restrictions will be imposed.

The Council will use the new additional powers to enforce against businesses who are breaching the rules and will bring forward more testing proposals for the borough to protect residents and slow the spread of the virus.

The risk from Covid has not changed, so we are going to urge caution and encourage residents to think carefully about whether they want to put their loved ones' lives in danger.

There's no doubt winter is going to be a difficult time for the NHS so we need to work together and do everything we can to protect it, save lives and get back to better times.

- What is the level of infection in Brent?

The infection rate rose in the first two weeks of November, but the effect of the lockdown helped to reduce the spread of the infection, but the impact on local jobs has been devastating.

At the beginning of December cases were slightly reducing but were still around 295 incidences per 100,000 which was above the London average of 250.

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Although the rise has slowed and has not been as overwhelming to our community this time around – we can certainly congratulate all those involved in protecting our vulnerable people, volunteers in our Mutual Aid groups and the fantastic Council support - which were very effective. The winter pressures and flu season are still here, so please make sure that you have your flu jab to protect you.

-Testing capacity

Brent currently has 3 testing centres (Wembley, Willesden and Harlesden) and a mobile testing centre based at the Temple in Neasden. Tests must be booked on 020 8937 4440 – open 7 days, 9am-5pm.

We also have testing for students who are asymptomatic (no symptoms). This is a rapid turnaround test, which administers the lateral flow antigen test - results within 30 mins.

Before the Christmas break, priority was given to university students so that they could return to their family knowing they were safe or, if COVID-19 positive, they could stay in a secure place under quarantine. This testing will soon be rolled out to targeted groups across the borough.

-Contact Tracing Service

Brent Council launched its local Test and Trace service to help contact residents who have tested positive if the national NHS Test and Trace team have not been able to reach them in the first 24 hours.

The council will be making sure that those with a positive test can be linked up with council services and local community support to help them while they self-isolate. They will also be asked for information about their recent close contacts so that these people can be told to self-isolate too.

If you are contacted it will be from a local phone number beginning 020 8937.

To ensure information can be captured as quickly as possible, rather than waiting for a call, residents are encouraged to log their contacts online as soon as they receive a positive test result.

www.contact-tracing.phe.gov.uk

Residents won't receive a call if this information has already been provided.

If you have been asked to self-isolate, you may be entitled to a Test and Trace Support payment of £500. This is for residents on lower incomes who cannot work from home and have lost income as a result. Go online to find out more and check if you're eligible.

www.brent.gov.uk/your-community/coronavirus

Climate Emergency: Draft Strategy

COVID-19 has shown us that global events have local consequences. The Council have released new proposals for tackling the climate emergency by reducing our carbon footprint as a borough.

The scale of the challenge means that it's important to bring together local people, businesses, schools and groups, and rally them around this aim. There are a few different ways to get involved:

- We are welcoming comments on the Draft Climate Emergency Strategy via an open consultation. (see back page)

- Anyone can take the Neighbourhood Survey – this is all about helping people to think about the kinds of changes they could make to their lifestyle to reduce their environmental impact, or how they could join up with friends and neighbours to start new environmental projects or initiatives.

- We will be launching a Brent Environmental Network to help people to work together. Anyone who lives or operates in Brent can sign up to updates on the website.

www.brent.gov.uk/climateemergency

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Community Safety Issues

Without doubt, there have been increases in crime and anti-social behaviour in the ward. There was a tragic death in Northwick Park on 12th November where a 17 year old was stabbed and lost his life. The Police are still asking for any evidence that may have been captured by a mobile phone video, or for witnesses to come forward. Our condolences go to the family of Jamalie Maleek Deason Matthews who tragically died.

There was also a shooting outside Sudbury Hill Underground Station on 18th November 18.04hrs, fortunately the injuries were not life threatening. It is really concerning about the levels of the incidences of crime happening in our area. Be of no doubt we all have to be more vigilant and use our WhatsApp groups to pass information through to the appropriate channels

We have a **Safer Neighbourhood Ward Panel** that meets regularly to discuss community safety issues. It is available to all who

live and work in the area. If you are interested in joining and wish to attend to find out what is going on in the area, please feel free to contact our SNT (pg 4) or the chair of the panel, PK, on PKAgrawala@pkamcl.co.uk

They will let you know about meeting dates.

Councillors Surgeries

We do not normally hold a surgery in January, however due to the exceptional impact of COVID-19 we will run a virtual surgery on 9th January 2021 at 11am. Please send us an email as soon as you can requesting a meeting. We will send you the link.

You can also call/FaceTime/email us:

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
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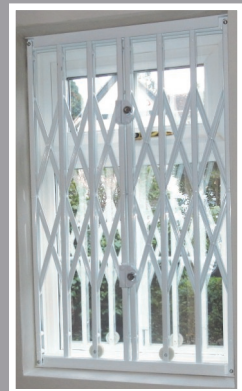
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T S Eliot said that April is the cruellest month. I know what he means. By the time April comes along we are thoroughly sick of the cold and the dark. But this year, January will run it a close second in the cruel stakes.

I know I have said it before, but none of us could have imagined how long this peril would have gone on. But we are a strong community around here and we anticipate the beginning of the end of all this with a vaccine in sight.

Do check out the church website for details of how we are playing a part in these difficult times www.stcuths.org

I am a great lover of the poems and prayers

of the ancient Celts. They had a strong sense of nature and the value of family and community. They also knew what it was like to feel in peril. The Vikings were raiding and plague was always a threat. I thought I'd offer one of the old prayer poems as a gift to us all in this dark month. It was a prayer poem (from more than a thousand years ago) said by the people on the Hebrides off the coast of Scotland and I find it a great comfort.

*Though the dawn breaks cheerless on this
Isle today, my spirit walks upon a path of
light. For I know my greatness. Thou hast
built me a throne within Thy heart. I dwell
safely within the circle of Thy care. I cannot
for a moment fall out of Thine everlasting
arms. I am on my way to Thy glory.*

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Letter to Editor

Has the Conservation Area passed it's 'Sell by' date?

Dear Editor,

Many thanks for your continued efforts to keep residents informed with your excellent Courier Magazine and best wishes for a Happy New year.

Some eagle eyed residents may have spotted the small Brent Council planning notice attached to lamp posts in the area. The notice is interesting as it informs us that the Council have made a decision "removing permitted development rights from residential properties within our Conservation area." There is a lot of planning jargon most of which is incomprehensible to the lay person. It is clearly a legal requirement that the residents are informed, "We have taken a decision.." but interestingly at the bottom of the notice we are invited to make representations. You must do this before the 18th Dec 2020 giving you 20 days but the proposals will not come into force before Dec 2021.

By the time you read this the deadline will be past but my question to residents of Sudbury Court Estate is WHY DO WE NEED THE CONSERVATION AREA? Has it past it's shelf life?, is it fit for purpose?

It will not have escaped residents that large conversions and alterations have taken place to a very large number of houses all over the estate. Basements, Garages converted to

habitable rooms, Side and Rear extensions and large loft conversions. All of these improvements bring enhanced value to those properties. All of these conversions or alterations are refused within the very few roads within the conservation area boundary. I live in Abbotts Drive where in half the road the Council approves planning applications and in half the road it is denied them. If the Sudbury Court Estate is so worthy of protection why are so few roads listed? A conservation area status granted in the 1980's is not necessarily relevant in 2021.

The planners need to realise that many families are larger now, many younger family members still live at home. Young people unable to afford to get on the property ladder the result of this is to stay with Mum and Dad but potentially in an overcrowded house.

So my other question to residents is what value does the conservation area bring to Sudbury Court estate in 2021? I often hear residents complain about the conservation area. So let's start a debate and seek views or answers to my questions? I would love to hear answers to my questions but suspect there will be a deafening silence.

Kind regards,

Resident Trapped in Conservation Area

(Name and address supplied to the Editor.)

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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Let's all safely welcome in 2021

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

I hope you all had a safe and healthy Christmas and let us hope the New Year brings us better tidings and an end to this Covid-19 pandemic.

From previous articles, we announced our Covid Rapid Antibody testing service. A negative antibody test confirms that you have never been infected and a positive confirms that you had Covid-19 and recovered from it.

We are now able to offer COVID PCR Swab tests with results in 24 hours. This tests for the presence of the virus now and will tell you if you actually currently have the infection or not.

January is likely to be a challenging month and Public Health England is expecting a rise in infection rates following the relaxation during December and large scale population migration nationally.

Our COVID PCR Swab tests will allow those returning to work, wishing to travel or having returned from

travel the opportunity to get tested locally.

For more information, pricing or to book an appointment please contact us.

Meantime during this challenging time, remember to eat healthily and take your daily walks in safety with comfortable footwear, with a head covering to keep warm.

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What a year! . . .



. . . Some thoughts on leaving 2020 behind and welcoming in 2021.

"Sometimes a year
has been so disastrous
and so terrible
that entering a new year
will automatically
mean entering a wonderful year!"
Mehmet Murat ildan

"The new year stands before us,
like a chapter in a book,
waiting to be written."
Melody Beattie

"Celebrate what you
want to see more of."
Tom Peters

"If you don't like something,
change it.
If you can't change it,
change your attitude."
Maya Angelou

"What a wonderful thought it is
that some of the
best days of our lives
haven't even happened yet."
Anne Frank

"There are far better things ahead than
any we leave behind."
C.S. Lewis

"Resolve to keep happy,
and your joy and you
shall form an invincible host
against difficulties."
Helen Keller

"Listen.
I wish I could tell you it gets better. But, it
doesn't get better.
You get better."
Joan Rivers

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Sudbury Court Horticultural Society Your local gardening club

Welcome to 2021. We hope very much that a better year lies ahead. In 2020 all our meetings for the sharing of ideas have been put on hold. We hope that a vaccine can overcome the virus and make it possible for our Society to flourish again in the coming season.

With the garden tucked down for the winter many of us are ranging further afield for our necessary exercise. It is surprising how quickly we lose fitness without a regular pattern of outdoor work. So January can be a good time to take a walk around the estate and enjoy the front gardens of our neighbours. One can see how carefully some gardeners have chosen shrubs to bring year-round interest to the garden. I noticed a pair of beautiful camellias full of promising buds ready to break in early spring alongside a well-pruned rose, which will become the main feature in the summer. It is amazing that in early December so many flowers are still blooming. In one garden I admired a range of different salvias still showing off their flowers, some red, some white and some purple. Many gardens have the attractive feature of a well-trimmed hedge. Sometimes when shrubs or hedges have grown too large they have been given a drastic haircut, trimming them into topiary, sometimes trained into amusing shapes, giving a whole new look to these weary old plants. There are also a few neglected hedges where a little imaginative pruning would be an advantage! While not all residents are keen gardeners it is kind to your neighbours to keep

our garden tidy, for we are indeed privileged to have homes in such pleasant surroundings.

However, we are not the only creatures who live here. With the weather likely to grow colder we hope you will make your garden a haven for the wild ones. When planting a new tree or shrub it is good to choose varieties with edible berries, so providing a seasonal source of food for the birds. A seed tray filled with water makes a good bird bath. In winter the smaller birds are very vulnerable. We can help them through the cold weather by providing a seed feeder. Place your feeder where it can be seen from a window of your home so that your

family will have the pleasure of bird-spotting. You could also put up a nesting box to give overnight shelter in the winter for smaller birds. Then in the spring it will be ready for a new brood to hatch, giving you the pleasure of watching the comings and goings of feeding the nestlings. You may even catch their first flight. However, the plastic entrance in the box shown in the picture is not a good idea. Birds prefer a simple hole in the wood that is easier to grip in their claws. If you are keen on invertebrates, a woodpile in a not-too-tidy area of the garden will soon become home to beetles and other small creatures.

There's a lot of life in your winter garden and much more to come in 2021.

Happy New Year!

Margaret Roake



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Happy New Year.

During the lock-down volunteers carried on working in the garden. A couple of amazing people dug 34 little beds for the new perimeter wind breaker shrubs, extended two of the existing beds and dug a brand-new planting circle.

We've been assured that it was much easier than the very first time we dug the ground, but even so we are sure you will agree that this is a superhuman effort.

Our enthusiastic new teen volunteer loves digging and with training from skilled digger and gardener Peter, before lockdown, carried on coming to the garden with his mum to use up some teen energy and contribute to this fantastic effort. They have also mulched the beds with wet cardboard and buckets full of wood chip in preparation for the new shrubs we aim to plant in Spring.

The Autumn Olive shrubs planted last year were also topped up with mulch to protect them and the soil. They do need to grow tall and strong as will act as windbreakers for the main garden section.

We are hoping to be able to organise small planting sessions during January/February but this will depend on social distancing guidelines and requirements. Drop us an email if you would like to get involved.

We can't plant, we've been posting photos of the garden still looking lovely in the depths of winter.

The park looks beautiful on a frosty morning. Walking outdoors (in a good pair of

waterproof boots!) helps us to re-charge our batteries and recover from all the overindulging during the festive period having spent most of the time at home sat on the sofa munching on something deliciously sweet and calorific!

Teasel heads looking striking in the frost. A great source of food for birds, and a safe place for insects to overwinter, they add so much character to the community garden. Eleri, Treasurer and Trustee, captured these stunning images.

We've changed the date and time of our free online interactive children's

workshops which will start again on Wednesday 13th January. Workshops will run fortnightly on Wednesdays 5.30pm-6.15pm via Zoom and are aimed at children aged 4-11 years. If your child/ children are interested in nature and the environment, email us for joining instructions. The workshops tend to be concluded by a children's folklore and, we

would like to thank two special guests from our volunteer group, Taj and Frances, who both had a lot of fun reading out a story to the children at two of last year's workshops.

Thank you for the continued support. Keep well.

Eleri, Joanna, Rishil and Iris

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Saturday 12-3pm and Tuesday 3:15 5:15pm

We continue to update our database and you can check out our book collection on:

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As you know our 'artist in residence' Le Spleen produced a number of Murals in the area including in The Pimple and in Butlers Green (the Thank You Mural to the NHS and

all the other workers & volunteers who helped during the current emergency). You can see some of her work on www.espleenart.com



It has been a tough year for all artists with much of their work projects cancelled. If you wish to support Le SpLeen why not purchase one of her limited edition T-shirts (only 100 will be printed of this design). They cost £25, (available in S, M, L, XL) and can be ordered from Paul Lorber
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- 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,
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What did we learn in 2020?

What did we change?	What worked well?
What did we learn?	Ideas for the future

... And how much of it will you remember going forward?

In March 2020, the whole country was faced with a new challenge. And, as people started to get used to a different way of living day-to-day, they began to find different ways to live with the restrictions.

There were many new discoveries: working from home, online courses, Zoom ("You're on mute!") exercising with virtual groups of strangers online—hands up if you're a parent and don't know who Joe Wicks is.

As the weeks went by: people were out in their garden—how amazing the weather was! When the garden centres were allowed to open, new plants were being added. Those little minor DIY tasks were tackled. How many spring cleans inside the house ended up with de-cluttering and bagging up of unwanted items ready for when the Charity Shops reopened?

When you were only allowed out to exercise for an hour a day—how many of you walked around your neighbouring streets and noticed things you hadn't noticed before? Beautiful gardens and trees; birdsong and bees; cleaner air. Maybe you talked to people in the street, or in their gardens (socially distanced, of course), and met neighbours you had never met before.

I know many of you stepped up to help your neighbours—picking up shopping and medication for those who were isolating. I definitely had a renewed feeling of community.

Taking stock of the little things

While technology took a front seat for more people for the first time—is it the 'old-school stuff' that saved us?

- Spending more time with your children and having meals as a family.
- Board games, baking, making bread, knitting, crosswords, crafting.
- making things tidy! It's easy to pretend that sorting out the kitchen drawers and keeping the lawn closely mown are boring chores you did because you couldn't go anywhere, but ... it was quite therapeutic wasn't it?
- Just slowing down; peace and quiet
- making our own entertainment.
- Finding time to read and realising that it is 'doing something'—and not just something to do when there's nothing else.
- the NHS Thursday clap and the celebration of VE Day was a reminder of community coming together.
- and generally the value of connection to other people is more important than 'stuff.'

How many of those things will you remember when life gets back to 'normal'?

We've had such a poignant reminder that every day counts; people and connection are more important than 'stuff.'

When the vaccine is rolled out and things start to get busy again, will 'work' be different? Will almost every aspect of life be different?

As we reboot businesses and High Streets, how will we remember what this time has taught us? The business recovery might mean that times will be tough for a while and working might mean going back to stress and less down time. So, when we're not working we might need to make the most of relaxing, and connecting with others

... Remembering what we've learnt during this time about 'old school stuff'

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Kids' Page



Hello Kids—Happy New Year for 2021!

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

preeyaathecourier@hotmail.com

JOKES

How can you tell the ocean is friendly?
It waves!

When is the moon the heaviest?
When it's full!

What do you call an attractive volcano?
Lava-ble!

Why did the leaf go to the doctor?
It was feeling green.

Why is the grass so dangerous?
It's full of blades.

What kind of shorts do clouds wear?
Thunderwear!

What kind of tree can you grow in your hand?
A palm tree.

RIDDLES

Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

Corn on the cob. You throw away the husk, cook and eat the kernels, and throw away the cob.

The one who made it didn't want it. The one who bought it didn't need it. The one who used it never saw it. What is it?

A coffin

It lives in winter, dies in summer, and grows with its roots on top? What is it?

An icicle

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

His breath

Did you spot the deliberate spelling mistake?
'full' should be 'fll'.

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