

The Community Magazine for the  
Sudbury Court and Pebworth Estates

February  
2021

*The Courier*

91st  
Year



*Photo: Tak Lee*



Campden Crescent



Norval Road



Norval Road



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# The Courier



**February 2021**  
**Number 220 (1,060)**

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

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Dear Neighbours,

Still time for plenty of reflections on 2020 because, I don't know about you, but even though the return to lockdown was very much expected, it still came as a bit of a slap to me.

And so still time for reflecting on the very different year we've had and making some choices about whether we see silver linings and concentrate on the little things day-to-day that we're thankful for.

I'm so delighted to have received many different photo submissions for this month's cover, and decided to go with Tak Lee's photo taken in Northwick Park recently. The photo on the back seemed very apt as we're back to thinking about and thanking the NHS—Safa Qureshi (aged 12) is also a new contributor. Thank you.

As you will see from the Letters page, one resident was particularly surprised that sending a letter in would be read and printed—The Courier is here to serve you all as residents—to pass on information to you, and to receive views and input from you. I look forward to more letter, stories and photos.

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



Dear Residents:

## COVID Restrictions:

I thought on approach to Christmas that we would be able to spend time with family, however, as we all know now that wasn't to be as the COVID figures rose and further restrictions were implemented. It now looks like these restrictions are going to be with us for quite some time before they ease.

Can I please ask residents to abide by the restrictions, police are very strict on enforcement because of the levels of COVID infection and the need to make people comply with the restrictions.

Remember if we all comply with the restrictions to limit the spread then we will be out of this nightmare sooner.

Keep safe!

## Burglary General Advice:

The burglary figures are very low at the moment, obviously because residents are working from home and we are in a lockdown. However, one resident reports that someone tried to get into his house in the middle of the night whilst he was asleep, so this serves to stress the importance of setting your house alarm at night time on a partial set. If someone tries to open your doors or windows then if your alarm is on a partial set it should sound, depending what type of alarm system you have.

## Cold Calling Permanent Alert:

We have had reports from residents of Bengeworth Road and surrounding roads of a male in his 30s possibly Asian or dark-skinned European banging on residents' doors asking about gardening work. He has been violently banging on people's doors

and shouting in their letterboxes. Residents are worried that this male might also be trying to break into their properties. From the CCTV that I have viewed the male is dressed in a brown jacket with a stripe along the sleeve. We are keen to speak to this male owing to his behaviour, so if you have witnessed this male then please contact 101 immediately or 999 if you fear he is about to break into your address.

In a separate Cold Caller incident on the 05/01/2021 a resident reported male callers, in High-Vis tabards, on Norval Road knocking on residents' doors and delivering A6 postcards with a paving company name on it. The resident reported the male's accent as being European, however, we stopped a group of three males in a brand new white Pick-up truck: they had the postcards of the same paving company as the resident had reported. These males were from addresses in Leicester and Stanmore, but spoke with Irish Accents. They came across as very affable, and this often is the case as they want to come across as trustworthy. One of the males, the oldest in the group, had convictions for burglary and fraud - the fraud in relation to overcharging for unnecessary works. The typical victim for this type of fraud tends to be the elderly.

So again and again, I say:

**DO NOT ENGAGE WITH COLD CALLERS**

If you want your driveway done, roof or whatever, then speak to local residents who have had work done some time ago and have good reports of the builder used—then ask those builders to give you a detailed quote, in writing.

Many people who have had work done by Cold Calling builders - for example, for driveway work—report that within a matter of



months the driveway has sunk because the people who have carried out the work haven't used the proper substrate.

Often the Cold Callers use men that they pick up as casual labourers on Kilburn High Road and they do not even pay them the minimum wage.

I would say the best way to get good trades people is to speak to local residents; find out if they have had any work carried out, and if they can recommend a local trades person; see the quality of the work, particularly after some time has passed since completion.

Paper does not refuse ink and some of these Cold Calling fraudsters have very glossy postcards and perhaps even be registered with Companies House – this means nothing. Anyway trades person worth his salt does not have to Cold Call looking for work.

#### **Vehicle thefts of and from:**

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 one of these pouches, then the signal from your key could be boosted using a device outside your property, enabling thieves to access and steal your car.

Also, please ensure that you lock your car when it is unattended and leave it completely free of 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. If they find a car unlocked they rummage around to see what they can steal. We find that frequently the thieves involved in this type of crime are Class A drug addicts, but not always. Remember to lock up.

The catalytic converter thefts are continuing on a random basis, please check the crime figures below and be aware if your car is one of the models that are being currently targeted by thieves. If it is, then consider parking it off the road in a secure driveway when unattended. Most cars targeted tend to be parked on the road or in car parks such as Northwick Park Hospital, Wembley Arena car park (when it was in use) and ASDA car park.

#### **Delivery Thefts:**

A lot of residents are now tending to buy various things online and get them delivered. Amazon and 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 (shop) if you are not going to be in.

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**\*ask for details**

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## Registering your property:

Please register your bicycle and its frame number on **Bike Register** or **Immobilise**—if it is then stolen and recovered by Police, it helps us prosecute the person in possession of it as well as get your property restored to you.

The same is true of your mobile phone—please register the IMEI on **Immobilise**, it's very simple to do and can assist you and the Police in the future should you fall victim to a theft.

## Selling Property on Online:

If you're selling an item online, e.g. Gumtree, Ebay - please be aware of the risks of theft if someone comes to your home address to view or pick up the item.

Recently, a resident advertised a phone for sale on Gumtree and the would-be purchaser came to the resident's address to pay the cash and pick up the phone. Instead of doing this, however, he stole the phone without paying any money and jumped into a getaway car.

This is not too uncommon an experience: we had something similar happen to a resident who was selling their car.

Please exercise caution if you are selling something and the purchaser is coming to your house to view the item or, in the case of a car, test drive it.

## Overview of offences 11<sup>th</sup> Dec - 11th Jan:

**Robbery:** Northwick Park near the tube station – 15/12/20 0100hrs, victim had just walked from Off Licence in Kenton Road to Northwick Park and was sitting on a bench smoking when approached by two men who also sat on the bench, they then asked him if he wanted to buy cannabis from them, he declined, they then insisted that he key in their numbers on his phone, at which point proceeded to rob him of his mobile and cash and got him to kneel on the grass; they threatened him saying they had knives.

**Attempted burglary residential:** Sudbury Court Drive (in 20s odds) 29/12/2020 0434hrs, alarm sounded whilst resident was inside house, saw two masked males flee from side of house after they had apparently tried to get in the kitchen door.

**Theft of Motor Vehicle:** St. Francis Lodge Harrow Road 16/12/20 0845 hrs – 1230hrs, 97 plate BMW stolen without keys; Oldborough Road (in 50s odds) 02/01/21 2300 – 02/01/21 0240hrs 17 plate Range Rover stolen without the keys.

**Attempted theft from Motor Vehicle:** Sudbury Court Drive (in 80s evens) 16/12/20 0235hrs male has entered the driveway of address and opened car without causing any damage, believe car unlocked, rummaging through car and attempting to open the other cars in the driveway.

**Theft from Motor Vehicle:** Northwick Park Hospital 05/01/2021 0900 – 05/01/2021 1730hrs, catalytic converter stolen from 12 plate Lexus CT 200H; Northwick Park Hospital 05/01/2021 1400 – 05/01/2021 1800hrs, catalytic converter stolen from 13 plate Auris

## 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 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 Thefts -**

- 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](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 local crimes and 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)  
[www.direct.gov.uk](http://www.direct.gov.uk)

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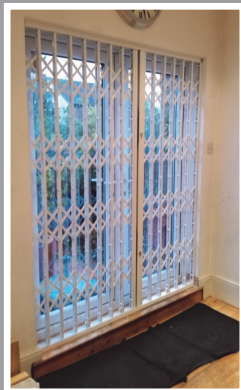


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# Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

Spring is just around the corner and some flowers are already beginning to bloom. I hope that this natural phenomenon will raise our positivity levels to turn the corner with this nightmare of a pandemic, before the full Spring bloom!!!! Let's pray that it will be overcome in the next few months.

## COVID-19 Update

At the time of writing, the UK is in a National Lockdown due to the increase of the new variant strain of the virus. This mutated strain is far more virulent than the original virus and spreads rapidly in comparison to the original one. We are still likely to be in lockdown during February. However, we currently have three MHRA approved vaccines available, and more are in the testing phase. I am aware that some people in the Borough have already received the first course (of a two-course treatment programme) of the vaccine.

The stated Government's priority for treatment for the rollout of the vaccine is in the following order:

- residents in a care home for older adults and their carers
- all those 80 years of age and over and frontline health and social care workers
- all those 75 years of age and over
- all those 70 years of age and over and clinically extremely vulnerable individuals
- all those 65 years of age and over
- all individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
- all those 60 years of age and over
- all those 55 years of age and over
- all those 50 years of age and over

It is estimated that, taken together, these groups represent around 99% of preventable mortality from COVID-19.

## Vaccine Rollout

On a positive note, the mass vaccination programme has started to be rolled out. This is really good news and we can now see the light at the end of the tunnel.

Brent Council is working closely with the NHS at the Vaccination Centres in Wembley and Willesden. This started in January and people will be contacted by the NHS when it is their turn to be vaccinated.

Please do not call up to book a time without being contacted first—ensuring that the contact is from the NHS and nobody else.

## National Lockdown

We came out of the national Tier system on 2<sup>nd</sup> December and on the 5<sup>th</sup> January there was a 3<sup>rd</sup> National Lockdown, which is unlikely to be lifted until the Government is confident that the virus is under control and the vaccination programme is seen to be making a difference.

Brent is stronger together, by testing together

## Regular Testing

Everyone in Brent aged 12 and over can now get free and regular Coronavirus tests, even if they haven't got symptoms.

These include the new 'rapid tests', which provide results within 40 minutes.

Everyone needs to get tested - even if you feel well - as **1 in 3 people who have Covid-19 show no symptoms** but could be sharing the virus with loved ones and around the community without knowing.

The more of us that have the test, the more we'll be able to contain the virus, and the faster we can get back to normal times.

Rapid Covid-19 testing is available at the following sites Monday to Sunday, from 9am-6pm:

**Brent Civic Centre**, Engineers Way, Wembley Park, Wembley, HA9 0FJ

**Bridge Park Community Centre**, Brentfield, Harrow Road, London, NW10 0RG

**Central Mosque of Brent**, Station Parade, Marley Walk, London, NW2 4PU

**Ealing Road Library**, Coronet Parade, Ealing Road, Wembley, HA0 4BA

**Father O'Callaghan Centre**, 22 Hay Lane, London, NW9 0NG

**Harlesden Library**, Craven Park Road, Harlesden, NW10 8SE

**Kingsbury Library**, 522-524 Kingsbury Road, Kingsbury, NW9 9HE

**The Granville**, 140 Carlton Vale, London, NW6 5HE

**The Library at Willesden Green**, 95 High Road, Willesden, London, NW10 2SF

More information and the booking link is available at

[www.brent.gov.uk/covidtesting](http://www.brent.gov.uk/covidtesting) or call 020 8937 4440.

### **Northwick Park One Public Estate (OPE) – Regeneration Programme**

The One Public Estate Masterplan proposals have now been submitted to the Planning Department. They are likely to be heard in March 2021. The first phase, which is delivering 654 new homes, was approved in December 2020; the new access road and multi storey car park was also approved in March 2020. Community Infrastructure Levy (CIL) is payable by the developers – which will contribute to an improved Northwick Park Pavilion, before the development is completed.

### **Future use of the Pavilion in Northwick Park**

The long-standing polling station in Northwick Avenue, The Northwick Park Social Club, is scheduled for demolition and will not be available at the forthcoming London Mayoral elections on 6 May. The Council will therefore be re-siting the polling station to the pavilion in Northwick Park. The Pavilion will at some point be upgraded to become a state of the art Community Centre which will cater for sports and social activities, but in the meantime will be used as the polling station replacement for the one currently on Northwick Avenue.

### **Councillors Surgeries**

**We will run a virtual surgery on 6th February 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](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)

Stay safe – by staying alert, 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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## Looking after your Mental Health and Wellbeing when staying at home

[www.mentalhealth.org.uk/coronavirus/staying-at-home](http://www.mentalhealth.org.uk/coronavirus/staying-at-home)

### 1. Plan your day

Even though we've been here before, this time it might feel different. Lockdown 3 in a new year, when we were expecting an end to the tunnel . . . The light is there, we haven't quite got to it yet.

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

### 2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

Even at home, there will be lots of ways to exercise and keep your body moving.

### 3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax.

A range of relaxation techniques, including progressive muscle relaxation, are available from the NHS.

### 4. Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported.

Explore ways of connecting that work for

you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

### 5. Take time to reflect and practise self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression).

### 6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

A range of tips for improving sleep can be found on the Mental Health.org website and from Every Mind Matters website.

## General resources and advice:

[www.mentalhealth.org](http://www.mentalhealth.org)  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## Relaxation techniques:

[www.cntw.nhs.uk](http://www.cntw.nhs.uk) and search 'relaxation techniques' for their resource library.

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(9am-5pm

Tuesday,

Thursday, Friday)

Hello all.

Just a year ago, when I would write my monthly Courier column, life seemed pretty safe. All things considered, tomorrow would be as safe as yesterday always was. Things changed only slowly and we were protected by medicine and science and everything else that a country like ours has at its disposal.

That really has changed. What we now have is uncertainty. We can mix that with a good dose of peril and we begin to feel on much less certain ground than we did before. I have spent a great deal of time during the last 9 months just being available to listen to people. It has been an honour and a privilege.

It is interesting what we most miss. We miss family and the very simplest things in life. We have refocussed on what really matters - and that has to be a good thing. Perhaps, though, the most challenging thing has been the horrible levels of uncertainty.

Naturally, I am risk-averse in certain situations, and one of those is health issues. So this has felt very challenging to me. However, in all the uncertainty most of us have found rocks that we can cling to. One of the best rocks is community. In faith organisations and community groups, sporting teams and the like, we have all been determined to stay in touch and support each other. That, perhaps, is the greatest certainty that most of us have.

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## Letter to Editor

Following last month's letter, we have received two responses from Abbotts Drive residents:

Dear Editor,

Thank you for your impartiality and the publication of the letter from the Resident Trapped in Conservation Area, with whom I totally agree, minus the expectation for deafening silence, should this letter be published.

I consider myself and my family to be Trapped Residents as well. I was even under the impression that the Courier would never publish the opinion of the likes of us. For this I now apologise.

The resident whose letter you published, pointed out most of the issues affecting all of us or playing on our minds at times when we do try to see them from different angles not only our own. But in the end, we have to admit that the question of whether or not Article 4 restrictions for Sudbury Court Conservation Area are fit for purpose now in 2021, is a valid one.

There are other issues too:

- the contradictions between the duty for all of us to improve our homes to become more energy efficient and the restrictions,

- the CA part of some roads in parts look worse off than the non-conservation part, the original skyline of the estate has already been altered and continues to be altered,

- the original paving has now been replaced by tarmac (which of course is an improvement and had to be done in a cost-effective way and in keeping with the times).

I am confident that there are many other residents who, at least, disagree with the current restrictions even if they do not feel

entirely Trapped.

To conclude, I believe that a debate or a chance to hear views from as many residents as possible would be beneficial for Sudbury Court Estate and its community. Given the current circumstances that could be challenging but where there is a will there is a way so maybe SCRA can initiate or set up a platform for debate where the residents can air their current views.

Yours sincerely AM

Dear Editor,

I am assured by two estate agents who regularly sell property on this estate that prospective buyers are advised of the Conservation Area restrictions when considering purchase. It is really not fair to attempt to override the rules for one's own benefit to the detriment of one's neighbours, blocking out their light and valued views of the surrounding land. The restrictions on development seek to preserve the quality of all our homes. Within the rules there are considerable possibilities for enlargement at the rear of the property to meet changing family needs. Since the rules do not apply to homes east of The Fairway, anyone who feels constrained by the restrictions of the conservation area can move not too far away to be rid of them. Many of us feel it is a privilege to live where the character of our homes is respected.

*Note from Editor:*

*This issue was discussed very briefly at the January Committee meeting, with all 3 of our Councillors in attendance.*

*The Committee have requested the Councillors to provide a summary of the recent planning decision in layman's terms—hopefully we will be able to provide this to residents in due course.*

**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.**



# NEW Rapid Covid-19 Testing



**Happy New Year, greetings, salaam, shalom and namaste to you and all. I trust you're safe, well and in good spirits.**

At the time of writing this article, we have just come out of Tier 4 restrictions during Christmas and moved into National Lockdown 3.0.

Thankfully the vaccination programme has been rolled out and many millions of Group 1 At-Risk and Critical Key Workers have already received the first dose of the two-stage vaccinations.

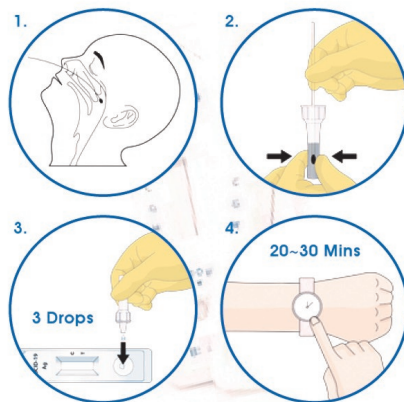
I remain hopeful that by Spring things will be in full swing and many more of us will be protected. Until then we continue to follow the national guidelines to keep ourselves and loved ones safe.

Continue to eat healthily and take your daily walks in safety with comfortable footwear and a head covering to keep warm.

Today I would like to announce that we now offer Rapid COVID-19 PCR Antigen Test. This is a rapid lateral flow test we've heard about on the News. Using nasal swabs, this tests for current infection with results in 30 minutes. This is ideal for those who need to know if they are safe to visit loved ones in their family or care bubble and those who have to go to work.

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## Christmas Light Show

Nearing the end of a tricky year, it was so lovely to see oases of festive cheer around our streets—I hope residents were able to find some time to have a wander around and appreciate them. It certainly cheered us up.

In particular Littleton Crescent and Pebworth Road as well as Shelley Gardens and West Court looked like neighbours had created something special.

The displays of 56-60 Norval Road also certainly illuminated the street - not forgetting the “wall of light” in Spencer Road.

Finally a spectacular display from 50 Pasture Road with a wide variety of Christmas decorations



A BIG THANK YOU to everyone who made the effort to brighten up our Estates during this time

1st prize (£50) goes to 50 Pasture Rd  
2nd prize (£30) - 56 Norval Rd  
3rd prize (£20) - 4 Pebworth Rd



### Did you know? . . .

Christmas lights actually started out as just candles on the Christmas tree. They were attached to the tree using wax or pins. The practice began in Germany during the 17th century, and over the next 200 or so years it became established and began to spread out into other countries of Eastern Europe.

The practice was originally started in order to illuminate the ornaments that were placed on the tree. This practice continued until around 1900 when candleholders became popular and people started to use them instead of wax or pins to hold the candles to the trees.

Thankfully, we now have electric lights—a lot safer!!

If you are one of our lucky winners you need to claim your prize by email:  
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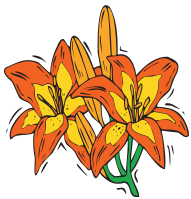
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# CALLING ALL GARDENERS



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

By the time you read this we hope that winter will be giving way to Spring. We look ahead with new hope, knowing that however distressed the human community becomes by this virus, the plant world continues on its way to welcome another season of new life. Covid certainly tests our powers of ingenuity. Keeping life as normal as possible in these times is quite a challenge and must be especially difficult for families with children where parents need to work from home. People used to long for more time at home, but one can have too much of a good thing!

As 2020 progressed your committee kept hoping for a revival of SCHS activities but sadly 'non-event' became the story of the season. We are therefore cancelling the collection of subscriptions for 2021. All members who paid their SCHS membership in 2020 will have their membership extended for the 2021 season without further payment. We shall also offer **FREE** membership for 2021 to new members. We welcome all who are interested in gardening especially families newly arrived in the district. To take up this offer just register your name, address, email address and/or phone number with our membership secretary:

George Crane at 183 Abbots Drive, HA0 3SH. Email: [schs.sudbury@gmail.com](mailto:schs.sudbury@gmail.com)

With the vaccination programme under way there is now a glimmer of light at the end of the tunnel. We very much hope that some of our activities can take place later in the year. We shall use the 2020 Programme of Events

Booklet for any shows that we are able to arrange, so please do not recycle it! However, we shall also remind members through this column of show dates and details when we are able to resume our activities. In spite



of all these hopes, we much regret that the Spring Show will not take place and the Plant Sale in its usual form is not possible either. However, arrangements will again be made with Shane's nursery to provide plants at members' request. So please watch this space.

No sign of Covid in our gardens though! It only affects people – and we thought mankind was at the top of the pecking order! So while we are all treading warily and obeying Boris's instruction to 'stay at home', the birds are pairing up for the Spring and bulbs are pushing through the ground, all responding to the longer hours of daylight that are making life easier for us all. Snowdrops and crocuses, hellebores and early daffodils are already in bloom, while shrubs and hedges are showing tender young buds of new growth. Look out for these encouraging signs of a new season already under way in your own garden and enjoy other people's front gardens too on your daily walks around the estate. Do please give your front garden special attention. It sets off the house. When the owners of a house extend their love and care into their garden they share it with passers-by, a benefit for the whole community.

Margaret Roake

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## Northwick Park Community Garden

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

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



### Adding fruit trees to your garden

Fruit trees are fantastic, providing beautiful blossom in the spring, nectar and pollen for bees and other insects as well as an annual harvest for you and your family.

You may think that you don't have space for a fruit tree but you probably do: It is just a question of choosing the right size, or rootstock. Left to themselves most fruit trees grow to 40-60ft but now they are grafted onto roots from smaller plants, so you can choose a tree size of 6-15ft, making them feasible for almost any outdoor space. You could even grow a fruit tree on a balcony.

You could consider growing several small trees, giving you harvests of different fruits through the late summer and autumn. Or you could choose a 'feature' tree for your garden that will provide a large harvest year after year and shade through our increasingly hot summers. Bear in mind you'll have a better yield if you choose two varieties of the same fruit that are designated 'pollination partners', which means they blossom at the same time.

Now is the time to order and plant your fruit trees, and most of the specialist fruit nurseries have information about rootstock sizes and pollination partners on their website.

The fruit trees planted in the community garden were ordered from Blackmoor Nursery ([www.blackmoor.co.uk](http://www.blackmoor.co.uk)) in Hampshire.

When you receive your tree it will arrive 'bare-rooted' which means it has no soil around the roots. The trees are dormant (not growing) in winter, and planting now gives the best chance for the tree to become established. If you can't plant it straight away, you can 'heel it in', which means digging a shallow hole approx 30cm



deep and wide enough for the longest tree roots to fit nicely. Place the tree roughly at a 45° angle, covering the roots with soil and using the heel of your shoe to firm the soil around them, ensuring they are securely covered. The tree will be fine for about ten days until you are ready to plant it.

The fruit trees planted in the community garden have established themselves nicely over the last few months. A couple of the apple trees produced fruits in their first year. These were picked at an early stage for trees to devote all their energy to growing strong and healthy. If we had to choose a favourite, it would probably be the Plum Opal AGM (Rootstock St Julien A), see photo of tree growing in the community garden. The red fruits will have yellow flesh and are delicious to eat as they are or cooked in a crumble.

If you have any questions or need help choosing a fruit tree, contact Northwick Park Garden at [northwickparkcommunitygarden@gmail.com](mailto:northwickparkcommunitygarden@gmail.com). A special thank you to Susannah Hall for sharing her knowledge and writing this article.

Keep well and stay safe

Eleri, Joanna, Rishil and Iris

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# Friends of Barham Library



Sadly Barham Community Library has had to close down again. Hopefully it will not be too long.

I hope that you will continue to read and share your spare books with your friends and neighbours.

As highlighted in the November issue LeSpleen, our local artist, painted a Mural in The Pimple open space, to brighten up the area. She was also behind the Mural in Butlers Green at the bottom of Watford Road in Sudbury Town.

In response to Kaye's request for suggestion we are looking for opportunities to paint more Murals and to bring some cheer to everyone. If you know a suitable site for a Mural please let us know so we can consider it. SCRA (the residents association) can then consider the



idea and decide whether they wish to support and fund a specific Mural project.

Please keep active (in body & mind), healthy and safe.

All the best,  
Paul Lorber  
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## Groundhog Day!



I was asking residents how they'd spent their Christmas and New Year differently this year, compared to previous years.

This, from Anil, really made me laugh:

"I took 3 weeks off in December, it was like Groundhog Day, every day the same as before, New Years Eve, New Years Day, Christmas Eve and Christmas Day, the same as yesterday and the same as the next day.

I was even painting on Christmas Eve and Christmas Day, half day, of course



Even my Christmas Day pic was the same as New Years ... Groundhog!!"

Another resident, Kiran, said:

"We had a full Chinese menu, and at 12 watched the Big Ben countdown, and from our attic watched the fireworks. We drank into the New Year - all three of us!!! We were not going to let anything get us down, and I believe every cloud has a silver lining  
Happy New Year!"



**Hear! Hear! . . . Look out for the silver linings!**

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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:

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

## JOKES

What is a tree's least favorite month?

*Sep-timberrrrrrrrrrr!*

What's the biggest moth in the world?

*A mammoth.*

What did the little tree say to the big tree?

*Leaf me alone!*

What's the difference between weather and climate?

*You can't weather a tree, but you can climb it!*

What did the tree wear to the pool party?

*Swimming trunks.*

Why does the sun have to go to school?

*To get brighter.*

How do you cut a wave in half?

*You use a sea saw.*

## RIDDLES

What five-letter word becomes shorter when you add two letters to it?

*Short*

What is so delicate that saying its name breaks it?

*Silence*

What starts with a T, ends with a T, and has T in it?

*Teakpot*

What is the shortest complete sentence in the English language?

*I am*

The more you take, the more you leave behind.

*Footsteps*

Did you spot the deliberate spelling mistake? 'Teakpot' should be 'Teapot'.

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*Photo: Safa Qureshi*

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