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Sudbury Court and Pebworth Estates

May
2021

The Courier

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May 2021

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The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all feeling a bit of optimism—blue skies and blossom; trees and gardens coming back to life after a long winter. Don't know about you, but I feel like I've been in hibernation for a very long time.

But I really do feel like it's time . . .

So I make no apologies for the very obvious theme of 'together' and community in this issue—it wasn't planned, but it came out that way.

There are many opportunities coming up to make positive changes in our community, with your voice and support. Please dig into your pockets for your Subs money in the meantime, if you haven't already paid up. And join in for the Post-Lockdown Party if nothing else.

And don't forget, even with all this blue-skied optimism, COVID hasn't gone away, you will still need to remember HANDS, FACE, SPACE. Even if you've had the vaccination.

Until next time, keep 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

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Sergeant Steve Brown



I hope you all are well, and by the time you're reading this I hope we will be releasing from Lockdown and let us hope things can get back to normal soon.

One of the positives out of Lockdown and working from home is that there has been a general reduction in crime – particularly house burglaries. But there are still criminals out there, and I would like to start by focusing on Cold Callers because, whilst not all are criminals, a lot are. There have been some serious incidents of late involving cold callers over the telephone.

What is a Cold Caller?

A cold caller is someone who is unknown to you and unexpectedly makes contact with you, either in person at your doorstep, with a phone call or by text message; by email, or occasionally by letter.

Let me start by saying, that it is very rare that someone official and genuine will contact you unexpectedly without you having invited the contact - by official I mean the police, your bank, HMRC, NHS etc.

So if you have an unexpected contact, by whatever means, by a Cold Caller – then you need to be on high alert. There are a lot of scam artists/con merchants out there who particularly, though not exclusively, prey on elderly/retired people by cold calling on them and effectively trying to get money/valuables from them in a variety of ways.

So please be aware of the variety of scams out there, and if you have elderly / retired / trusting members of your family or neighbours, then please speak to them and alert them to the issues of Cold Callers.

Telephone cold callers:

In mid-March, a number of elderly residents were called up by people purporting to be from the police (but were in fact fake) saying that they were investigating fraud in the area. Often, these fake police will convince you

that they are real by suggesting that you call them back to confirm their identity. If you call straight back, they will have kept the phone line open, so when you think you are calling 999 or 101 to confirm their identity, they will put you onto a fake 'police operator' who will then convince you that the person who called you was genuine. Using scare tactics, they will then suggest that your money is at risk in the bank or wherever you have valuables. These fake 'officers' will often claim that they are calling from Hammersmith Police Station, Charing Cross or Holborn, but not local police stations to Wembley/Harrow.

It is not possible to give you an example of every scenario or scam, because often these telephone scammers will react to how you respond or what information they get from you during the call. Often they will already know your name and address and age bracket; they can get this information if you are on the published electoral roll, or if your telephone is listed they can get it from 192.c0m website.

What to do?

DO—Ask for and write down their name, shoulder number (not all have shoulder numbers), warrant number, title of the unit they are working in, the station that they are based at, and their telephone extension number. Take a note of what they say they are ringing you about

DO NOT—divulge any personal information, bank details, bank card numbers or PINs under any circumstance.

After taking a call like this on your landline, hang up and make sure that you have disconnected the line i.e that you can hear the dialing tone. Then wait at least 20 minutes before ringing the real police on 101 if you have any doubts about the call; preferably use your mobile, if you have one, to ring 101 after waiting some time.

Particularly, if you are in the elderly or retired bracket. I would also suggest that

you disclose a call of this nature to a friend or family member before taking any action, or if you are worried in any way.

Likewise, if you get a telephone call from someone purporting to be from your bank - take their full name, what department they are working in, where they are based and their telephone extension number. Take a note of what they say they are ringing you about but **DO NOT** divulge any personal information, bank details, bank card numbers or PINs under any circumstance.

End the call as above—get your bank statement and use the telephone number printed there and - after waiting the 20 minutes, making sure that your landline is disconnected, or using your mobile - ring your bank to confirm the details of the call you received.

Be on high alert if the telephone caller says they are either 'bank fraud investigator' or 'police fraud investigator' - they are most likely fraudsters trying to get hold of your cash or valuables by saying that your money is at risk in the bank or some such baloney.

Other instances of telephone contact:

Sometimes people can get an automated telephone call on their landline or mobile saying that they have been 'involved in an accident,' or similar.

What to do?

Hang up.

Also, residents have had phone calls or texts from all sorts of persons purporting to be from all manner of government bodies, e.g. HMRC. If you are speaking to a person then take a note of details as previously said above. Do not trust a telephone number that they give you to contact them—look in the telephone directory or on the government website if you wish to confirm the details of the call. Again wait the 20 minutes as above.

I would say 99% of unsolicited telephone calls or texts are dubious and so you should be on high alert.

Once, while on patrol, unbeknown to me I had dropped my purse on the street and later that evening I had a number of texts from my bank stating that there had been some questionable transactions on my bank account and for me to confirm whether I made the transactions, to Press Y for Yes and N for No. In this instance, it was my genuine bank and someone had picked up my purse and went on a spending spree. By the way, the thief who picked up my wallet and used my bank cards was later prosecuted!

Police Officer—Real or Fake?

As a result of the fake Police Officer phone calls I thought it would be prudent to remind residents of what to look out for in terms of pointing out whether an 'officer' in person is genuine.

I would say, however, that it is extremely



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rare for a fraudster to impersonate or pretend to be a police officer in person.

It should also go without saying that a resident should not permit entry to their house unless 100% certain that they are a genuine Police Officer. Officers not in uniform should be in possession of a Police Warrant Card—recognizable by a metal crown crest with braille metal writing underneath on one side, and a photo ID card on the other, with the full name of the officer, a photo and their Warrant number).

Officers should be wearing a Met Vest (the stab proof vest,) Body-worn camera with yellow on it and police radio. If in doubt ring the police on 101 who should be able to confirm the person at your doorstep is a genuine officer.

Officers should also be in possession of Personal Protection Equipment (PPE) – which is extendable baton, Parva spray (pepper spray), handcuffs.

Look at the photos—they show officers in the Metropolitan Police uniform—in most instances, it would be officers from the Met

that would attend your address, so please take close note of the uniform; in many instances officers will not wear their hats, on foot patrol yes and generally not in vehicles.

There have been only very rare incidents of robbery-burglaries involving fake police officers—but their equipment looks fake if you know what you're looking for – they have been wearing fake-looking Met Vests. You should really scrutinise what the person is saying and how they look and if in any doubt ring 101 to confirm.



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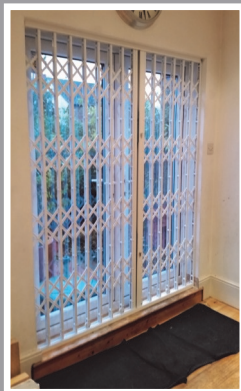
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Unsolicited emails / internet safety:

The internet is full of fraudsters, it is the fraudster's heaven. All the people they can scam without ever having to meet them! From Romance fraud on internet dating sites to various unsolicited emails in your email account or your computer becoming infected with a virus and effectively hacked into.

Start at the beginning, ensure that your computer has an up to date firewall and virus protection. Do not open emails from unknown sources. Make sure that you regularly change your passwords for your various online accounts.

My sister recently had an email that she thought was coming from a builder she uses asking her to put the outstanding monies into an account, which was different to the one that she used before. She rang the builder to seek clarification and he hadn't changed his

bank account, his computer had been infected, his emails intercepted and all his client email addresses had received an email purporting to be from him about his new bank account. Fortunately, my sister didn't send the money to the fraudster's account and her builder didn't lose out on money.

Cold calling / Rogue Traders / con artists:

"You have a loose slate on your roof, I will fix it cheap;" "Do your driveway for special price." It's a persistent issue in this area where there are a number of retired people and they are frequently targeted by con men and rogue traders, both on the phone and in person.

- I am astounded with otherwise sensible people giving 'work' to cold callers because by doing so you are encouraging them to keep coming into the area!
- If they are on your driveway or doing your gutters they will get to find out who lives at your address, the general layout of your address and your neighbours.
- Don't be surprised if you get conned with sub-standard work or burgled.

Bottom line do not engage with cold callers at all.

ADVICE: if you need any work done on your property ask your neighbours if they can recommend anyone who has done work for them and their work has stood the test of time. If your neighbours know someone like that, then I bet that person won't be cold calling. No workman who has a good reputation, is trustworthy, has to cold call because they get a lot of their work through recommendation.

By the way, flashy websites or online recommendations - Check-a-trader and Federation of this that and the other membership doesn't necessarily count for anything either, as the old adage 'Paper never refuses Ink'. Also, it only takes a few pounds to look legit by registering a company with Companies House, again don't be fooled by nice looking company names for building companies.

A little real story to demonstrate: A couple of years ago I was on patrol when I saw a brand new van pulling up on a road on the

Sudbury Court Estate, the van had slick signage on the side with a limited company name. The driver, a man in his 40s, had a lovely nice company T shirt, however, I then saw two teenage boys with a wheel barrow climbing out of the back of the van which I thought unusual so I went to investigate. When I spoke to the man in his 40s, you would swear that butter wouldn't melt in his mouth, however, when I ran checks on him he only had a life licence in relation to defrauding an elderly man out of his life savings and house whilst doing works on his house. It transpires that this guy was also trying to do the same on the Sudbury Court Estate. I managed to convince the elderly couple that he was doing 'works' for on their house to desist with his 'services', got Trading Standards involved and the guy's probation officer too.

So watch out folks, wolves can be in sheep's clothing!

Ok, enough of cold callers / rogue traders – please spread the message!

Overview of offences 9th Mar—9th April:

Residential Burglaries: (i) Elms Ln (20s odds) 12/03 1100 hrs – 12/03 1300hrs, front door forced, unknown what property stolen (ii) Aspen Dv (in 20s evens) 16/03 hrs – 17/03 1900hrs, kitchen window broken, unknown what exactly was taken property wise; (iii) Carlton Ave W (in 30s evens) – 09/04 0645hrs, two males, poss scrap collectors, broken into garage and stolen boiler, builders tools, gas hob, electrical units.

Attempted burglary residential: (i) Perrin Rd (in 10s) 18/03 0500hrs – 20/03 1750hrs, front door forced, no entry gained.

Theft of Motor Vehicle: (i) East Crt (in 50s evens) 05/04 0200hrs 17 plate BMW stolen off the driveway.

Theft from Motor Vehicle: (i) Norval Rd (in 170s odds side) 09/03/2021 0930hrs, CatCon stolen from early 02 registered Honda Crv, owner heard drilling from inside the house, it was the thieves stealing the CatCon; (ii) Mulgrave Rd (low evens) 17/03 – catalytic converter stolen from 07 plate Toyota Prius – 3 white males in a black Honda on CCTV stealing the CatCon; (iii) Northwick Park Hospital (NPH) – 29/03 0800 hrs – 29/03 1630hrs, CatCon stolen from 07 plate Honda Jazz; (iv) Norval Rd – 29/03 0645hrs – 29/03 2145hrs, CatCon stolen from 05 plate Honda CRV; (v) NPH – 31/03 0745hrs – 31/03 1815hrs registration plates stolen from 11 plate Ford Galaxy; (vi) Amery Rd (in 20s odds) 29/03 1200hrs – 05/04 0900hrs, CatCon stolen from 09 plate Lexus; (vii) NPH – 06/04 2000hrs – 07/04 0800hrs, CatCon stolen from 07 plate Fiat; (viii) The Crescent – 07/04 2130hrs – 07/04 2245hrs, two vans broken into and work tools stolen.

Attempted theft from Motor vehicle: (i) Assisi Court Harrow Rd – 29/03 2100 hrs – 30/03 1500hrs, believed attempt to break into car by smashing window.

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.

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- 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 -

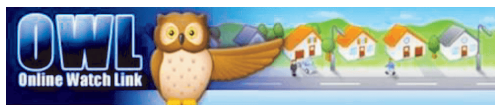
- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from 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 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 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!

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

Good day to all.

I hope that this update finds you all in a healthy place and looking forward to getting back into the Parks either through walking or cycling.

Covid-19 Update

After a slight uptick in rates (expected following the full return of schools and increased testing of secondary school pupils) our infection rates have fallen again to 46.4 per 100,000 with a positivity rate of 1.6% for PCRs (symptomatic testing).

Rates in the over 60s have fallen significantly, no doubt as a result of vaccination and while there are still some patients in hospital with COVID, rates of admission to hospital have also markedly reduced.

Local Pop-up Vaccination Centres

While the majority of the population in the highest priority groups - people over 50; people who would normally be offered an NHS flu vaccine; and people who care for an older or vulnerable person - have received their first jab, some have not.

This might be because of difficulty in accessing vaccination centres or travelling too far from home. In an effort to reach everyone, the council has been working with health colleagues and local GP practices, faith groups and community centres to organise local pop-up vaccination centres.

One successful pop-up already underway exists at Willesden Mosque, with another at The Granville Centre in South Kilburn which began operating from 1st April. Sites for other pop-ups have been identified at various other locations in the borough, with a particular emphasis on communities in the south where uptake of the vaccine is lowest

Covid-19 Webinar aimed at the Black Community

As indicated previously, Public Health data identifies that it is the Black Community which has the lowest uptake of the vaccine in comparison to all other races. I have set up a webinar for the black community taking place on **11th May at 6pm.** to address questions and anxieties. If you know anyone who has not taken the vaccine or has anxieties please get in touch for details on how to register.

Cllr.Robert.Johnson@brent.gov.uk

Diesel Surcharge Update.

The diesel surcharge on the price of a resident's parking permit in Controlled Parking Zones (CPZ's) will have increased to £100 pa as of last month.

The introduction and gradual increase of the surcharge is informed by the Council's Air Quality Action Plan. The objective is to incentivise a reduction in diesel vehicle ownership in favour of more sustainable transport options and less polluting vehicles, and help Brent to meet its targets for air pollution reduction

Council's Planning Committee approves 1,600 new homes and university facilities at Northwick Park

The masterplan for Northwick Park was approved by the Planning Committee in March that will see the delivery of 1,600 new homes together with a local hub, university sports and teaching facilities and student accommodation.

The masterplan backs up the council's commitment to focus on creating opportunities for Brent residents and ensure that, post-pandemic, the chance is not missed to get regeneration right and build a better Brent.

The development will include a new landscaped area that will improve the

environment for those arriving from Northwick Park Station, while new open spaces are provided throughout the scheme. The scheme ensures that many more trees will be planted in the area offering real improvements to biodiversity and ecology. This sustainable scheme will deliver walking routes and cycle lanes and provide funding for improvements to Northwick Park Station and the Northwick Park pavilion.

Alan Lunt, Strategic Director of Regeneration and Environment at Brent Council said,

"The decision gives the go ahead to the delivery of much needed homes, university teaching and sports facilities. It represents the culmination of the work of a strong partnership between the Council and landowners forming the One Public Estate programme.

Supporting work has also seen the approval for a new access road, cycle lane and energy centre, further demonstrating Brent Council's commitment to the transformation of the borough for the benefit of its local communities."

Councillors Surgeries

We will run a virtual surgery on 2nd May 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
Cllr.Keith.Perrin@brent.gov.uk

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SCRA Update

Following the Executive Committee meeting on 7th April, we have a few updates:

1—Neighbourhood Community Infrastructure Levy (NCIL).

This is a fund the Council collects from developments and is required to be spent in consultation with local communities.

These can be used for a wide range of schemes and Brent Council is currently encouraging bids along the theme of 'Recovery'. More information can be found here on the Brent website—search for NCIL.

I am pleased to report that the committee voted unanimously to support a bid to fund potential greening/pedestrian access/traffic calming in our area. We are looking to get some visualisations of the proposals that we can share with residents.

We plan to submit a bid to NCIL in the Summer and we hope to obtain residents' support.

Accordingly, you may receive an online survey, or someone knocking on your door over the coming months to show you some proposals.

We will update you with more details and illustrations in due course.

If you would like to help our small team with this, please get in touch.

2—Proposed 3 storey building on Pasture Road.

Following the short piece last month, I thought I'd update all of you. The committee voted unanimously to instruct a planning consultant to make a robust objection against the appeal. The timeframe for the appeal is yet to be set, but we will keep everyone updated when we have more news.

If you have not yet had the opportunity to do so, please do make yourself familiar with the application on the Brent Planning Portal:

pa.brent.gov.uk/online-applications/ and either search under **ref: 20/2327** or under the postcode HAO 3HY. It will have the title '**20/2327 | Erection of a three storey building comprising 5 self-contained flats with communal terrace...**'

Pareet Shah
SCRA Treasurer

On behalf of SCRA Executive Committee



WE'RE PLANNING A PARTY!!

SCRA WILL BE HOLDING A POST-LOCKDOWN PARTY IN JULY

AFTER THE YEAR WE'VE ALL HAD, IT'S TIME TO CELEBRATE OUR COMMUNITY WITH A DAY TO REMEMBER

DATE AND VENUE TO BE CONFIRMED—WATCH THIS SPACE

**IF YOU WOULD LIKE TO JOIN IN THE FUN AND HELP WITH PLANS PLEASE EMAIL
EDITOR@THE-SCRA.CO.UK**





It seems like only yesterday that it was winter, or is that just me? Never have I looked forward to spring and summer so much. Although I could do without the leaf-blowers and strimmers that always seem to start up as soon as the sun shines. But that is just me being an old curmudgeon; ignore me!

Whatever the case, we hope that May is a time when we really start to spring back to life as a community and country, and personally. Of course, during lockdown life has continued in a changed way, but we have seen wonderful acts of selflessness and public service which we will never forget. Living near Northwick Park hospital I have

have been praying constantly for those who work there and those who were, and are, patients. Some nights when I look out of my vicarage window at the lights of the hospital, I think about the tremendous pressure staff must be feeling, and the families of those who support them.

Church has also been closed very often, but open in terms of continuing our mission to bless this wonderful community. Memory Cafe at Home has brought fun and friendship and been a lifeline. The weekly quizzes are open to all and always generate unintentionally funny answers. Please do check out our church web site to see the current state of affairs www.stcuths.org

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Are We More United?

Even though we've been banned from seeing most of our friends and family; no community, social or faith gatherings allowed – the UK has grown closer during this difficult time, according to a report by **Together**.

Over 150,000 UK residents were asked about what divides and unites society, and the final report was published at the beginning of March: Half of those who took part stated that they felt society was more united than before the pandemic; 27% disagreed.

One of the greatest testaments to this increase in cohesion, maybe, is the increase in volunteering. The report estimated 12.4 million adults have volunteered during the pandemic – 4.6 million had never volunteered before.

"Despite the immense challenges of this pandemic, people have responded by pulling together, not apart. That is quite remarkable, given how divided our society looked as Britain entered 2020," said bishop Nick Baines, chair of the **Together** trustees. "Faced with this adversity, we could have become more divided and looked for others to blame. Yet this new research finds that people feel a stronger sense of connection to their neighbours and community."

These findings seem to echo those of a previously published study by the think tank More in Common. In addition, the conclusion to that report revealed that the 'them v us' narrative appearing regularly in newspapers and on social media are largely inaccurate and not as deeply felt as we are led to believe.

However, both studies acknowledged that there were divisions which had the potential to widen post pandemic. The **Together** report highlighted economic inequality, digital exclusion and flexible working for some professions, but not others, as cause for concern going forward.

The Archbishop of Canterbury, Justin Welby, who wrote the foreword to the report, said the UK was "at a crossroads".

"We can allow our differences and divides to harden and grow wider as we struggle to recover from the Covid- 19 crisis. Or we can seek to harness the newfound community spirit that did emerge in 2020, to help build a society that is kinder and more connected," he said. "It is my conviction, and that of the **Together** coalition, that we can and will choose the latter path."

The full report can be found on www.together.org.uk

together report in numbers



73 %

Say they would like society to be closer and more connected in the future



50 %

Say the crisis has shown us more united than divided



41 %

Say their local community is more united



12.4 million

Volunteers during the crisis



4.6 million

First-time volunteers during the crisis

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Drawing Connections



This is a drawing of Barham Park. I made it using a digital drawing app on my ipad called Procreate. I chose to draw this as I have distinctive memories from my childhood of walking from the park to the library every week. It grew with me, but as I got older I slowly started to visit less. Being able to draw this has reminded me of how going to the library was really exciting for me, and the simple route was joyful. This drawing reminded me to enjoy the little things, such as the route, during our current time, not purely the end location. (I also drew the picture of me.)

Jenica Jetha

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Alone we can do so little, together we can do so much

- Helen Keller



Coming out of COVID restrictions—there are so many opportunities for our community. This issue of The Courier relates many ways in which you can get involved.

Firstly, I'd like to remind you to pay your subs, all the details were in last month's issue, including the envelope (an opportune moment to apologise for the missing bank details, but you will find them inside the magazine.) We are about to pay for a planning consultant (see pg13,) your subs will contribute to other similar expenditure for the benefit of all residents going forward.

Join the Party—even if you can't help organise the event (see pg13) come and meet your neighbours on the day. The street gatherings of the last year have shown how brilliant it is to get to know your neighbours—coming together, helping each other out.

There is funding available for various initiatives if we act now. Let's work together to capitalise on these to make our little corner of

Brent an even better place to live. So, when we ask you to look at some proposals, please do add your voice of support. It's too late to lament the missed opportunities of funding once they're gone. And who knows how long they'll be available?

Our local organisations, including the Sudbury Court Horticultural Society, the community garden in the park, the SCRA itself— are all looking for people to get involved. Please consider supporting these organisations before they disappear—contact them to ask how you can help—it really needn't impact too much on your time, but the feel-good factor is priceless.

We especially want to make sure our young people have a voice—we'd love to hear what you'd like to see in the community. Get in touch and let's see if we can get a group of you together.

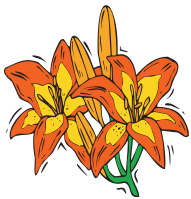
Looking forward to hearing from you, and seeing you for cake at the summer party.



SUDBURY NEIGHBOURHOOD CENTRE

We are still waiting for the go ahead to reopen. We are all ready— vaccinated, PPE in place, staff and clients longing to exchange remote connections for face to face meetings, but alas still no firm date!

Our delivery of fresh cooked, then frozen, meals to the housebound via their agencies has been well received during the last three months. Meanwhile the Friends are resuming our Saturday Mini Markets and hope you will support us on the mornings of **15th May** and **12th June**, 10.30am– 2.00pm in the car park at the Centre, 809 Harrow Road, behind the Methodist Church in Sudbury.



CALLING ALL GARDENERS



Membership : George Crane - crane.g@gmail.com
Follow us on Facebook - Sudbury Court Horticultural Society

Sudbury Court Horticultural Society Your local gardening club

This Spring has had its ups and downs for gardeners. Warm April sunshine brought all the flowers into bloom but then some frosty nights and strong winds have spoiled the blossom of fruit trees, camellias and magnolias while the flowers of this Japanese quince have lost the rosy hue they had when the picture was taken.

However, the month of May is prime time in the garden when Spring turns into Summer. This year especially many of us will be using our gardens for leisure and entertaining so it is time to dust off the garden chairs and mow the lawn. For after-hours parties you might consider growing some plants with evening interest, tobacco plants and night-scented stocks certainly perform well at the end of the day while any white or pale-coloured flowers can be coaxed into extended interest under a few lights.

Plans for the SCHS traditional flower shows are on hold for the present season but we are working towards a **Community Tea Party and Family Day on SATURDAY 18th SEPTEMBER** which we hope will bring our community together to celebrate gardening, horticulture, call it what you will. We are planning a family event with particular attractions for children. More details later but please **SAVE THE DATE**. We hope that 'something different' in the way of an event will appeal to families throughout the community. There will be a chance for everyone to showcase their achievements, share ideas, meet friends and make new ones.

Those of you who are followers of Facebook are encouraged to contribute to the SCHS Facebook page advertised in the heading of our Courier articles. You can post photos of your garden, ask questions and keep up to date with events and news. If you have ideas to contribute to the Family Day on 18th September you can post them on Facebook, for this is a great way to share expertise and encourage a feeling of unity in our community.



Our 90 year old Society is undergoing a period of change. With a whole year of no-shows the committee is looking to the future with a degree of anxiety. We are all in the older age group and view with concern the lifting and carrying involved in putting on a traditional flower show. We really do need some help from younger members of the community. For many people gardening has become an important part of lockdown routine. Please consider joining the committee and helping to plan our future. Members with access to email have recently heard from our membership secretary, George Crane, with this in mind. Please contact him with offers of help. We know that many members of the Asian community are keen gardeners and we really would like to have more of you in the team. Whether you are a 'shrubs and bulbs' gardener, a hanging-basket enthusiast, a rose lover or have a hideaway on the allotment - all are welcome.

So come on! Please join in.

Margaret Roake

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One of the joys of spring is to plant seeds to grow delicious vegetables and lovely summer flowers. We held an online 'growing from seed' workshop on 18th March attended by 21 fabulous people who are kindly growing a variety of plants for the community garden. These include vegetables (beetroot, chicory, kale & chard), herbs (borage, dill & parsley) and flowers (calendula, antirrhinum, cerinthe, nasturtiums, zinnia & hollyhock.) Our novice growers are definitely green-fingered since they had little seedlings appear very soon after the workshop – see photo.



(Workshop recording available on our YouTube channel.)

We have a WhatsApp watering group and tend to post on there when one of us intends to be in the garden to plant or carry out maintenance work (depending on social distancing guidelines). It's also being used to stay in touch, share knowledge and advice to help us all grow successfully, and post about the local natural environment. If you would like to be added to the group, email us your mobile phone number.

On 29th March we held our AGM online. We discussed fundraising ideas as ongoing costs for running NPCG, e.g., public liability insurance and website, are not covered by NCIL funding. Attendees suggested the following:

* **Quiz night** (online) on **Saturday 1st May** – Maximum of 6 people per group. Join the quiz! Email us the name of your group. (The next quiz will hopefully be in the pub!)

* **Plant sale** - If you have a surplus of young plants and are happy to donate some, please drop us an email. Alternatively, if you are happy to grow plants from seed, let us know what you could grow for the sale.

* **Donation button or bank details** on the website.

* A yearly membership scheme – '**Friends of Northwick Park Community Garden**'. Members receive a discount for focused workshops run by herbalists and gardening specialists.

Shout out for Cardboard!

We are topping up the mulch around the plants and trees ahead of the summer to retain moisture in the soil and suppress weeds. The mulch is created with plain cardboard (minus tape and labels). If you have any spare cardboard (ideally already ripped up) get in touch via email and we will let you know where to drop it off. We will be needing lots for all the beds! To create the mulch, the cardboard is ripped up (approx. the size of half of an A5 paper), soaked in water and applied to beds. It is then topped with chipped wood bark. We've applied this method from the start. It contributed to improving the soil structure and the biodiversity judging by all the worms now found in the garden soil.

If you have other fundraising ideas or feedback contact us at:

info@northwickparkcommunitygarden.com

Keep well and stay safe
Eleri, Joanna, Rishil and Iris

Check our website (see above)
Facebook, Instagram, YouTube

funded by Brent Council NCIL

Home Instead *partners* with Parkinson's UK

We are delighted to announce a new partnership with the national charity, Parkinson's UK.

We are also pleased to be able to share our knowledge of the social care and difference home care can make and how people's homes can provide a safe place for people living with a Parkinson's diagnosis.

What is Parkinson's?

Parkinson's is the fastest growing neurological condition in the world and it is estimated 1 in 37 people alive today will be diagnosed with Parkinson's in their lifetime. However, there is still no cure, it gets worse over time, and with over 40 symptoms it is incredibly complex and unique to each individual. Around 145,000 people in the UK have Parkinson's and there's no cure at the present time.

You can find more information on the condition as well as advice and support on the Parkinson's UK website: www.parkinsons.org.uk.

Why is this partnership beneficial for those who have Parkinson's?

We want people to be able to live their life well at home, where they feel most comfortable. This is absolutely possible for someone who is living with Parkinson's. We hope that families will realise that they do have a choice when it comes to care and that quality home care can really make a difference to people's lives.

Ghalib Ullah, Head of Commercial Partnerships at Parkinson's UK, added: "We know that

domiciliary care is preferable to many people with Parkinson's and their loved ones and we hope that by supporting and enabling care staff to feel confident when it comes to understanding Parkinson's we are also delaying the moment when individuals may need to move into a care home."

How can Home Instead Wembley help?

Through the partnership we have created a bespoke training programme about the condition. This allows us to train our CAREgivers so that they have the knowledge and skills to provide care that is tailored to the needs of someone living with Parkinson's.

This ensures your loved one can receive the best, bespoke care whilst remaining independent at home.



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Friends of Barham Library



THE COMMUNITY LIBRARY REOPENS

We, The Friends, have celebrated our 10 years since formation (10 April 2011) and the long-awaited reopening of the Library on the 14th April.

We are now open for borrowing & returning of books:

Wednesday 3-6pm
Saturday 12-3pm

We'll start reopening our various activities as soon as it is safe to do so.

Our shop in Sudbury Town Station is also open:

Wednesday 3-6pm
Saturday 1-4pm

FUND-RAISING FOR IT

We raised £5,000 and donated 11 laptops for children at Barham Primary School who need them to enable them to study and follow classes from home

MURALS

We are planning more Murals in the area – the first in Butlers Green. We have obtained a £500 grant but need to raise a bit more to pay for paint and other materials.

Donations are still welcome—please contact Paul

OUR BOOK CATALOGUE

We are continuing to list the stock of all our books available to borrow. Much has been listed already so please check them out on barhamlibrary.xyz

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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

JOKES

Why did they bury the battery?

Because it was dead

Why don't dinosaurs eat clowns?

Because they taste funny

Why did the girl throw a pack of butter?

She wanted to see the butter fly

What did the finger say to thumb?

I'm in glove with you

Why did the boy bring a ladder to school?

He wanted to go to high school.

What do you call a cow with three legs?

Lean beef

RIDDLES

I am not alive, but I grow. I have no lungs, but need air and water kills me. What am I?

Fire

When you have me, you feel like sharing me. But, if you do share me, you don't have me. What am I?

A secret

I have keys but no locks. I have a space but no room. You can enter, but can't go outside. What am I?

A keyboard

I hurt without moving. Poison without touching. Bear the truth and the lies. Are not to be judged by our size. What are we?

Words

I'm always there, some distance away. Somewhere between land or sea and sky, I lay. You may move towards me, yet distant I stay. What am I?

The horizon

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

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