

The Community Magazine for the  
Sudbury Court and Pebworth Estates

July  
2021

# *The Courier*

91st  
Year



## **Post-Lockdown Party**

**You're all invited—it's FREE**

**Saturday, July 24th 12-6pm**

(see page 3 and 15 for details)

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# The Courier



July 2021

Number 225 (1,065)

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

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

Dear Neighbours,

It's time to get together—safely, outdoors—and celebrate coming out of lockdown (at time of writing, 🍷 )

The last time we got together, in Audrey Gardens, some of you brought some amazing dishes and cakes to share—if you'd like to do the same at the **Post-Lockdown Party** on the 24th, that would be lovely—it's quite hard to predict numbers for catering—but we're hoping to see a really good crowd, especially given what we have planned. There'll be live music, activities for children, and refreshments. Of course, you'll also be meeting up with old friends and new. ALL FOR FREE.

Please don't forget, COVID hasn't gone away, you will still need to remember HANDS, FACE, SPACE, FRESH AIR. Even if you've had the vaccination.

Until next time, keep safe and well,

Kaye

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Good Neighbours make Great Volunteers

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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 Dan Gardner  
Sergeant Steve Brown



Dear Residents,

Every month I write this article on crime trends/issues that have happened in the neighbourhood – I spend a little time on it, if I can, in the hope that residents will read the article and take heed. Optimistically, I was hoping that it has got a good readership. However, alas, when I hear of residents being victims of scams and I say “Do you read The Courier?” and they answer “No”, I feel that a crime (mainly frauds) could have been avoided.

So my request to residents who do read The Courier is to promote the information and advice that can be gained from it, and encourage other local residents to read it too.

## Hot Weather – Summer Time Advice:

At the time of writing this article, we have had a spell of hot weather, and obviously I hope that it continues. My advice during hot weather is to always be cautious about leaving windows and doors open – even when you are in the house! Some brazen opportunist thieves can easily enter your house through an open garage or door when you are in the back garden or in the house.

In Summer, we can see an increase of night-time burglaries when the occupiers are asleep in bed and the burglar gains entry through a window that was left open because of the heat. If you are leaving windows open during the night, please ensure that the window has a security device to limit how much it can open i.e. that a person cannot open it so far as to get through. Some burglars have climbed up drain pipes and got in open windows on the first floor, so please bear this in mind. I recall some years ago now, a female resident of the Sudbury Court Estate was left so traumatised that she had been burgled at night time while she slept, that she sold her house in the area and moved.

## Telephone Scams:

There continues to be elderly/retired residents who are receiving calls from males purporting to be police officers “investigating fraud.” In the past month, at least two residents over the age of 70 having been on the receiving end of these con merchants – and that is referring to them kindly!

What to do if you have a telephone call from someone purporting to be a police officer – take their name, shoulder number (not all have shoulder numbers, especially in specialist units), warrant number, the 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 are saying but **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. hung up. Then wait at least 20 minutes before ringing the real police on 101 if you are unsure at all, preferably use your mobile, if you have one. 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.

In most recent incidents, the scammers are saying that they are “police officers” but in some previous incidents they have claimed to be working for a fraud department in your bank.

Please watch out for other methods that the con artists use to try to get hold of your cash or personal information – please be on high alert if you get a telephone call out of the blue from someone that you don’t know. It is most likely a scam especially if it involves



anything to do with your finances!

Watch out for text messages and emails from unknown sources too or claiming to be from your bank, HMRC or Royal Mail. Again don't respond to these texts or click on the links that they are suggesting you do.

Please keep in mind that the VAST majority of unsolicited contact is FAKE / CON and then you can't go wrong, especially if the contact is something to do with monies.

### **Vehicle Thefts – from and of:**

Again within the past month, at 2am a resident rang police as he spotted a male walking on Sudbury Court Drive (evens side) trying door handles of cars. Police attended, caught the male, who wasn't in possession of any stolen items and my understanding is that the original witness did not want to give a statement in relation to what he had seen so we had to let the guy go. This was indeed frustrating.

So please be aware that opportunist thieves go around in the middle of the night trying door handles of cars to check to see if they have been left open and then steal from inside. These thieves are generally drug addicts, who are looking for cash or anything to sell –e.g. glasses, sat nav. So to avoid being a victim of this crime please ensure that you lock your car door – double check it and leave it empty.

My colleague's neighbour discovered the driver's side window of her car was smashed in. She thought that there was nothing of value when she left her car but realised later that her iPhone Charger and car adaptor had been stolen. Lesson – double check it.

A resident recently posted on the WhatsApp group - three white masked men in his driveway in the middle of the night: one male with a laptop size/shape device near the house, waving it about, and another with a tablet-type device trying the door of his Mercedes car. It was not possible to identify the males from the CCTV footage as they were wearing Covid face masks; they were wearing gloves

so no forensics. Fortunately, this resident keeps his key in a Faraday pouch and so the thieves were unsuccessful.

The vast majority of keyless theft of vehicles involves the use of signal boosters (the device that the thieves were in possession of) which basically boosts the signal from your key to the car, thereby enabling the thieves to access your car – putting your key in a Faraday pouch prevents this.

### ***Catalytic converter thefts:***

There have been a number of complaints in the WhatsApp group in relation to the Catalytic Converters (CatCon) Thefts and what the police are doing about it.

In order to try to inhibit this type of theft we would need considerably more resources than we have access to. On the night that a BMW was done on Abbots Drive, myself and a colleague were patrolling the Sudbury Court Estate and other areas of the ward in a marked police vehicle for that purpose, and yet this BMW had it's CatCon stolen whilst we were less than three minutes away.

The thefts happen early mornings, late at night and in the middle of the night and we do not have the number of officers to cover all the ward area all of the time - but we do patrol, and nothing would give us more satisfaction than to get these guys.

In the crime figures below you can see the makes, models and age of car that they are currently targeting -Toyota Prius / Auris, Lexus, Honda Jazz, BMW. The thieves tend not to go onto driveways to try to steal the CatCon so my primary advice is that, if you have a make/model that they are targeting, then please park it on your driveway and not on the street.

Do a bit of research, or talk to a mechanic, to find out what simple measures you can take to try and limit the chances of this happening to your car.

The men involved in this are mainly a group of white men in their 20s, wearing baseball

hats, sometimes wearing high visibility vests. They jack up the car and remove the CatCon in a matter of minutes with hand-held, battery-operated cutting equipment. They are using a variety of cars as their transport, with false stuck-on number plates – most recently a newish looking A Class Mercedes gun metal grey with tinted windows has been involved.

Previously, when an owner has heard the noise of the cutting equipment and gone outside to investigate, they have been threatened with assault by these males. So please be careful, ring the police rather than approach if you see these suspected thieves.

### Selling Goods online:

We have had a few residents who have been victims of thefts, when selling mobile phones. They have made arrangements with the online “buyer” (thief) to come to the seller’s home address to pay on checking out the mobile. The mobile phone has been reset to factory settings and then as the buyer

is about to give the money he runs off with the phone. In this instance, it is seller beware!

### Overview of offences 10<sup>th</sup> May -11<sup>th</sup> June

**Attempted Burglary:** (i) Watford Rd (in 260s evens) – 26/05 1047hrs, white male in 30s with equipment and keys in his hand seen on camera trying the door handle of house.

**Burglary of house under renovation:** (i) Watford Rd (in 170s odds side) 25/05 2100hrs – 26/05 1900hrs dismantled substantial amount of copper pipe and stolen.

**Garage Burglary:** (i) Rushout Ave (low odds) – 28/05 1720hrs, white male in his 50s seen in victim’s shed, was chased away by resident.

**Commercial Burglary:** (i) Court Parade – 26/05 0630hrs condenser stolen after premises broken into.

**Theft of motor vehicle:** (i) Audrey Gdns (low evens) – 11/05 2130hrs – 12/05 0600hrs, Ford Tipper truck 2014 stolen without the



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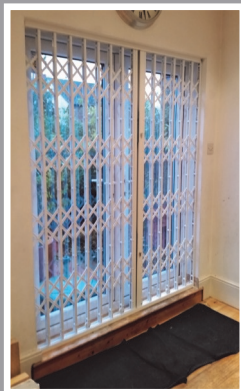
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keys; two suspects seen tampering at victim's van with jerry cans, fled scene as victim came to van; (ii) St. Francis Harrow Rd – 03/06 1000hrs – 1900hrs, 2008 Astra stolen.



**Theft from Motor vehicle:** (i) Northwick Park Hospital (NPH)– 12/05 0700 – 12/05 2213hrs, CatCon stolen from 2011 plate Lexus Ct200; (ii) NPH – 12/05 0900 – 12/05 1330hrs, CatCon stolen from 2003 plate Honda Jazz; (iii) The Fairway – 18/05 2100hrs – CatCon stolen from 1998 plate C240 Mercedes; (iv) Foxless, Elms Lane – 24/05 1130hrs – 2300hrs, front and back registration plates stolen from 06 Astra; (v) NPH – 25/05 1116hrs – 1313hrs, CatCon stolen from 2003 plate Honda Jazz; (vi) NPH – 25/05 hrs 0845hrs – 1715hrs, CatCon stolen from 2002 plate Honda Crv; (vii) Abbotts Dr – in 140s odds, on street – 26/05 2130hrs CatCon stolen from 2008 plate BMW 318I, three white males in a gun metal grey Merc A class involved; (viii) Elms Lane (in 10s evens) 03/06 2230hrs CatCon stolen from 2010 plate BMW 318I; (ix) NPH 04/06 0315hrs – male arrested after breaking into a car and stole a shoe box, subsequently charged; (x) The Crescent – 04/06 0045hrs – CatCon stolen from 2004 BMW 316TI; (xi) Sudbury Court Rd (in 20s odds) 08/06 0235hrs – CatCon stolen from 2000 plate Nissan 200; (xii) The Fairway (in 130s odds) – believed occurred around 11/06 – CatCon stolen from 2000 plate Honda CRV

**Attempted Theft from Motor vehicle:** (i) Nathans Rd (near 60s evens) – 16/05/21 0400hrs, ladder removed from roof of 2013 plate VW Caddy and side window glass broken; (ii) Abbotts Dr (in 60s odds) 22/05 0204hrs – hooded male pulled open door to Ford Zetec parked on the street.

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)

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# Councillor's Comments

**Cllr Robert Johnson - Northwick Park Ward**

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

Good day to all.

I hope that this update finds you all in a healthy place and looking forward to getting back into the Community given the release of the restrictions the Government had implemented since March 2020. I hope you are enjoying your new freedoms but, more importantly, that you still remain vigilant and keep yourself, and your family, safe.



## Covid-19 Update

Over the period commencing 26 May to the 1 June there were 129 new coronavirus cases identified within the borough, this equates to a 39% increase in comparison to the previous week. Brent's 7-day rate per 100,000 of the population was 34.3 in June 2021 and the 7-day positivity rate is 0.8%.

The highest rate of coronavirus cases in Brent are within the younger population and the working-age group. In Brent, we continue to promote the coronavirus public health advice with our residents and where they are able to get coronavirus testing in the borough. We also now have the Vaccine bus,

which is out and about in the borough five days a week, pop-up clinics and GP sites that are available across the borough and also the walk-in service at the mass vaccination site for our residents to be able to receive their coronavirus vaccine.

From April 2021 there have been a total of 2967 vaccine doses given from the pop up site and vaccine bus in Brent.

## Grass Cutting Service

As part of a drive to improve our grass verge cutting service, especially during the busy growing period from April to July, Neighbourhood Management had put in place an extra grass cutting team which would have been in place from 26 April to 16 July. This would cut more grass verges, quicker, and with maximum impact during the main growing period.

However, due to the challenging impact of Covid-19 on recruitment (and a smaller pool of specialist recruitment agencies to draw on), we can only provide one additional grass verge cutting team in this busy growing period at present, rather than the normal extra two teams.

The result is that it will take longer to cut grass than normal, and it will be approximately 6 weeks between cuts.

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These gaps between cuts are contingent on dry weather and small amounts of rain and no self-isolation from the grass cutting team. Too much rain can stop cutting and lead to longer gaps between cutting.

Please note that since the 2017 reductions in grass verge cutting to 6 cuts a year, grass is allowed to grow to an average, uniform, height of 300mm but this excludes weeds and isolated patches of grass which may be higher than 300mm.

The team(s) must be kept to the schedule on the designated streets. Any decision to move them elsewhere must be a last resort. If they are moved, it will leave them behind on the whole schedule.

### **Shop Safe, Shop Local: Supporting Local Businesses**

As we move out of lockdown, this presents massive opportunities for local businesses to recover.

The Economic Growth team has launched the next phase of a Shop Safe, Shop Local campaign. The Shop Local advert has now been installed on buses and billboards around the borough, as part of the campaign, showcasing some of Brent's fantastic local businesses.

The aim of this campaign is to encourage footfall and spend in local town centres, while also reminding shoppers to follow government safety guidance.

The campaign includes businesses from throughout the borough and focuses on the unique aspects of shopping locally in Brent, including the locations, businesses and products. The feedback so far from local businesses has been extremely positive. In the words of one business owner:

*"It's a huge deal for our little boutique to receive the awareness as well as support from the council.*

*We are very committed to our beautiful community of Brent, an absolute melting pot of cultures, opinions, beliefs and identities.*

*Through support and shopping local it creates a great impact in someone's quality of life, level of service and the local community as a whole.*

*We not only become great examples to the younger generations but help build a sense of pride for loving the area you live in and investing in the businesses who have been heavily impacted by Covid-19."*

*– Heritage, Willesden Green*

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[www.brent.gov.uk/shopsafeshoplocal](http://www.brent.gov.uk/shopsafeshoplocal)

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## Return to Council face to face meetings.

The Regulations which allowed the Council to hold its formal statutory meetings remotely expired on 6 May 2021. The Council was required to return to face to face physical meetings for all of its statutory committee meetings from 7 May 2021 onwards and indeed have met for the Licensing Committee and Planning Committee.

The physical meetings are done on a socially distanced basis until 21 June, or when the requirements for social distancing are lifted.

Given the restrictions in place and limits on the socially distanced meeting venue capacities, press and public attendance will have limited access to public buildings but will continue to have access remotely, with meetings being livestreamed for them to follow.

## Councillors' Surgeries

**We will run a virtual surgery on 3rd July 2021 at 11am. Although it is also possible that we will be able to meet you in person, depending on what guidelines are in place at the time.**

Please send us an email as soon as you can requesting a meeting. We will update you.

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  
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I started at Wembley High Technology College last September.

I was previously at Byron Court and I was really excited at starting at WHTC, as I heard that students did very well there and lots of my friends from Byron Court were also going there; so I could walk to school with some of them, but I was also looking forward to making new friends!

One thing I was sad about was that, after 5 years of being in the same school, my sister and I were separated as she is still in primary school.

Our induction was over two days. We were introduced into our forms and I made lots of new friends – so far, so good... However, I soon came to realise that the rules here were a lot stricter than the rules in Byron Court!

Due to Coronavirus, things weren't quite as much fun as I had hoped. We were kept in our form groups, so although I made new friends in my class, I didn't meet as many pupils from the rest of the school.

We then had several assessments in November, which put us all on edge! Then, before the end of the Autumn term, I had to isolate as someone in my maths class had tested positive for COVID-19!

Unexpectedly, just as the Christmas holidays were ending, all schools were closed again until March 2021 due to Coronavirus. Luckily, our school had prepared us for such an eventuality. We did our live lessons online to continue with our work. This was similar to primary school, as they had also quickly prepared for lockdown. My friends and I video called often to keep in touch.

I still go to Byron Court to pick up my sister sometimes, which is nice as I can see my old teachers and friends again!

We are now back to school, but we need to wear masks. Hopefully, things will continue to improve so we can go back to how pre-Covid life was. This year was unusual but I still enjoyed my time at school.

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## SCRA Update

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Hello all,

We hope that everyone has enjoyed the recent good weather and are looking forward to emerging from lockdown in the near future, fingers crossed.

We would like to update you on a couple of things from our last meeting.

Firstly, we're pleased to inform you that we have two new members join our Executive Committee. Hiten Shah and Shaileen Shah have been long term residents of the estate and we look forward to their contributions to our committee. We are also hoping for a third member to join next month!

Unfortunately, we have had increasing reports of excess volume and speed of cars and vans on many of our roads, carrying the

heightened risk of serious collisions and injury. Sandor Fazekas—Project Development Service Manager for Brent Council, kindly attended our meeting to discuss options, and to share his expertise on how we could look to reduce this and make our area safer. It was a very productive meeting, with a lot to digest and analyse.

We plan to further update you in due course to gauge residents' opinions before any decisions are made about traffic calming measures in our area. No changes will be implemented without consultation.

Hope to see you at the Post-Lockdown Party!

Pareet Shah  
Treasurer, SCRA

---

### Spring Cleaning—Shaileen Shah



On the 31<sup>st</sup> of May, my family and I got involved in the Great British Spring Clean, which is an annual event organised by Keep Britain Tidy to bring together #LitterHeroes across the country through local action.

86% of people taking part felt more a part of their community, and 79% felt their overall sense of well-being improved.

Last year, over 150 Brent volunteers from community groups and local businesses, collected 300 bags across local streets, parks, estates and canals!

Although my two young ones were a bit hesitant at first, they really enjoyed it and it was a real eye opener on how much litter there is on our streets. We collected 3 bags full between Stapenhill, Blockley and Campden Crescent!



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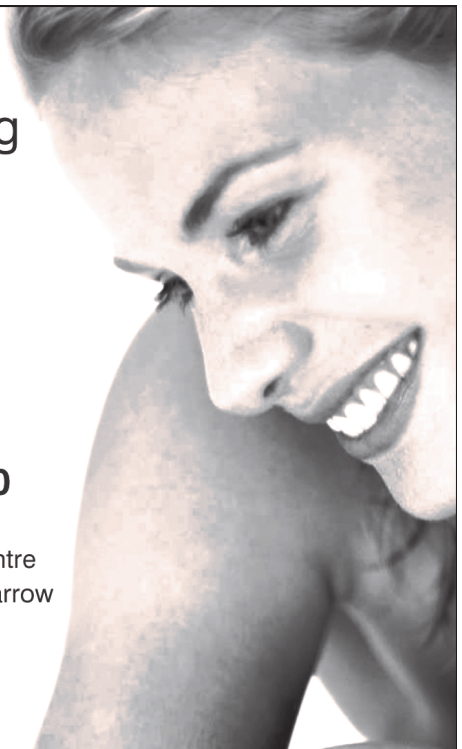
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**SCRA**

# **POST-LOCKDOWN PARTY**

**24th July**

**12-6pm**

**At**

**St Cuthberts  
Church**

**Free Entry!**

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bake a cake**

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# Common Running Injuries...

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

Most runners will find themselves sidelined with a foot problem at some point. Anything from a simple blister to a more complex stress fracture can put a halt to training plans. Most running injuries affect the lower body and may include the ankles, legs, knees, hips and groin.

However, feet seem to take a significant hit because they take 3 times body weight when running compared to walking. If you overtrain, ignore pain, or neglect preparation, the repeated stress over time may cause a range of foot problems including blisters, toenail damage or any of these:

## **Plantar Fasciitis**

A painful condition that causes inflammation of the plantar fascia.

## **Stress Fractures**

A fatigue-induced bone fracture.

## **Metatarsalgia**

A painful irritation of the tissues, muscles, tendons, ligaments, and joints at the balls of feet.

## **Morton's Neuroma**

Inflammation of a nerve in the ball of the foot made worse with poor footwear.

## **Hallux Rigidus**

A painful stiffening of the big toe joint.

Whatever your needs, at the Foot Comfort Centre we pride ourselves on providing an ethical and directed service, focussed on providing you with a full range of options. These will include self-care, help we can provide and help you can acquire elsewhere, allowing you to understand your condition fully and make an informed choice.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we wish you happy running, *Firoz*

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



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## Day out in Southend—Jenica J

Summer is here!

The weather is finally hot, and best of all we can finally go out and enjoy the sun. The last time we had a day to enjoy like this has been over a year ago, so better make the most of it! My family and I packed our bags and off we drove for two hours to Southend-on-Sea.

When we first arrived we all settled down on the sand and laid out our lunch by the sea. It was fairly busy, but nothing more than what you would expect on a hot summer's day.



While the rest of my family was laying under the sun, I decided to go for a quick splash in the water which was a refreshing break from the 30 degree temperature.

Soon after, we all went for a walk along the 1.33 mile pier which is the longest pleasure pier in the world, (there is a small £2 cost, which is discounted for children and concessions). You are also able to take a train there and/or back if you like! The water around you when you are walking across is an amazing view, which definitely makes the experience worthwhile.



Once we got back, we decided to divide our group. Half of us went to the theme park (Adventure Island—Me!) and the others went to try their luck in the arcade.

The rides in Adventure Island were very thrilling. There was a good mix that varied for different age ranges. A good tip to be aware of is that the park usually discounts the tickets to half price if you arrive after 6 pm.

By the time we finished on all the rides we were exhausted from such an active day that we had to have some dinner. There are lots of places to eat. We all had burgers and chips, which was the best way to end our day at Southend!

There was a lot to do in Southend and we all agreed we could have stayed the night and seen the sunrise in the morning (a good idea for next time!).



Well, we really have really all been through it, haven't we? But summer is a glorious thing. I let my garden, here at the vicarage, go a little bit. Well, in fact it was like a jungle. For a while it was quite nice to see all the wild flowers come up, but then it got oppressive. We felt trapped inside the house.

Thankfully our gardener, Annie, came and spent a whole day out there, restoring us to normality. It is so beautiful to see a well looked after garden. In the summer, of course, it is wonderful and a great privilege to be able to sit in one's own garden. I have enjoyed watching the birds and hearing their songs. Nature and creation still have me in their thrall. Speaking to Annie, she told me how much she loved her job and so loved animals and plants and trees. She even

confessed a fondness for mice and Siberian hamsters.

Indeed, she gave me some words of wisdom. Her advice was that we should slow down sometimes and just appreciate the natural world around us. She is quite right. Covid has forced us to slow down and that is no bad thing. For me, Creation is a way of reminding me of a guiding hand behind all of life. I find that a comfort and also awesome.

The stars, the sky, the clouds all help us to experience the infinite, and to see our own troubles in perspective. We are only here for a short time. I, for one, am determined to make the most of whatever time I have left.

Rev Steve

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*In recent years, conservation work and the commitment of various governments has halted the decline in global tiger numbers,*

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*We're working closely with governments and community groups across Asia – and your support is crucial, as always."*

Learn more on [www.wwf.org.uk](http://www.wwf.org.uk)

The point of International awareness days, is to get people talking about the issues and to generate support.

What can you do for conservation?

You could donate or you could learn more.

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



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## Easy Summer Thirst Quenchers—Jenica J

The sun's out and you're laying on the grass, what better than to have a cold refreshing drink. Here are 2 easy fruit drinks that you can make at home.

### Watermelon lemonade

#### What you need:

- 1 large watermelon
- 250ml lemon juice (you can squeeze fresh lemons)
- 100g of caster sugar
- 1 bottle of sparkling water
- 1 lime
- A small handful of fresh mint
- Ice (crushed)

#### How to make it:

1. Cut a small hole at the top of the watermelon and using a large spoon hollow the melon (make sure to remove any of the seeds)
2. Put the watermelon pieces you removed into a blender
3. Combine the lemon juice and sugar into the mixture till it forms a purée
3. Pour the sparkling water into the watermelon mixture
4. Fill the hollow watermelon skin with ice and pour in the lemonade mixture

Your watermelon lemonade is now ready!



### Easy iced tea

#### What you need:

- 2 tea bags
- 2 tbsp golden caster sugar
- 1 tbsp runny honey
- 1 lemon to juice and 1 lemon to slice
- 1 orange, sliced
- small bunch mint

#### How to make it:

1. Put the tea bags, sugar, honey and 1.5 litres water in a large jug
2. Leave to infuse for as long as possible—cold brewing avoids the bitter taste but does take longer
3. Remove the tea bags
4. Chill until ready to serve
5. Stir in the lemon juice, lemon slices, orange slices and mint leaves
6. Fill the jug with ice before serving

For extra sweetness serve with extra honey to taste.

Enjoy your sweet iced tea!



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## Neighbourhood Centre

The Friends of SUDBURY NEIGHBOURHOOD CENTRE will continue to hold Saturday mini-markets at the Centre, 809 Harrow Road (behind the Methodist Church) Please note the dates:- **17<sup>th</sup> July, 11<sup>th</sup> September and 16<sup>th</sup> October**, 10.30am to 2.00pm.

### The Good news!



All being well the Centre is to open its doors to clients again from early July, initially for two days a week for small groups only.

To celebrate we are holding a **Garden Party** on Saturday 14<sup>th</sup> August, 11.00am until 2.00pm. All are welcome, there will be a small charge for food and tempting sale stalls. Free entry of course.

We look forward to seeing you at any or all of our events.



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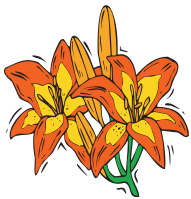
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# CALLING ALL GARDENERS



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

## Sudbury Court Horticultural Society Your local gardening club

July is high summer for our gardens. The planting is complete, everything is settled into its place in the border. Soft fruits are there for the picking, tomatoes ripening – all's right with the world! If, as in the garden in the picture, you go in for the wild look, just a tweak here and there, an occasional tie-up of a wandering plant is all that is needed. It's time to use your garden for getting together with family and friends, or perhaps just for relaxing on a garden seat watching the swifts whirl overhead in search of flying insects or a family of young sparrows stripping the greenfly from the climbing roses.



July is also a good time to gather the ripe seeds of favourite flowering plants to keep for next year. Store the seeds in paper bags until they are quite dry, then over winter keep the seed in labelled packets in a tin box. High summer is the best time too to take cuttings of shrubs and herbaceous plants, plants for free for gardeners with a bit of patience.

Our Horticultural Society's September event celebrates the chance to be together again. Members and non-members alike are very welcome to share in our celebration of homes and gardens on Saturday 18<sup>th</sup> September at St Cuthbert's Church. There will be tea and cakes for all and some special attractions for children, for we would like whole families to join in. For catering, it is important that we have a realistic idea of the numbers attending, so we ask you

please to phone David and Susan Friend on 020 8904 3433 to book your places. We hope you will bring something special to share in the display - for the show will be less formal than our usual offering. This time there will be no entry fees and no judging. Prizes will be restricted to the children. We are keeping this event

open-ended and simple, for we want you to bring ideas and thoughts for the future of this long-established society.

Your contribution to the show might be something that you have grown – flowers or vegetables or fruit; or maybe a delicacy from the kitchen. It would be especially nice to have some Indian, West Indian and African specialities on show so that we can share our knowledge of each other's tastes. Photographers and artists have a free hand in showing their best work. There will be some special attractions for young people. Offers of help from newcomers are very welcome. More details next month.

Before September, you may well be leaving your home and garden while you go away on holiday. Many of us are fortunate to have friendly neighbours who give an eye to security and care for any special plants that need regular care. Caring for each other has perhaps become the best hallmark of lockdown – it means a lot to have good neighbours.

Margaret Roake

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National Volunteer Week at the start of June coincided with two meet-ups we've had in the Community Garden after restrictions were relaxed in May. The first of these was to plant out hundreds of seedlings (including red kuri squash, chicory, runner beans, marigolds, dill, antirrhinums, hollyhocks, mint and sunflowers), grown by members of our gardening group after our Spring 'Growing from seed' workshop. The second meet-up was the garden-watering evening during the suddenly hot weather.

Our group of volunteers is regularly expanding, and it is amazing how everyone is taking time out of their schedules to help. In fact, the whole garden, with all its wonderful plants and trees, is testament to fantastic community spirit and optimism as well as commitment to continue to look after the garden. It has made a real difference not only onsite but in connecting people and neighbourhoods and momentum has been kept up through online workshops and recent face to face sessions which, fingers crossed, we hope to continue.

One of our supporters, Hema, is a gardening expert with an impressive social media following (49.2K on Instagram), and kindly donated some lovely plants so that we could hold another plant sale. We were also able to add further plants surplus from the

volunteer seed growing efforts. Everything got snapped up very quickly. The tomato, chilli and aubergine plants sold like hot cakes! Thank you to everyone who bought and grew plants to support the community garden. A total of £135.50 was raised, which will go towards our ongoing IT costs.

Why not check out Hema's 'Inspiring new gardeners & tips' website:

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

At the planting meet-up Susannah Hall

demonstrated how to make plant tea fertiliser from nettles, which we collected from the Ducker path. Nettles are a great source of nutrients and minerals, especially

nitrogen, which are released if nettles are soaked in a bucket of water for about a month. This liquid is a natural fertiliser which can be diluted to water the base of the plant to support its growth. Be warned though, it stinks! Watch the video demonstration available in the News & Events - Blog on our website (see header)

Our appreciation and thanks to everyone who is supporting NPCG in so many ways; whether it's by working in the garden, saving cardboard boxes for us to use as mulch or supporting our plant sale.

Keep well.

Eleri, Joanna, Rishil and Iris



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# Friends of Barham Library



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## MURALS

LeSpleen, our local artist, recently completed a new Mural on the side of a house facing the Open Space in East Lane (opposite the school).

You can see her other work in The Pimple, Butlers Green (Sudbury end of Watford Road), my garage door at 17 Stapenhill Road and the 'Votes for Women' mural on the side of the insurance brokers in Sudbury Cresc in Sudbury Town.



## VISIT TO BARHAM PARK

Don't forget to pop into our Library when you come for a walk in the Park. FOBL initiated and supported a number of repair & improvements projects in the Park which we hope will be carried out over the coming year; also £18,000 for replacement trees and shrubs.

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# Kids' Page



Hello Kids

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

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

## Knock-Knock Jokes

Knock-knock.  
Who's there?  
Justin.  
Justin who?  
Justin time for dinner!

Knock-knock.  
Who's there?  
Lettuce.  
Lettuce who?  
Lettuce in, it's cold out here!

Knick-knick.  
Who's there?  
Wooden shoe.  
Wooden shoe who?  
Wooden shoe like to hear another joke?

Knock-knock.  
Who's there?  
Atch.  
Atch who?  
Bless you!

Knock-knock.  
Who's there?  
Interrupting pirate.  
Interrup...  
ARRRRRRR!

Knock-knock.  
Who's there?  
Boo.  
Boo who?  
Don't cry, it's just me!

Knock-knock.  
Who's there?  
Cow says.  
Cow says who?  
No, silly! A cow says "Mooooo!"



Did you spot the deliberate spelling mistake?  
'Knick-knick' should be 'Knock-knock'.

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