

The Community Magazine for the
Sudbury Court and Pebworth Estates

June
2021

The Courier

91st
Year



Photo: Dhilan Dhruv Patel

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Dear Neighbours,

Are you feeling summery yet?

I'm really lucky—I managed to get a 'spare' 2nd Covid vaccination, just in time to see my parents—for the first time since before the first lockdown, in February 2020. I hope you're all beginning to be able to reach out and connect, perhaps re-connect with your friends and family. What a strange time it's been.

I'm certainly looking forward to joining you at the **Post-Lockdown Party** next month. The party organisers, a brilliant group of residents who have big plans for you, are still looking for extra pairs of hands in the run-up to the day, as well as on the day itself (see pg 15). You won't be needed to give a huge amount of time to help out—do what your schedule allows—but do join in, the last resident's get-together was a lot of fun. Sign up by emailing me:

editor@the-scra.co.uk

And don't forget, 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

PCSO Charlie Charalambous 7271NW

PC Finn Kennedy 2621NW (author of this article)

PC Dan Gardner

Sergeant Steve Brown



Let us hope as Summer approaches that it will see to an end of the restrictions and a resumption to life as it was pre Covid!

The powers that be in charge of Safer Neighbourhood Teams (SNT) have decided to move Dan Kubik to a Harrow SNT, he will be missed, and so now we have another officer who is just come off response team for a SNT rotation and he is also a Dan – PC Dan Gardner. Charlie and myself, SNT stalwarts, are still around.

Summer Time Advice:

Let us also hope that we have some nice weather this summer, and that we can relax in the parks or gardens.

Please be cautious about leaving windows and doors open in hot weather – even when you are in the house!. I have seen some brazen thieves in my time, who would walk in an open garage or door when the resident is in the back garden or in the house. Do not give them the opportunity to steal from you. Also, in previous years, pre-covid, we have seen an increase of night time burglaries when the occupiers are asleep in bed and the burglar gets in a window, which 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.

Burglary / Scrap metal collectors Alert:

As you can see from the burglary figures below on the 9/04/2021 there was a burglary early in the morning of a house under renovation on Carlton Avenue West. Analysis of the CCTV in relation to this incident, show

two white men late 20s early 30s one well-built/stocky with a beard and the other Mediterranean looking, both wearing high visibility vests trespassing on the property and doing the burglary at 0645hrs in the morning.

When someone is wearing a high visibility vest, a resident might think that they are legitimate contractors so please be aware that burglars or thieves involved in crime might also be wearing these vests in order to give the impression of being legitimate. One of these males was also involved in the theft of a bicycle elsewhere in the north west area on the 22/04 so please be on the look-out. The local officers are on the look-out for this pair of thieves.

Please report any vehicles roving around that you think might be up to no good both on 101 and on the resident What's App group – contact me with your name, address and mobile number if you wish to be added to your local residents What'sApp group.

Any crime that is happening/occurring (present tense) with the suspect still there/nearby is an emergency call and please ring 999.

Cold Callers Permanent Alert:

We covered a lot in last month's Courier—in summary:

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.

In the past month, even our Safer Neighbourhood Team mobile phone had text messages purporting to be from 'our' bank and instructing to click a link to confirm that we didn't authorise a transaction. The phone number is obviously not linked to any bank

account – in our instance, it came with the message “HSBC FRAUD ALERT” and said to click a link if you did not send £240 to Mr. C Jones. Obviously, this is an attempt to get information from our phone or for us to pass information over.

This shows you that these texts are sent to random numbers—they don’t know anything about you or your personal details unless you tell them.

Apparently, if you click the link in these texts, you’re directed to a page where you are asked to enter your details: name, address, bank details, etc, and I have just seen it on TV where a victim got one of these texts looking like it came from ROYAL MAIL saying that they needed payment of £1.99 for something and to click the link, she did so and had to enter her personal details, bank details and later got a phone call purporting to be from her bank stating that the monies in her bank account were at risk and asking her to transfer her balance, which she did – she lost £15,000!

My sister also had two similar text messages, however, in her instance the text supposedly showed it came from a bank she is with and despite me regularly telling her of all the various scams, she thought it was genuine and clicked the link.

It was only afterwards that she realised that she shouldn’t have done it.

What are other risks if you click these links? Well, as opposed to being directed to a page where you have to enter your details, your phone might become infected with a virus, or it could enable someone to hack into your mobile. The information on your mobile could be at risk. If you have a SMART mobile phone, it is advisable to consider whether the security systems on the mobile are adequate to protect against hacking/viruses – consider getting software installed to protect against this, but please be aware of these scams and **don’t just click links** – this is also true of unsolicited emails, please be very careful about opening emails from unknown sources on your phone or computer.

Parcel Thieves:

From time to time we get reports of parcel deliveries that are stolen from residents’ driveways (behind a bin, in an unlocked porch etc). Please—if you’re getting a delivery and you’re not going to be in, arrange for it to go to a shop or somewhere safe indoors where you can pick it up.

Cannabis factories:

‘Cannabis factory’ is the term given to a residential or commercial unit that has been made into a greenhouse for the cultivation of cannabis. It is obviously an illegal enterprise and is frequently connected with Organised Crime Networks who are involved in large scale distribution of cannabis and human trafficking, the persons tending the plants (we refer to them as “gardeners”) will often be illegal immigrants trafficked in.

Cannabis factories are dangerous set ups as well. The large scale energy consumption required for the strong lighting and ventilation mean that the mains electricity is frequently hacked into and the meter by-passed; it is not unknown for cannabis factories to catch fire due to overloading of the electricity.

You do not want one of these next door to you so here are some tips on how to spot a cannabis factory:

- They are normally a rental property.
- In the case when the new occupants are setting up a cannabis factory you will hear a lot of construction work, banging and hammering etc the electrics is being hacked into, ventilation ducting erected, lighting erected. Lots of deliveries, perhaps you have noticed compost or plant pots being delivered but this will generally happen at night time.
- The window will be constantly covered and the house appear unoccupied – are the curtains drawn all the time? In cannabis factories the window are blocked up with sheeting to stop you from seeing what is going on inside, the powerful lights used in the cultivation process.

- Sickly smell of cannabis, constantly coming from an address. A lot of cannabis factories are discovered by passers-by who catch a whiff of cannabis smell and notice other signs indicative of a cannabis factory.

- In some cannabis factories, there is a high level of condensation from the numbers of plants growing inside.

- House in darkness and visitors particularly at night time or in hours of darkness.

- Buzz of ventilation – cannabis factories have various ducting, use ventilation systems and sometimes filters to filter out the smell. The buzz of a ventilation system on an apparent unoccupied property is an indication of a cannabis factory. The ventilation system is to regulate the heat, the condensation and the smell.

- Cannabis factories are significantly warmer than neighbouring houses, because the plants need to be kept at a higher temperature to promote the growth. In cold or frosty

weather, the roof of a cannabis factory will not have frost or very little snow on it.

- Occasionally, if the persons involved in a cannabis factory haven't sealed the windows enough you might get a glimpse of bright lights from inside which will be on all day and night.

Keeping Safe out n About (PSNI website):

- Cover up expensive-looking jewellery. Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go, do not get hurt. Your safety is more important than your property.

- Remember - flight not fight!

- Don't take short cuts through dark alleys, parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed.

- Don't hitch-hike or take lifts from strangers.



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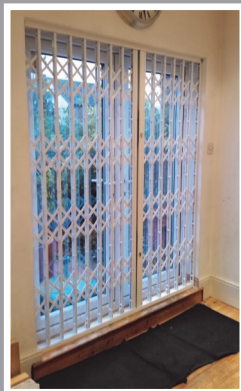
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- When walking alone carry a personal attack alarm. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it is dropped or falls to the ground.

- Self-defence/safety awareness classes may help you feel more secure, but remember - flight not fight!

- Arrange transport home in advance. Do not go out alone. Don't get isolated from your friends.

- Stay in well-lit areas and don't wander in areas you are unsure of.

- Never leave your drink unattended or accept a drink from someone who you don't know or trust.

- If you feel drunk, dizzy or disorientated seek help from a trusted friend or a member of bar staff.

- Consider carefully whether to leave with someone you have just met.

- When jogging or cycling, vary your route and time. Use well-lit roads with pavements. On parkland, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. Listening to music on your phones etc may limit your awareness to the surroundings.

Overview of offences 9th April—9th May

Burglary House garage: (i) Carlton AveW (in 30s evens) – 09/04/2021 0645hrs, house under renovation, back garden entered, garage forced and tools and hob stolen from inside (ii) Norval Rd (in 130s odds) 16/04 1400hrs – 19/04 1400hrs, garage roof forced and lawn mower, rakes and gardening equipment stolen

Attempted burglary dwelling: (i) Sudbury Croft (in 60s evens) 16/04 0200hrs, two white suspects in 20s tried to open victim's front house door, no entry gained.

Theft from Motor vehicle: (i) Spencer Rd (in 20s odds) – 09/04 0001 hrs – 10/04

1925hrs, CatCon stolen from 2007 Honda-Honda Civic; (ii) NPH – 14/04 0830hrs – 1630hrs, CatCon stolen from 2009 plate Honda Civic; (iii) Sudbury Crt Rd (in 10s evens) – 17/04 2200hrs – 18/04 1000hrs, CatCon stolen from 2006 plate Prius; (iv) The Fairway (in 100s evens) 17/04 2355hrs – 18/04 1100hrs CatCon stolen from 2003 plate Honda accord; (v) Bengeworth Rd (near Sudbury Ct dr) 17/04 2115hrs CatCon stolen from 2008 plate BMW – thieves were in a black Golf; (vi) Norval Rd (in 70s evens) 21/04 2115hrs CatCon stolen from 2003 plate BMW 3 series, thieves were in a red car; (vii) Shelley Gns (in 10s odds) 21/04 2225hrs CatCon stolen from 2004 Honda Jazz; (viii) NPH – 23/04 0900hrs – 1830hrs CatCon stolen from 1998 plate Honda CRV; (ix) Amery Rd (in low odds) 23/04 2130hrs CatCon stolen from 2006 plate Honda CRV; (x) NPHI – 30/04 0830-2030hrs CatCon stolen from 2013 plate Toyota Prius; (xi) Carlton AveW (120s odds) van broken into and gardening equipment stolen (xii) NPH– 04/05 1000-1200hrs CatCon stolen from 2005 plate Honda Accord; (xiii) NPH – 04/05 0700hrs - 2000hrs CatCon stolen from 2005 plate Honda Civic; (xiv) Norval Rd – 04/05 2215hrs CatCon stolen from 2016 plate Lexus CT

Attempted theft from motor vehicle: (i) Assisi Court Harrow Rd – 24/04 1715hrs two suspects seen tampering at victim's van with jerry cans ran, fled seen as victim came to van;

Crime Prevention Advice:

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.

- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.

- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbours vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try obtain the registration number of the tow truck

Robbery -

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

Bicycle 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!

www.met.police.uk
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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

Good day to all.

I hope that this update finds you in a healthy place and looking forward to getting into travelling mode, now that the Government has published the Red, Amber and Green List for countries to travel to. I certainly am looking to take a break abroad for the first time in ages!!!

The vaccination programme seems to be going well as you will see from the updates below.



Covid-19 Update

Our infection rate is rising, albeit from a low base, and is now 42 per 100,000 with a positivity rate of 1.4%

from the PCR tests done to date. The highest rates are in the 11 to 18 years age group with very low rates in the over 60s.

Return to Council face to face meetings

The Regulations which allow the Council to hold its formal statutory meetings remotely expired on 6 May 2021. Legal proceedings issued by the Association of Democratic Services Officers (ADSO) and Lawyers in Local Government (LLG) (supported by Herts County Council) seeking a declaration from

the High Court on whether remote meetings would be able to continue under existing primary legislation once the regulations expired were heard on 21 April 2021. The High Court judgement was received on 28 April 2021, which resulted in the case being dismissed.

This means that the Council was required to return to face to face physical meetings for all of its statutory committee meetings from 7 May 2021 onwards. Plans were made for the return to physical meetings which will involve members of the committee and officers attending on a socially distanced basis until 21 June, or when the requirements for social distancing are lifted.

Given the current restrictions in place and limits on the socially distanced meeting venue capacities, press and public attendance will continue to be managed remotely, with meetings being live streamed for them to follow.



On Thursday 6 May 2021 residents in Brent had their say on who represents them at the Mayor of London and London

Assembly elections.

Congratulation go to Councillor Krupesh Hirani, who was duly elected as an Assembly Member to represent the Brent and Harrow constituency (taking over from Navin Shah)



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We are still getting a number of reports about flytipping, broken pavements, damaged verges and other matters. Whilst we are happy to take these issues on for you, it may be easier and quicker to use the Love Clean Streets App! The Love Clean Streets app (formerly the Cleaner Brent App) makes it easy to report litter, illegal rubbish dumping, dog mess, potholes and other problems in streets, parks and cemeteries (see the list below), to the Council, using your smart phone, for free!

What you can report using this app

- Graffiti, Illegal rubbish dumping - Discarded items next to a road, in parks or cemeteries and in rivers
- Fly-posting - Adverts illegally posted on public properties
- A street that needs sweeping
- A grit bin that is empty and needs filling
- Dog fouling
- Dead Animals
- Grass that needs cutting - in verges or in parks or cemeteries
- Shrubs that need pruning or weeding
- Litter bins that need emptying (in streets, parks or cemeteries)

- Potholes
- Broken or damaged manhole cover
- Faded White Lines
- Broken or damaged pavements and kerbs
- Broken or damaged bollards and guardrails
- Damaged or missing street furniture
- Damaged or missing street signs
- Blocked gully (both flooded and non-flooded)
- Damaged or missing drain cover
- Low hanging branches
- Damaged or dead tree
- Overgrown highway tree
- Overgrown private tree
- Tree stump removal requests

How does it work?

1. See a problem
2. Open the Love Clean Streets app
3. Take a picture, your location is automatically detected and displays the authorities colours if they're in the Love Clean Streets Family
4. Enter some basic information and post the report – in seconds!

You will receive confirmation that the event has been reported and confirmation when the report is closed.

You may receive an email advising that your report has been closed, but the rubbish is still there. This normally means that the waste you reported is on private land.



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This waste will not be cleared automatically by our contractor. Instead, the details will be passed to our waste enforcement team to investigate. It is the responsibility of the land owner to clear waste in these instances.

You will need to make sure your phone GPS or location service settings are enabled for the app to work. Use of the app will be dependent on mobile phone network coverage in each area. Please contact your network provider for further information.

So help us [convict illegal rubbish dumpers](#) by downloading and using the app today.

Get started by downloading the Love Clean Streets app and set 'Cleaner Brent' as your home authority.

Brent's Digital Landlord Forum

Over 300 people tuned in virtually to take part in Brent's first ever Digital Landlord Forum in April.

The event included presentations from keynote speakers such as Paul Shamplina, host of Channel 5's 'Nightmare Tenants, Slum Landlords'; Peter Littlewood, Founder and Director of iHowZ; Gavin Dick, Senior Policy Officer NRLA; Jamal Khan from Churchill Tax Advisors; and Richard Tacagni, Director of London Property Licensing. The Landlord Forum takes place every year and is an opportunity for the council to reach out and engage with landlords, developers, property investors and sponsors in the property industry. The success of this year's Digital Landlord Forum shows that there is a real appetite within this group to share learnings, examples of best practice and work together

to drive up standards in the private rented sector.

Article 4 – SCRA Consultation Meeting

Following on from the meeting held in February, there were a range of views that were expressed which included abolishing the Conservation Area guide. The SCRA are likely to arrange a further meeting to follow up the range of discussions that were raised and get a gauge of the issues that the SCRA can take forward directly with the Council. Please watch this space for the date of that meeting.

Councillors Surgeries

We will run a virtual surgery on 5th June 2021 at 11am. Please send us an email as soon as you can requesting a meeting. We will send you the link.

We are likely to resume face to face surgeries in July 2021.

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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Act as if you have it, anyone can spread it.

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SCRA Update

Following the Executive Committee meeting on 5th May:

E-scooters

We have had several reports of e-scooters being ridden in an unsafe manner on roads and pavements. Currently the use of e-scooters on public land is illegal in Brent. They can only be used in public roads as part of trials, none of which are being conducted in Brent. If you do see e-scooters being used this is a police matter and should be reported as such.

Barham Park Residential Development

The committee became aware of the application to demolish 2 cottages that were originally built for park wardens, and to replace them with a 4-storey development comprising 9 residential units. The SCRA Executive have submitted an objection to this as it is against the restrictive covenants on the site and would have many other serious negative implications for the park and the surrounding area. We also feel that this would set a

precedent for other developments on our valuable parks and green spaces.

Details of the application can be found on the Brent Planning Portal and searching under ref 21/1106 (Demolition of dwelling houses and erection of a four storey residential building comprising 9 self-contained flats with roof top terrace and associated access, parking and landscaping | 776 & 778 Harrow Road, Wembley, HA0 2HE)

Great British Spring Clean

This initiative to support local volunteers in maintaining our area is running up to 13th June. Individual residents and streets / community groups were invited to sign up for this in May; the link was shared via the resident WhatsApp groups.

If your street gets involved, please do let us know via your WhatsApp group, and post pictures.

Pareet Shah
Treasurer
SCRA



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Harlow Choral Society Carries on Singing



piece of music important to them. Or we invite a member to '*Make the Case*' for a particular musical genre or musician. All voluntary, of course! There's the opportunity for a friendly chat at the end of the rehearsal too and these initiatives have helped us all to get to know each other better. Occasionally we have excellent talks '*Choral Island Discs*' given by guests from the music industry, including Dame Emma Kirkby, our President.

HCS has continued to rehearse via Zoom every Monday evening and to record some 15 pieces of choral music - all virtually!

Favourites among these have been choruses from *Handel's Messiah*, *Les Misérables* and *Mendelssohn's Elijah*.

Rehearsals include a regular break for '*My Memorable Music*', where members talk a little about their music background and play a

We have been delighted to attract some new members during Lockdown, and would welcome you now to join us virtually in advance of our proposed return to in-person singing in September.

Just visit harlowchoral.org.uk to find out more, or call Jill Mans on 020 8248 7625. Our Facebook page is extremely active, so you can find out more there too.

SCRA

POST-LOCKDOWN
PARTY

We are holding a post-lockdown party on the
24th of July (12-6pm) at St Cuthberts Church.
HIRING VOLUNTEERS!

If you would like to volunteer to plan or get
involved with this amazing event please **contact**
KAYE to join the Whatsapp Group Chat.
editor@the-scra.co.uk

Let's get ready for Summer

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

After a short gap, we are back and with better news than when I last wrote. Our national COVID infection rates are down and we have a roadmap to resume some degree of normality.

So, as we continue to follow the lockdown roadmap, we get closer to being able to socialise with our friends and family under more normal circumstances. I am sure we are all looking forward to getting out of our 'stay at home' clothes and into our 'going out' wardrobe. Luckily, this coincides with summer approaching and for most of us that means dusting off our sandals and revealing our somewhat tired feet!

At the Foot Comfort Centre, we have developed enjoyable and hygienic footcare treatments, perfect for this occasion.

This treatment is delivered expertly by our lovely Anamaria, now a qualified Foot Health Practitioner. It starts with a warm foot soak, nail cut and shape and trimming of cuticles if required. The soles of your feet are scrubbed and buffed and

after another soak, you receive an exfoliating foot massage. If you have any corns or callouses, these will be treated using a sterile surgical blade removal technique. The session will end with a Nail Polish or Shellac of your choice if required.

The outcome is always the same – You will leave feeling relaxed and on top of the world.

The Hygienist Pedicure & Hygienist Footcare session is only £45 and we offer many other services.

This session is an ideal gift for yourself or a loved one; Gift vouchers are available.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we wish all the readers of this publication a happy and uplifting exit from lockdown,

Firoz

For foot care tips visit our website
www.footcomfortcentre.co.uk



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SCRA Membership Subs—Reminder

Your Subscription Envelope was included with the April edition of The Courier. Alternatively, it might be easier for you to pay online—see below.

Sudbury Court Residents' Association

Any Residents' Association is only as strong as it's membership. We are here to:

“maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates.”

We will need your support to ensure that we continue to hold the Council and any other parties to account with regards to issues and plans that might have an impact on the area, environment or residents. We also need you to please let us know as soon as you become aware of any such issues or plans.

We hope to host our **AGM** later this year - whether this will be a physical or virtual meeting remains subject to what, if any, COVID 19-related rules / restrictions may be in place at the time; we will provide an update in due course.

Your subscription is just £5.00 per household per year.

You can also add a donation toward the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. As traffic increases, trees offer us some environmental protection against pollution, are a food source and habitat for wildlife, as well as offering us a 'feel good factor'. Please give as generously as you can, in order that we keep our streets 'leafy'!

Sudbury Court Horticultural Society

In view of the fact that the COVID 19 pandemic forced the cancellation of all our activities in 2020, the committee has agreed that all SCHS members who paid their subscriptions in 2020 will receive complementary membership for 2021.

New members are, of course, always welcome. If you would like to join us, we are also offering you free membership for 2021. Please simply send your name, address, email address and/or phone number to our membership secretary, George Crane, at 183 Abbotts Drive, HA0 3SH. Email: crane.g@gmail.com.

Although our 2021 activities remain unclear, the committee will be keeping the situation under constant review. However the 2021 plant sale and Spring show will not take place. Full details and dates of any shows later in the year will be given in our monthly articles in The Courier.

Thank you all for your forbearance during this difficult time. Keep safe.

DO IT NOW (PLEASE!)

Sadly, the number of residents paying their annual subscription has been dwindling in recent years. It's very disappointing, and it means we are diminished as a community. You will only really recognise what the Association does for you when we're not there any more—and that has been a real risk for some time.

Please pay NOW, before you forget! It will only take a moment.

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* complete your name, address and postcode on the envelope provided, in BLOCK CAPITALS. If you are on email, please do also include this, as it's easier to contact residents this way.

* SPECIFY what you are paying for, i.e. Sub, plus donation.

* INCLUDE payment—cheque (made payable to 'SCRA') or cash

* DELIVER it to one of the collection addresses on the envelope; some streets may have neighbours who collect envelopes on your behalf.

* One-off payment via **bank transfer** or annual **Standing Order** — we are trying to encourage people to set up an SO, as it means that they don't have to think about it every year, it just happens automatically. If this would work for you please make sure you use your house number and street name (e.g. 72 Spencer) as your reference (without your reference it will be impossible to allocate your membership to you!) Also—please send an email to membership@the-scra.co.uk attaching a photo of your completed envelope, so we can correctly allocate your payment.

Bank details:

Barclays Bank

Sudbury Court Residents Association

Sort Code: 20-37-21

Account Number: 23291154

Data Protection Policy

By joining SCRA or SCHS you are deemed to agree that your personal membership information can be retained on one or more personal computers owned by members of the committees of SCRA and SCHS for the purpose of maintaining proper membership and financial records. This information will never knowingly be sold or passed on to third parties. You may occasionally be contacted if necessary.

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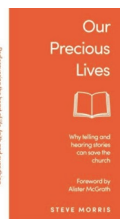
Well then, here we are again. It is an odd thing - life has seemed to stand still, but the seasons haven't heard about that. Instead, they have kept turning and we are now in a rather relieved June. My hope is that we can have a few weeks holiday at some point. Just the other day, my daughter said how much she missed seeing the sea and being in the countryside. I quite agree.

I wonder what kind of world and society will emerge from the pandemic? Will we be kinder, look after our neighbours and enjoy simpler lives? That is certainly what I hope will happen for me, but we are all different. Some will be powered up to change society, to make it better and fairer. Others might decide to change careers or move house. Life is short and we only get the one crack at it this side of the grave, don't we? For some, it will be business as usual.

Church will change as a result of this - it will have to. We have learned a lot about communicating at a distance and we have tried to stay in touch. For me, I have missed the sense of community and company that Memory Cafe and our services gave. At first working at home was a novelty for many, but then that wore off a bit and now we want to be together again, at least I do.

My best wishes are with you and yours. Do come and see us at St Cuthbert's you will always be welcome.

Rev Steve



(my book - Our Precious Lives is available on Amazon)

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Flip a coin Day—June 1st

Flip a Coin Day is the day when making decisions is as easy as flipping a coin.

People all over the world resolve arguments and make decisions using this tradition—but where did it start?

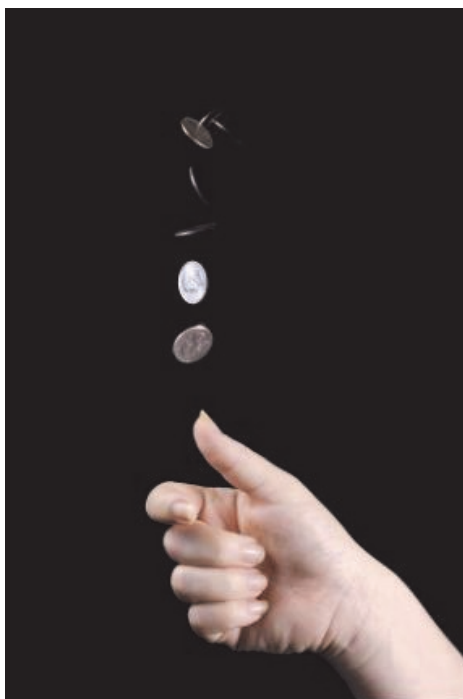
It is said that Julius Caesar used a coin flip as a way of making a decision when the right choice wasn't immediately clear to him. He would flip a coin and the correct answer would be 'heads' - as that was his own image, and therefore it must be right.

Metal coins can certainly be traced back to the 7th century BC. And one of the first accounts of coin flipping comes from Roman times, when the practice was called *navia aut caput* ("ship or head"). The Brits used to call it "cross and pile," while in Peru it's called *cara o sello* ("face or seal") to this day.

Some historians believe that the game began in Ancient Greece, where boys covered one side of a shell with black pitch and left the other side white before flipping it in the air.

Whatever is the truth about it's humble, or otherwise, beginnings, the coin flip has become a part of everyday life all over the world: various ball games are started with a coin toss to decide who gets the ball first. Both professional and friendly games.

But coin flips can also have an impact on larger issues. In the UK, if two candidates for office receive exactly the same number



of votes (after three recounts), the election can be decided by a coin flip. I've no idea if this has ever been used, or whether it's merely anecdotal—if you find out, flip a coin as to whether you tell me or not!!

So, how do you celebrate Flip a Coin Day? Obviously, use this method of decision making for all decisions, and for everything you do today.

Disclaimer—it's still your decision! The Editor or SCRA accept no responsibility



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Self Care

Chances are, you've heard this phrase a lot more in recent times. So what is it? Put simply, Self Care is when you take action to care for yourself. This can take different forms, some of which are shown below.

Why is it important?

Self care is always important, but in times of a pandemic it is especially important. This is due to the fact it ensures you are maintaining your physical and mental health. When you take part in self care it boosts all types of positive emotions and also your productivity levels throughout the day.

Type of self care	What it means	Ideas to improve	What I have learnt
Emotional Wellbeing	Loving and being kind to yourself.	Doing things that you like, such as watching funny videos, art, or listening to your favourite music.	Positive affirmations at the start of my day, over time, have helped me be more aware of the positive moments.
Intellectual wellness	Engaging in creative, mentally-stimulating activities that build your knowledge and sharing your knowledge with other people.	Try reading a book, or news article which you would not have normally read, in depth.	Sharing articles with my friends, which we discuss after school, has helped us all feel more aware of what is happening in society and around the world.
Physical Fitness	The ability of all your body systems to efficiently work together to allow you to be healthy and perform everyday activities.	If you are able try to go on a short walk, or complete a light exercise at home	Something small like starting to walk to school and back has helped me feel fresh and divide my day in an effective way.
Social life	Bonds between you and other people, such as friends and family	Make a call to someone you haven't connected with in a while, especially if you're unable to go out	Once a month I try to reconnect with someone I haven't spoken to, this helps me to build up more relationships.
Environmental Connection	Having a connection to your environment by spending time in it and caring for it.	Take moments to be fully present with the nature around you.	Spending time in nature, even for a few minutes, helps me to relax and re-energise.
Financial Stability	Ensuring that your incomes cover your expenses and having some money saved if possible.	If possible, put some money into savings each month	Saving some money has allowed me to evaluate what I actually need to buy, and what is not necessary
Spiritual	Individual practices that give you a sense of purpose and peace	Actively listen to others and try to learn something from conversations	Doing a mindfulness activity every week has helped me to de-stress

The end is in sight -



Life was always fast-paced, we never slowed down,
Until everything stopped when Corona came to town.

Now all is quiet and there's peace all around,
We've looked in our hearts and kindness we've found.

We learn now with mum, this is a new feature,
But we can't wait to get back to our teacher.

I miss Sea Cadets, school, my friends and my dad,
I miss sharing the fun times and that makes me sad.

We've had social distancing picnics, social distancing walks,
Social distancing hugs and social distancing talks.

I'm looking forward to getting away,
The beach, the hotel and a perfect holiday.

When it is? I'll throw my arms open wide,
And shout to the world, WE CAN ALL GO OUTSIDE!

Don't give up hope, the end is in sight,
If we all stick together, we'll all win this fight.

Lincoln, aged 11, UK

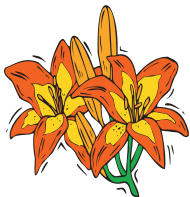
Save The Children invited children from across the globe to write a poem about their experience of the pandemic and life under lockdown. Despite their different cultural experiences, their struggles are shared and they remain united in their hope for a brighter future. I encourage you to go and have a look on their site. www.savethechildren.org.uk



SUDBURY NEIGHBOURHOOD CENTRE

The Friends of Sudbury Neighbourhood Centre will be pleased to see you at our next mini-market, 10.30am - 2.30pm on Saturday 12th June. We expect to be in the car park but there is just a chance that we will be in the hall and garden. Do come to support our charity, which is eager to reopen as the risk from Covid19 lessens. If you have any quality items of bric-a-brac, especially kitchen ware which you no longer need we would be pleased to collect, call Pat on 07814 554979.

See you at the Centre, behind the Methodist Church , 809 Harrow Road, Sudbury, in June!



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

It is hard to believe that we are almost half way through this strange year. All the usual signposts have been displaced by the need to cope with Covid. Sunshine is really welcome after the stormy weather of early May and the garden smiles, having had a good drink – we can all share in the pleasure of that experience!

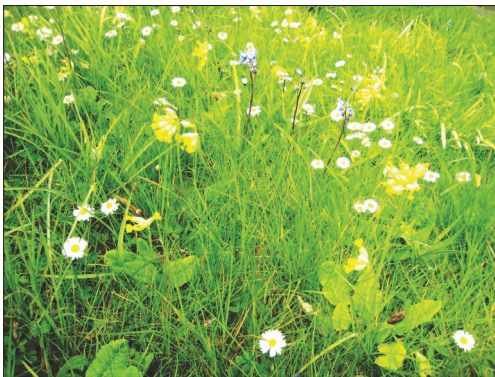
By June the Spring flowers will have gone over, replaced perhaps with some annual bedding plants to give summer colour alongside the herbaceous perennials and shrubs that make up the structure of our flowering borders. Maybe alongside these you will be fitting in a few tomato plants or planting salad vegetables like lettuce or radishes as an edging to the flowers. These borders mixing flowers and vegetables are very fashionable and it is good to be able to pick a few salad leaves or herbs while enjoying the flowers. Roses too, will be at their best in June. Let us hope for calm weather to enjoy them at their best. On 21st June we shall reach Mid-summer Day, with maximum daylight encouraging everything to grow; our gardens should be at their best! These long summer days also make for happy evenings in the garden, for barbecues and parties with family and friends, extra special this year as Covid restrictions are relaxed.

If all the planting-up, weeding and watering seems too much, you may be inclined to go for the other present day fashionable garden style - a wild garden. Just leave the lawn or part of it, to grow. Put into it plug plants of

wild things, poppies and cornflowers for summer, primroses, bulbs and violets for next spring. You could construct a small pond and leave a few logs lying about, all to encourage wild creatures to flourish. You may soon find grasshoppers returning to jump about among the flowering grasses where the bluebells have faded. Of course all this wildness is particularly attractive to children who delight in turning over stones to find something creepy crawling underneath. Wildness is also an ideal style for busy people, needing less hands-on control. However, you may like to consult your neighbours if they go in for a more manicured garden style – or of course you can have a bit of both.

We are working to make our **SCHS Family Day** at St Cuthbert's on **Saturday 18th September** extra special and rather different from our usual flower shows with attractions for young people and tea provided. Do please watch this space and be sure you have that date in your diary. Everyone is welcome but, as a guide for catering, please let us know that you are coming by giving a call to Susan and David Friend on 020-8904-3433. Do please also consider helping on the SCHS committee in organising future events. You will have much support from the present elderly members, but we shall not deter you if you wish to steer the Association in a new direction with the accent, perhaps on some of the current gardening themes outlined above. Whatever your style, enjoy your summer garden.

Margaret Roake



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May started with a bang! We held an online Quiz Night on 1st May to raise funds for the garden. Team names were clever and topical - Bent Coppers (homage to Line of Duty), Buckets R Us, H-D Quizzers, Ever Hopeful, Sunflowers, Jammy Donuts, Rishil's Angels and Team Simba! Some teams had people joining from afar— roping in family members and friends.

A total of £260 was raised, which will go towards the next payment for public liability insurance, which is essential so that our volunteers can plant, prune and maintain the garden safely. Our sincere thanks to everyone who joined the quiz and supported the community garden!

A special thank you goes to our Quiztress, Jo Harris for organising the whole quiz to create a really enjoyable, fun and interesting evening!

Our series of online nature workshops for children concluded on 5th May. It's been



wonderful to see the children engage enthusiastically in the sessions and consistently join every fortnight. We would like to thank Susannah Hall for creating captivating educational content and Sarah Faherty for facilitating the sessions and materials.

We plan to plant sunflowers out in the community garden again this year. We would love them to grow as strong and majestic as last year's sunflowers, which added colour and structure to the garden and a source of food and shelter for curious insects. We will also start to plant out the vegetables and flowers grown from seed (weather permitting!). We are hugely grateful to our fabulous volunteers for raising lovely plants.

As we are heading into summer – we are putting out a call to ask for assistance with watering young plants. One of us is usually over in the garden on a Sunday morning. Let us know a day in advance via WhatsApp or email to confirm someone will be on site. Whenever you plan to come to Northwick Park, it would be great if you can bring some water with you for the plants and trees in the community garden.

We are looking forward to reconnecting with you and meeting anyone and everyone who hasn't been able to come over to the garden for a while. We are considering ways to continue the planting and the children's workshops in line with Government guidelines. We will publish the details of how groups over six people can meet on social media, our WhatsApp group and our website as soon as we can.

Thank you for your continued support.
 Keep well.
 Eleri, Joanna, Rishil and Iris

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

Spring Into Summer

With winter behind us, spring bringing new hope (we need it this year more than ever) and the prospect of summer to look forward to, Home Instead are delighted to be partnering once again with ITV to be the sole programme sponsor for *Spring Into Summer*.

This latest initiative follows our recent sponsorship of ITV's Love Your Garden which also featured Alan Titchmarsh. The partnership will allow Home Instead to continue to raise awareness of home care and the really positive impact it can have on a person's life. Short films will appear at the start and end of each segment of the show. The show is designed to show a "life well lived" and will highlight older adults who have led fulfilling lives.

Spring into Summer with Alan Titchmarsh will be giving viewers a range of advice on all things related to this time of year and the great outdoors.

With Home Instead, it is possible for our clients to remain in their own home as independently as possible. If you would like to find out more about how Home Instead Wembley can support your loved one, contact us on 0208 022 4590.

Summer word search

Can you find all of the summer words hidden within the word search?



AUGUST
BARBECUE
BOWLS
BUCKET
CAMPERVAN
CAMPING
CROQUET
FESTIVALS
FISHING
FLIPFLOPS
FLIPPERS
FLOWERS
FUNFAIR
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HOLIDAYS
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Friends of Barham Library



We are OPEN!

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Saturday 12 - 3pm

We wait for latest news of easing of lockdown and hope to expand our opening hours and our activities from June onwards.

Our Latest Mural Project

Our artist, LeSpleen, completed our latest project in Butlers Green (corner of Watford Road & Harrow Road) Sudbury. There is a 2nd toilet block with boarded up doors and windows and we decided to create a tribute to Sir William Perkin who lived in Sudbury from 1974 until his death in 1907. At the age of 18, while carrying out chemistry experiments he found a way of creating artificial colour dyes – the first being mauve – which

was very fashionable at the time. It made him both famous and rich.

Please go and have a look and if you want to know more do an internet search for: wembleymatters.perkin

If you wish to donate so that we can produce more Murals in our area, please go to: Virgin Money Giving – Friends of Barham Library

We hope to see you soon

Please support us by visiting our Library and our shop in Sudbury Town Underground Station: Wednesdays 3-6pm; Saturdays 1-4pm.

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Kids' Page



Hello Kids

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JOKES

Want me to tell you a joke about pizza?
Sorry, it's too cheesy.

Why was the broom late?
It overswept

What do you call an old snowman?
Water

Why is a football stadium always cool?
It is full of fans

What goes tick-tock, woof-woof?
A watchdog

What do you call a monkey that loves potato chips?
A chip-monk

RIDDLES

I don't have eyes, ears, nose, or tongue, but I can see, smell, hear and taste everything.

What am I?
The brain

I do not speak, cannot hear or speak anything, but I will always tell the truth.

What am I?
A mirror

What is inanimate, yet can stand up. Can start out copper and end up as steel. So fragile, a child could break one. But many have the strength to lift a man?

What is it?
Human hair

I am full of keys, but I cannot open any door. What am I?

A Piano

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

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