

The Community Magazine for the
Sudbury Court and Pebworth Estates

August
2021

The Courier

91st
Year



Photo: Sunil Patel

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Dear Neighbours,

I do hope you're enjoying a bit more cautious freedom—I don't know about you, but it feels a bit like coming out of hibernation to me.

I've been doing little road trips, and am really enjoying seeing some familiar faces again. But was very sorry not to be able to catch up with Rev Steve before he left St Cuthbert's. I'm sure you'll join me in wishing him well on his new adventure—and hope the Memory Cafe will continue in his absence, which is quite a legacy.

If you'd like to share a story of how you're enjoying getting out and about a bit more, or have some top tips for us about local resources, please do let me know. I have enjoyed contributions from Jenica over the last few months, and love that more of you are sending in your photos—but, more the merrier! If you haven't sent anything in yet . . .

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



Catalytic Converter Thefts—Update:

As you can see from the stats below and the stats in previous months, this is a big problem through the North West London and Harrow area. If you are a regular reader of The Courier then you will know that I have too suffered the theft of my catalytic converter a couple of years ago when this spate of thefts was beginning to take off. I was recently chatting to a mini cab driver, who was driving a Prius, about how prevalent this type of crime is and he told me that he got a plate welded on to protect his catalytic converter for £150 by his mechanic. This money was considerably well spent and I wish I did it for my 2006 Jazz, which I sold following the theft of my catalytic converter. I would advise residents who have old Honda Jazz, Honda CRV, Toyota Prius, Lexus, BMW 316 to consider getting this plate fitted to combat this type of theft – this is especially important if your car is old and of the makes listed as it is likely that your insurance will Write-off your car if it happens to you.

I hear you asking what are the police doing about these criminals? I am not au fait with any proactive enquiries into who is processing these stolen catalytic converters. As regards the criminals themselves and their activities, most officers when they are going about their other duties are on the look-out for these thieves but the reality is that they, the thieves, are very fast at what they do – they quickly jack up the car, steal the catalytic converter with a handheld, battery-operated tool such as a small angle grinder, they threaten witnesses who see them. By the time police get the call the men (generally described as white mid 20s wearing masks) are well on their way, the cars they use are on false plates and they wear gloves. They operate all hours- morning, noon and night. When we get a call of a catalytic converter theft that has just happened, response team officers, if available, will look in the area for the getaway vehicle.

I would like to be able to give you a good success story about an arrest(s) for this type of crime but unfortunately I am unaware of any recent ones. I am aware of some months ago police response team officers were involved in a chase of a vehicle that was suspected of involvement in this type of crime, which resulted in a chase around the back streets of Sudbury in the middle of the night and a crash of the bandit vehicle, the suspects ran away and no arrests were made. When confronted these criminals will behave violently and recklessly as demonstrated in this chase.

Please err on the side of caution when confronting any of these criminals as they have come equipped with baseball bat(s) and obviously are in possession of the angle grinder. In a recent incident, just after 11pm at night, a resident of the Sudbury Court Estate has seen males approach his car, which was on a driveway, he has then seen one of the males jack up the car, and in an effort to prevent them from doing this, he threw something out the window at the males, one of the males has then proceeded to smash several of the windows of his car and then made off in a dark car, believed to be a Mercedes.

I, once again, would advise residents who own any of the target cars to consider getting this plate or guard fitted.

Telephone scam:

You may remember, in the May issue of the Courier, I made you aware of the telephone scam/fraud of a retired resident by a person purporting to be from the police which occurred in late March in the Pebworth Estate. As a result of the investigation by SNT and CID, two persons were arrested for their suspected involvement in this scam. The investigation into this fraud is still ongoing. I would like to thank the various residents and victim who helped with CCTV.

General alert - unsolicited contact by phone, email or in person

If you receive unexpected contact from an unknown person who says they are from the Police, your bank, HMRC, Royal Mail, Amazon, NHS (Covid passport), etc - the general advice is to get as much specific information as possible about their identity and the nature of their business with you. And then verify it independently.

By landline phone: you hang up. Wait at least 20 mins to make sure the line is free. While you're waiting, go to your bank statement/or letterhead and use that number to call to verify the identity and issue. Before dialling, make sure you can hear the dialling tone. Preferably use a different phone. If you're at all concerned, please talk to a friend or family member before you follow up.

By email or text message: do not click on any link in the message. Either ignore the message entirely, as chances are it is a scam, or verify the information in the message by finding the correct phone number or email address, as above.

Do not under any circumstances give any personal information to anyone—they may try and trick you into thinking that they already have your details and they want you to confirm it, but they are just fishing in the hope that you'll bite.

In person, on your doorstep: anyone purporting to be from a bona fide service, e.g. Police, Utilities, will have ID on them. Ask to see it. And if they want to enter your property make sure you verify the ID with the service on the phone while the person waits outside.

In person, someone trying to sell you their services for your house/garden. Preferably, do not engage with them at all. If you need work doing, do your homework on local companies and ask friends/family/neighbours for recommendations.

Vehicle Thefts – from and of:

On the 19/06 a resident of Woodfield Avenue witnessed a male and female, very late at night, going onto their driveway and trying the door handle of their car – fortunately it was locked. The people involved in this are opportunist thieves, most likely drug addicts, who are roving around trying door handles

and if they find one open, they will search the car for anything valuable - cash or anything that they can sell. To avoid being a victim of this crime please ensure that you lock your car door, sometimes the central locking fob can be very sensitive and if you put it in your pocket after locking your car, it might accidentally unlock so double check your car when you lock it and leave it completely empty of cash, and anything of value.

On the 09/06 another resident of Woodfield Avenue had three white men enter his driveway in the middle of the night and one was holding a device near his front door whilst the other was by his car trying to open his car door. These car thieves were in possession of signal boosters that boost the signal from your car key to your car, which can then unlock and steal your car. To combat this keep your car key in a Faraday pouch which contains the signal within the pouch. People who have high value new cars still keep their car keys in their kitchen or in the hallway not in one of these pouches, don't be surprised if your car goes missing if you do not take this security measure.

Road Rage incidents and dash cams:

Not that long ago a resident of the Sudbury Court Estate was calmly driving her car on a narrow stretch of road when an aggressive male driver came up behind her, hooted his horn, and continued to drive right up to her bumper; he later tried to undertake her on a single narrow carriageway. When he eventually overtook her he pulled in directly in front of her, exited his car and proceeded to try to smash her car window. The aggression from him being unable to overtake her seemingly erupted into this unprovoked violent outburst. Fortunately, the window did not smash and other witnesses being nearby might have deterred him from trying to smash it again so he got into his car and sped off, leaving the other motorist in a state of shock.

No doubt this is probably not the first time this man has behaved in this manner. Despite investigation, trying to obtain CCTV in order to obtain this guy's registration number, attempts to locate him have been unsuccessful, which brings me onto a bit of advice about the benefits of a dash cam.

Following receipt of dash cam footage showing a road rage incident in late 2019, I successfully prosecuted a male for dangerous driving and a public order offence – he pleaded guilty at the first hearing because of the strength of the evidence. The dash cam footage was excellent evidence, very clear and unequivocal. So I would urge motorists to consider getting one, it can help us in incidents of road rage and collisions and some insurers offer reductions in premiums to motorists who use one.

Beggars:

From my experience, most beggars who were born in the UK, do it to finance an addiction—whether it be drink or drugs—but claim to be begging as they claim to be homeless. A minority of beggars are homeless, most likely through mental health issues, and resort to begging but as I say in the vast majority of times that I have dealt with beggars in Sudbury or around Kenton Sainsburys, Northwick Park Hospital or tube station, the beggars have been Class A drug addicts. I know that someone who gives

them money thinks they are helping them but are you helping them if you give money to fund their drug habit?

Also, where there are drug addicts the dealers won't be far away so by giving them money you are also encouraging dealers into the area. I would urge you not to give money to beggars for these reasons. You may well ask yourself if you don't give them money what will they do to finance their habit, maybe steal, most beggars who have drug addiction issues have quite an extensive criminal history and might resort to stealing, if they do they will probably get caught and alongside any prosecution will be referred to drug assessment/intervention programs and it could be their best hope of getting off the drugs.

Drug Dealing:

We, are getting complaints about drug dealing to Class A drug addicts in and around the alleyway behind the parade of shops on Kenton Road near Rushout Avenue. No doubt some of the addicts who are attending this area are financing their habit through



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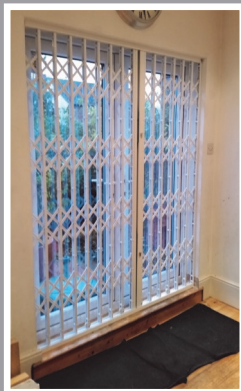
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begging. We, have been working on this problem through patrols. On the 01/07 a female at this location was searched by PC Gardner and found to be in possession of Crack Cocaine and a small quantity of cannabis – she was subsequently charged with possession of these controlled drugs. We are working to identify the dealer but no doubt if this dealer disappears another will fill his shoes. Another addict who is suspected to have been frequenting the alleyway for drugs was evicted from her nearby address following SNT intervention.

Overview of offences 10th June—10th July

Burglary Residential: (i) Churchill Ave 18/06 1000hrs – 20/06 2230hrs forced entry through the front door, house ransacked, jewellery stolen; (ii) East Ln (in 270s odds) 22/06 2000hrs – 24/06 1500hrs two electric scooters stolen from kitchen of house of multiple occupancy stolen by unknown means

Burglary House under construction: (i) Carlton AvW (in 50s odds) 29/06 2000hrs – 30/06 0800hrs, gate to house under construction forced and entry gained, large amount of builders equipment stolen

Burglary Commercial Premises: (i) Kenton Rd (in low 100s odds) 05/07 0340hrs entry gained by the rear through window, laptop stolen

Theft from Motor Vehicle: (i) The Fairway (in the 130s odds) 11/06/21 1400hrs CatCon stolen from 2000 Honda CRV; (ii) Nathans Rd (in 40s odds) 11/06/21 2300hrs CatCon stolen from 2000 Honda CRV; (iii) Northwick Ave (low odds) 20/06 – 28/06 CatCon stolen from 1995 Mercedes C220, it would appear fuel stolen too; (iv) Campden Cresc (in 20s evens) 29/06 0001hrs – 0500hrs CatCon stolen from 2018 Lexus CT 200H; (v) Watford Rd (190s evens) 08/07 0900 – 09/07 0900hrs reg plates stolen from vehicle; (vi) Langham Gdns (in low evens) 09/07 2120hrs CatCon stolen from 2019 Lexus CT 200H;

Attempted Theft from Motor Vehicle: (i) Woodfield Av 19/06 2350hrs male and female opened gates to house and tried doors of cars; (ii) Paxford Rd (in low odds driveway) 30/06 0100hrs – attempted theft of CatCon when confronted, suspects have smashed most of the windows of the car

Theft of Motor Vehicle: (i) Sudbury Hill Cl (in 10s evens) 07/07 1645hrs Toyota Yaris apparently taken from outside address and abandoned down the road in damaged condition



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-skra.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

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk



Councillor's Comments

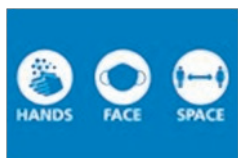
Cllr Robert Johnson - Northwick Park Ward

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

Good day to all.
At the time of writing
England recently lost
the final of Euro 2020.

Congratulations must go to Gareth Southgate and the England squad for getting to the final – and commiserations for losing out to Italy on penalties in extra time, we were hoping that it was coming home this time - but alas it was not to be!! Best of luck to the England Team for next year's World Cup 2022.

It was good to see the crowds back at Wembley, but we must not be complacent, COVID-19 has not gone away and will very much be present throughout our daily lives.



Covid-19 update

The infection rates continue to rise and the seven day incidence rate is now 166

per 100,000 for Brent, 211 for London and 264 for England. PCR positivity rates are 4.9% locally, 5.8% for London and 7.7% for England.

Our highest rates locally are in those aged 11 to 24 years. However we are now seeing small increases in the over 25s. Fortunately COVID related hospital activity remains low.

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.

there has been a total of 58% who have taken the first dose of the vaccine and up to 40% of the second dose. Nationally the same figures are 87% and 65% respectively. This indicates that there is still a lot of hesitancy existing in the borough. Given that lockdown restrictions will be released on the 19th July, I would encourage that the best protection from COVID-19 is two doses of the vaccine to keep our communities safe as well as practising hands, face, space and fresh air. Please ensure that you proceed with caution as we try to go back to normal.

Footpath 36—Northwick Park Pavilion to Ducker

We have been receiving complaints about this footpath by neighbours who live close by. The footpath 36 is currently closed due to works to repair a water main, however a few hardy individuals have managed to pass the works and they report that the footpath is becoming heavily overgrown despite the works that had strangely been undertaken by the council to pave the footpath where the responsibility actually lies with Playgolf under the terms of their lease. We have raised this matter with Officers in the Council and we truly hope that they will take the necessary action to get this resolved and get Playgolf to keep the footpath clear.

Development at 231 Watford Road

There is a proposal to redevelop the site and build 42 new homes – with a mix of single and family accommodation. The scale of the heights will vary from five storeys moving down to storeys. Two consultation events happened in June and the feedback received by the consultation company will be taken on board by them we have been told. We have been hearing from residents and their views on this scheme. This is not yet a live planning application, but when it does become live we will let you know.

The data from 9th July 2021 indicates that

Brent Kickstart Scheme

The past year has been an incredibly difficult time for young people, especially those looking for work. As the country emerges from lockdown and the government's furlough scheme comes to an end, local employment is a real focus for Brent Council.

We need to get a message to Brent young people in need of job opportunities, who are:

- 16-24 years old;
- and claiming Universal Credit.

Through Brent Works, we've linked up with 75 local businesses to create over 250 job placements and counting for Brent's young people. Work placements are 6 months, but the aim is to support progress into other opportunities at the end.

Brent's Kickstart Scheme is part of a £2 billion national programme. The idea is to create employment opportunities, boost young people's confidence, and prevent long gaps in employment which could hamper future job applications.

If you work with or know young people, living in Brent, who fit the criteria, please direct them to our Brent Works opportunities page. To sign up: brent.works@brent.gov.uk

'Summer on your Doorstep' and Brent HAF programme - open for bookings

As you may be aware, Brent Council is currently co-ordinating a programme of Holiday Activities and Food (HAF) support for children eligible for benefits-related free school meals, or who their school identifies is in need for other reasons. This is being run jointly under the banner 'Summer on your Doorstep', alongside a Public Health programme of summer activities for young people.

I'm pleased to say that the HAF programme is now open for bookings, and new activities will keep being added.

You can find more information on the Brent website.

If you have any questions, you can contact the team at HAF@brent.gov.uk.

Councillors' Surgeries

Now that lockdown restrictions have been lifted we are happy to return to face to face surgeries at St Cuthbert's Church. We will also continue to conduct virtual surgeries, where we invite residents to a Zoom session. Our next surgery session is **Saturday 4th September 2021 at 11am**. Please send an email, text or phone to any one of us as soon as you can, requesting a virtual meeting or just turn up to St Cuthberts Church hall between 11am and 12noon. You can still contact us anytime in the following ways.

You can also call/FaceTime/email us:

Cllr Robert Johnson **07876 138 676**
Cllr.Robert.Johnson@brent.gov.uk

Cllr Margaret McLennan **07949 398 193**
Cllr.Margaret.McLennan@brent.gov.uk

Cllr Keith Perrin **07711 561 848** Direct calls only
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SCRA Update

Summer holidays are approaching, which will give everyone something to look forward to after a testing year. Whether you're travelling abroad, visiting parts of the UK or spending your time in Wembley, I hope you have a great time!

Personally I'm looking forward to the Olympics. Although it will be different this time, it's always a special occasion!

Here's a brief update from the executive committee meeting on 8th July:

1. We're delighted to announce that Alex Hasbani of Spencer Rd has joined our committee. We're extremely grateful for all additional support to the committee.
2. The committee is exploring ways to engage with our residents to discuss how best to manage increasing volumes of traffic on

our estate. We will update you in due course.

3. You may be aware that there's a proposed residential development on the John Lyon/Mumbai Junction site. The developers have offered to meet the committee to discuss this and we hope to meet them soon.

4. With the easing of restrictions we're hoping to hold the much-delayed AGM in person. The date will be announced in due course, but will likely be in the Autumn. This will depend upon how the pandemic develops.

Pareet Shah
Treasurer, SCRA

Please do use the email contact addresses (pg 3) should you have any concerns or suggestions you would like to bring to our attention.

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Letter to Editor

I am a resident in Carlton Avenue West. I am 76 years of age. I have recently had surgery and I am on treatment for cancer. I walk regularly in Northwick Park to regain strength and aid my recovery.

There is a serious lack of benches along the pathway from the Fairway to Northwick Park Station. I and many others very often need to sit down briefly and indeed would on occasions love to sit and relax on a nice day.

I was in the Park this morning and counted 3 benches from the children's play area to the station and on each of those there was one person sitting. In view of Covid and my vulnerability I could not risk sitting side by side anyone.

Is it within your power to persuade the Council to rectify this situation by adding 3/4 more benches.

On a different matter, at 10am this morning the litter and rubbish scattered round the bins and blowing round the park was a disgrace and this is a regular scene.

From Editor: this was passed on to the SCRA Committee. If any other residents have similar requests, please do get in touch with the Committee (email contacts pg3)

Letters to the Editor/SCRA must be signed and include an address; this information will not be published. The Editor reserves the right to shorten any letters, as space dictates. Letters published do not necessarily reflect the views of the Editor, SCRA Committee or SCRA policies.

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Teenagers and Dads

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Time for an MOT?

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Thanks for reading,

Firoz

For more foot care tips visit our website
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At the start of Lord of the Rings, Bilbo Baggins makes a spectacular exit. He calls a party and invites just about everyone and then makes a touching speech, well a slightly arched speech, and thanks people for many different things. He then slips on the magic ring and vanishes from sight, never to be seen again in his hometown. I do not intend to do this, but I do admire the hobbit's sense of theatre.

All good things must come to an end and my time here at St Cuthbert's is at just such a place. By the time you read this I will have gone. I have had the most marvellous 6½ years here. I have made many friends and admire many of the people that I have met, who play such a part in building community and togetherness. I have so enjoyed setting up and running Memory Cafe and have many very, very precious recollections.



One of the most precious is our trip to Southwark Cathedral to sing. The evening did not begin very auspiciously: the coach sent to pick us up was far too small. It took us a long time to board and then the coach driver got lost on the way. We arrived at the cathedral half an hour late, with everyone waiting for us, and it was rather daunting. But when we sang, we brought the house down! And as we came back after our triumph, we

sang on the coach crossing the River Thames. I was reminded again of the extraordinary spirit and resilience of people of the older generation. But of course that resilience has come through in all age groups during COVID.

I do want to thank so many people, but if I begin mentioning names then I'm bound to forget someone so please accept a general thank you.

Brent Council and Councillors and our local MP Barry have been amazing. St Cuthbert's is now in a very healthy position. We have a refurbished hall, and the church is in great shape. We have a team of people ready to go and connect with the community and keep up the work that we started here all those years ago. Change is a part of life and it's never comfortable. But I leave in good heart and look forward to whatever lies ahead.

So many other local initiatives are what gives this place something very special. I encourage you to come to church and to enjoy the company that can be had here. We welcome everyone and turn no one away. We aim to be a blessing.

So, I may not be doing a Bilbo Baggins but I am going on to pastures new. Thank you for travelling the pilgrimage alongside me.

Steve.





Good Neighbours make Great Volunteers

If you ever have a spare couple of hours, please think about joining our list of people we can call on if we need to give a helping hand occasionally, or pass on information to residents between Couriers—e.g. when we want to ask residents about possible traffic calming measures (see pg 13). **Contact us.**

secretary@the-scra.co.uk or contact the SCRA phone on **07933 958 166**



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Book Lover's Day—9th August



On this day, honour all the bookworms and book lovers in your life. If you are a book lover yourself, then treat yourself to some quality reading time.

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Reading helps reduce stress, keeps the brain sharp, and can help you sleep better.

Scientists have also found that those who read are much more likely to be empathic and understanding of others.

How to Celebrate?

- Buy the book lover in your life gifts only a book lover would appreciate. Some ideas include: an e-reader, a first edition or a signed book, tea, a bookmark, or a bookshelf to accommodate their ever-growing book collection.

- If you are a book lover, take the day to show your books some love. Clean your bookshelves and rearrange your books – may we recommend by colour?

- Get into your most comfortable clothes, curl up on your couch with a cup of hot tea, and take yourself on a great adventure with your favourite book.

- What about throwing a book themed party? Have everyone wear costumes from their favourite books and serve food featured in some of your favourite books. For example, serve tea and scones for an Alice in Wonderland themed party or apple pie and ice cream if Jack Kerouac is your favourite author.

- Visit your local library. If you don't have a library card, maybe it is time you get one.

- Encourage the children and young adults in your life to read.

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We had to delay our reopening for clients, with so many conditions to meet. We are hopeful that common sense will prevail and now that most people are fully vaccinated we will be able to cautiously return to our usual services.

The Friends of SUDBURY NEIGHBOURHOOD CENTRE hope that all our supporters will join us at the celebratory Garden Party on **14th August** from 11.00am until 2.00pm.

Free Entry, a small charge for food and some interesting bargains at the stalls, there will also be live entertainment and a chance to sit and enjoy meeting up in our garden. We look forward to seeing you!

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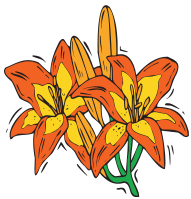
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CALLING ALL GARDENERS



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Sudbury Court Horticultural Society Your local gardening club

Green is the colour of the moment. Foliage and grass have all grown lush with summer rain, making their way upward towards the light. Westerly winds have blown everything out of place, leaving our flower beds in a state of disarray. Chilly weather has limited the outdoor entertaining that I recommended last month, but the SCHS committee was able to meet outdoors. Plans for our forthcoming **Community Tea Party and Family Day** were made before rain drove us indoors for tea. Robert's picture of rose 'Golden Celebration' sets the scene.

In this showcase event, on **Saturday 18th September**, your local gardening society invites everyone to show off their skills in gardening and homemaking. This will be a family event with some particular attractions for young people, held this time in St Cuthbert's Church, where the comfort of a carpeted floor and the community tables will be available to us. Everyone, both members and non-members is invited to bring just two items to add to the show benches. While our catering team will be on hand to serve tea, coffee, cold drinks and/or a glass of wine,

sandwiches and cakes are being ordered to minimise the work-load.

Putting on a show involves a lot of preparation, especially the evening before the event. We would appreciate some help from young people who would like to earn £10, in moving the tables and chairs into position on Friday 17th September at 6pm. For Health and Safety reasons, an adult needs to accompany helpers who are under-eighteen. All children attending on the day must be accompanied by an adult, so bring the whole family – and feel welcome!

Though cash donations are appreciated, there are no entry fees and prizes are limited to children. So – please think about what your family might be able to enter. Remember, that for members and non-members alike – entries are limited to just two items per person! Please bring your showpieces between 12 noon and 1pm. The party starts at 2.30pm and closes at 5pm, whereupon more help will be welcome in putting everything back into place. As we have no schedule this year we print below the restricted number of 'classes' for this show.

Classes: Open to all

- a. A photograph – any subject of your choice, or a piece of art work.
- b. A handicraft item or a home bake or a preserve.
- c. Flowers – a single bloom or a vase of mixed flowers, a pot plant or a miniature arrangement.
- d. An exhibit of home-grown vegetable or fruit.

Children's exhibits (Prizes will be awarded. Please state age.)

- a. A photograph or a piece of artwork.
- b. Any handicraft or collage.
- c. A home-grown flower or vegetable or mini flower arrangement.
- d. A crafty model of a scarecrow (any size).



Please, everyone, remember to phone Susan and David Friend on 020 8904 3433 to let them know you are coming, or use the Facebook page shown above, to give us a fairly accurate measure for catering. We are hoping for fine weather on 18th September but most of all we would like to see you at the show.

Margaret Roake

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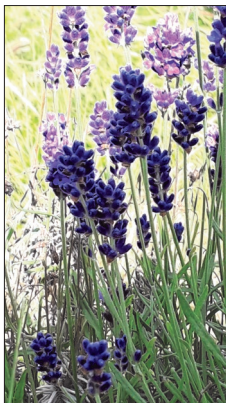
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We asked a younger member of the Community Garden, Liam, to share what the garden means to him:

"The Garden has grown into a green hub of activity over the past 3 years, sprouting from a small idea into a thriving outdoor space. New people pass through every day, many wanting to get themselves involved. Not only has it been a creation for the community, it has created its own committed and bright community too, and an ever-expanding one.

The garden can be enjoyed by anyone, anytime and in any way. It is a place where I personally have found that I have spent many hours, walking my chocolate Labrador, making a new friend or two and worked hard gardening. Visitors have even harvested a variety of herbs, with many other edible plants suitable for harvesting in the future. The garden has brought me closer to nature and helped me make new friends. It also has a positive impact on the environment. All kinds of wildlife, from bees to butterflies, have been flocking in and flourishing with the variety of healthy plants around, many which have been donated by the community.

Not only is the garden a place to enjoy for those with a love for the outdoors, it has also proved effective in educating both adults and children alike with regards to nature, wildlife, biodiversity and for our very own gardening at home, all thanks to the help of our Permaculture expert Susannah Hall and the four devoted



trustees that started this project up.

Children from Byron Court Primary School and the nearby Scouts group have been enjoying the garden, socialising with friends, playing with dogs and learning about the world around them as well as getting stuck in with the gardening work that takes place. Scouts planted the Allium bulbs in 2019 – the pink/ white bloom is amazing! (See attached photo, also of Hollyhocks and Lavender)

During the various lockdowns, a smaller group (including me!) has been braving the elements, through intense heat, rain or bitter cold to maintain the garden, protecting the plants with cardboard mulch and woodchip, watering, weeding and further planting. Not only has it done good for the environment, it has done a lot of good for us both mentally and physically, providing a space to relax and get away from the stresses of our everyday lives along with some much-needed exercise after being stuck indoors so much! This small group has also built strong bonds and friendships that will last for a long time. And the intention is that this will repeat for many years to come."

Thank you to Liam for sharing his thoughts.

Keep well.

Eleri, Joanna, Rishil and Iris

**Check our website (see header)
Facebook, Instagram, YouTube**



ENJOY THE SUNSHINE!

Here Comes the *Sun*...

The summer sun is upon us and with the sunshine comes the risk of dehydration. Barbecues, beach trips, garden parties and picnics are what make summer so much fun and with the easing of restrictions, we may all get to enjoy these activities again this summer. However, it is important to note that too much outdoor time can also lead to dehydration which for some senior individuals can be a common cause of hospitalisation. Apart from drinking regularly there are other steps to prevent dehydration.

Tip 1: Wear Breathable clothing

Tight synthetic materials can make you perspire a lot – wear light breathable layers such as cotton fabrics and linen.

Tip 2: Increase fluid intake

Drink as much as you can when it is extremely hot. Drink, water, tea and juice. Try squash in water if you do not like drinking water to encourage you to drink regularly.

Tip 3: Foods hydrate too

Leafy greens, celery, berries, melon, cucumber, tomatoes and apples can be added to the summer diet. These foods can be very refreshing.

Tip 4: Medication Review

Certain medications can increase the risk of dehydration and sensitivity to the sun – talk to your GP or pharmacists about any concerns.

Tip 5: Always use Sunscreen

It is really important whenever you are outside in the sunshine that you wear Sunscreen, our skin can be delicate, so we need to protect it from burning, even when it is overcast.

Tip 6: Stay Indoors during the hottest hours

The sun is more intense during the middle of the day, between 12pm-3pm so avoid being outside during these times. Do any outdoor activities such as gardening, shopping and walking in the mornings or early evenings.

Help your loved ones, friends and elderly neighbours stay safe and sun-happy!

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We are raising money for more Murals and activities. Bollywood & Punjabi records are very popular at present so if you can donate

some please contact **Paul** (see below). We are **NOT** accepting book donations at present as have a very large backlog to sort through.

Our Mural artist has created a 'walk' around all her Murals in the Wembley/Sudbury area – why not go for a ramble and check them out.

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.

**For more info please contact Paul Lorber
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Kids' Page



Hello Kids

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

preeyaatthecourier@hotmail.com

Jokes

What do you call a cow with two legs?

Lean meat!

What do you call a pig that knows karate?

A pork chop!

Why are ghosts bad liars?

Because you can see right through them!

What animal needs to wear a wig?

A bald eagle!

What do you call a fly without wings?

A walk!

Why do bees have sticky hair?

Because they use honey combs!

Knock knock.

Who's there?

A little old lady?

A little old lady who?

I didn't know you could yodel!

Riddles

The more you take, the more you leave behind. What am I?

Footsteps

If two's company, and three's a crowd, what are four and five?

Nine!

A boy and his father get into a car accident. When they arrive at the hospital, the doctor sees the boy and exclaims "that's my son!" How can this be?

The doctor is the boy's mother.

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

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