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September
2021

The Courier

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Dear Neighbours,

I'm so sorry to have missed the party—I was so looking forward to catching up with familiar faces. If you also missed out, check out the photos (pg 18-19) - it looked, and I've heard, that it was a fabulous afternoon—with lots of cake (and lots of other food)!! I understand that many of the volunteers who organised it, as well as many residents who came along to join in, are keen to have another one soon—watch this space . . .

This is a bit of a bumper issue, which I hope you enjoy—and I would be really grateful if you could let me know what you'd like to see more of, and what you'd like to see less of in future issues of The Courier. I've loved having more contributions in the form of words and photos, especially from our younger residents, but would love more please.

Until next time, keep safe and well,

Kaye

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Good Neighbours make
Great Volunteers

We're currently looking for a tech-savvy person to volunteer some time so that we can upload photos from events, etc onto our website and the occasional update—please get in touch if you can help.

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 (SNT)

PCSO Charlie Charalambous 7271NW

PC Finn Kennedy 2621NW (author of this article)

PC Dan Gardner

Sergeant Sophia Adams



New Safer Neighbourhood Sergeant:

Sergeant Sophia Adams has joined our Team as our sergeant. She comes from a specialist investigations role and is keen to embrace the role of a neighbourhood's sergeant having previously worked as a constable in neighbourhoods at the beginning of her police career. She is the sergeant for three SNT wards – Preston, Sudbury and Northwick Park, but despite the demands on her time, is eager to get out and about in the community, introduce herself and tackle the issues at hand.

New Safer Neighbourhood phone/issues in contact to the SNT:

The SNT's phone has been labouring a bit recently, as it is very old and a bit dodgy now in terms of functionality: we have had issues in terms of receiving messages – apologies for this. Good news is that we have been issued with a new quite good Smart phone, the telephone numbers remain the same for Northwick Park SNT – 0208 7212969 or 07920 233 752, the landline number (0208) is actually a 'ghost' number so it diverts to our mobile phone, as it has done for years – this is to enable us to take calls when we are out and about.

Email to our SNT email address is also advisable, along with a message – our email address is: NorthwickPark.snt@met.police.uk Can I remind residents that if they do ring us on either number and it goes to voicemail, then please leave a brief message telling us what your call is about and, most importantly, your name and contact telephone number – please give your number in a slow, clear way as we have often had to listen to some messages 5 times just to catch the telephone number. Sometimes residents leave a message and name with no contact number.

Don't forget, the SNT telephone number is not for reporting crime: please ring the police non-emergency number on 101, report online via

the Met Police Website (www.met.police.uk) or if it is an emergency ring 999 for the police.

If you wish to speak to SNT regarding a local policing issue, or a reported crime that has affected you, then please feel free to ring us on the SNT number or, better still, email us. Local frauds involving scam builders or cold callers, please report via 101 or 999 (if the suspect is actually there), but please do also let us know.

Recent SNT work:

We have been working on a number of ongoing issues. I have been working on support and possible re-housing in relation to a number of residents, some with drug issues and some with issues that are affecting the local community. It is not an easy process to get someone who is causing ASB removed from the locality or evicted.

PC Gardner was working on the ongoing drug dealing in the area of Rushout Avenue in Kenton where there were reports of Class A drug addicts being dealt to in this alleyway. On 23/07/21 whilst PC Gardner and I were in the area, a Class A addict, who has previously been seen to beg in the Kenton area, was seen to enter the alleyway. We detained this male, and whilst this male was being detained by us, another male entered the alleyway and, on seeing us, scarpered: he too was later detained after he fled. This fleeing male was searched and we had reasonable grounds, from what we found, to believe that this male was concerned in the supply of Class A drugs. He was arrested. In a later search of his home address we found a reasonably large amount of uncut, suspected, crack cocaine and a large quantity of cannabis, along with seizure of a substantial amount of cash. This male is currently released under investigation as the evidence against him is being collated and a file prepared for the CPS.

Myself and PC Gardner did a near-30 hour shift in the course of the arrest, search of his home address and subsequent interview.

We continue to monitor this alleyway and elsewhere in an effort to deal with reports of drug dealing, drug use and the anti-social behaviour associated with these activities.

In addition, to the various files we have, court appearances, we continue to do patrols around drug use, the issues of the catalytic converter thefts and other matters of local interest.

Burglar Jailed:

On 09/07/21 Franklyn Mathurin, of Victor Road Kensal Green, was jailed for 876 days imprisonment for 2 burglaries and a fraud offence in Brent in January and March of this year.

On the 21/01/21 Mathurin entered a church in Kensal Rise and stole a wallet then proceeded to go on a spending spree with the victim's card.

On 01/03/21 Mathurin entered through the back door of a house in Elton Avenue, Sudbury. Upon hearing noises upstairs the elderly occupant investigated and was confronted by Mathurin who stated that he was there in relation to the guttering. He fled the address and the resident found jewellery, including her engagement ring, had been stolen along with a bank card.

Mathurin was identified for these offences by PC Kennedy from the local Northwick Park Safer Neighbourhood Team and he was arrested in March. Mathurin was subsequently charged with 6 burglaries and appeared at Harrow Crown Court. During the sentencing of Mathurin 3 offences were taken into consideration including burglaries in Sudbury Crescent, Priory Crescent and an attempted burglary in Priory Gardens, Sudbury (all in March this year) – these burglaries were in Sudbury and Northwick Park SNT ward areas.

Sudbury and Northwick Park SNT officers worked with DC Halsey and DC Dervish (North West Command Unit's Priority Crime Team) to secure evidence and to present a compelling case to the court.

A photo of this jailed burglar and the above account was put on OWL.

Internet scams and Sextortion:

Please be aware that the internet is full of fraudulent websites, fraudsters and people who try to extort money by hacking into your computer or engaging you in contact.

Firstly, ensure that your computer or smart phone has up to date protection from viruses and has up to date software to help mitigate risk of hacking. I am not a computer expert or a computer geek at all so you need to get some advice from someone who is to ensure that you have the necessary software to prevent this.

Secondly, be careful opening emails even if it looks like it is coming from a genuine source, for example a company you know or your bank – it is possible for fraudsters to make their emails look very similar to your bank or a company.

Lastly, I have had to think whether to include this but, as three young persons recently were victims of this, I have to - please be careful if someone contacts you on your social media or on a dating website, because they may be fraudsters and, in fact, many are.

Do not divulge or send them any images of yourself that are compromising – by this I mean in the nude. Three young residents have recently been victims of what is called sextortion and, basically, they have been communicating romantically online with someone that they believed to be genuine and that person (who happens to be a fraudster) has got hold of compromising photos of the victim and threatened to release these photos to the victim's friends, family and contacts if they don't pay them money.

Parents, please speak to your children about the dangers of the internet, and specifically your teenage children but even your adult ones too. Some victims have been left suicidal as a result of being victims of this offence.

It is very difficult for the police to tackle this sort of crime as sometimes the fraudster isn't even in the UK and they can close one fake account and re-create another account and continue with the extortion of the victim.

Vehicle Thefts – from and of:

A resident of an address in the Sudbury Court Estate discovered recently that his Range Rover (which I believe is relatively new) wouldn't work: he thought the battery was dead. On calling out a mechanic, he was told that someone had tried to steal his car. The resident later reviewed his CCTV, which showed a male in his driveway at 0145hrs, who managed to access his Range Rover with some device. The male then spent a few minutes in the back of the vehicle, whereby he accessed the boot. The resident later discovered that his keyless vehicle module had been stolen from the boot of the car, it is believed that they did this with a view to stealing his vehicle. This victim had taken every security measure possible, he kept his car keys in Faraday pouches and nevertheless this happened.

If you have expensive new cars, with keyless entry systems, it is probably still worthwhile getting a steering lock, and regularly checking the internet/manufacturers on new methods that the thieves are using and ways

to combat it. As it would appear that the criminals are coming up with even more crafty methods to bypass the up to date in-built security systems of these new cars.

Also, please be aware that opportunist thieves are still going around in the middle of the night trying door handles of cars to check to see if they have been left open and then stealing from inside. These thieves are generally 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 - e.g. glasses, sat nav. So to avoid being a victim of this crime please ensure that you lock your car doors, 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.

Leave your car empty of cash, and anything of value.



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Cyclists Northwick Park:

On 20th of July, a retired woman was walking with friends on Proyer's Path when she was hit by a cyclist, and knocked to the ground. The woman sustained injuries to her arm. Apparently, when she came around after being knocked to the ground, the cyclist was arguing with her friends about the collision and intimating that it was the woman's fault.

While Proyer's Path permits cyclists, there isn't a designated cycle path. However, pedestrians have priority and a cyclist should give way to pedestrians: if that means to slow down or dismount in order to afford the priority then they should do that.

I have been sent images of the duo of cyclists involved and will be on the look-out for them.

Cyclists are reminded that they should not be cycling on a designated footpath, it is an offence.

Overview of offences 11/07/21—12/08/21:

Burglary Non Residential: Northwick Park Hospital (NPH) 30/07 1800hrs – 02/08 0600hrs, staff office forced into and laptop stolen; Kenton Rd (in 70s odd) Construction site 04/08 1700hrs – 05/08 0720hrs, site office and facilities office broken into and a quantity of electronic items stolen.

Theft of Motor Vehicle: Northwick Ave 22/07 – 30/07 2004 plate VW Golf Stolen.

Theft from motor vehicle: Carlton Ave W (near 20s odd) 16/07 2100 – 17/07 0600hrs CatCon stolen from 1999 plate Honda Civic; Elms Lane (near 10s evens) 16/07 2230hrs CatCon stolen from year 2010 plate BMW 318i; Sudbury Crt Rd (50s evens) 23/07 2120hrs CatCon stolen from Lexus CT 200H year 2012; Abbotts Dr (near 70s evens) 23/07 2224hrs CatCon stolen from BMW 320i year 2009; Peel Rd 16/07 - 24/07 CatCon stolen from year 2006 plate Honda civic; Kenton Rd 29/07 1950hrs – 2045hrs registration plates stolen from 2016 Mazda; Abbotts Dr (in 10s odds) 03/08 0030hrs CatCon stolen from 2018 plate Lexus CT 200H; Stapenhill Rd (in 20s evens) 06/08 0145hrs, entry gained to 2016 Range Rover parked in driveway using electrical device, keyless vehicle

module stolen from boot, believed in effort to steal the car; The Crescent (low odds) 07/08 0800 -11/08 1800hrs registration plates stolen from 2019 plate Kia.



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
www.homeoffice.gov.uk
www.cifas.org.uk
www.direct.gov.uk

As we are often warning against Cold Callers, this is just a heads-up that Advice For Renters are doing a door to door campaign in our area.



They are a charitable organisation who have been active in Brent for around 30 years.

Their current campaign, Warm Home Cool Planet, is focused on helping people in fuel poverty. As I am sure you are aware this is a very pressing situation country wide. They

are also trying to enrol unregistered residents for local health services.

They have informed the Police and the Neighbourhood Watch that they will be active in our local area.

They help renters with gas and electricity bills, rent arrears, evictions, and a lot more.

If you are in private rented accommodation, you might also be interested in following them on Facebook or Instagram (both Advice for Renters) or signing up to their newsletter.

info@advice4renters.org.uk

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

cllr.robert.johnson@brent.gov.uk

Hi everyone. I am hoping that you all had a good Summer Holiday break and are now back to some level of normality. You may also be enjoying the freedom from the Covid-19 restrictions, although we need to be sensible with mixing with people at a safe distance and remember to sanitise our hands frequently but more importantly that you still remain vigilant and keep yourself, and your family, safe.



Covid-19 Update (at time of writing)

In Brent, infection rates appear to have stabilised, albeit having climbed back over the London average, being currently 352 per 100,000 with a positivity rate of 8.6%. The highest rates locally remain in the 17 to 24 year age group. However, the rates in the over 60s in Brent have continued to climb and are now 146 per 100,000.

Covid admissions have risen slightly across NWL with Brent having the highest number of admissions in June and July. Across NWL, 62% of Covid admissions in June and July were unvaccinated and the majority of those were 25 to 44 years. I would really encourage those that have not yet taken the vaccine to speak to medical professionals so that you get the facts and not theories that anti-vaxxers are peddling. COVID is here to stay and the earlier you do something about it the more likely that you will stay healthy and safe.



Being Brent

Brent Museum and Archives' National Lottery Funded Project is well underway. Exploring and supporting health and wellbeing by engaging

with heritage. the project looks at parks and green spaces, natural habitats, notable industrial and built heritage, as well as cultures, faiths and traditions.

The programme is being guided by a Community Steering Committee, who are helping to shape the programme, signing off decisions and advocating for heritage in the borough; has created employment opportunities with a Cultural Learning and Participation apprenticeship as well as a Kickstart Trainee and opportunities within the Museum and Archive Team and for freelancers. Access to heritage will be increased through better digital access to the borough's collections, a wider reach across the borough and through events such as the launch of Spotlight film – Coal, Dole and Dinner Ladies, revealing stories from the archives of Brent's support for the Kent Miner's Strike. There will be volunteer opportunities, building on the legacy of those involved in Brent 2020, where people can learn skills, come together and have hands-on experience with museum objects. Schools will be reached through the development of requested resources to support the teaching of faith and religion which aligns and coincides with the new curriculum. The Steering Committee will shortly announce who has been awarded £5,000 through the Heritage Wellbeing Fund to deliver a variety of projects that use heritage to help improve health and wellbeing.

Trading Standards Service

Brent Trading Standards is placed within the Regulatory Service Team with the Regeneration and Environment Directorate. Their role is to protect consumers and traders in Brent & Harrow by:

- Enforcing government legislation
- Offering advice to consumers (via Citizens Advice Consumer Service Helpline)
- Providing advice and inspections for businesses

- Investigating offences and prosecuting offenders

How they work:

Intelligence Led - They do not have sufficient resources to fully investigate every complaint so they adopt an intelligence-led approach to enforcement in order to focus on those issues where they can maximise impact for the benefit of the community.

They look at different criteria to decide which cases to investigate, e.g.:

- **amount of money involved and number of customers or businesses affected**
- **vulnerability of the victim**
- **risk to public safety**
- **failure to comply** with a Statutory Notice, written advice or other formal commitment to comply with the law
- **complaints that relate to organised criminal activity** such as doorstep crime, scams, fraud

They also need to ensure that enough evidence can be collected for use in court and that the investigation would be in the public interest.

Priority Areas

- **Businesses**—providing advice and assistance to on all aspects of TS legislation to raise awareness and guide compliance with legal responsibilities, incl Primary Authority Partnerships.
- **Fair Trading**—Protecting against scams, tackling counterfeiting, doorstep crime, disrupting the informal economy and dealing with misleading statements about the price, quality or description of goods and services.
- **Product Safety**—Monitoring consumer goods to ensure that they are as safe as possible and do not present a risk to health.
- **Age-Restricted Sales and illicit tobacco**—Ensuring products, e.g. alcohol, tobacco, e-cigarettes and fireworks are not supplied to children. Disrupting the supply of illicit tobacco in the borough.
- **Estate Agents/ Letting Agents**—Providing advice and assistance to businesses, investigating and issuing FPNs to those found breaching the legislation.
- **Proceeds of Crime Investigations**—carrying out financial investigations for the council.

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Powers

- **Routine inspections**—High risk premises, complaints, market surveillance. Can inspect the business and/or ask about and examine relevant products or paperwork, depending on the nature of the complaint.

- **Entry and Inspections**—In most cases Trading Standards can enter any premises (except those used solely as a dwelling) to inspect at all reasonable times. Refusal of entry could be viewed as obstructing an officer, which is a criminal offence. TSOs have a range of additional powers dependant upon the legislation they are enforcing. These include the power to require traders to produce documents relating to their business and powers to seize and detain goods and documents in certain circumstances.

- Trading standards services have no powers to stop a business trading.

- No remit over civil matters which include poor customer services.

- Use of RIPA (Regulation of Investigatory Powers Act 2000).

- Trading Standards have a wide-range of options from 'informal assurances' right up to a prosecution to stop businesses that break the law.

Liaison with other organisations, incl:

- Safer Neighbourhood Teams and Police
- Licensing team
- Neighbourhood Patrol Officers
- Enforcement Practitioner Group (EPG)

If you wish to contact the Trading Standards Service, please contact them in the following ways:

trading.standards@brent.gov.uk

By phone: National Citizens Advice Consumer Service on **03454 04 05 06**

Next month I will write about the food safety standards service

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 message 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

Cllr.Keith.Perrin@brent.gov.uk



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SCRA Update

Hi everyone,

The committee doesn't usually meet in August so we don't have a meeting update, however we're still working hard behind the scenes!

1. 1-2 Court Parade/Pasture Rd. The Planning Inspectorate notified the committee of the appeal and we have until 25th August to submit our comments. We have instructed a planning consultant to prepare our submission. We understand that there will be a hearing in the future for the appellant and council to represent their respective views. We will keep you updated.

2. We are planning to submit an application for funding to make some roads and

junctions more pedestrian friendly. We are meeting the council to obtain costings and designs. You may hear from the committee in the coming weeks about this.

3. The Post Lockdown Party was a great success, and huge thanks to everyone who contributed to it. (see pg 18-19)

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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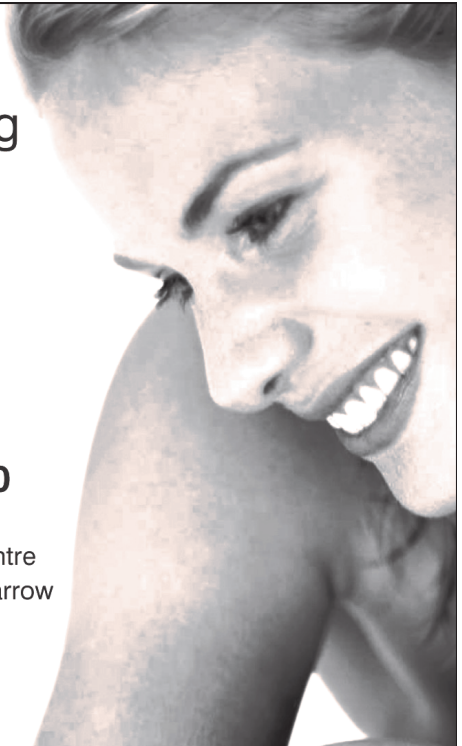
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Coming out of lockdown

Hello there. It's lovely to have an opportunity to introduce myself here. I am the Vicar at the Church of The Annunciation on Windermere Avenue and the associate vicar of Saint Cuthbert's Church. I've been living in the area for eight years now and have found it a wonderful area to live, with so many amazingly talented people, kind neighbours and an extremely friendly community. This has been especially evident in the past year as we have all struggled with the effects of Covid and all the restrictions it's placed on us.

I don't know about you, but since the relaxation of the restrictions it's been so nice to enter day-to-day life in a more normal way over the past few months. We've even managed to have a holiday in the glorious Isle of Wight. The weather this summer though, at times, leaving a lot to be desired, has still had some lovely days and when we got to the island, we had some beautiful weather too.

As more and more of us have now had our double jabs we can begin to have a greater sense of freedom and hope for the future. One of the things that really lifted me this summer was first, watching the Euros and seeing how successful the English football team was and second, enjoying the Olympics, which is a great celebration of so many of our young people from around the world coming together to compete in so many amazing sports and in such a good and positive spirit. The youngest person this year to ever win an Olympic gold was a 13-year-old skateboarder from Japan. Our very own 13-year-old Sky Brown won an Olympic Bronze in the skateboarding too. How wonderful it is to give young people such fantastic experiences and for the whole world to be able to watch as they make their incredible achievements.



Not to mention the amazing achievement of all those who participate in the Paralympics as well. So very rarely do we have the opportunities to celebrate the achievements of others from around the world, but the Olympics really do give us this opportunity. You don't even have to like sport, you just have to like people. Just watching the faces of the winners receiving their medals on the podium is always a real delight. Fiji this year won it's first ever medal in the Olympics. We have friends in Fiji and that medal was so special for the whole country and really lifted the spirits of so many people.

After such a sad and traumatic year for so many around our world it is so good to have an opportunity to be positive and look to the future. My prayer for you as you read this short article is that you will have the opportunity to be positive and uplifting in the coming weeks and months as individuals and as a community and that we can all look forward to a brighter future.

This famous instruction was written just over 2000 years ago and is true for us all to take on board today:

"whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

10 Interesting Feet Facts...

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

This month I thought I would share with you 10 interesting Feet Facts:

1. One quarter of your body's bones are in your feet. Each foot usually has 33 joints, 26 bones, 19 muscles, and 107 ligaments.
2. If your whole foot touches the floor when you stand, you have flat feet. Young children usually have them, because their foot bones, tendons, and ligaments haven't yet formed arches.
3. It's common for some people to never develop arches, but flat feet can cause pain. On the other hand, well-aligned flat feet can be helpful, because they support the body's weight over a bigger area.
4. Toenails grow much more slowly than fingernails do.
5. Skin on the soles of your feet is thicker than it is anywhere else on the human body.
6. Each foot has more than 250,000 sweat glands, and they can produce up to half a pint of moisture a day!
7. Walking is the best exercise for your feet, and it's also a great way to get overall exercise for your body; it boosts circulation and helps you burn calories.
8. Standing still is much more tiring than walking. Your body only uses a few specific muscles when you're still, whereas walking distributes the weight and effort over more muscles.
9. Your feet may be the most ticklish part of your body. This is because we have 8,000 nerves in our feet.
10. Morton's toe is the name given to the condition where the second toe is longer than the big toe. It affects 20-30% of the world's population.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we hope you have a good day and found these Feet Facts interesting,

Firoz

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www.footcomfortcentre.co.uk



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Front Garden Winners

As the Olympics drew to a close on a wet and windy Sunday morning, we set off on our bikes to judge the shortlist of over 20 gardens submitted by residents.

The range and sheer beauty of so many front gardens in our area is amazing and it was really difficult to choose a winner.

After much deliberation we eventually settled on the following winners:

1st Prize £50: 43 Blockley Road



We loved this garden due to the lovely mix of trees and shrubs displayed along the wide frontage, making it look like a secret tropical garden.



2nd Prize £30: 179 Norval Road



This garden was submitted by several residents and we can see why. The colourful roses and other flowers along with a lovely lawn really make people stop and look when on their way to and from South Kenton.

3rd Prize £20: 7 Mulgrave Road



The only way we could describe this is a floral explosion! The mix and vibrancy of the flowers really caught our eyes.

Congratulations to all of them!

To claim your prize, please email with proof of address, to:

treasurer@the-scrs.co.uk

We would encourage all of you to explore our area on foot (or bike) if you can and have a look at the gardens above as well as others you may spot. The photos of the winners just don't do them justice so try and make time to see them, they're all fantastic!

We would like to thank everyone who submitted their nominations at short notice, and also all residents who create and maintain such horticultural wonders, making our area such a wonderful place to live.

Pareet Shah and Family

We know how to party!

Our Post-Lockdown Party was a culmination of 4 months of hard work and planning by a dedicated group of residents and was a resounding success!

We had a feast of Indian, Italian and Caribbean food, plus loads of delicious home-made cakes and biscuits, and plenty of drinks on what turned out to be a warm afternoon.

Young and old(er) had their faces painted and hands henna tattooed; we played hula hoops and had a penalty shoot-out. All to a LIVE soundtrack provided by Steve Werren and B2 musicians, who performed throughout the entire afternoon.

We were also delighted to welcome our MP, Barry Gardiner; The Mayor of Brent, Lia Colacicco; as well as ward Councillors McLennan and Johnson.

Despite thunderstorms being forecast, we were thankful that the weather held out and ensured that everyone could spend the afternoon safely outside.

On behalf of the residents and SCRA we would like to thank the numerous individuals and local businesses that put in so much effort to ensure that we were able to celebrate our community

A HUGE THANK YOU to our sponsors:

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Huge Thank You's to:

Razzle Facepainting and Kheelna's Creations for the amazing henna tattoos who both donated their time. You can find them on instagram as @razzlefacepainting and kheelnas_creations)

Hiban's Ices (Ice Cream Van)

Brent Cycling Campaign who chatted to residents about the benefits of cycling and how to make it safer .

London Northwest University NHS Trust Diabetes team who were chatting about healthy diets.

Byron Court School for lending play equipment.

St Cuthbert's Church for use of the hall and grounds for free.

Huge Thank you's to residents who donated funds:

Councillor Keith Perrin
Dr and Mrs Panagoda
Khatri Family

Brent Council for the £500 Love Where You Live Grant

Last, but definitely not least, this event would not have been possible without a dedicated group of residents who organised, well, EVERYTHING as well as setting up and clearing up on the day:

Roshani, Pam, Vasanth, Saroj, Kokila, Shan, Naomi, Sadhana, Carol, Tarla, Jeevani, Foz, Anne, Joyce, Kalpa, Hiten, Steve, Farid, Rajesh, David, Theresa, Omar, Jussar, Bhav, Pareet, Loshini, Misha and Kaushik.

They say a picture is worth a thousand words so here are a few words from the day! (we'll let you know when we've managed to upload all the photos onto the website (if anyone would like to volunteer to do this for us, we'd very much appreciate it 😊)

Jenica J

Pareet Shah (on behalf of SCRA Committee)



"Having being cooped up for 9 months the Sudbury court lockdown party was just what we needed to feel normal again. There were multiple things to do there including games, face painting, henna painting, fun activities and more. The day went by so fast whilst having so much fun. There was soo much

"Thank you for a wonderful day yesterday. It was glorious to see all the children running around carefree - out of bubbles - and having such a great time. And you could see how all the adults were relaxing as well and letting their hair loose. What with the music, and such a terrific spread of food and drink. It was particularly good to see a number of our elderly residents having the courage to mix! They have felt so isolated this past 16 months and yesterday was quite a milestone for many of them.

Please thank all of your committee and everyone who gave their time to make it such a special day for the whole community."

Barry Gardiner MP

delicious food and desserts and outside there was a music band playing songs which lifted the mood and was the highlight of the day. I can't wait for the next party!"

Haroon and Maryam (age 9 and 11)





Sudbury

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The Centre is open for business again! We welcomed small groups of clients back on the 20th and 22nd July and we now have more places available. If you are looking for day care for a relative or friend please phone Katia on 020 8908 1220, Tuesday, Wednesday or Thursday for more information.

We thank you for the financial and practical support we have had in the last, difficult, eighteen months. Thanks to those who gave items to sell at the Friends' markets, to those who bought and to those who gave a donation if they couldn't attend.....this has kept us ticking over! It has helped to know the community has not forgotten us whilst we have been so restricted in the services normally offered. We will gradually get back to normal!

We also welcome regular monthly donations direct to the Centre (Gift Aided if you pay tax) and Katia can give you more details if you call her on the above number.

The Friends have mini markets planned for the mornings of **Saturday 11th September** and **16th October**. Our fundraising continues and we will be delighted to see you in the car park at S.N.C. 809 Harrow Road, behind the Methodist Church.



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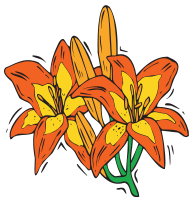
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Sudbury Court Horticultural Society Your local gardening club

When the year tips over from August into September a subtle change comes over the garden, for this is a time of ripening, a time for us to relish the fruits of the season.

While many of the summer flowers have run to seed, this Michaelmas season finds daisies of all kinds taking over the borders, along with dahlias and early chrysanthemums. There are still roses blooming too – those very special flowers. In the vegetable plot the harvest continues into September with produce aplenty, while plums, pears and apples are ripening on the fruit trees.



This is a time to celebrate all the seasonal produce. Traditionally, SCHS puts on the Autumn Show to crown the gardening year, always our most colourful and best-attended event. This year we are planning a less formal get together, inclusive of the whole community. So we are inviting you all to join us

for a **Community Tea Party and Family Day** on **Saturday 18th September**, hoping that you will all join in the spirit of the occasion by also contributing to the show

benches. Children will be awarded prizes, but everyone can contribute something, sharing the skills you possess in gardening and home-making. Please bring two items for the display to St Cuthbert's in the morning from 12 noon to 1 pm. Then in the afternoon from 2.30pm there will be tea and cakes and conversation, and time to view the display. The show closes at 5pm. Our special emblem, this Golden Celebration rose appears again this month, taking centre stage for September.

A reminder too, that young people are welcome to earn £10 for their help in setting up tables on Friday 17th September. Come at 6 pm (with a parent if under 18 to satisfy 'Health and Safety').

Margaret Roake

Classes: Open to all

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

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

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

To help plan the catering, please phone Susan and David Friend on 020 8904 3433 to let them know you are coming and/or can help on Friday evening, or use the Facebook details at the top of this page. Here's to fine weather on Saturday 18th September!



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It started as a hobby—Jenica J

Writing in the form of journaling, for me, started off as a weekly hobby to pass time in the evenings, then it slowly built over time and became a daily habit, acting as a form of expression. As this built up into a passion, I started using different styles of writing and then began writing articles for The Courier. Through all of this I have strengthened skills, such as communication, and learnt many things.

People may love, hate, or never read your work:

From having articles printed I have learnt that a lot of the time your work may go unnoticed. However, this doesn't mean you should stop. As long as you have the drive and are enjoying what you are doing, it is worth carrying on.

Learning this applies to anything you do in life and has helped me make sure that everything I do is for myself as well as for the right reasons. The key to succeeding in your passion is your drive and how happy you are.

The benefits of using constructive feedback:

When writing, people may provide constructive feedback in order to improve the clarity of your piece. Using this is important in order to succeed, as you learn from other people's feedback, and often their objective viewpoint is crucial when you are trying to appeal to others.

Something to remember on that note is to

not let someone else's vision take over your work and take the authenticity away from what you have done. The feedback should only be about clarity and maybe being more concise.

Patience is important when achieving quality:

Often I will sit down hoping to write a final piece straightway, then realise that 20 minutes have gone by and all I have is a title and a messy brainstorm. Writing has taught me that it is ok to not have heaps of writing as soon as an idea pops into your head, and that with patience comes a structure and ideas you may have not seen for your piece going in.

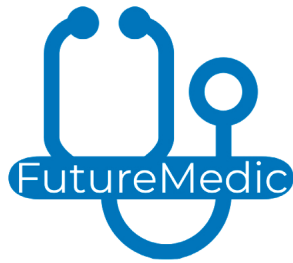
Sometimes, stepping back from what you are trying to achieve, combined with being patient with yourself, significantly improves the quality of what you intend to complete.

And finally:

Learning these lessons from writing is something that I use to a much greater extent in my life now. It has made a difference and taught me to be courageous with trying various activities. When I want to try something, instead of holding back, I am more open to seeing where the new experience will take me.

Along with this, when being faced with a setback in my work or school, knowing the positive outcomes it can achieve has helped me feel less defeated in the task and built my resilience.





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Working as a Public Health Dietician for the NHS, our key themes post-Covid are around Health, Wellbeing and keeping active. Whether you want to lose weight, get active or quit smoking, there are many support mechanisms locally for better health.

Eating a variety of foods, combined with being active and maintaining a healthy weight, is a really good way to help your body stay strong and healthy. A healthy diet and staying active can protect us from developing long term conditions, such as type 2 diabetes, blood pressure and heart disease. People of south Asian, black Caribbean and black African descent have a higher prevalence of developing Type 2 diabetes compared with white populations, and this risk starts at a younger age.

A healthy diet consists of a balance of fruits, vegetables, whole grains, meats and dairy foods. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods.

Here are a few steps to following a healthy diet:

1. Choose higher fibre options, e.g. whole-wheat pasta, brown rice, sweet potato, and brown chappati flour.
2. Eat lots of fruits and vegetables. Getting your 5 a day is easier than it sounds: swap a mid-morning snack for a piece of fruit; add vegetables to pasta, rice or curries. They can be fresh, canned or frozen.

3. Eat more lean protein, e.g. fish, including oily fish, twice a week. For vegetarians: eggs and cheese are a great source and, for vegans: beans, lentils, daals, chickpeas, and tofu.

4. Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, e.g. nuts, seeds, avocados and olives, use small amounts of rapeseed or olive oil, and limit intake of butter and ghee.

5. Sugary foods such as cakes biscuits and sweets and sugary drinks are often high in energy and, if consumed too often can contribute to weight gain and lethargy. They can also cause tooth decay.

6. Cooking from scratch – keeping the ingredients simple with basic store-cupboard ingredients. Some of the common, functional foods include Turmeric, Cumin, chillies, ginger which enhance the flavour of meals as well as protect us against many diseases.

7. Drinking plenty of fluids to keep you hydrated: it is recommended to drink up to 6-8 glasses of water or sugar free fluids every day.

Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. The basic recommended amount of activity is 30 minutes of brisk walking per day, or 40 minutes of moderate exercise 5 times per week. Why not buddy up with some one and kick-start a great fitness routine?

Look out for our future updates on Diabetes & Diet, Blood Pressure control and Cultural diets.

Further information:

The Eatwell Guide, from the NHS website, can help you get the right balance of the 5 main food groups.

www.nhs.uk/live-well/eat-well

Salma Mehar
Registered NHS Dietician

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How is it September already? Aren't the weeks just flying by?

Hope you had a lovely summer and the chance to visit the community garden in its full glory. Remember, the garden is for you and that includes the rewards of soft fruit, herbs, leafy greens and much more. This is one of the reasons why the garden exists and it's only a success if the community is benefitting.

Through the spring and summer, while we got caught in quite a few showers when out walking in Northwick Park, the community garden has certainly benefited from the rain and delighted us with a stunning display of colourful blooming plants. We didn't need to water as much as last year during the prolonged heatwave, however did keep an eye on the young plants we have been adding to the garden since spring at our mini permablitzes. It is amazing how many plants people have grown at home this year and donated to the garden for everyone's enjoyment.

The garden is looking good thanks to the volunteers who are out there most Sunday mornings, no matter the weather. They've been working hard to keep the grass at bay and out of the planted beds so it doesn't take nutrients away from plants. It's a continuous challenge especially during the wet and warm weather. However, it's much more manageable since the Veolia maintenance team for Northwick Park kindly mowed the paths around the garden – a huge thank you to the team. The shape of the beds are visible again and it's easier to look more closely at the plants.



You may have noticed we've added some new plant identification labels, which we painted and installed at an evening summer session. We were joined by a visitor from London in Bloom and fed some of the plants with the diluted, but still smelly, nettle tea that has been brewing for a couple of months.

Not only are the plant labels new, we also have new benches to collect and store more rainwater on site. We listened to feedback on the original bench design and two new benches come with a backrest. They are proving popular and most days we spot people sitting down and enjoying the view. The garden seems to be a bit of an oasis for many people.

Now we have fewer restrictions on numbers attending outdoor events, we are planning our next morning permablitzes; the first of which is on **Sunday 19th September**. We will focus on adding more plants to the section of the garden near the footbridge. If you haven't been to one of these sessions before, why not join us?

For more details and to register please do email us.

Check our website (see header)

Facebook, Instagram, YouTube

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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.

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Moon Festival—Tuesday 21st September



Also known as the Mid-Autumn Festival, the Moon Festival is an important time for many East and South East Asian people to be united with their friends and family.

According to Chinese tradition, the round shape of the moon **embodies harmony and reunion**.

For thousands of years, the festival has included a big feast to give thanks for the gathering of the harvest, followed by a walk outside to appreciate the beautiful moon at it's fullest.

And while traditions and myths surrounding the festival have changed over time due to changes in technology, science, economy, culture, and religion, it is still very much about giving thanks and well being together. This seems particularly appropriate this year.

The legend

The central legend concerns the lunar goddess Chang'e. One version of many tells of how, long ago, the Earth had 10 suns, the heat of which ravaged the world with a terrible drought.

From Lihui Yang's *Handbook of Chinese Mythology*:

"In the ancient past, there was a hero named Hou Yi who was excellent at archery. His wife was Chang'e.

One year, the ten suns rose in the sky together, causing great disaster to the people. Yi shot down nine of the suns and left only one to provide light. An immortal admired Yi and sent him the elixir of immortality as thanks. Yi did not want to leave Chang'e and be immortal without her, so he let Chang'e keep the elixir. However, Peng Meng, one of his apprentices, knew this secret. When Yi went hunting, Peng Meng broke into Yi's house and tried to force Chang'e to give the elixir to him. Chang'e refused to do so. Instead, she swallowed it and flew into the sky.

Since she loved her husband and hoped to live nearby, she chose the Moon for her residence. When Yi came back from hunting and learned what had happened, he felt so sad that he displayed the fruits and cakes Chang'e liked in the yard and gave sacrifices to his wife.

People soon learned about these activities, and since they also were sympathetic to Chang'e they participated in these sacrifices with Yi."

It is said that if you look closely at the Moon at this time, you will see Cheang'e dancing.

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Live-in Care services is when a **CAREGiver** resides in your home to provide care and assistance. One of the significant advantages of a live-in **CAREGiver** is that it is a safe alternative to other types of care and offers peace of mind that someone is readily available should the need arise. **Live-In Care** works on a 10 hour average daily agreement with a 2 hour break - this can be covered by another Home Instead **CAREGiver** if needed.

Live-in Care is a safe and affordable alternative to a residential care home that gives you control over **your** care, bringing you consistent, one-to-one support in the comfort of your home.

What is *Home Care*?

Home care or domiciliary care is where a **CAREGiver** will visit your home for a minimum of an hour a day, as little or as often as required. Home care is a great option should your loved one need additional help around the house, companionship, or other tasks that can be completed within the time the **CAREGiver** is visiting.

Is Live-in Care *Safe*?

Live-in care is one of the safest options available. The risk of infection from outside your home is reduced when you have a **CAREGiver** reside with you. Other care options typically have multiple healthcare professionals coming in and out of the house.

Our most important priority is to keep you as safe and shielded as possible while enjoying a higher quality of life from being in the comfort of your home.

Live-in Care Vs. Home Care

Living at home means staying in familiar surroundings and maintaining those daily routines that might not be possible in residential care.

The best way to get a complete understanding is by speaking with a member of our team who will happily go through all of your concerns and requirements to help you decide on the best solution for your loved one. Please call us on **0208 022 4590** to discuss the options.

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SHOP in Sudbury Town Underground Station:

Tuesdays 1—6pm
Wednesdays 3—6pm
Saturdays 1—4pm

VISIT TO BARHAM PARK

Don't forget the organised walks in Barham Park have resumed and take place on Tuesdays from 10.30am. The meeting point is the area inside the main gates opposite Chaplin Road.

There is also a large play area and an outdoor gym.

For more info please contact Paul Lorber
07917 094 239 or
barhamlibrary@hotmail.co.uk



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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 kind of button won't unbutton?

A belly button.

Why was the little strawberry crying?

Her parents were in a jam.

Why did the little boy throw his clock out the window?

Because he wanted to see time fly!

What starts and ends with an E but contains only one letter?

An envelope.

Why didn't the skeleton go to the dance?

He had no body to go with.

Riddles

I have two eyes in the front and a lot of eyes on my tail. What am I?

A Peacock

Against the sun I protect your eyes. I'm often worn on the face of spies. What am I?

Sunglasses

I am edible, pink, and a great summer treat. What am I?

A Beach

You used to visit me when you needed to know, but I've been lonely since the internet was born. What am I?

A Library

I look like a tiny trombone. I keep it all together. What am I?

A Paperclip

I begin all your sentences. What am I?

A Capital Letter

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

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