

The Community Magazine for the  
Sudbury Court and Pebworth Estates

October  
2021

*The Courier*

91st  
Year



**Welcome to Autumn**

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# The Courier



**October 2021**  
**Number 228 (1,068)**

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

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Dear Neighbours,

The 'season of mists and mellow fruitfulness' is upon us again—already! As it's a month of festivals and giving thanks, and we can cautiously go out and about more, I've included a few highlights of local groups who might like your support. And I really encourage you to keep an eye out for the October Plenty (pg 25) if you're ready to venture further afield.

With an eye on Halloween, I wondered if anyone might recognise the little friend on the front cover—he, along with a group of his friends/family, moved into my garden. Is he really as scary as his clever disguise suggests? If any of our younger residents would like to do a little research and draw a picture of what our little friend might look like when he grows up, along with his/her name, I'll print it in next month's Courier, and there might also be an additional little prize. 😊

Until next time, keep safe and well,

*Kaye*

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### Apology From Editor

J&I Events (Wedding Planners and Creative Decor for Events) were also a Bronze Sponsor of our Post-Lockdown Party; I inadvertently missed them off the list of 'Thanks' in last month's article.

Huge thanks for your support, Jay, alongside sincere apologies for my mistake.

*Kaye*

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



Dear Residents:

Well, we are into October now and, notwithstanding any lockdowns or the like, then I guess we can expect a resumption of the usual festivals and religious events that occur in Autumn.

## Use of Fireworks:

I am not a big fan of fireworks, and less so since I own a dog who, prior to him losing his hearing, would be absolutely shaking in fear with the sound of fireworks. That said, I understand that people want to let them off from time to time, for various occasions. The framework of the law in respect of fireworks is such to protect the public, property and reduce nuisance.

I would refer residents to the Met Police website [www.met.police.uk](http://www.met.police.uk) in relation to the times of use of fireworks/dates, the categories of fireworks and persons permitted to have or use the various categories.

Used irresponsibly, fireworks can cause damage to property and do significant harm to people and animals. Not only is there a danger from fireworks exploding, they can also pose a serious fire risk as well.

This is why members of the public may only use fireworks on private property, such as their back gardens, and only licensed professionals can use them in public places. It's an offence to throw or set off any firework (including sparklers and category 1 fireworks) in or into any highway, street, thoroughfare or public space.

The types of incidents that we have dealt with in previous years are damage to residents' windows from fireworks launched from a neighbour's house. Fortunately, I have not dealt with anyone whose house has been set alight as a result of fireworks but it does happen.

Fireworks being launched onto the street

and causing accidents. Fireworks being deliberately aimed at passing motorists by groups of youths and, in some instances, at personnel from the emergency services!

## Bonfires:

Whilst, technically speaking, you are allowed to have a bonfire and, perhaps in the Autumn there can be an increase in this activity, please refer to the Brent Council website on Bonfires and what you can/cannot burn.

Brent Council website states that the smoke control zone does not apply to garden bonfires. However, they advise that **residents refrain from having garden bonfires**, as this may cause smoke or smell nuisance to the neighbouring properties.

It is not illegal to have a bonfire, however, it is an offence to:

- cause a smoke nuisance (this is where the smoke doesn't rise directly up and goes into neighbouring properties;)
- emit dark or black smoke from the burning of trade waste.

Where people live in close proximity to their neighbours, so consideration is the order of the day for most aspects of life I would say.

## Noise issues:

Noise is not necessarily a specific issue of Autumn Nights, there have been a number of incidents in the past few months involving parties which has caused considerable disturbance to residents in the area.

As residents, you live within 20 metres, at the most, of your neighbour.

Because it is your birthday, wedding or whatever occasion, does not give you licence to keep your neighbours up until all hours.

Though issues of excessive Noise and Bonfires are dealt with by Environmental officers



within the council, the SNT can and do provide evidence to the council for enforcement action. I have, personally, given evidence in Court on behalf of action by Brent Council in relation to noise issues.

If you intend on having a party or barbeque, bear in mind your neighbours – let them know beforehand.

You are mistaken, however, if you think that you are allowed to play loud music before 11pm. The law, in this respect, requires neighbourly and considerate behaviour at ALL times. Over the past few months, we have become involved in instances where a party in one address was going on overnight until 8am; in another address over a number of weekends and mid-week until 3am.

Clearly, the residents at the addresses causing the disturbances had no consideration for their neighbours. The Council takes primacy over investigations of noise disturbances and in both incidents the SNT is working with the Council on enforcement action.

### **eScooters and Cyclists:**

Residents are reminded that, at present, it is illegal to ride your own private eScooter on the public highway. There is a trial in Central London, and various other areas, whereby you can ride them on the road providing that you rent them from a Government approved rental scheme and you are a Provisional or Full Driving Licence holder, and the rental company provides insurance. eScooters can, and are, seized by police and the riders processed for the relevant traffic offences – no insurance, not in accordance and in certain instances riding on the pavement.

Residents are reminded that the footpath, as the name indicates, is for people on foot – pedestrians. It is illegal to ride on the pavement whether bicycle, ebike, eScooter or other motorised vehicle.

Parents with small children who they allow to cycle on the pavement should be aware that, strictly speaking, it is an offence, however, officers might show a blind eye if small children ride with respect and priority to the pedestrians. Parents should encourage their older children to abide by the law and to

cycle on the road with the appropriate safety equipment – I would suggest high visibility fluorescent jacket /tabard and approved helmet.

There have been instances reported to police whereby a resident walking her elderly dog on the pavement, had a near collision with children cycling on the pavement.

Brent Council offers free cycle training schemes – please check on the Brent Council website for information on this.

Having lived and worked in London for the past 26 years, I am a firm believer in cycling as an excellent mode of transport around London.

### **Dog related issues:**

If your dog is off lead in a public setting it must be under control – i.e not running at people, barking, jumping up on people, or attacking any dog or person. If your dog does any of these behaviours then it would be prudent to keep it on a non extendable lead at all times in a public setting.

Residents are reminded that not all people like dogs or are accustomed to them and may take some of the above behaviour as being dangerous.

It is a criminal offence if you have a dog that is deemed dangerously out of control in a public or private land.

### **Recent SNT work:**

We have been abstracted a bit over the past month in relation to various protests and events – namely XR protests and Unlicensed music events for the weekend that was traditionally the Notting Hill Carnival weekend.

PC Gardner and I are still working on drug activity in and around Rushout Avenue in Kenton. We are also factoring into our patrols the increase in Anti-social behaviour, shoplifting, threatening behaviour to shopkeepers on East Lane in relation to a group of youths suspected to be involved in drug dealing in and around Sudbury Avenue.

As a result of our patrols two males believed to be part of this group were recently arrested by members of your SNT police team in relation to arrest warrants for knife

offences, assaults, and violent disorder.

Response team officers have also arrested members of this group for affray and threats in relation to local shopkeepers on East Lane.

In addition to the above and various deployments, we have also dealt with allegations of dangerous dogs, investigations into CCTV in relation to burglaries, the groups of youths in relation to East Lane issues, issues of all night parties and a mental health sectioning, which took a whole day!

As I write this article, I have had some good news for the victim in relation to an attempted robbery in Audrey Gardens which occurred in June 2019 – finally, the defendant in this case has pleaded 'Guilty'. The progress of the case to Crown Court being severely hampered by Covid. In this instance, a woman in her 20s was walking to an address in Audrey Gardens from South Kenton tube at 1130hrs when she was followed by a lone male, a teenager. As she reached Audrey Gardens from Norval Road, the male ran up behind

her and tried to take her mobile phone and bag. She managed to hold onto both but sustained bruising to her thigh when he pushed her to the ground. The male, who is now 19, was charged in early 2020 and initially pleaded 'Not Guilty' but has now changed his plea - he will be sentenced in October.

### **Unsolicited emails / internet safety:**

The internet is full of fraudsters - from Romance fraud on internet dating sites to various unsolicited emails in your email account, or your computer becoming infected with a virus and effectively hacked into.

Start at the beginning:

- ensure that your computer has up to date firewall and virus protection.
- do not open emails from unknown sources.
- make sure that you regularly change your passwords for your online accounts.

My sister recently had an email that she thought was coming from a builder she uses, asking her to put the outstanding monies into



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an account which was different to the one that she used before. She rang the builder to seek clarification and he confirmed he hadn't changed his bank account. His computer had been infected, his emails intercepted and all his client email addresses had received an email purporting to be from him about 'his' new bank account. Fortunately, my sister didn't send the money to the fraudster's account and that her builder didn't lose out on money.

### **Catalytic Converter thefts:**

On an ongoing basis I give the makes, models and age of car the thieves are currently being targeted by the thieves. They tend to be Toyota Prius / Auris, Lexus, Honda Jazz and CRV, BMW of a specific age and model. If you own one of these cars then please do your research to see if your age of car is being targeted and what can be done to combat the theft.

For a relatively small price of around £90-£150, a metal plate can be welded around the Catalytic Converter to prevent it from being removed – speak to a mechanic, it can be relatively cheap in comparison to the repair cost if your Catalytic Converter is stolen.

### **Overview of offences 11<sup>th</sup> Aug—13<sup>th</sup> Sept:**

#### **Robbery:**

Northwick Park in the park 30/08 2000 – 2030hrs 18 year old male approached by a group of males in the park and iphone 12 stolen.

#### **Residential Burglary:**

Norval Road (in 140s evens) 27/08 1120hrs male dressed in Deliveroo T shirt and with Deliveroo box arrives on foot, rings doorbell, walks away and returns to access back of house, breaks in, stays there till 1330hrs and leaves with a number of bags, large quantity of jewellery and other items stolen.

#### **Burglary (shed):**

Nathans Road (in 90s evens) 22/08 2100hrs – 23/08 0001hrs shed broken into.

#### **Burglary (commercial):**

(i) Black Horse Public House 24/08 0045hrs  
(ii) Northwick Park Hospital 26/08 0930 – 27/08 0530 store room broken into.

#### **Theft of Motor Vehicle:**

(i) Watford Road (in 250s evens) 25/08 0024 - 0900hrs 2019 Range Rover stolen; (ii) East Lane (in 270 odds) 23/03 – 08/09 victim arranged for online company to sell car on their behalf BMW 330E, car sold no monies received.

#### **Theft from Motor vehicle:**

(i) The Crescent (low odds) 07/08 0800hrs – 11/08 1800hrs, registration plates stolen from 2018 plate Kia Picanto; (ii) Paxford Road (in 40s odds) 0435hrs on 15/08 catalytic converter from 2011 Toyota Auris; (iii) Bengeworth Road (in 20s odds) 0430hrs on 15/08 catalytic converter stolen from Toyota Prius 2009; (iv) Watford Road (in 210s evens) 08/07 – 12/08 registration plates stolen from Lexmoto motorcycle; (v) Spencer Road (in 40s evens) 15/08 0435hrs catalytic converter stolen from 2012 Toyota Auris; (vi) Abbots Drive (in 120s odds) 18/08 2130hrs catalytic converter stolen from 2002 Honda 4 x 4; (vii) Court Parade 16/08 2000 – 2330hrs, registration plates stolen 2008 Lexus RX400; (viii) Shelley Gardens (in 30s evens) 21/08 0315hrs catalytic converter stolen from 2018 plate Toyota Prius; (ix) East Lane (in 190s evens) 21/08 0340hrs catalytic converter stolen from 2016 Lexus CT200H; (x) Holt Road (in 20s odds) 21/08 0315hrs catalytic converter stolen from 2007 Lexus RX400; (xi) Norval Road (in 10s evens) 24/08 0430hrs catalytic converter stolen from 2016 plate Toyota Auris; (xii) Northwick Park Hospital 26/08 1022 – 1105hrs catalytic converter stolen from 2003 Honda Jazz; (xiii) Littleton Road (in 20s evens) 07/08 0001 – 26/08 1830 catalytic converter stolen from 2015 Lexus CT 200H (xiv) Watford Road (in 210s odds) 29/08 0001 – 0700hrs catalytic converter stolen from 2014 Lexus CT 200H; (xv) Nathans Road (20s evens) 10/09 2000hrs – 11/09 0800hrs wiring stolen from 2016 Ford Transit.





We use the OWL (Online Watch Link) to send out alerts to residents about local crimes and other information of benefit.

Please register on OWL to receive these alerts—it is a FREE service:

[www.owl.co.uk](http://www.owl.co.uk)

The various residents' WhatsApp groups receive the same alerts. (please email: [membership@the-scra.co.uk](mailto:membership@the-scra.co.uk) for details)

*Please consult the websites below for more crime prevention tips or if you do not have access to the internet, perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.*

Your team would welcome any information on anti-social behaviour or criminal offences occurring in the area—please contact us:

**020 87212 969** or  
**07920 233 752**

[northwickpark.snt@met.police.uk](mailto:northwickpark.snt@met.police.uk)

### Useful numbers:

Dial **999** in an emergency—where a crime is in progress or life is in danger.

For non-emergencies, ring **101**

To give information anonymously call Crimestoppers on **0800 555 111**

### Useful websites:

Find a whole host of useful info: e.g. crime prevention, crime statistics, identity theft!

[www.met.police.uk](http://www.met.police.uk)  
[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)  
[www.cifas.org.uk](http://www.cifas.org.uk)  
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## Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

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

Hi everyone.

I am hoping that you're back to some level of normality, with children back to schools and people venturing back to work and other activities. It has been really great to see people in person again, and not through a screen!!!

You may also be enjoying the freedom from the Covid restrictions, although we need to be sensible with mixing with people at a safe distance and remember to sanitise our hands frequently. The best protection is to get yourself regularly tested to provide you with peace of mind and to protect yourself, your family and your community.

I hope that you're all in a healthy place and looking forward to the Autumn period and festivals which will be celebrated in the coming month.

### Covid-19 Update

Our rates of infection remain above the London but below the England average. The number of new cases in the past seven days per 100,000 population is 258 for Brent, 239 for London and 308 for England. Positivity rates for PCRs are 6% for Brent, 5.4% for London and 8.1% for England.

Much of the infection locally is in young adults: our highest infection rates are in those aged 17-24 years. However, we are seeing increases in the over 60s. Fortunately, the impact of the vaccination programme is very evident with hospitalisations and deaths remaining low.

### Polling District Review

Brent Council is undertaking a statutory review of the borough's polling districts and polling places. We launched the consultation on 24 August on the Council's new Citizenlab consultation website.

Please tell us what you think:

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

The consultation is open until Friday 15<sup>th</sup> October; paper copies of the proposals are available at all libraries across Brent. The web page has a new facility to allow residents to check which ward and polling district they live in and how the changes will affect them.

The local review follows on from the Local Government Boundary Commission for England (LGBCE) review of the electoral wards which made the following recommendations for Brent:

- 57 ward councillors, 6 fewer than under the current arrangements.
- 22 wards, 1 more than under the current arrangements.

The boundaries of all wards other than Kilburn have changed

The new ward arrangements have been ratified by Parliament and will come into force for local government elections next May.



### NW Trilogy, The Kiln Theatre - until 9th October

Set amongst the vibrant, intense cacophony of North West London, NW Trilogy is a collection of three vivid stories that remember and celebrate people who changed the course of history told over one performance. The personal is political in these soulful explorations of what it means to be part of one of the most dynamic communities in the world.

First, we reel to a dance hall in 'County Kilburn' in Moira Buffini's Dance Floor where the Guinness flows, the music never stops and for homesick Aoife, there's far more at stake than a dance. In Roy Williams' bitter-sweet Life of Riley, Paulette is on a journey to connect with her estranged father Riley, a

reggae musician once part of the influential Trojan Records scene, who can't seem to let go of the past. And, Suhayla El-Bushra's Waking/Walking introduces us to Anjali, a wife, mother and newly arrived migrant following Idi Amin's expulsion of the Asian minority from Uganda, who is torn between not making a fuss and seizing her moment to take a stand as the Grunwick dispute unfolds.

NW Trilogy is powerful, funny and epic and shows us how we can change the world from our doorstep.

The show runs until **9th October** with each show exploring migration through the Irish, South Asian and Caribbean communities in Brent.

Tickets are available [www.kilnthetre.com/](http://www.kilnthetre.com/)

### **Food safety regulations**

All food operators have a legal duty to ensure that the food that they produce is safe to eat, of an acceptable quality and is properly labelled. They also have a legal duty to ensure that the health, safety and welfare of the

public and any staff or contractors are protected from any hazards that arise from their operations.

Under the **Food Safety Act 1990 and the Food Hygiene (England) Regulations 2006**, you must not:

- sell (or keep for sale) food that is unfit for people to eat
- cause food to be dangerous to health
- sell food that isn't what the customer is entitled to expect, in terms of content or quality
- describe or present food in a way that is false or misleading

Under the regulations, there must be effective controls in place to avoid contamination, to ensure that food is produced safely and that the health of customers is not put at risk.

These controls include:

- premises that are clean and in good state of repair
- good drainage, lighting and ventilation
- sufficient waste disposal facilities
- toilet facilities for staff
- equipment is in good condition and kept

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clean

- permanent arrangements for pest control
- an effective cleaning routine
- staff who are appropriately clothed and trained and have good personal hygiene
- arrangements for ensuring that all foods received into the premises are in good condition
- handling, storage and transport practices which meet temperature control requirements and avoid contamination
- put in place, implemented and maintained a permanent procedure or procedures based on the HACCP principles
- identify potential hazards associated with the business and introduce practices which will control the risks and to ensure food safety.

### Report a concern about food safety

If you are concerned about a particular food business, you can report your concerns on the Brent website.

### Highways Capital Scheme Programme 2021/22

We have a couple of roads identified within the above programme – some of which have been completed and one still due to start.

By the end of 2020/21, approximately £3.5m had been spent on maintaining Brent's carriageways and highway structures, funded from Brent capital. These local roads were completed: Churchill Ave, Campden Cresc, Dean Crt, East Crt, Holt Rd, Abbots Dr.

Stapenhill Rd has been selected for the 2021-22 Programme.

If you feel that some roads really need to be upgraded or need emergency repairs, please feel free to let us know and, where possible, please send us pictures so we can make a case to officers. Officers will continue to take account of councillor nominations for road maintenance and, where a number of schemes attract the same or similar priorities, Officers will prioritise councillor nominated schemes earlier, if there are slippages within the proposed maintenance programme.

### Councillors' Surgeries

We have returned to face to face surgeries. However we will also continue to conduct virtual surgeries where we invite residents to a Zoom session. Our next surgery session is Saturday 2<sup>nd</sup> October 11am-12noon. Please email, text or phone any one of us as soon as you can, or come along to St Cuthburts Church hall. You can contact us:

You can also call/FaceTime/email us:

Cllr Robert Johnson **07876 138 676**  
[Cllr.Robert.Johnson@brent.gov.uk](mailto:Cllr.Robert.Johnson@brent.gov.uk)

Cllr Margaret McLennan **07949 398 193**  
[Cllr.Margaret.McLennan@brent.gov.uk](mailto:Cllr.Margaret.McLennan@brent.gov.uk)

Cllr Keith Perrin **07711 561 848** (audio calls only)  
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## CUTH'S TODDLERS' GROUP

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## SCRA Update

Hello!

Through the wonders of technology we held our first hybrid meeting, with several members attending in person for the first time in 18 months! and a video link for those unable to attend. Here's a brief summary:

- **Watford Road junction changes.** As part of the development at Northwick Park there was a planning application for changes to the junctions around the hospital and university entrance. We objected as they are likely to increase traffic congestion and will do little to improve pedestrian and cyclist safety.

- The committee met with **Brent Highways** team in August to discuss options to better manage traffic on the estate. They will carry out a traffic survey on our estate so that we have baseline data. This should be carried out over Sept/Oct; we will then meet them to discuss.

- **Court Parade development appeal.** We instructed a planning consultant to prepare a

submission to oppose the appeal and this was submitted to the planning inspectorate during August. There will be a hearing in due course; we will keep you updated.

- **Noise complaints.** Over the Bank Holiday weekend there was an all-night house party at a residence on Abbots Drive. A huge amount of disturbance and anti-social behaviour followed and one resident reportedly being assaulted, with the police getting involved. Our Chair will be writing to council to raise our concerns and to see how such incidents can be prevented in future.

- **Social media.** We are trialling a social media account for the SCRA to complement the existing forms of communication we have with our residents. We have created a Twitter account [@SuburyCourtRA](#), or you can search for 'Sudbury Court Residents Association'.

Pareet Shah  
SCRA Treasurer

*Look as young  
...as you feel*

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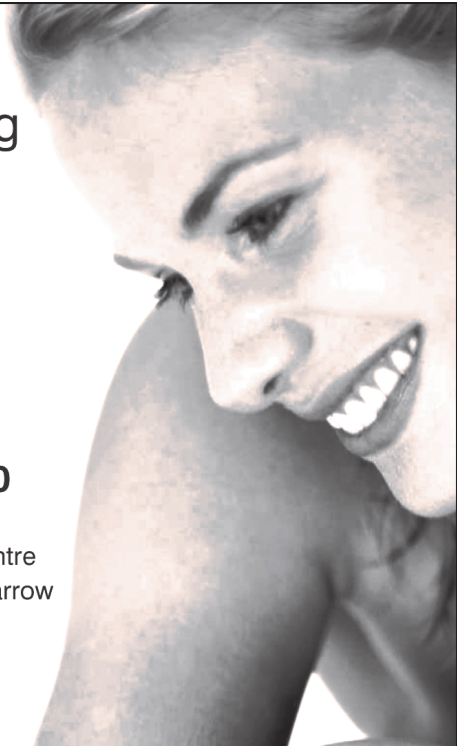
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As summer gives way to autumn it's time to welcome the season of harvest. Churches normally celebrate their harvest festival around the end of September/beginning October. This year St Cuthbert's and The Annunciation are sharing their harvest service on **3<sup>rd</sup> October 10:30am** at St Cuthbert's.

Living in a big city, we rarely appreciate those behind the food we eat every day and the hard work that goes into producing that food.

There is a TV series I've recently watched called "Clarkson's farm". I've always been a Top Gear fan over the years but a lesser fan of Jeremy Clarkson. However, in this series, he's done a tremendous job at highlighting the incredible amount of work and expense that goes into producing our everyday food. A great watch to get a better insight into how important the harvest is.

Harvest festival is a celebration of thanksgiving - a time to reflect and give thanks for the simple things we have. Lockdown restrictions having lifted, this year we are able to celebrate again and, in a new season, to give thanks for what we have.

I love the old Jewish poets. Their poems were both insightful and prophetic. The poem "A time for everything" talks about the seasons in our lives and says this: *'There is a time for everything, and a season for every activity under heaven: a time to plant and a time to uproot, a time to weep and a time to laugh, a time to embrace and a time to refrain.'*

So, we can give thanks for this season of harvest especially, because we are also in a season when we can embrace each other once more.

Rev Trevor Goddard



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# Are flat feet really a problem?

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

There was a time when having flat feet meant you couldn't join the army. There was also a time when flat feet were blamed for many foot ailments.

Through scientific study and research, we now know that flat feet, per se are not a problem. To move forward, our feet must convert rotations in our thighs and legs which begin at the hip into movements in the feet that allow us to adapt to the ground and push forward. These movements are supination (rolling outwards) and pronation (rolling inwards).

These normal movements, essential for locomotion, shock absorption and weight distribution allowing us to adapt to the stresses and surfaces we walk on. However, when these movements, in particular pronation, occur in excess, they can in some cases, though not all, give the appearance of a flat foot.

## Symptoms

The most common symptom of overpronation is painful feet due to strained muscles and ligaments. These abnormal stresses also have

a knock-on effect and pain on other parts, including arches, heels, ankles, calves, legs, knees, hip and even back pain.

## Diagnosis

If you are affected with any of these symptoms it may be associated with your foot and ankle function. At Foot Comfort Centre, we offer musculoskeletal assessments as well as state of the art analysis using foot scan pedographs and video gait evaluation using high-speed cameras, to examine your feet, ankles, and lower limb posture to diagnose, and suggest an appropriate treatment plan for you. Why not call us today to see how we may be able to help you.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we hope you have a great day.

*Firoz*

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## We took the High Road—Jenica J

Earlier this Summer, my family and I went on a road trip travelling from Sudbury Town to Scotland for 10 days.



The (very constant) rain didn't stop us from having a good time; we were still able to enjoy various activities (just layered up with raincoats!). I wanted to share my favourite part of the trip in hopes you visit one day too!

During our time in Glencoe, in The Highlands, we did a one day trip to the Isle of Skye. The Scottish sky was bucketing rain but that didn't stop us from going on a Fairy Pool walk. This was where we were able to trek on the side of deep blue pools which

were filled with crystal clear water. After 2.4km of wearing ourselves out from walking, it was stunning because of the dramatic landscape, the waterfall was right in front of our eyes and was magnificent. The pools were so cute, and it really did feel magical. Definitely worth the trek!

We also visited the Isle of Skye's main town, Portree. The drive around Portree was breathtaking. We passed massive hills, and castles combined with the water. It made an area for wonderful pictures.

Portree itself had a scenic harbour where we could see rainbow-coloured houses when we went for a nice stroll, along with visiting a variety of restaurants and cafés.



We only ended up spending half a day here, but I really see how people stay longer. There was so much to see and be blown away by, if you love photographic opportunities and beautiful scenery, I definitely recommend visiting.

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Our Garden Party in August was a very happy occasion with many old friends (and some new!) enjoying a barbecue on the terrace in the sun. The day was greatly enhanced by St Michael and All Angels' Steel Orchestra. Those of you who were able to attend will agree that we were treated to a wonderful range of music played by this talented young group. We hope to see them again!

The Friends will be holding a 'BARGAINS AND BRUNCH' sale on **Saturday 16<sup>th</sup> October**, 10am - 2pm. Do join us to buy or browse and enjoy your coffee or lunch in our garden. We are also planning a Christmas sale for Saturday 4<sup>th</sup> December, a date for your diary!

Contact Katia on 020 8908 1220 for more information about the Centre's work.

### Commemorative Concert

Harrow Choral Society is back singing together at last! After months of meeting on zoom and recording ourselves digitally, we enjoyed our first rehearsal back in St Alban's Church, North Harrow and welcomed many new singers.

Our first concert of the season, to be held at St Alban's Church, will be commemorative, dedicated to the people of Harrow and to the members and friends we lost during the pandemic, and includes music by Handel, Fauré, Brahms and Haydn. It takes place on **Saturday 16<sup>th</sup> October** 5.30 - 6.30pm, with free admission and a retiring collection in support of St. Luke's Hospice. Refreshments will be offered after the concert.

Further details about the concert and about joining HCS on our website:

[www.harrowchoral.org](http://www.harrowchoral.org)



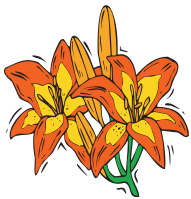
### NEWS FROM EAST LANE THEATRE

We were sad at having to cancel our planned September production; two of our cast members were forced to pull out late in the rehearsal period for medical reasons (happily not Covid), and this would have meant that 40% of the actors on stage would have been last minute substitutes reading from the script. We decided that this would not live up to our normal high standards. By now those of you who booked will have had your money back, with our apologies.

The good news is that, at time of writing, we are busy planning a pre-Christmas production full of laughter, which should raise all our spirits. More details soon.

In the meantime, we are always looking for new members on and off-stage, so to join in the fun do contact us through our website [www.eastlanetheatre.co.uk](http://www.eastlanetheatre.co.uk)

Or, better still, why not pop down for a coffee any Sunday morning? We are there between 10am and 12, and you will receive a warm welcome. We are in the Vale Farm Sports complex, at the Eton Ave end. Look for the signs.



# CALLING ALL GARDENERS



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

## Sudbury Court Horticultural Society Your local gardening club

Can it really be October already? What a strange and difficult year this has proved to be for everyone, making our gardens a specially-valued resource, giving us a chance to break away from the indoor lifestyle that for too long became the norm.

Usually, the summer evenings are spent hosing the flower beds or carrying cans of water to the parts of the garden that the hose can't reach. So, early in the year, we prepared our garden for summer drought by installing a second water butt, cunningly attached to the first one to take any overflow – and this year - there has been plenty. Throughout this cool and well-watered summer this second water butt has remained full and un-used, while the grass has grown green and lush and all the shrubs and trees by now look windblown and badly in need of a haircut.

One misfortune has been the loss of a carefully-manicured box 'crown' which has taken many years to grow. This year the caterpillars have killed it entirely, along with the box hedge that bordered the path. Looking around the estate the same effect can be seen in many gardens, the skeletons of beautiful whirly creations or football-shaped bushes that have been lovingly tended for many years. I suppose this loss must challenge us to think again, to react positively and take it as a chance to change the style of a particular part of the garden. A short-term fix would be to plant lots of spring bulbs to fill the space. They are there in the garden centres and supermarkets now—attractively pictured and packed

or, if you want lots of one kind, bulbs can be purchased by weight.

October is a good time to plan for the future – to consider where the garden needs a facelift – or where you can improve the

view from the house.

It is good to make your garden pleasurable for passers-by as well, for more and more of us are becoming habitual walkers! The SCRA front garden competition has for many years encouraged us to set off our house with a colourful display. If

most of it really must be car park, why not have some pots filled with plants near the front door?

As I write, members of the SCHS committee are actively preparing for the Autumn Show and Tea Party on Saturday 18<sup>th</sup> September. After that, it will be time to look ahead to the future. This year our AGM is especially important. We have, for many months, been unable to get together in the usual way. Getting together is the lifeblood of organisations like ours. We feel greatly in need of a transfusion! Please come along to the AGM at St Cuthbert's Church on **Saturday 30<sup>th</sup> October at 3 pm**. Refreshments will be served. Help us to plan an invigorating new programme for the coming year. We would like your views to take the Society forward after this long hiatus in activity. So please mark the date and come along. Robert's picture shows you the way in! Put on your gardening hat if you like, but leave your muddy boots at the door!

Margaret Roake



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Diabetes is a condition where your blood sugar is too high and the pancreas does not produce enough of the hormone insulin (that helps glucose enter body cells). There are 2 type of diabetes, Type 1 Diabetes and type 2 Diabetes which is more prevalent. Type 1 diabetes (due to autoimmune  $\beta$ -cell destruction, usually leading to absolute insulin deficiency). Type 2 diabetes (frequently due to insulin resistance).

Symptoms of diabetes include blurred vision, excessive thirst, frequent urination and tiredness. It can also increase your risk of getting serious health problems with your kidneys, eyes, heart and nerves.

Type 2 Diabetes can be managed by tailored diet and lifestyle advice and medication where necessary. It's often linked to being overweight or inactive, or family history of type 2 diabetes. New Evidence is also merging on achieving remission on Type 2 Diabetes through intensive weight loss programmes. You can learn more about your diabetes management through the Diabetes UK or knowdiabetes website.

## What foods can I eat if I have diabetes?

You may worry that having diabetes means going without foods you enjoy. The good news is that you can still eat your favourite foods, but you might need to eat smaller portions or enjoy them less often. The key to eating with diabetes is to eat a variety of healthy foods from all food groups, in the amounts your meal plan outlines.



Two common ways to help you plan how much to eat if you have diabetes are the 'plate method' and carbohydrate counting, also called 'carb counting'. Check with your health care team about the method that's best for you.

The food groups are:

**vegetables** —non starchy vegetables: Spinach, broccoli, carrots, peppers, and tomatoes.

**fruits**—oranges, melon, berries, apples, and peaches.

**grains**—at least half of your grains for the day should be whole grains-

includes brown rice, whole wheat bread and chapatti, oats, cornmeal, barley, and quinoa

**protein**- lean meat, fish, eggs, nut, beans and peas, such as chickpeas and split peas or tofu.

**dairy** —milk, yogurt, cheese

*Eat foods with healthy fats, which mainly come from foods such as canola and olive oil, avocados, nuts and seeds, fish such as salmon, tuna, and mackerel.*

## How can I reduce my risk of getting Type 2 Diabetes?

The NHS Long Term Plan is to reduce the risk of Type 2 diabetes each year through the **Healthier You NHS Diabetes Prevention Programme**.

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, you can assess your risk by using the Diabetes UK risk score.

For Further Information on Diabetes care – visit

[www.diabetes.org.uk/](http://www.diabetes.org.uk/)  
[www.carbsandcals/worldfoods](http://www.carbsandcals/worldfoods)  
[www.riskscore.diabetes.org.uk/start](http://www.riskscore.diabetes.org.uk/start)  
[www.knowdiabetes.org.uk/](http://www.knowdiabetes.org.uk/)

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This was the first year that we were able to harvest some of the delicious fruits we grow in the community garden, including wild strawberries, gooseberries, redcurrants, yellow raspberries, and Aronia berries.



Aronia were new to most of us and look like blueberries. They are native to North America and are also known as chokeberries because of their mouth-drying quality. They are slightly tart in flavour and rich in vitamin C and antioxidants. They are great for jam making as there are no stones and, apparently, one should devour a small shot of Aronia berry liqueur, bitter and sweet in taste, every morning for its health benefits and as a preventative measure to protect the heart, stabilise blood sugar levels and for their anticancer properties. Non-Alcoholic Aronia juice is also an option (might order one from Ocado) or buying a packet of dried organic Aronia berries to mix them in with yoghurt and muesli in the morning. It is worth giving it a go. Although, like prunes, too many might not be a good thing. We'll keep you posted on the taste/health journey!

Summer allowed us to travel again to see family (and in Iris' case, to Austria). One meet-up springs to mind where a bottle of 18.8% vol. liquor of Aronia berries was presented in celebration of family reuniting.

Our regular community of volunteers who meet on Sundays have been working hard over the summer, keeping the grass and weeds at bay, and keeping up a watering regime to support some of the plants we grew and added this year. These additions such as Rudbekia, Canna and scented geranium provided the garden with some later colour. The compost heap was turned over for the first time and a surprise garden resident was discovered.

Slow worm



Now that Autumn is nearly upon us, we are inspired by this year's display of Alliums to plant out some bulbs. They'll provide us with



a stunning display in spring and summer. This (left) is an incredibly long-lasting purple Allium still blooming on 31st August. We bought these in bulk from Boston bulbs but the Autumn catalogue by Sarah Raven ([sarahraven.com](http://sarahraven.com)) is inspirational and features a lot of the stunning alliums we have planted.

Susannah Hall has been telling us about her quails and is now on Instagram and sharing great content about her travelling pampered chicks as well as urban permaculture and natural dyeing fabric practices, if anyone is interested follow her @ecosaztastic

Thank you for supporting the garden  
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## October Plenty

If you've never been to the October Plenty on Bankside, it's really worth the trip into town. It's a harvest festival celebration and so much more – fusing old traditions with modern street theatre.

It's held each October, formerly starting outside the Globe but now beginning outside the Imperial War Museum, it takes place whatever the weather – and it's free.



Traditional figures will be there, such as the Corn Queene, Hobby Horse and, of course the Berry Man complete with an apple tree.



The proceedings begin at noon with a masque introducing the procession which winds its way through the streets, followed by dancing, performances of plays and seasonal fare at Borough Market. There are competitions for all ages, a story-telling orchard, singing and dancing and at the end the Corn Queene is dismantled and her many parts are flung into the crowd! It's a very family-friendly event.



This year's date hasn't been confirmed at time of writing but likely to be Sunday October 24<sup>th</sup> – keep checking the website.

[www.thelionspart.co.uk/octoberplenty](http://www.thelionspart.co.uk/octoberplenty)

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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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Weds: 1—3pm Arts Group

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# Kids' Page



Hello Kids

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

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



## Jokes

Why can't you give Elsa a balloon?  
**Because she will Let It Go.**

What kind of music do planets sing?  
**Neptunes.**

What's yellow and dangerous?  
**Shark-infested custard**

How many tickles does it take to make an octopus laugh?  
**Ten tickles!**

Why do dragons sleep during the day?  
**So they can fight knights**

What's red and invisible?  
**No tomatoes**

## Riddles

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

If a brother, his sisster, and their dog  
weren't under an umbrella, why didn't  
they get wet?  
**It wasn't raining.**

I am so simple, that I can only point yet I  
guide people all over the world.  
**Compass**

What goes up but never comes back  
down?  
**Your age!**

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

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Format required:  
Pictures - JPEG (high res)  
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