

The Community Magazine for the
Sudbury Court and Pebworth Estates

December
2021

The Courier

91st
Year



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The Courier



December 2021
Number 230 (1,070)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all keeping safe and warm, and wishing you a Merry Christmas.

Well, here we are, the last Courier of the year. Will you take some time to reflect on where we've all been over the last year? Take some time to spend with family, chosen family and friends, and appreciate them more this year as we weren't able to have that time last year? I wonder if our resolutions for next year will be any different as a result.

Anyway, a good time to spread some thanks around—and, aside from the special thanks to the Courier deliverers, below, I particularly wanted to say thank you to my regular contributor Jenica—she has taken time around her studies to share her thoughts with me and prepare content for us all to read. I also want to thank our young photographers who regularly send in their beautiful work for consideration. Our latest young contributors, Faizen and Saniya, have taken over the Kids Page, please do check it out.

There are also more of our residents getting involved in organising community events and fundraising—don't miss out, come and join in next year.

Until next time, keep safe and well,

Kaye

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Courier deliverers

We'd like to take this opportunity to say a HUGE 'thank you' to our residents who, once a month, whatever the weather, deliver our Courier magazine to every doorstep on the Sudbury Court and Pebworth Estates.

And to Noura, who oversees the deliveries and fills in when people are away—always above and beyond.

I think it's true to say that we wouldn't have a magazine without your commitment.

If you don't have email and you would like to contact the SCRA, please call:

07933 958 166

(available weekdays 10am-2pm; 4-6pm, or send a 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 Ben Bareham

Sergeant Sophia Adams



A day in the life:

Coming back from Court 11th Nov, PC Bareham and I were approached by a Probation Officer who had been assaulted by a male who had threatened suicide, and had jumped in front of traffic in a believed effort to carry out this threat. At about 1530hrs that afternoon the male had been sighted by PC Bareham on Old Church Road, after a phone call to the Ambulance Service by the male threatening to kill someone and himself. As both PC Bareham and I approached the male, he ran across several lanes of moving traffic - running after him we managed to detain him under the Mental Health Act, as there was an immediate risk to himself and others. In the detention, the male sustained a small cut to his head; the officers also sustained cuts; had to go to A and E to be medically cleared and then an assessment suite had to be found with an available bed, a bed eventually became available after midnight.

I highlight this as there is a lot more to policing than catching criminals—sometimes it's trying to help people who are emotionally disturbed and are a danger to themselves, and sometimes to others. The Mental Health Services are under a lot of strain, often demand outweighs capacity, hence the time delay in getting this man appropriate help.

Some residents will know people who have taken their own lives; I have personal knowledge of two Police Officers, who were seemingly very gregarious people, who took their own lives. The pandemic has seen an increase in mental health issues, people feeling depressed and losing jobs. Don't suffer in silence, a problem shared is a problem halved. If you know someone who is going through a mental health crisis, be there for them, try to get them help.

Court Result:

Recently, another one of my investigations ended in a Guilty Plea at court – it related to a youth who had robbed another youth by

threatening to stab him on 31/10/19, Harrow Road, Sudbury. The robber had been identified by me from CCTV of him using the victim's bank card, he was arrested on the 24/11/19. Identification procedures conducted subsequently and analysis of several phones recovered in the arrest, which took some time. Following a case being presented to the CPS, the youth who had turned 18 in December 2019, was charged with robbery and several counts of fraud. He will be sentenced in December: he is currently in prison in relation to another matter – he drove a stolen car the wrong way down the A40 as officers tried to stop him.

Burglars and Scrap collectors:

13/11/21 at about 1020hrs an eagle-eyed witness has seen a male in high-vis tabard by a house under renovation in Shelley Gardens removing copper wiring and piping from the address into a van. He had an accomplice and they claimed to be working on the house. Police were called and two males were arrested and charged with burglary. This witness intervention resulted in two people up to no good being arrested.

There are currently a lot of burglaries of houses/premises under renovation so please be vigilant if you see people at these premises outside normal work hours or even in normal work hours. A person wearing a high-vis tabard doesn't necessarily mean that they are legitimate contractors.

There are many incidents of theft, reported by residents, by so called "scrap collectors" – e.g. bicycles, radiators being drained, wrought iron fireplace - all left temporarily outside their house, stolen.

Please report to police any vehicles roving around paying close attention to people's houses/property.

Report to police or not bother?:

I notice on the residents' WhatsApp groups that residents have reported theft from their

vehicles or similar who haven't reported it to the police - some saying 'why bother?' when the police don't do anything.

Every day, at least a 100 crimes occur / are reported in the Brent area and police have to screen what they attend and what is investigated. If CCTV is not clear, with a clear facial image, it might not be of benefit to any limited investigation. Forensics is a limited resource too and so Forensic Officers are only deployed to a limited number of crimes.

Despite the resources I would urge residents to report that they have been a victim of crime as it alerts the local police (SNT) and it may also influence resourcing to the Police and thus your local area.

How to report:

999 in an emergency – immediate risk to personal safety or that of property; if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume).

101 where a crime has been committed and the suspect is no longer on scene or nearby

Online: non-emergency incidents may also be reported via the Met Police Website – www.met.police.uk

Drug and Anti Social Behaviour:

In early November, PC Bareham was involved in a stop and search of a car in Nathans Road, with one local male resident inside along with two others; a strong smell of cannabis from inside. In the stop, a quantity of Class A drugs was retrieved - a male is under investigation for this.

Currently on East Lane there is a problem with a gang of males hanging around, causing problems for shop keepers, stealing from their premises and believed involved in drug dealing and loitering, trespassing, littering and smoking drugs in a nearby block of flats, Brogan House.

05/11/2021 Safer Neighbourhood officers on patrol in East Lane and Peel Road saw two males loitering in the private forecourt of Brogan House, Peel Road on approach cannabis could be smelt and both were detained for a search. Found on one of the males were five 'wraps' of white powder bound tightly in paper the size of a pea, looking like wraps of cocaine – he was arrested by PC

Bareham. The powder requires further tests to establish what substance it is. It is believed that the gang hanging around East Lane are selling cannabis and wraps of an unknown substance packaged like cocaine. In August at Brogan House, one of this gang was found in possession of a number of similar wraps of white powder and a knife, and in a subsequent stop by me with a number of wraps of cannabis, in both incidents the male was arrested.

Drug dealers are untrustworthy, dangerous people, who do not care about you – would sell you any powder as a drug if you gave them £20.

Cold callers:

10/11/21 at about 1430hrs victim rang the SNT to verify whether she just had a call from a legitimate policeman. Victim, who is 84, lives alone and is listed on BT Directory Enquiries, stated that at about 1400hrs she received a call from a withheld number on her landline. The caller was a quite well spoken male, stated that he is a SERGEANT SPENCER from WEMBLEY POLICE STATION, he knew the victim's name and address; he went on to say that they have a Lisa Armstrong in custody with the victim's bank cards. The victim was in possession of all her bank cards and was immediately suspicious saying to him that she didn't believe he was who he said he was. The male caller became firm in his tone stating that he would have to send officers to her address and asked how many people lived at her address, she replied saying why do you need to know that information and the caller then said well we will have to come around now and then hung up.

Please be aware of this scam, this male so-called "SERGEANT SPENCER" is no doubt out to defraud her.

Some elderly residents might believe such an official sounding call is genuine, or might half believe, and then the caller (SPENCER) might suggest that the resident rings 999 to confirm his identity – he wouldn't hang up, leaving the landline open, get an accomplice to answer the resident's 999 call and thereby convince the elderly resident that they are genuinely the police.

What to do if you receive a similar call from

someone purporting to be a police officer – ask for their name, shoulder number (not all have shoulder numbers especially in specialist units), warrant number, the title of the unit they are working in, the station that they are based at, and their telephone extension number. Take a note of what they are saying is the reason they are calling BUT **do not** divulge any personal information, bank details, bank card numbers or PINs under any circumstance.

After taking a call like this, end the call and make sure that you have disconnected the line i.e hung up. Then wait at least 20 minutes before ringing the real police on 101 if you are unsure about the nature of the call or the person who rang you, preferably use a different phone/mobile. If you have to use the same line, make sure you have a dial tone before dialling.

Particularly, if you are older/retired bracket I would also suggest that you disclose a call of this nature to a friend or family member before taking any action or if you are worried in any way. Don't worry about it on your own.

Overview of offences 12/10/21—14/11/21:

Robbery: (i) Watford Rd (near 150 odds) 12/10 1520hrs late teens male victim walking home from school, approached by late teens male and female threatening that they had a knife and would harm if he didn't hand over his mobile/Airpods (ii) by Kenton Rd tube 13/10 0550hrs male was waiting at bus stop when two males on a bicycle rode by and snatched his mobile and rode off towards Kenton Park; (iii) Railway Bridge from Northwick Avenue to Draycott Avenue – 04/11 1830hrs two mid teens male victims were walking from the tube across the railway bridge followed by two males who showed the sheath of a concealed knife and told to hand over their phones- they removed the sim, did not take the phones, searched wallets and stole Airpods; (iv) Elmwood Open Space Sudbury Ct Rd – 07/11 1700hrs male victim approached by a group of youths, stole his bag and mobile.

Burglary: (i) East Crt (in 30s evens) 06/10 0800 – 1400hrs delivered packages were stolen from inside porch; (ii) Norval Rd, (in



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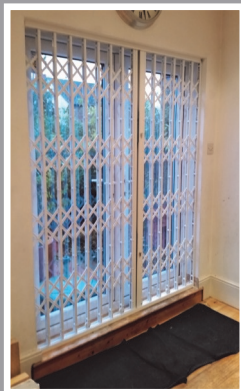
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15s odds) 19/10 1929hrs forced entry via front door, alarm activated, unknown property stolen; (iii) Blockley Rd (in 50s odds) 09/11 1900hrs – 10/11 0800 property under renovation broken into via the back, ladder and believed tools stolen; (iv) Elms Ln (in 40s evens) 12/11 1000-1515hrs glass pane in front door smashed, unknown if property entered, unknown if any property missing; (v) Shelley Gdns (in 10s odds) 13/10 1000hrs witness saw two males (see report pg 4.)

Burglary Commercial: (i) Blackhorse Harrow Road 18/10 0001hrs – 0200hrs break in.

Garage Burglary: (i) Garden Crt – 21/10 1910hrs – entry gained via removing roof panel of lock-up garage, tools stolen; (ii) Garden Crt – 25/10 0400hrs – 1214hrs via removing roof panel.

Theft of Motor Vehicle: (i) Kenton Rd (in 40s odds): 26/10 2200 – 27/10 0739hrs 125 Yamaha scooter 2021 plate stolen; (ii) Sudbury Hill Cl 28/10 1400 – 01/11 0932hrs red Toyota Yaris 2010 plate stolen; (iii) Oldborough Road (in 30s) 08/10 0005hrs Honda 125 moped stolen 2010 plate, subsequently recovered; (iv) Watford Rd (in 170s odds) 10/11 2300hrs – 11/11 0845hrs 2019 Range Rover Sport stolen from driveway.

Theft from Motor Vehicle: (i) Northwick Park Hospital (NPH) 13/10 1130hrs – 1300hrs tools stolen from 2017 plate Mercedes side door drilled to access van; (ii) Dyson Crt, Perrin Rd – 01/10 – 14/10 log book stolen from 2004 Mercedes; (iii) Nathans Rd (low odds) 13/10 2000hrs – 14/10 1300 CatCon stolen from 2001 Golf Se Auto; (iv) Nathans Rd (in 20s evens side) 13/10 0900hrs – 14/10 0400hrs CatCon stolen from 2017 plate Toyota Auris; (v) NPH 14/10 1400hrs tools stolen from 2019 plate Mitsubishi outlander van, entry gained via drilling door; (vi) Carlton AW (in 40s evens) 20/10 1830 – 21/10 0800hrs 2019 BMW broken into in an effort to steal property; (vii) NPH 28/10 1200 – 1730 hrs CatCon stolen from 2017 plate Toyota Auris; (viii) Blockley Rd (in 90s evens) 30/10 0001hrs CatCon stolen from 2014 Lexus CT 200H; (ix) Peel Rd (in 80s evens) 29/10 2100 – 31/10 1600hrs reg plate stolen from 2015 black VW Golf; (x) The Fairway (in 40s evens) 05/11 spare wheel stolen from 2019 plate Ford Transit,

2019 plate black VW Touran used by 2 men involved; (xi) Carlton AW (in 10s odds side) 06/11 1905hrs CatCon stolen from 2010 BWM 318i parked on driveway.

Attempted Theft from Motor Vehicle: (i) NPH 10/11 1630 hrs – 11/11 0700hrs holes drilled in door of van 2015 in an attempt to get tools but no tools left inside.



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-scr.a.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

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

cllr.robert.johnson@brent.gov.uk

Hi everyone. Given the focus on Climate Change at COP26, I wanted to highlight some of the actions that Brent have taken and how you can all contribute to lowering carbon emissions in the Northwick Park area. I would like to encourage you to make a pledge on the "Count Us In" website.



Can we count you in? Take a Pledge.



Brent's Climate Festival (1-12 November) was an exciting programme of local activities and events which aimed to raise awareness and inspire action on climate change, running alongside 2021 United Nations Climate Change Conference (COP26) in Glasgow.

Brent Council is committed to tackling the climate emergency and we are working, together with residents, to make Brent a carbon neutral borough by 2030.

Climate change affects every single one of us, and we need to take action as a community. Many of the changes we must make will not only protect our planet, they can also save us money, improve air quality and help us feel healthier.

We brought communities together to learn about climate change, with helpful tips on reducing our carbon emissions.

We can all start making a difference by taking a pledge for climate change. Make your voice heard via the 'Count Us In' pledge pages here <https://qrco.de/bcXlq1> or scan the QR

You can make a pledge to an action that will contribute to lowering emissions, e.g. walking more, cycling, reducing car use, recycling waste better, reusing/recycling clothes – please make the pledge. I have and you can do too!!!



Since 2019 Brent has undertaken a wide range of actions, here are just a few of the highlights:

What have we already done to tackle the climate emergency?

Our Climate and Ecological Emergency Strategy has five key themes which are closely aligned to the priorities set out by residents within the Brent Climate Assembly.

The five strategy themes are:

- 1) Consumption, resources and waste
- 2) Transport
- 3) Homes, Buildings and the Built Environment
- 4) Nature and Green Space
- 5) Supporting Communities.

Consumption, Resources and Waste

- Developed and launched a new Procurement Sustainability Policy which mobilises £400m on council spending power in order to radically tackle carbon emissions within the council's supply chain

- 150 tonnes of plastic saved by the Plastic Free Wembley campaign, including trialling biodegradable bags, made from potato peels and corn, in Wembley's litter bins

- At least 34,586 residents given tailored recycling advice by the Veolia education team

- Doubled the number of Christmas Trees recycled from 2,000 in 2018/19 to 4,000 the following year with a network of designated drop-off points and a communications campaign

- In January 2021 we worked with Veolia on a food waste digital campaign which saw the number of caddies ordered increased by a huge 117% over the course of the campaign (compared to the same dates in the previous year) from 332 to 719 caddies ordered.

Transport

- Over 115 charging points for electric vehicles installed across the borough, with 390 more due to be delivered this year;
- 553 adults and 2,942 children received free cycle training in the last year
- Implemented 33 School Street trials, where the roads around a school are closed to traffic during drop off and pick up times to limit toxic emissions - the third highest number of all London boroughs
- Implemented Harrow Road Pop-Up Cycle Lane
- Facilitated a number of local community events for Bike Week 2021
- Ran an anti-idling campaign which continues to educate motorists about the harmful effect on local air pollution of idling in a car
- Our contractor Veolia have switched to an

entire fleet of electric salt spreaders, the first borough in the UK to do this

Homes and Buildings

- In 2020, the council announced that it **cut its emissions by 63.7% over the last decade**. This exceeds the government's target and a more robust self-imposed goal which was agreed in 2018
- Part of a West London consortium which has secured £4.7m for the region to retrofit homes for those on low incomes in fuel poverty, plus an additional £1m for Brent specifically in the second phase of the project
- 21,000 LED street lights installed, reducing carbon emissions by 62% while continuing to keep our streets safe
- At least, 766 solar panels installed through council-supported scheme Solar Together, saving 49 tonnes of carbon each year. So far, 68 accepted installations on properties in phase 4 of the programme in 2021

Nature and Green Space

- London-leading wildflower meadows (22 sites) planted to boost biodiversity, making up Brent's Bee Corridor

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- Dog waste stations are being trialled across Brent and sponsored by eco-green communities. The stations contain biodegradable bags for those rare occasions when a sensible owner leaves their bag at home
- We are continuing to double the number of trees planted in the borough between 2018-2022 as we were able to during 2014-18

Supporting Communities

- Launched the Brent Environmental Network which as of August 2021 has over 700 members across Brent who are regularly updated on the latest community initiatives relating to the environment or tackling the climate and ecological emergency
- Expanded the Love Where You Live and Edward Harvist Grants Scheme to include the ability to bid for grants with an environmental sustainability focus
- Established a Brent School Climate Champions Network to develop a 'whole school' approach to tackling the climate emergency across all 87 of Brent's community schools, 14 schools are currently signed up and are meeting every couple of months
- Worked with Veolia on the launch of applications for a new community cookbook,

showcasing the best recipes which either utilise leftovers and reduce food waste, or are plant-based. Both are which are sustainability focused

- Established a planning group of residents to take part in the council's first participatory budgeting exercise for the council's Carbon Offset Fund.

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 Sat 4th December 11am-12noon. Please email, text or phone any one of us as soon as you can, or come along to St Cuthberts 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

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

Cllr Keith Perrin **07711 561 848** (audio only)
Cllr.Keith.Perrin@brent.gov.uk

From the Archives

Brent Archives:

"Wembley News" on 30 March 1934

SUDBURY COURT

TWO SEATS: 6 CANDIDATES

2,672 electors: 1,225 voted;
 percentage 45.8

PLYMEN G. H.-3	675
GREAVES W. H.-4	435
Wainwright J. C. (R.)	350
Axford Mrs E. A. (R.)	331
Jamieson J. (L.)	219
Coomber A. W. (L.)	214

Kingsbury Urban District Council merged with Wembley Urban District Council from 1 April 1934; elections were held on 24 March

1934 for all 35 seats on the "new" Wembley U.D. Council. One of the new Wards created for these elections was Sudbury Court. It had 2,672 electors for two seats on the new Council, and 45.8% of them cast votes for a choice of six candidates.

"Considerable interest centred on Sudbury Court, one of the newly-created wards, where the division in the ranks of the Sudbury Court Residents' Association concerning the adoption of candidates resulted in Dr G.H. Plymen, a former member of Willesden Council, and Mr W.H. Greaves, both members of the association, standing in opposition to the association's candidates. They were elected by a comfortable majority over the "official" candidates, who secured some 100 more votes than the two Labour nominees."

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SCRA Update—Pareet Shah

From the Executive Committee meeting on 3rd November and recent events.

1. **Traffic survey.** You may have noticed devices on some roads in the area at the beginning of November. This has been organised by the Council, at our request, to capture data in response to numerous complaints about speeding and increased volumes of motor traffic. Once completed, we will discuss this with the Council and present a summary to you, along with suggestions of how to manage this.

2. **Mumbai Junction/231 Watford Road** planning application. As you are probably aware, there have been plans submitted to demolish this much-loved local asset and replace it with more flats. The committee is strongly opposed to this and have objected. With the invaluable support of our fantastic residents, thousands of leaflets have been delivered to local and surrounding streets and information has been shared online. Please keep an eye on our website <http://the-scra.co.uk> for updates.

3. **Court Parade** planning application refusal. There is a hearing in Brent with the

Planning Inspectorate regarding the appeal to planning refusal. We have instructed a planning consultant to represent residents as, if approved, this development threatens the viability of the Conservation Area.

4. **Sudbury Court Horticultural Society.** This long-standing society is looking for new committee members: we are hoping to raise awareness of this valuable local group.

5. **CCTV camera.** The camera that was purchased by the SCRA is being relocated to a new site to capture environmental issues such as fly-tipping. If you have any suggestions for locations, please do let us know.

6. **Climate Change.** Very much in the news and will continue to impact upon all of our lives. We will all have our role to play to reduce it's impact and we will discuss in future meetings how the SCRA can contribute.

7. **Christmas lights Competition**—(below.)

8. **Blue Ginger Bar and Restaurant Limited** Licence. We learnt of an application to extend the licencing in more areas of this venue. We submitted an objection based upon our concerns about public safety, public nuisance, prevention of children from harm.



Christmas Lights Competition

Judging will take place during the third week of December.

*Winners will be published in the February issue of
The Courier.*

*If you'd like to nominate your favourite display for
consideration by our Secret Santa, please email:*

editor@the-scra.co.uk before 17th December.

Protecting your wealth and loved ones

- Everyone should have a Will, but 2 out of 3 people have not yet made one, and those that **have may not have the correct Will** in place.
- If you own a business or share of a business, your spouse/partner and children may not necessarily inherit your share.
- An estimated 70,000 people per year have to sell their homes to **pay for care**.
- Effective planning can also protect the **inheritance of future generations** from **divorce or separation** settlements.
- By setting up **lasting powers of attorney**, you can rest assured that your finances and personal welfare are in safe hands.

In association with Countrywide Tax & Trust Corporation Limited, I provide a professional, tailor-made service to help individuals safeguard assets, regardless of their value and protect their loved ones.

My decision to get involved in Wills and Estate Planning was a result of personal experience. I learnt first-hand how unpreparedness adds to the stress of dealing with long-term illness and death. Get in touch for advice that can guide you to make informed decisions that suit your needs.

For more information visit: www.personalestateplanning.co.uk

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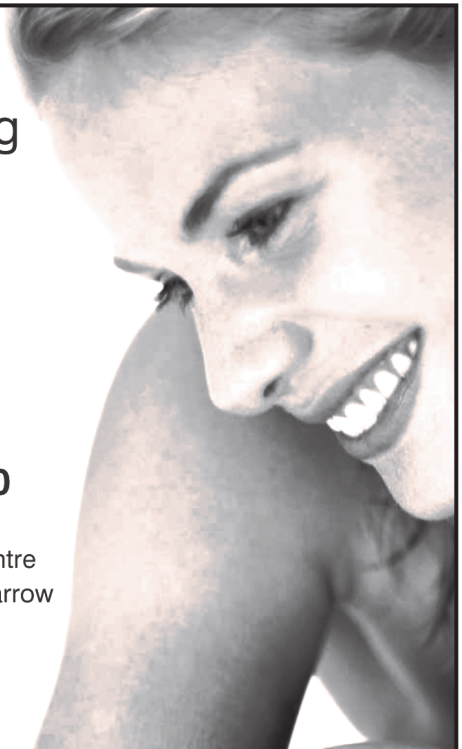
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Let's Celebrate. It's good for us!

We are in the season of celebration. I always find this time of year speeds up, especially when we gain the hour at the end of October. We go straight into Halloween, All Saints Day, Remembrance, Advent, Christmas and New Year. These are just the highlighted events on a vicar's radar! Other faiths and cultural groups celebrate this time with Diwali, Hanukkah, The Winter Solstice, Hogmanay. I know I've left quite a few off the list, but it does just go to show how many opportunities there are to have a celebration in November and December. And the good news, is this year we can celebrate!

It is said that celebration is good for us. When we celebrate it makes us pause and be mindful, and that boosts our well-being.

We often think that there are bad times and then there are good times but so often the

good and the bad times in life happen at the same time. These events in our lives are like two railway tracks running alongside each other and one has all the good things and the other the bad. We need to straddle them both if we are to build up our resilience and the best way to do this is to spend time with friends, family and neighbours and celebrate together the bigger picture of life.

We can all make memories and good times for our family, friends and our community. This year we have drawn together a community choir of people – those who are learning to sing with accomplished singers. We have the objective of having fun together and creating a joyful time. Come and join us at St Cuthbert's Church for our **Carol Service on the 19th December 2021 at 5:30pm** and let us celebrate together. It is good for us!

Rev Trevor Goddard

A Celebratory Farewell to Rev Steve—Sukaram Chopra



I was so busy mingling with everyone seated at the tables (in their own groups) and I did not realise the speeches had started. I just got up to go and get something to eat and realised what was going on. I got my camera out and did the 'David Bailey' ritual.

There were people from Rev Steve's Thursday and Tuesday groups at St. Cuthbert's and I think there were at least 100 people there. I do remember saying this is the most we have had for an event like this—Wine was served and word must have got around!!

These 'Feet' are made for walking

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

To most of us, walking is a simple and uncomplicated automatic daily activity. 'Simple and uncomplicated', couldn't be further from the truth. Walking is a complex symphony of brain, musculoskeletal, neurovascular, and environmental factors that come together to allow us to move gracefully, freely, and painlessly.

Changes to any of these will impact our movement and comfort, from affecting our walking style to something less obvious such as joint or soft tissue damage leading to a variety of painful foot, ankle, leg, knee and even back conditions.

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This will help us make a diagnosis and offer you one or more of the following:

1. Some advice on rehab, change of footwear, or other self-care

options including any immediate treatment that can be given on the day.

2. Foot orthoses – These correct foot and ankle posture and we have our own in-house orthotics laboratory.
3. Specialist therapies such as mobilisation, ultrasound, shockwave, neuromodulation, electrotherapy etc.
4. Identifying issues that may require specialist surgical or nonsurgical management.

Walking is a healthy activity, and we want to help you continue walking painlessly. Contact us today and see how we can help you.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we wish all the readers of this publication, happy walking, Merry Christmas and New Year.

Firoz

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This Is Community—Roshani Ratnayake

Volunteers of the community hosted a **Macmillan Coffee Morning** at St. Cuthbert's Church on 30th October. Let's just say....if you didn't attend, then you definitely missed out!

Of course the British rain had to make an appearance on the morning, but that didn't stop our residents from supporting a good cause. After the couple of years that we've had, it was very impressive to see the community come together to support Macmillan....from baking/donating a cake, donating towards the tombola and crafts, and to attending the morning. It was lovely to see residents socialising and having a well needed catch-up!

With your support, we were able to raise a massive £1000 on the day—which more than exceeded our expectations!.

Watch this space for even more community events!

P.S. the organisers would like to thank each and every one of you for your generous donations!

A special thanks to Tesco Brent Park and Asda Wembley for donating supplies for the day!

Tombola and crafts sale



Our amazing volunteers who organised the event

Thank you :)





Getting out n about . . .

Christmas Celebration - A Festival of Music for Choir and Audience

Harrow Choral Society is returning to Harrow School's prestigious Speech Room for its festive concert of carols, readings, brass ensemble performances and audience participation carols. We are delighted to be welcoming Jane Asher as our Guest Reader, all music will be conducted as usual by Simon Williams and accompanied by composer Paul Ayres, winner of the annual Making Music Awards in the category of Best Arranger.

Tickets: £18, free to under 16s (ticket required)

www.harrowchoral.org.uk

boxoffice@harrowchoral.org.uk

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NEWS FROM EAST LANE THEATRE

We are busy rehearsing our seasonal production, a show for all the family, a double bill of "coarse acting" plays, plays in which the actors courageously struggle while everything that can go wrong, both on stage and backstage, does go wrong. Believe it or not, it takes great acting skill to portray these hilarious disasters.

By the time you read this, there may **only be a few performances left.**

Book on www.eastlanetheatre.co.uk or **07762 622 215**

Our next production will be Noel Coward's enduringly popular comedy "Blithe Spirit". Watch this space for further details in the January issue.

In the meantime, why not pop in for a coffee and tour of your local theatre any Sunday between 10 and 12? We're always looking for new members, acting and non-acting, to join in the fun.

Have a look at our website to find out more about us www.eastlanetheatre.co.uk



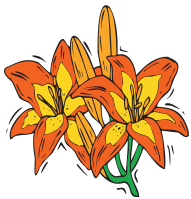
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The Friends will be holding a Christmas Fair on **Saturday 4th December from 10.00am until 2.00pm.**

Father Christmas will be visiting at midday and we welcome all, especially the children, at this event.

We hope to resume mini-markets at the Centre in the New Year, first probable date Saturday 12th February. Thank you for your continued support during 2021!

The CENTRE wishes to expand the Board of Trustees. If you are interested in the work of our local Day Care Centre and feel able to contribute to it's further development, please contact the Chair of the Trustees, the Reverend Greville Thomas via the office e-mail office@sudburyneighbourhoodcentre.co.uk or tel. **020 8908 1220**



CALLING ALL GARDENERS



Membership : George Crane - crane.g@gmail.com
Follow us on Facebook - Sudbury Court Horticultural Society

Sudbury Court Horticultural Society Your local gardening club

Along with the failing light and the chill at the onset of winter, this month I bring you sad news from your local horticultural society. The AGM, held on Saturday 30th October brought **twenty-two** members together. All the committee members have served for a number of years and, as mentioned many times in these articles, have reached an age where we are physically less able to put on a flower show with all the movement of furniture, fetching and carrying required. Increasingly, the work falls on a faithful few. We had hoped that the Autumn event, the Show and Tea Party would encourage others to join in the work of running the Society, and though many people attended, some of them in the younger age group, none has so far volunteered to help. Since the AGM was unable to elect officers for the coming year, we are faced with the possibility of winding up the Society.

The Society's constitution requires the officers to give members at least three weeks' notice of an Extraordinary General Meeting where a motion may be put to close the Society. This article should be read as part of that notice, though we shall also attempt to contact known members by email or post.

The **Extraordinary General Meeting** is arranged for **22nd January 2022** at 3pm at St Cuthbert's Church. Unless, by then, volunteers agree to lead the Society forward, that meeting will have power to close the SCHS and make arrangements for the disposal of its assets.

It was hoped that the Society's booklet might stimulate general interest in the SCHS, recording events since its beginnings in 1933. It was published for the tea-party. Please phone **020 8904 2531** if you would like a copy.

The Society has been well-supported financially by its members, with donations almost

equalling the subscriptions, so somewhere out there, a spark of interest in our activities exists.

Visits to interesting gardens have always been popular. Outings to Wisley and

Hyde Hall have been especially rewarding through our affiliation to the Royal Horticultural Society. There is some interest in such trips continuing, but without a committee our affiliation to the RHS would be lost.

Nothing in the Constitution of the Society decrees that three Flower Shows should be arranged every year. Maybe there is room for some new thinking about the kinds of activities the Society might undertake? Maybe there are other ways that people could get together to celebrate their gardens? If you are willing to take on a leading role in the future, please make contact soon, details above.

By the time you read this edition of *The Courier* your own garden will have been put to bed for the winter, tender plants given shelter from the weather and leaf-sweeping completed. You will be looking forward to seasonal entertainments indoors. The retiring committee sends seasonal greetings to everyone. Perhaps though, you will find a moment to consider the loss to the community if this Society should close. If you care about it, please offer to take a leading role before the EGM on **22nd January 2022**.

Afterthought! Is there any significance in these emboldened number 2s? The pattern has often been for couples to take on leadership roles! Job-sharing is very fashionable! Let's keep the golden rose flourishing!

Margaret Roake





Crafty Christmas Ornaments—Jenica J

As the weather darkens, and the days shorten, December arrives—shortly followed by Christmas. The holiday season is a time when we rush out and buy gifts for the people we love. Here are a couple of simple diy ornaments which you can make together at home. I hope you enjoy having a go, and don't forget to hang them on your tree!

Minimalistic pom pom ornaments

If you have a small or simple tree these ornaments are perfect for you. They add a sense of Christmas in a subtle and minimalistic way.

What you need:

- Thin string or ribbon
- Embroidery needle
- Coloured pom poms
- Small wooden (or other) beads

Easy steps:

1. Measure a length of string, slightly longer than the length which you would like for it to dangle from the tree. Double the string so that it is twice this length and cut.
2. Thread the needle with string/ribbon.
3. Thread the first bead onto the string, after you do this tie the bottom of the string so the bead or pom pom at the end does not fall off.
4. Keep threading beads and pom poms until you're happy with the look.
5. Remove the needle from the thread and tie the two ends together to make a loop.



Peppermint Candy Ornaments



What you need:

- Peppermint candies (the stripey ones make extra pretty ornaments)
- Cookie cutters, different shapes
- Baking tray
- Toothpick

Easy Steps:

1. Preheat the oven at 160C.
2. Place the cookie cutters on the baking tray.
3. Place a layer of peppermint sweets in the bottom of the cookie cutters (its okay if there are slight gaps.)
4. Place in the oven for 5-8 minutes (or until the peppermints have melted.)
5. Remove the tray from the oven and let the shapes cool down for 15-20 minutes—careful as they will be very hot at first.
6. Carefully remove the cookie cutter moulds; use the toothpick to slowly pierce a hole near the top of the ornament while it's still warm and thread string/ribbon to create a loop. Leave to fully cool.

You're all ready to decorate your tree!

Christmas is a time to relax, unwind and indulge in treats. You can still enjoy all the festivities of the season and get through the Christmas period without too much impact on your health. Try these top 10 tips for a healthier Christmas this year.

1. Don't overdo it

Many of us eat out more than usual over the Christmas period, and often eat more than we would at home. Plan ahead and decide before you begin if you are going to have a starter or a dessert or ask for a smaller portion.

2. Try to eat a bit less at other times

If your celebrations are going on for a while, try to scale back what you're eating at meal times. This could mean having a lighter meal in the evening, like soup, salad or sandwich.

3. Check the menu in advance

When you're eating out, one of the best ways to make healthy choices is to check the menu beforehand, choose what you're going to have with your health in mind. If you know what is coming, this can prevent those extra calories from snacks and soft drinks.

4. Adjust your meal plans in restaurants

If you're feeling full and want a lighter meal, you can request restaurants to adapt meals by replacing chips or potatoes with a salad or vegetables. You can also ask for no extra cheese, butter, mayonnaise and dressings or oil.

5. Choose healthier options

If you're eating out, try to choose the healthiest menu options. Avoid deep fried dishes or those with creamy or cheesy sauces. If you're having dessert, choose fruit-based desserts.

6. Tuck in to turkey

A traditional Christmas dinner isn't the worst choice when it comes to your health. Turkey is a lean meat and plenty of vegetables. Fill up with vegetables like sprouts, carrots and peas and go easy on the roast potatoes and parsnips, which come with extra fat and calories.



7. Fill up on vegetables

Having a good helping of vegetables with your meal will add vitamins, minerals and fibre and help you towards your five a day. If you're in charge of the cooking, offer steamed or boiled vegetables without salt, and steer clear of cheese sauces, or adding bacon to your sprouts, or butter to your carrots or peas.

8. Cut back on Christmas nibbles

Nibbles are seemingly everywhere at Christmas. It's fine to indulge in the odd mince pie, shortbread biscuit, festive tipple or a chocolate sweet, but smaller portions or limiting your self can prevent those extra pounds from piling on. Those extra savoury snacks like crackers, dry roasted nuts and crisps are high in fat and calories.

9. Be drink aware

As well as the impact on your health, some days we can consume more calories from alcoholic drinks. Try to stick to the National recommendation of 14 units per day. Soft drinks can be high in calories, choose sugar-free drinks or water.

10. Do Something for Others

Why not do something for others this festive season, whether it's sharing some of those extra mince pies, chocolate and biscuits with an elderly neighbour, or donating gifts to a local charity or hospice.

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Thanks to your participation and hard work, Northwick Park Community Garden received the "It's Your Neighbourhood" award 2021 from London In Bloom and the Royal Horticulture Society. Out of five levels, 5 being the highest, we achieved a level 4 award. It was judged and scored on Community Participation, Environmental Responsibility and Gardening Achievement. Achieving this award sums up all your great efforts in keeping the garden tidy and watered.



This Autumn we've been trying to plant as much as possible while the weather stays mild and as you know have focussed on the area by the footbridge. We've been helped by the incredible support of the 3rd Kenton Scouts, and their leaders who took

part in every planting session we've held in autumn. In our second big gardening event this Autumn the scouts planted over 600 bulbs including Crocus, Alliums, Narcissus and Tulips in one morning.

This area of the garden already looks completely transformed and next year will be full of colour with the flowers grown from bulbs and from the plants we added last month.

We also continue to make the flower beds bigger using the special permaculture "jump on the spade technique" and made sure we mulched the extended planting circles using our proven method of ripped wet cardboard and bark chip.



Everyone dedicating time to support the community garden is a trooper! Especially when the weather conditions on some days makes you feel that you would be better off at home on the sofa.

Thank you for supporting the garden.
Keep well.

Eleri, Jo, Rishil and Iris

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Christmas Jumper Day—10th December



I'm not sure if it was an official day before, but since 2012, people have been putting on their jazziest, most fabulous (or bad taste!) Christmas jumpers for one Friday in December, and donated £2 to Save the Children, raising money to help protect the magic for children around the world.

So this year, on the 10th, is the tenth Christmas Jumper Day! It's really easy to do, just go to the Save The Children website: www.savethechildren.org.uk and follow the instructions to sign up, or scan this QR code.



Coach Christmas - in the picture above, has a message:

"It's my job to make sure we have the awesome-est Christmas Jumper Day ever on **Friday 10 December**. After the last two years, we could all do with some fun. And this is a party you can join no matter where you are!

Wanna see the magic kids see at Christmas? Here's how:

Step 1: stop doing all that boring non-magical stuff for a second. This is gonna be waaayyy more fun than tidying up or staring at your phone.

Step 2: **sign up for Christmas Jumper Day** and tell everyone about it!

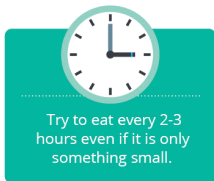
Step 3: jumpers ON! Your jumper is gonna make you feel magical - because everyone who wears one is helping kids get the stuff they need most: food to help them see the fun and wonder in the world.

Let's do this, people!"

. . . You heard the Coach!! What are you waiting for?

Nutrition & Hydration

Eat little and often



Add to your food to increase energy without increasing portion size.

This is called fortifying food



Adding cheese to your mashed potato is not just tasty, it helps boost your calorie intake too.

Use milk powder to fortify milk, sauces and soup



Buy a tub of skimmed milk powder to use for fortified milk and in sauces or soup.

Have more protein



Add extra pieces of meat or tinned lentils into soups, casseroles, stews or pies.

Eat with others



Make meal preparation easier

Buy full-fat ready meals and snacks to heat in the microwave.



What is a *fortified diet*?

A fortified diet describes meals, snacks and drinks which have had additional high calorie and protein foods added to them, e.g. cream, milk and butter. This helps to prevent weight loss, improve energy intake and maximises the nutritional content of a dish so that every mouthful counts.



Use full fat milk/cream - make milkshakes or use in teas, coffees, soups and puddings.



Whisk 2-4 tablespoons of dried skimmed milk powder into a pint of milk.



Add butter, margarine, cream or cheese to dishes, e.g. potatoes.



Add cooked meat, fish, beans and other pulses to soups and sauces.



Add honey, chopped nuts or dried fruit to puddings, cereals or porridge.

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Kids' Page



Hi,

We have enjoyed putting this page together for you—we hope you like it.

If you have a favourite joke—send it in to us and we'll share it.

Faizan (aged 9) and Saniya Zaidi (aged 5)



Jokes

Why couldn't the pirate find his cards?
Because he was on the deck!

Why did the tomato get left behind?
Because he couldn't ketchup!

Why was 6 afraid of 7?
Because 7 ate 9!

What do you call a hippo with chicken pox?
A hippo-spot-amus!

What does a snowman eat for lunch?
An iceburger!

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

Riddles

**Kate's mother has 3 children: Snap, Crackle and _____.
Kate!**

I have a head and a tail but no body. What am I?
A coin

When Grant was 8, his brother was $\frac{1}{2}$ his age. Now Grant is 14. How old is his brother?
10
because $\frac{1}{2}$ of 8 = 4;
(Grant now) 14 minus (Grant then) 8 = 6
4 + 6 = 10

What has a face and 2 hands but no arms or legs?
A clock.

Did you know?

1. In Cars (2006) Lightning McQueen's racing number is 95: a reference to the year Toy Story (1995) was released.

2. Pillows have been found in Ancient Egyptian tombs dating back to 2055-1985 B.C. Ancient Egyptian pillows were made out of wooden or stone headrests.

3. The number of slurpee drinks sold each year are enough to fill 12 Olympic-sized pools!

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