

The Community Magazine for the
Sudbury Court and Pebworth Estates

November
2021

The Courier

91st
Year



Photo: Rayhan Qureshi, age 11

What's on your Doorstep?

(action required, see pg 11)

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November 2021
Number 229 (1,069)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Is it just me, or are the months just flying by?

I'd like to thank Rayhan (age11) for her lovely picture of a double rainbow—which seemed to shine right over Northwick Park Hospital. An appropriate reminder to keep in mind the Pot of Gold NHS and key workers who will be working hard through the winter months to keep our day-to-day as close to 'normal' as possible, and keep us cared for. If you haven't considered looking after you and yours with vaccinations, boosters, masks and regular hand washing, please do consider doing all you can to also keep our your neighbours and community as safe as possible.

Until next time, keep safe and well,

Kaye

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

07933 958 166

(available 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



We have a new PC who has joined Northwick Park Safer Neighbourhood Team (SNT) – his name is Ben Bareham. He has come onto SNT as part of his rotation as one of the various roles in the police. He is keen to do his utmost to ensure the safety of residents. Charlie, myself and Sergeant Adams are still on your team.

In the month up to 13th October, the team was quite light on the ground owing to Dan Gardner returning to response team and annual leave by other officers.

Personal Safety of Women and the Police:

In the past year and a bit, there have been murders that have rocked London and the nation. Locally, the murders of sisters Bibaa Henry and Nicole Smallman in Fryent Country Park. More recently, the murder of Sarah Everard by police officer Wayne Couzens, and within the past month the murder of Sabena Nessa. These murders serve to highlight the issue of personal safety of women.

I continue to give personal safety advice at the bottom of this article and this is ongoing. I would urge residents, women and men alike, to be cautious about walks alone in open spaces particularly at night time. Northwick Park is reasonably safe, however, incidents have happened in the past there – mainly robberies and the victims in most instances have been young men on their own by groups of robbers. There was the murder last year of a male teenager by another teenager in a dispute over cannabis, this tragic loss of a young life was the only murder that I am aware of in the recent history of the Northwick Park area.

Regarding plain clothes officers: most police officers like to work with another for personal safety reasons, however, in the Safer Neighbourhood teams because we are small – only three officers per team, we sometimes work alone, depending on the shifts of our

colleagues. We, more often than not, work in our uniform, though our car is often unmarked. If you have rung the Police to report a theft or an incident you may have a police officer attend alone but again they are responding to an incident.

In reference to plain clothes officers or officers working alone: if you are in any doubt or unsure of the authenticity of someone purporting to be a police officer or that they're not acting in official duties then please ring 101/999 in an urgent situation; most officers conducting a stop – whether it be a traffic or person stop/detention will get an incident log (CAD) generated to let our control room know what we are doing and to safeguard ourselves in case the situation becomes volatile. In the paragraphs below, under cold callers, I have highlighted what uniformed officers and plain clothes officers should look like – this was as a result of an incident in Brent a few years ago involving a burglary committed by a group of burglars pretending to be police officers conducting a search warrant at a house.

I would like to think, and from my experience, the intention of most police officers is to safeguard the public but I suppose a healthy scepticism of the bona fides of anyone's intentions is always recommended.

Real police and Fake ones:

As a result of the recent news and previous fake police officer phone calls I thought it prudent to remind residents of what to look out for in terms of pointing out whether an 'officer' in person is genuine.

Firstly, to say it is extremely rare for a person to pretend to be a police officer.

It should go without saying that a resident should not permit entry to their house to any person unless 100% certain that they are who they say they are. Officers not in



uniform should be in possession of a Police warrant card—this card has a metal crown crest with braille metal writing underneath on one side, and on the other side an ID card, which should give the full name of the officer, an ID photo and their Warrant number. Also, the officer should be wearing a Met Vest (the bulky stab proof vest) Body worn camera (with the yellow label,) and police radio similar to the one in photo. If in doubt ring the police on 101 who should be able to confirm the person at your doorstep is a genuine officer.

Officers should also be in possession of Personal Protection Equipment (PPE) – which is an extendable baton, Parva spray (pepper spray), and handcuffs.

The above photo shows the uniform of Metropolitan Police Officers, in the majority of instances if a police officer attends your address in Wembley they will be from the Metropolitan police so please take note of their uniform. In many instances officers will not wear their hats, on foot patrol yes, but generally not in vehicles.

There have been some very rare incidents of robbery-burglaries involving fake police officers whose equipment looks fake – they have been wearing really fake looking Met Vests, that don't have the Met Police logo on it, are not in possession of a body worn camera or a police radio. You should scrutinise what the officer is saying and how they look and if in any doubt ring 101.

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Keeping Safe out and About (taken from PSNI website):

- Cover up expensive-looking jewellery. Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go, do not get hurt. Your safety is more important than your property.
- Remember - flight not fight!
- Don't take short cuts through dark alleys, parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed.
- Don't hitch-hike or take lifts from strangers – not really applicable in North West London but bear it in mind if you are elsewhere in the country.
- When walking alone carry a personal attack alarm. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it is dropped or falls to the ground.
- Self-defence/safety awareness classes may

help you feel more secure, but remember - flight not fight!

- Arrange transport home in advance. Do not go out alone. Don't get isolated from your friends.
- Stay in well-lit areas and don't wander in areas you are unsure of.
- Never leave your drink unattended or accept a drink from someone who you don't know or trust.
- If you feel drunk, dizzy or disorientated seek help from a trusted friend or a member of bar staff.
- Consider carefully whether to leave with someone you have just met.
- When jogging or cycling, vary your route and time. Use well-lit roads with pavements. On parkland, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. Listening to music on your phones etc may limit your awareness to the surroundings.



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Overview of offences 13/09/21—13/10/21

Robbery: (i) Underpass Near Northwick Park Hospital – 7/10 at about 1000hrs male victim was in the vicinity of this location when two males (description vague) rode up on bicycles and robbed his mobile then rode off in the direction of Wembley (ii) Kenton Road believed bus stop near tube station – 13/10 at 0550hrs two males on bicycles rode up to male victim and robbed his mobile.

Burglary Residential: (i) Rowan Close (low evens) between 10/09 1200hrs – 12/09 1630hrs, entry via the back door which was forced (ii) Amery Road (odds 50s) 17/09 2030hrs victims were on the ground floor when they heard noises upstairs, burglar(s) had gained entry via upstairs rear window, barricaded themselves in the bedroom and stolen jewellery went out the window again (iii) East Lane (in 270s odds) – flat burgled reported by estate agents (iv) Carlton Avenue West (in 130s odds) believed 11/10 at 0230hrs – house under renovation burgled, builders tools and fixtures stolen, white van with three white men seen at 0230hrs believed involved.

Attempted Burglary Residential: (i) Elms Lane (20s evens) – 01/10 2035hrs three males trying to gain entry to house via front door, have not done so, occupier inside.

Burglary Non Res: (i) Kenton Road (in 120 odds) flat above shop, 25/09 0400hrs garage of flat broken into via roof,;

Theft of motor vehicle: (i) Northwick Park Hospital – between 1915hrs 21/09 – 0740 22/09 eScooter (classed as motor vehicle) stolen; (ii) Abbotts Drive (in 130s odds) 22/09 1900hrs – 23/09 0500hrs 2008 Mercedes Sprinter Van stolen; (iii) East Lane (in 110s evens) 23/09 2330 – 24/09 0700hrs Land Rover Evoque 2017 plate stolen from victim's driveway; (iv) Byron Road (low evens) 04/10 0030hrs 2013 Range Rover Vogue stolen; (v) Blockley road (in 80s evens) 07/10 at about 0320hrs Range Rover Sport 2019 stolen from address subsequently recovered in Greenford.

Theft from Motor Vehicle: (i) Oldborough Road (in 10s evens) 21/09 0140hrs CatCon stolen from 2001 VW Polo three / four men masked men involved in a black BMW 3 series with reg beginning WD63 (full reg with

police) (ii) Northwick Park Hospital – 23/09 1800hrs – 24/09 0705hrs, hole drilled in side door of 2015 Ford Transit van (iii) Pasture Close 08/10 at 2100hrs three males in black Audi s3 steal CatCon from 2000 plate Vauxhall Astra SXI

Attempted Theft of Motor Vehicle (i) Harleyford Court Harrow Road 15/09 2200hrs – thieves have tried to steal 2015 Honda Vision Ped by breaking the steering lock and stealing chains 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.

I am hoping that life has returned to a semblance of normality since the release of restrictions on lockdown and that (apart from the petrol crisis) you are able to go into the community and enjoy yourself as safely as possible.

Covid Update

Infections are slowly falling locally. However in other parts of the Country rates are higher and are steadily rising. The current seven day incidence rate per 100,000 is 157 for Brent, 204 for London and 334 for England. PCR positivity rates are 3.8% for Brent, 4.3% for London and 6.9% for England. While testing rates are holding up in Brent and across London, our highest rates are in those aged 11 to 16 years.

Admissions due to Covid and Covid patients occupying ventilated beds remain fairly stable locally. However, the NHS is busy, particularly London Ambulance Service, with non-Covid pressures

Free Connectivity to Tackle Digital Exclusion

Vodafone are offering free connectivity to help not-for-profit organisations tackle digital exclusion for individuals and families.

Registered charities can apply for the free connectivity, in the form of SIM cards with 20GB of data, plus free calls and texts every month for six months.

Please scan the QR code to get more information



You Decide

Participatory Budgeting (PB) is a proven method of enabling local people to come together and decide on the allocation of money to benefit the community.

Brent Council is trialling PB under the You Decide banner with two different pots of money: Neighbourhood Community Infrastructure Levy (NCIL) and Carbon Offset fund.

Although each programme is different, PB usually follows these steps:

- Criteria for spending the money is set.
- Ideas and proposals are submitted by eligible local groups, organisations, businesses or individuals (depending on the criteria) via an applications process.
- The community gets together on 'Decision Day' to vote on which projects are funded.

Please go to the Brent Website to get further information on how you can participate in this programme. You can also search YouTube 'Participatory Budgeting' for an Audiopedia explanation.

Shop Local & Buy Brent



In order to help our local businesses, Brent has launched 'Shop Safe Shop Local' encouraging residents to help independent businesses recover post-pandemic.

We're giving out free 'Shop Local' bags to promote the campaign—you'll find them in local businesses and libraries across the borough.

Please do feel free to share pictures from your local shopping trips on social media tagging the council and including #ShopLocal and #BuyBrent.

Mumbai Junction— Proposed Development

This site (231 Watford Road) will be subject to a Planning Application to develop the site. I am aware that some local people have attended a consultation event and will have formed their own view as to what should happen on this site. Sites like these will always be contentious – as some people will welcome a change and others will object to the change if they feel it is against the character of the area.

Please be assured that, as your local Councillors, we will represent your views and feelings, regardless of our own opinions.

At the time of writing, the application has just been submitted. The Planning Application number for the site is **21/3679**. If you are on the local WhatsApp groups, you will be kept informed. However, if you have any comments please respond on the consultation portal with your own views.

What is important is that the views submitted must be on Planning Grounds – as personal opinions which are not related to

planning grounds **will not be considered**

The more residents that respond to the application on planning grounds, the more likely that Planning Officers will take the views into account.

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 6th November 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

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Proposal to demolish Mumbai Junction



NB: their illustration shows John Lyon Roundabout with no traffic and as a family-friendly crossing!



The application for the demolition of the building at 231 Watford Road (Mumbai Junction restaurant) and conversion to a 5-storey block of flats has just been submitted and can be found by searching Brent Planning site using ref 21/3679 or using the 'Simple' option for '231 Watford Road'. The QR code (above right) may also be used.

The SCRA committee will be objecting on the grounds that:

1. This Mumbai Junction restaurant and the original public house are important places for residents to socialise and has a strong community value. If the restaurant is lost, residents would have to travel further to meet up, creating more congestion and pollution.
2. A residential development at this site goes against the Brent Design Guide: *'Brent Council aims to create places where people choose to live, learn, work and relax. It seeks to create vibrant communities with mixed uses, activities, house types and tenures.'* Loss of this restaurant and bar would go completely against the core principle of this.
3. As this area has now been designated as a residential development area, no new business premises will be added in the future so a site for local socialising must be retained.
4. The design of the development is completely against the Brent Design Guide: unsympathetic to the surrounding buildings, as it does not match them in terms of character and size. For example:

- a) the roof is not pitched like other buildings

and perhaps a green coloured roof would balance better with the houses opposite.

- b) The illustration above gives an indication of how this building would be completely out of character for the area. It also doesn't consider the traffic on the roundabout.

- c) The new building will be in front of the building line of the neighbouring house.

- d) The houses behind to the west will lose morning sunlight to their properties (they currently get little in the afternoon as it is)

5. The area, The John Lyon Roundabout, was named after the public house and has local, historical value.

6. The surrounding roads are constantly congested with parking and as there are insufficient parking spaces in the development this will place additional parking pressures on the area. Public transport, (especially accessible choices), walking and cycling infrastructure are very poor, so good alternatives are limited, thus encouraging private car use.

7. Access to the site for construction will cause more congestion, especially with the new, extensive construction at Northwick Park Hospital and Harrow School sites.

8. Demolition and construction of a new, large building will generate significant amounts of carbon into the atmosphere, at a time when we should be reducing this.

We strongly encourage residents to also object, especially if you value this local asset.

SCRA Committee

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SCRA Update

I hope everyone has had a pleasant month. Here's a summary from our October committee meeting.

1. Participatory budgeting. We had Helen Spedding from Brent Council speak to us about this new scheme where residents can bid and then vote for funds for local projects, such as: making homes more energy efficient, or physical infrastructure in our neighbourhood to improve it. There will be several pots to bid and vote for, with details soon to be on the council website:

brent.gov.uk/your-community/you-decide

- we will also share information as it becomes available via WhatsApp and Twitter over the coming weeks.

2. As previously mentioned, we have had increasing reports of speeding and increased vehicle volumes on minor roads. **Brent Council Highways** team will be conducting a traffic survey on many side and main roads in our area to capture vehicle volume, type and speed in the coming weeks. Once we have discussed this data with council officers, we will look at options to try and tackle this. We will update when we have more information.

3. Carlton Avenue West/Fairway junction. We have many reports from residents about difficulty in crossing CAW at this

junction, especially during school run times. We have reported this to the council, and they have allocated an officer to visit the site. We hope to then receive some proposals to improve pedestrian crossings here.

4. Mumbai Junction site redevelopment. We met with the developers on Tuesday 28th September. They gave us an overview of their proposals. The committee members who attended all felt that the design was out of character for the area and will cause significant traffic and parking pressures—see page 11 for our itemised thoughts.

5. Noise complaints. There have been numerous reports of excessive noise and anti-social behaviour in our neighbourhood. Both the police and Brent Nuisance Control Team have been notified and have investigated these incidents. We hope that these will be resolved soon.

6. Benches. A number of benches in the area are falling into disrepair and require refurbishment or replacement. We will contact the council to see if they fall into their remit, and if not we will investigate other funding options for this, as well as to add more benches where appropriate.

Pareet Shah
On behalf of The Committee



Did you know?

Last month's front cover model grows up—if it's clever, 'scary,' disguise fools it's many hungry predators—to be an Elephant Hawk Moth.

My pup was definitely convinced the caterpillar was a scary snake.



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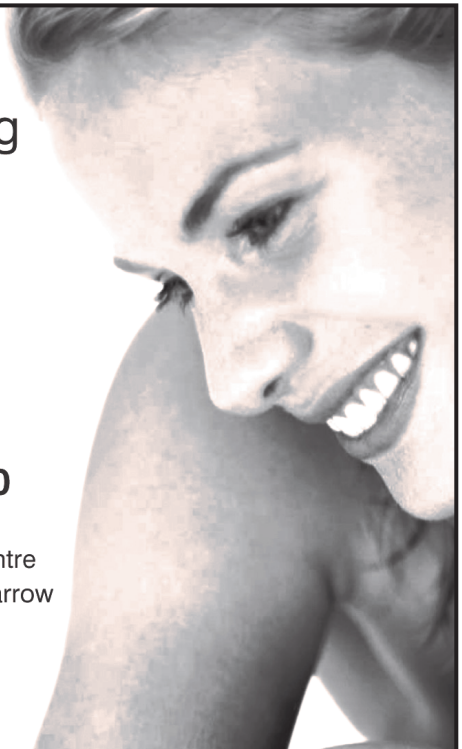
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Have you ever thought "have I got a soul"? Not the Disney animated film—although it is wonderfully entertaining. The 'soul' is usually defined as the principle of life, feeling, thought, and action in humans and regarded as a distinct entity, commonly held to be a separable existence from the body. The spiritual part of humans rather than the physical part.

This month I was officially licensed as the vicar of Saint Cuthbert's. The Bishop of Willesden, the Right Reverend Pete Broadbent, came to the church to what is known as an installation. In the process the new vicar is processed around the church. First, to the seat at the front of the church to be given an official seat in the church, to lead the people of the church. Then to the door to be given keys of the church and oversight of the building. Then the new vicar is taken to ring the

church bell to announce to the parish a new vicar has arrived - all great theatre! This is a ceremony that has gone back many hundreds of years. But what was so wonderful was to have so many of the local community, from all faiths, come and be part of this special service and welcome me so warmly, and to wish me well in this new role.

In the service, as the license is passed to the new vicar, the Bishop gives the title of "cure of souls" to the new vicar, Me! A somewhat curious and daunting label at the same time. But this is not a job for the vicar alone. This is for the whole church and all people to call on God to pour out his spirit upon each and every one of us that we may have a life in all its fullness and that through God's Spirit our souls may know God and love him.

Rev Trevor Goddard



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

Today I would like to talk about warts on the feet, commonly known as Verruca or Verrucae (pl). Warts are caused by the Human Papilloma Virus (HPV) and are most commonly seen on the hands and feet of children and those with a low immunity, but they can also affect normal healthy adults.

Often caught from communal changing rooms, swimming pools or any area where you go barefoot, they are very contagious and can be passed on to other family members. You can reduce the chance of spreading the infection by not sharing towels, keeping your feet covered and wearing gym or swim slippers in public places.

The most common reason for seeking treatment is the appearance. Some verrucae may resolve by themselves so the best thing to start with is, keep them covered. You may also use over the counter remedies. However, this may take weeks or in some cases months and are less effective in large or deep infections. So if they are spreading or have become painful it's important that you seek treatment quickly.

There are many types of verrucae infections and their age, depth, severity, and location all play a part and will determine your treatment options. The treatments we offer include, Chemical, Freezing using 'Cryoderm', Medical microwave, Plasma laser or Surgery.

At your first visit you will be seen by our Foot Specialist(s) who will provide an expert evaluation and give you a formal diagnosis. This is often the most important step in managing any problem.

We will then discuss your surgical and non-surgical options in detail and formulate a treatment plan tailored to your specific needs. 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

For foot care tips visit our website
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Play Street—Pareet Shah



On 19th September residents on Campden Crescent organised a **Play Street** event.

This is a free council scheme for a regular 3-hour road closure to create a safe environment for children to play, but also for other residents to socialise.

We took this opportunity to host a street party too, and we think it's the first ever one in the street's history, although I know Audrey Gardens had one a couple of years ago. Brent Council also approved a £500 Love Where You Live Grant to partially cover the costs of food and drinks.

It was a fantastic event with a great turnout with both Campden Crescent, and residents from neighbouring roads joining in with the fun! As well as a huge range of catered food from Kulcha Express (who kindly gave a discount), we had residents providing more food and drinks, music, a bouncy castle, games, and face painting.

We had the opportunity to catch up with neighbours, and it was a great chance for some of our more isolated residents to meet up.

It was truly a great day and one that will live long in our memories. We hope to organise regular play streets as everyone was keen to repeat this. We would recommend that everyone has a go at organising one, information can be found at www.brent.gov.uk/playstreets.





Getting out n about . . .



Harrow Philharmonic Choir

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sung in English, with Brahms's piano duet accompaniment

String Sextet No. 2, 2nd movement

Brahms's piano duet arrangement

Bruckner: Motets

Diane Rees *Soprano* John Morgan *Baritone*

Heather Toyn and Mayumi Iida Stone *Piano*

Conductor: John Wyatt

Saturday 13 November 7.30 pm

Pinner Parish Church, Church Lane, HA5 3AA

Tickets £15 (£12 concessions), under 19 free

020 8863 7009 www.harrowphil.co.uk or on the door



Now open on Tuesday, Wednesday and Thursday; day care available on Tuesday and Thursday at the moment. We have resumed our 'Lunch Club' from 12 noon until 1.00pm on those days—anyone wishing to enjoy an excellent home-cooked, two course meal (cost £6) will be most welcome to join us,

please phone Katia on **020 8908 1220** to book your day(s).

We are also hoping to resume our computer club. I wonder if there is anyone out there with IT skills who might be interested in **volunteering** to help? Our current members are no longer beginners but wish to develop their knowledge. Again, please phone Katia if this appeals to you!

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.

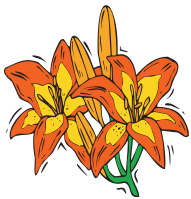
Thank you for your support at our sales, it is helping greatly during these still problematic times!

Christmas Celebration - A Festival of Music for Choir and Audience

Harrow Choral Society is delighted to be returning to Harrow School's prestigious Speech Room on Saturday 18th December 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*.

Ticket price £18, accompanied under 16's free (ticket required).

All further information on www.harrowchoral.org.uk



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

With an Autumnal nip in the air we need to look out our scarves, gloves and coats before venturing out of doors. It is time to put the garden to bed for the winter and to plant bulbs for a good show in the spring. Plant them as deeply as you can to deter the squirrels! These creatures are already scratching about in any likely patch of garden ground hoping to find an expensive tulip bulb. Unless bulbs are deeply planted there will be disappointment for us next Spring. I am sure that as we get older the ground gets further away! Somehow the bottom of a six-inch hole is a step too far when anchoring a bulb the right way up. The other big job for November is the sweeping of fallen leaves, providing us with good healthy exercise and a chance to enjoy the coloured leaves as they fall.

The Society's Autumn event, the Flower Show and Tea Party on Saturday September 18th proved to be a very happy and successful day, attracting a good crowd of local garden enthusiasts. We all enjoyed some interesting new entries in the vegetable section and lovely displays of flowers to round off the season. Our talented local artists showed a variety of skills while dressmaking is clearly making a come-back with excellent entries from young people. Wine was dispensed near the entrance by George's steady hand while Susan and Diane (half-hidden in the picture) were ready at the counter to look after everyone with sandwiches and cakes, tea, coffee or soft drinks. The event was a great chance to get together again, a happy

gathering of gardeners and their families. A contingent of Brent Councillors came to support the Mayor of Brent Cllr. Lia Colacicco who, wearing the Wembley regalia, toured the exhibits with the President. After tea she

gave a short speech of thanks and encouragement. A colourful booklet, telling the story of the Society from its beginnings in 1933, was published by the Society for the occasion and given to every visitor. If you missed out on a copy the booklet will also be available at the AGM.



I hope that last month you put the date of this important event in your diary. The AGM will be held at the same venue as the party, at St Cuthbert's Church on **Saturday 30th October** from 3pm to 5pm. The AGM is the occasion for reporting on activities, assessing the health of the Society and looking ahead to future possibilities in light of the human resources

available. We hope to welcome some new members to the committee. Refreshments will be served and as we gave membership this year to all members of SCRA, everyone is welcome.

Concern for the health of our planet will be an important topic for the foreseeable future. It requires renewed interest in producing home grown food and care for bees and other pollinators, so there is more need than ever for the growers and gardeners in our community to get together and share ideas. Come on **Saturday 30th October at 3pm at St Cuthbert's**. See you there!

Margaret Roake



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There's now some evidence that the right diet could reduce your risk of developing dementia and lower levels of mental decline. Diets including the Mediterranean diet and the DASH diet ((Dietary Approaches to Stop Hypertension) have been associated with cognitive benefits. What we eat can affect our physical and mental health. High levels of antioxidants from the high intake of fruits and vegetables may help to protect against some of the damage to brain cells associated with Alzheimer's disease, as well as increasing the levels of proteins in the brain that protect brain cells from this damage. Inflammation in the brain is associated with Alzheimer's disease. The diet is also linked to lower levels of cholesterol, which recent research has suggested may be associated with memory and thinking problems.

A combination of the Mediterranean and low salt diet (DASH diet) together are known to reduce risk of heart and circulatory disease:

- The Mediterranean diet (based on whole-grains, fish, pulses, fruits and vegetables and good fats) In addition, the Mediterranean diet might increase specific nutrients that may protect the brain through anti-inflammatory and antioxidant properties.

- The DASH diet (a low salt diet designed to lower blood pressure). The DASH diet is designed to control blood pressure, but with a greater emphasis on reducing your salt intake.

10 foods to eat regularly to boost your brain:

- Wholegrains (three or more servings a day)
- Green leafy vegetables, such as spinach, cabbage, spring greens, kale and salad leaves (one or more servings a day)
- Other vegetables (one or more servings a day)
- Nuts (on most days)
- Beans and lentils (three or more servings a week)
- Berries, including blueberries and strawberries (two or more servings a week)
- Chicken or turkey (two or more servings a week)
- Fish (one or more servings a week)



- Olive oil (as the main oil or fat you use)
- Wine (no more than one small glass a day; more than this and it becomes more likely to harm health than help it)

Five foods to avoid or limit to help your brain:

- Fried or fast food (less than once a week)
- Cheese (less than once a week)
- Red meats (less than four times a week)
- Pastries and sweets (less than five times a week)
- Butter (less than one tablespoon a day)

Mediterranean diets may lead healthier lifestyles in general, so it may be this that causes the difference in memory and thinking problems.

For most people, following the Mediterranean diet is a good way to ensure a healthy diet, which may be important for maintaining good brain function.

These diets can also help protect heart health. Heart disease and dementia share many risk factors (including high cholesterol and obesity), so its even more helpful to follow a heart-healthy diet that could also reduce the risk of dementia.

Reference- British Heart Foundation

www.bhf.org.uk/information-support
www.alzheimers.org.uk/
www.england.nhs.uk/get-involved/resources/

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We would like to thank Sudbury Court Horticulture Society for inviting us to join them at their celebratory Tea Party on 18th September. A whole table's worth of NP Community Garden group members attended the fantastic event. It was wonderful to be part of the community spirit and see the creative displays of flower and vegetable installations and local art.

The same weekend was also our first large gardening event since government restrictions were lifted. It almost felt like old times with the strong permablitz spirit.

Even after a wet summer, the ground was still relatively dry, and it took a lot of energy and determination to turn over the soil. We focussed on adding more plants to the area of the garden near the footbridge and extended the planting circles around the trees. Over sixty plants were added that morning. As usual it was done thanks to the fantastic group effort by the gardening group regulars, the 3rd Kenton Scouts Group and their parents as well as some new attendees. We planted Hyssop, Salad Burnet, Blackcurrant Sage, Marjoram, Pulsatilla, Gravelroot, Goldenrod, Balloon Flower, Vervain and Myrtle.



The children loved making the ecto-whip dip and digging and planting, but especially enjoyed being able to scatter the green manure seeds we're using to improve the soil and smother the weeds. The wetter weather following the event meant that the rye, phacelia and buckwheat germinated quickly.

If you would like to join in next time, email us to be added to our mailing list.

Thank you for supporting the garden
Eleri, Jo, Rishil and Iris

Check our website (see header)
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The Lord Mayor's Show—13th November

The Lord Mayor's Show has a history of over 800 years, it's survived plagues, war and floods – little gets in the way of the celebration. According to records, the last time it was cancelled was 1852, when the nation was in mourning for the Duke of Wellington. Oh, and of course, it was cancelled in 2020. All fingers are crossed that this year's celebration will be going ahead as planned.

Why does it happen?

King John created The London Charter in 1215 during very turbulent times, with the wealthy merchants of London trying to separate themselves from the surrounding countryside.



King John declared:

Know ye that we have granted ... to our barons of our city of London, that they may choose to themselves every year a mayor, who to us may be faithful, discreet and fit for government of the city, so as, when he shall be chosen, to be presented unto us, or our Justice if we shall not be present... and he shall swear to be faithful to us...

On the condition that, every year, the newly elected Mayor must leave the safety of the City of London and travel upriver to Westminster and swear their loyalty to the King.



It's been quite some time since the procession was along the river, as in Canaletto's rather fanciful blue-skied, Venice-influenced, painting of 1747.

The procession now tends to be a mix of modern festivities with traditional pageantry with somewhere in the region of 500,000 people lining the streets of the City of London to watch. The Lord Mayor's State Coach travels along a 3-mile route with around 140 performances and 8,000 participants. They follow two giant wicker figures – Gog and Magog – who have been the Guardians of the City since the Middle Ages.

The route is slightly different every year—look out for updates on the news/website. The theme will highlight the interests of the newly elected Lord Mayor. www.lordmayorsshow.london

Wrap up warm and take the family!





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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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Kids' Page



Hello Kids

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

Riddles

Why did the skeleton go to the butchers?
To get some spare ribs.

Why did the orange get stuck up the mountain?
Because he ran out of juice.

What do you call bears with no ears?
B

What did the ghost say to his wife?
"You're so BOO-tiful."

What comes twice in a week, never in a month and once in a year?
The letter E

How do you get Pikachu on the bus?
You Pokemon!

What did the paper cowboy say to the pencil cowboy?
"Draw!"

What flower gives the most kisses?
Tulips

Why did the fish tell excuses?
To get off the hook!

What do you call a sheep with no legs?
A cloud!

Why did Patrick eat money?
His mum said it was his lunch money.

What book can you look in to find words that are not true?
The fiction-ary!

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,ghost' should be 'ghost'.

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