

The Community Magazine for the
Sudbury Court and Pebworth Estates

January
2022

The Courier

92nd
Year



Happy New Year!

Free valuations for sales & lettings

2022

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Dear Neighbours,

Here's to a Happy, Healthy and Hearty 2022.

As the sun rises on the beginning of a New Year, before you set all those resolutions (that may not last beyond February) I hope there are a few morsels for thought in this month's Courier: some safety measures to put in place from our local police team, some sustainable healthy tips, some thoughts for a different perspective, and some fun from our Kids' Page for kids of all ages.

I also wanted to draw your attention, if you missed it last month, to page 19 and our local SCHS, which might be appearing in reality and in these pages, for the last time unless we have any new volunteers step forward. When we think more about global climate and environmental issues than ever—please let's not let this little corner of the world lose this outlet for everything to do with our gardens. You only have a couple of weeks to make a difference—once it's gone it'll be greatly missed.

Keep connected to keep our community thriving—hopefully we can all get together soon.

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

**SAFER
NEIGHBOURHOODS**
LOCAL POLICE, LOCAL KNOWLEDGE

Wishing you a Happy and Safe New Year.

Burglaries:

The burglary figures are quite low at time of writing. Current targets tend to be houses under renovation (theft of fixtures and/or tools) and business premises. With this in mind please be vigilant as you pass by.

A house in Norval Road had a burglary one evening: a car was seen to park up and one male approached the house, clearly scouting the house, perhaps ringing the doorbell. He returned to the car and two others joined him, their activities were not immediately evident to the witness but the house went on to be burgled through the front door, the outer porch door was left unlocked (if you have a porch, please keep it locked!).

A dark coloured car was seen with reg HX70*** (full reg with police, possibly cloned plate), four men in total in the car, all white, believed to be in their 20s. The house that was burgled in this instance did not have a burglar alarm and did not have a car in the drive.

Contrary to popular belief, most burglars often look for visual clues as to occupancy, e.g. no car on the drive, maybe they knock at the door to confirm, if someone answers they might come up with an excuse, looking for someone who doesn't live there. A house in darkness is also good indication that it might be unoccupied so consider lights and a radio on a timer switch.

Attempted Scams:

1. 15/11/21 I got a text on my mobile phone that I thought was from my bank, Halifax, as it went into my usual 'banking alerts' folder on my phone. The text in question had a caption HALIFAX ALERT, see image. The text said that someone registered a new device on my online banking, as this was not the case I became immediately alarmed. The text instructed that I click on a link.

Yesterday 20:08

HALIFAX ALERT: A new device has been registered. If this was NOT done by you please visit: [info-webreview.com/halifax](https://www.webreview.com/halifax) to verify your device.

Instead, I logged into my online banking. I used the phone number listed there and called Customer Services. The person I spoke to confirmed that the text I received was fraudulent; he said that HALIFAX would not send a text asking a customer to click a link; he said that if I had clicked the link I would have been asked to enter various details and thereby the fraudsters would have the necessary information to carry out frauds.

Please be aware of this: Do not click any links on emails or texts; do not divulge any personal details and contact your bank - these texts (or emails) from bank/NHS/Amazon/DHL/Post office etc can look genuine, but they are not.

2. 22/11/21 - a 76 year old woman was called on her landline by a male with an Indian accent who stated that he works for a telephone call barring service. He said that her bank card is due to expire, she replied 'no it doesn't, it expires in 2023.' He then asked her to give him the long number on her card to register to stop unwanted calls. The woman, thankfully, ended the call. The caller rang again for 2 hrs, and again the following day and the day after. Be aware, the numbers that were displayed that the suspect rang from are: 00131 838 4356, 00131 838 3736.

Please be aware of this: Do not give out your bank card details to anyone unexpected who calls you.

3. 22/11/21 a 68 year old resident received a call on the landline from someone claiming to be a police detective, he gave his name as DC Haynes from Hammersmith Police Station, shoulder number CR 8863. He said that it “was an emergency verification regarding a young man called William” and gave the same surname as the resident; that they had detained her nephew, William, and he was in possession of her bank cards; that this nephew was trying to buy an item for £1400. He instructed the resident to hang up and call 999, but he didn’t hang up—he left the line open, presumably to hand the phone to someone else who would confirm his call. Fortunately, the resident realised it was a scam, having perhaps read it in The Courier, and rang the real police later, who logged the details of her call as an attempted fraud.

Be aware. Talk to your relatives and neighbours, and warn them about these attempts at fraud—especially your older neighbours, who are particularly targeted.

In general:

It is not possible to give you every scenario or scam because often these telephone scammers will react to how you respond and what information they get from you during their conversation with you.

Often when these scammers ring your home, they will know your name and address, your age bracket, and they will know this if you are not ex-directory or you are on the published electoral roll. 192.com is a website that they can get very easily get this information from.

What to do if you have a telephone call from someone purporting to be a police officer – take 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 as to why they are ringing you **BUT** do not tell them any personal information.

Same with any call you receive where someone is telling you there is an emergency, or similar, and starts asking you for personal information.

Perhaps prepare a list of phone numbers of your bank/utilities, etc, which you can keep in a nearby draw, so that if you are called by someone, you have the information to hand.

After receiving a call like this on your landline, hang up and then wait at least 20 minutes before ringing the actual bank/utility, etc with the number from your list. If the person said that they were from the police, you would call the real police on 101 if you are unsure about the nature of the call or the bona fides of the person who rang you. In any case, use your mobile phone, if you have one. Otherwise use your landline after at least 20 mins has passed, and make sure you have a dial tone before you try making another call.

Vehicle Thefts – from and of:

Please be aware that opportunist thieves go around in the middle of the night trying door handles of cars to check to see if they have been left open and then steal from inside. These thieves are generally drug addicts, who are roving around trying door handles and if they find one open, they will search the car for anything valuable - cash or anything that they can sell – glasses, sat nav. So to avoid being a victim of this crime please ensure that you lock your car door, and double-check it— sometimes the central locking fob can be very sensitive and if you put it in your pocket after locking your car, it might accidentally unlock.

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

Similarly, we are aware that from time to time Northwick Park ward roads are targeted by car thieves who have devices to boost the signal from your car key to your car and steal your car if you don’t keep your car key in a Faraday pouch. People who have high value new cars still keep their car keys in their kitchen or in the hallway not in one of these pouches, don’t be surprised if your car goes missing if you do not take this security measure.

If you have expensive new cars, with keyless entry systems, it is probably still worthwhile getting a steering lock, and regularly

checking the internet/manufacturers on new methods that the thieves are using and ways to combat it. As it would appear that the criminals are coming up with even more crafty methods to bypass the up to date in built security systems of these new cars.

Catalytic converter thefts:

On an ongoing basis I give the makes, models and age of car that are currently being targeted by the thieves - please review the previous Courier articles for this information. 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.

Report to police or not bother?:

I notice on the various Residents WhatsApp groups that residents have reported theft from their vehicles or similar incidents and then when I ask them if they have reported it to the police they haven't - some residents cite the police do nothing anyway so "why bother?"

Every day, day on day, at least a 100 crimes occur/are reported to police 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 (Safer Neighbourhood Team—us!) and it may also influence resourcing to the police and thus your local area.



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The reporting methods are as follows: **999** for an emergency situation – 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** for a non-emergency situation where a crime has been committed and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – www.met.police.uk

Overview of offences 14/11—8/12:

Robbery: (i) Northwick Ave – victim was walking from Northwick Park station towards the bridge at the end of Northwick Ave when he was grabbed in a chokehold from behind and something was held to his neck, victim's wallet was stolen – suspect was a white male in his late 20s or 30s

Burglary: (i) Sudbury Hill Cl (low odds) 16/11 1840hrs side window forced open, alarm activated, house ransacked, unknown what exactly was taken; (ii) Norval Rd (in 40s odds) 26/11 2030hrs (see pg 4) front door attacked, the porch door was unlocked, males did quick search of the house

Burglary Commercial: (i) Court Parade, East Ln (low odds): 15/11/ 0225hrs, discovered later that morning at 0900. CCTV captures a van, reg unknown pull up on WAKELING LANE outside the rear to the venue. 3 suspects are seen to exit the vehicle, with hand tools and can be seen gaining entry into the premises. (ii) Northwick Park Hospital: 15/11/2021 20:00 - 16/11/2021 08:30, room entered, hospital computers stolen, personal bag stolen; (iii) Gayways Watford Road – 17/11 0200hrs shutters forced open, two men in high visibility vests break into shop and steal a number of chain saws

Theft of Motor Vehicle: (i) Abbotts Dr (in 130s evens) 20/11 0200hrs 2016 plate Mercedes BMW (ii) Hill Rd 07/12 2330hrs – 08/12 0800hrs 2018 plate Range Rover Sport SVR stolen without the keys; (iii) The Crescent (in 10s odds) 06/12 2000hrs – 08/12 1130hrs 2016 plate Mercedes Sprinter van stolen

Theft from Motor Vehicle: (i) Hill Rd – 19/11 2100hrs CatCon stolen from 2010 BMW 318i; (ii) Norval Rd (near 150s odds) 02/12 1700hrs - 03/12 1900hrs CatCon stolen from 2008 plate BWM 316i; (iii) Blockley Rd (in 60s odds) 03/12 2145hrs CatCon stolen from 2011 plate BMW 320i (iv) Nathans Rd (nr 20s evens) 05/12 1330 – 1841hrs registration plates stolen from Chevrolet Cruz; (v) The Fairway (in 10s odds) 06/12 1500 – 08/12 0800hrs CatCon stolen from 2011 plate BMW 116i Sport



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

HAPPY NEW YEAR!!!

Hi everyone. I hope you had a wonderful Christmas and a buoyant New Year.

Covid Update

Concerns regarding the new Covid variant (Omicron) are very high – and additional measures have been put in place by Government considering the rapid transmissibility of this new strain. It is really serious.

At time of writing (7th December) infection rates have continued to rise. Seven day infection rates per 100,000 were 337 for Brent, 368 for London and 438 for England with PCR positives of 8.1% for Brent, 8.3% for London and 9.8% for England. The highest infection rates are still in 11 to 16 year olds, rates in primary school aged children are also high and we are now seeing an increase in 25 to 59 year olds. Fortunately, rates in the older age groups remain steady and hospitalisations are not increasing. The overwhelming majority of local infections are still the Delta variant.

As at the 3rd December, 29 cases of Omicron variant have been confirmed in England. This number is expected to rise. UKHSA (successor body to PHE) are following up all probable cases and close contacts of confirmed and probable cases are asked to self isolate, irrespective of vaccination status, and to take PCR tests.

In light of the current new variant we are continuing to promote community testing to all our residents:

- February to 30 November 2021 a total of 16,482 vaccine doses administered from the various community and pop up sites.
- April to 30 November the Vaccine bus administered more than 5,499 vaccine doses.
- From November, The Civic Centre Pop Up has so far delivered 649 vaccine doses.

The Civic Centre Pop Up clinic is open Mon-Fri on the First Floor, plus other Pop Ups in the wider community.

Euro 2020 Final: Independent review

The findings from the independent review into security failings at Wembley Stadium during the Euro 2020 Final was published on 3rd December 2021. Baroness Casey of Blackstock led the review, commissioned by the FA after ticketless supporters forced their way into Wembley Stadium and created significant disorder in and around the ground during 'Euro Sunday' on 11 July 2021. The review details evidence from key stakeholders, eyewitnesses and independent experts in crowd safety and football-related disorder with the aim of understanding what happened during Euro Sunday so that there can be no repeat in the future.

In summary, the review finds that the behaviour of a large minority of England supporters recklessly endangered lives. In addition, planning for Euro Sunday was hampered by a set of unique conditions, including the ongoing need to manage the Covid-19 pandemic, which combined to create a 'perfect storm'. Issues such as the loss of experienced stewards and the absence of fan zones, again because of the pandemic, denied the police and other agencies a key crowd management tool and was potentially a 'very significant factor'. The review finds that warning signs ahead of Euro Sunday were not recognised although Brent Council was an exception 'having flagged concerns in the days leading up to the final.' The 'skill, professionalism and split second decision making of the FA/Wembley Safety officer' and 'great professionalism and bravery' of Brent council staff were praised although the review also finds:

The policing of the final did not sufficiently mitigate the risk of ticketless fans with officers deployed too late in the day. In the weeks following Euro Sunday, a number of

media reports questioned whether the physical changes, especially the Olympic steps, contributed to the disorder. The review finds that 'all of these changes had gone through a rigorous and lengthy planning process' and 'neither revisits these debates nor finds that planning was a cause of the disorder.'

In conclusion, the review makes five recommendations for national consideration, inc:

- a) Addressing supporter behaviour.
- b) Addressing racism in football.
- c) The FA and Wembley should strengthen plans for safety both physical and human, ahead of any matches or events of significant risk.
- d) A more joined up approach between Wembley and the MPS is required to managing public safety on match-days, including joint tasking and debriefing of operational teams.
- e) The key partners represented on the Wembley Safety Advisory Group (WSAG), most notably the MPS, the FA and Brent Council, need to make a concerted effort to

proactively solicit and listen to each other's concerns and avoid any single agency from becoming too dominant.

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. There is **no surgery in January**, the next one will be 6th February 2022 at 11am. Please email, text or phone any one of us as soon as you can, or come along to St Cuthburts Church hall.

You can 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)
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What you can report using this app

- Graffiti
- Illegal rubbish dumping - Discarded items next to a road, in parks or cemeteries and in rivers
- Fly-posting - Adverts illegally posted on public properties
- A street that needs sweeping
- A grit bin that is empty and needs filling
- Dog fouling
- Dead Animals
- Grass that needs cutting - in verges or in parks or cemeteries
- Shrubs that need pruning or weeding
- Litter bins that need emptying (in streets, parks or cemeteries)
- Potholes
- Broken or damaged manhole cover
- Faded White Lines
- Broken or damaged pavements and kerbs
- Broken or damaged bollards and guardrails
- Damaged or missing street furniture
- Damaged or missing street signs

- Broken or damaged bollards and guardrails
- Damaged or missing street furniture
- Damaged or missing street signs
- Blocked gully (both flooded and non-flooded)
- Damaged or missing drain cover
- Low hanging branches
- Damaged or dead tree
- Overgrown highway tree
- Overgrown private tree
- Tree stump removal requests

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You may receive an email advising that your report has been closed, but the rubbish is still there. This normally means that the waste you reported is on private land. This waste will not be cleared automatically by our contractor. Instead, the details will be passed to our waste enforcement team to investigate. It is the responsibility of the land owner to clear waste in these instances.

You will need to make sure your phone GPS or location service settings are enabled for the app to work. Use of the app will be dependent on mobile phone network coverage in each area. Please contact your network provider for further information.

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SCRA Update

Dear Residents,

Happy New Year to you and your family.

The Year of 2021 went by very quickly with the COVID-19 pandemic being a key issue for all of us.

The SCRA Committee continues to work steadfastly with our Ward Councillors to ensure that the vision of the Estate remains as originally intended.

There are numerous challenges:

- Planning Applications with minimal concerns about the impact on neighbours as a whole and the Estate in particular.
- Parking and the Health & Safety of residents.

- Driving at speeds that potentially put residents' lives at risk.

- Parties with noise levels that continue late into the night.

On behalf of the Committee, Pareet Shah has been providing you with a monthly update of these matters.

Keep on sharing information of inappropriate activities in your neighbourhood with us and continue to work with us to maintain that vision of the Estate.

As 2022 begins, please continue to observe the COVID-19 guidance, so that you and your family remains safe and COVID free.

Steve Maingot
Chair



The OWL service is flagged by our Safer Neighbourhood Team in their monthly article. If you haven't already looked into this yet, please do consider getting the app as a very good way to keep up to date with alerts in the area.

You will get notifications when our local police officers issue a new alert for your area. You can also view recent alerts, appeals and crime prevention advice, plus the latest scam alerts from ActionFraud.

Every resident and business is invited to receive instant notifications directly to their mobile or tablet based on their current postcode location. The postcode can be changed and multiple nearby zones of interest can be selected.

As well as alerts on residential burglary and vehicle crime, you can choose other interests impacted by crime such as business, shop, dog, horse, rural and canal. (Varies by location)

No registration is needed and no personally identifiable data is collected.

Download the OWL app now to help keep you and your family safe.

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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Twelfth Night

I do hope you had a wonderful Christmas and I wish you all a very happy new year.

The season of Christmas straddles the new year and finishes on Twelfth Night, January 6th. This is the time when we traditionally take down our Christmas decorations. It's always so wonderful to walk around and see so many of the houses decorated so beautifully with wonderful Christmas lights. As a child I remember being so sad at seeing the Christmas decorations and the Christmas tree come down. But the season of Christmas leads on to the new season of Epiphany.

One of the significant stories we tell in Epiphany is the visit of the Magi - the wise men coming to see the Christ child.

A few years ago we were in Switzerland for Epiphany. In their bakeries on the 6th of January, they sell 'Three Kings Cake'. The person who is lucky enough to get a 'king token' in their segment is appointed king for the day. They get a golden crown, and they

get out of doing their chores for the day. This is a lovely fun tradition.

The story of the Magi is a revelation of Jesus being for everyone across every nation of the world.

I love this revelation of God wanting to be near us, whoever and wherever we are and close enough to know God's heart and his love. I only wish the Three Kings Cake would find its way into our tradition too!

The other great tradition at this time of year is making new year's resolutions. We all want to resolve to work hard on improving how we live our lives. I'm discovering year on year that God asks us to focus on loving more - loving our neighbour and God himself. He says that if we do this we will be transformed. I reckon this resolution has a good chance of lasting beyond February.

"Love sought is good, but giv'n unsought is better."

— William Shakespeare, Twelfth Night



Christmas and New Year can be a difficult time for some people.

And if the pandemic and its associated restrictions have taught us anything, it is that it's important to remain connected.

If you're unable to visit, a quick call might make all the difference to someone's day.

It's good to talk!

Could Orthotics Help You?

Happy New Year. I hope you all had a lovely, restful Christmas with friends and family.

Today, I'd like to talk about Orthotics and how they can help improve your comfort and mobility.

Orthotics are prescription medical insoles, pads or braces worn on a body part or on or inside footwear. Footwear themselves are a form of orthotic when made to prescription. Orthotics are designed to address several factors including age, severity of condition and take into account your lifestyle and occupation as well as perform one or more of these functional objectives.

- Support, change or alter foot and ankle posture and consequently the rest of the musculoskeletal system.
- Cushion a body part e.g. heels, balls of the feet or toes.
- Redistribute pressure from a painful area.
- Change, alter or move of a body part or joint.
- Restrict movement of a body part or joint.
- Create new movement e.g. a stiff joint function.

Overall, the goal is to improve posture, walking, comfort and ultimately your quality of life.

In many ways, orthotics are similar to glasses and the benefits come from their ability to control and improve function whilst using them.

There are many sources and options including readymade, semi-custom or full custom. Your choice of which will depend very much on the underlying cause, objectives, and your budget.

At the Foot Comfort Centre, we can analyse your gait using the latest technology and decades of clinical experience. We also have a dedicated 10 metre gait analysis room and an orthotic fabrication laboratory onsite so we can prepare a full range of custom or semi-custom devices for you.

Thank you for reading and on behalf of everyone at the Foot Comfort Centre we wish all the readers of this publication, happy walking. *Firoz*

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www.footcomfortcentre.co.uk



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Becoming an Adult—Jenica J

In November, I turned eighteen.

A big milestone into adulthood. It really felt daunting but exciting at the same time. What about new opportunities and lessons which turning eighteen has allowed me to access? I can now vote!

Before my eighteenth birthday, I imagined waking up and my life suddenly being put together as I became an adult.

However, this was obviously not the case! There wasn't a magical spell which meant that everything fell into place: I did not suddenly learn how to pay taxes, or how mortgages work.

Although I have loved the past couple of months of it: new volunteering opportunities open to me . . . I can now, legally, buy a glue stick! It really wasn't as drastic as I had anticipated. Within the couple of months it has taught me to make the most of every future opportunity as well as enjoying the present moment instead of focusing on when we reach the next milestone.

A volunteering role which I have been wanting to take on is to become a mentor for children. Now that I have reached eighteen, this is the first opportunity which I am hoping to jump on. It will allow me to have an impact, which I strive to, on those who are younger than me,

In the future, I am also considering going into marketing. Now that I am eighteen, I am able to take on more roles; being able to



access these has taught me that even though throughout your education you become specialised in certain subjects, for the most part, you will be able to find ways of trying anything you're passionate about.

I have learnt that everything comes with gradual change. Turning eighteen is only a small step into adulthood and not a giant leap. I personally never realised until writing this how much pressure I put on myself about reaching adulthood, and am realising it's not vital.

No matter how old I get I will always love that I will be a child in my parents' eyes, and the younger sibling to my sister.



POLITE NOTICE:

As many of you may know, I'm a dog person—picture of my current 4paws for cuteness. But I've also had issues with other dog owners, previously, who don't have control of their dogs off lead in public places. . . . Not everybody loves your dog as much as you do!!

A local resident has emailed me asking that I print a courtesy reminder: "for dog owners who take their dogs for a walk locally to make sure their dog is on the lead when passing the public roads and not let their dogs be loose, out of control or running into people as not everyone is comfortable with dogs."

It's not too much to ask is it? Please be considerate.

Thank you. K



Getting out n about . . .

The Friends of SUDBURY
NEIGHBOURHOOD CENTRE wish you a
Happy and Healthy New Year!



We will resume Saturday Morning Markets on 12th February with a large area of clearance items as well as many other goods. We shall offer refreshments during the sale and will be pleased to see you from 10am at the Centre behind the Methodist Church, Harrow Road HA0 2LP.

For enquiries about Day Care, volunteering or becoming a Trustee please contact:
office@sudburyneighbourhoodcentre.co.uk or tel.020 8908 1220

Thursday lunch time concerts at St John's, Harrow

Thursday 27 January, 12.30 pm: Valentin Schiedermaier (piano).

Admission **free** - refreshments available - collection on the way out to cover expenses.

St John's Church, Greenhill, Harrow (corner of Station Road and Sheepcote Road)

NEWS FROM EAST LANE THEATRE

A Happy New Year to Sudbury residents from us all.

We were delighted to welcome back so many to our Christmas Comedy show. We had excellent feedback, not just about the show (we could tell from the laughter that people liked it!), but also for our new Covid measures, designed to make everybody feel as safe as possible.

The cast has now been chosen for our next production, Noel Coward's enduringly popular comedy "Blithe Spirit," and what a talented cast it is. This will be a must for your diary; watch this space for further details.

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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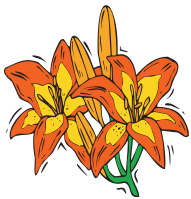
A Happy and Healthy New Year to all.

We will be back rehearsing on Mondays at 7:45 at Harrow High School, Gayton Road. HA12JG.

New singers will be welcomed!

We will be rehearsing Mendelssohn's ELIJAH for a performance with Northwood Choral Society and Trinity Orchestra to take place on Saturday 26th March 2022.

Please look out for further details at www.harrowphil.co.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



Greetings for the New Year!

Here's to a healthy and happy time in your garden as a new season emerges. The days are lengthening and we shall soon be aware that spring is on the way.

Seasons vary from year to year as plants respond to changing levels of light and heat. Though Climate Change may bring us an earlier spring and the chance to grow more exotic plants yet a spell of cold weather can set the season back by weeks.

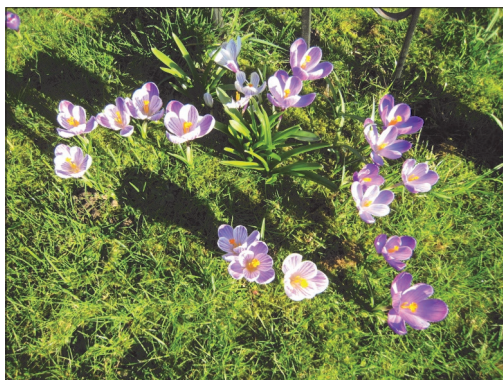
As individuals we must all respond to the need to adapt our lives as changing circumstances make the old ways of doing things less convenient, or even possible. Just now, the continuing threat of Covid involves changing rules about work and leisure activities which put an added strain on the pattern of all our lives and make it hard to plan too far ahead. Therefore, though disappointing, it is not surprising that there has been little response to our plea last month for individuals, or couples to offer their time and expertise to carry the SCHS into the future.

May I remind you though, of the Extraordinary General Meeting on **22nd January** at 3pm at St Cuthbert's Church when decisions will be made about the future of the Society.

There will have to be changes and at present the future is unclear, though if closure is the only option, we would like our faithful members, many of whom have subscribed generously for many years, to be acknowledged. If you care about the society or can offer some help, please come to that meeting or be in touch before the event using the contact details above.

I leave you this month with some pictures of possible good times to come and a gardener's prayer.

Margaret Roake



The kiss of the sun for pardon,
The song of the birds for mirth,
One is nearer God's heart in a garden
Than anywhere else on earth.

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A new year often signifies a fresh start for many, and often means setting health goals, such as losing weight, following a healthier diet, and starting an exercise routine.

Here are 10 New Year's resolutions you can actually keep.

1. Create a nourishing diet

This year make a resolution to create a sustainable, nourishing eating pattern that works for you. The healthiest diet is one that's rich in whole, nutrient-dense foods and low in heavily processed, sugary products.

2. Eat more whole foods

One of the easiest and most sustainable ways to improve overall health is to eat more whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, which contain a plethora of nutrients that your body needs to function at an optimal level.

3. Cut back on fruit juices

Cutting back on sugary drinks is a smart idea considering that sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults: gradually minimising your intake may help you kick your sugary drink habits.

4. Rely less on convenience foods

We can rely too much on convenience foods, such as packaged chips, cookies, frozen dinners, and fast food, for a quick meal or snack. Frequent fast food intake is associated with poor overall diet quality, obesity and other long term conditions. To cut back on your consumption of convenience foods make a resolution to prepare more meals at home using healthy ingredients—bulk cooking and freezing when you have time will save you time when you're busy.

5. Sit less and move more

Whether it's due to having a sedentary job or simply being inactive, many people sit more than they should. Sitting too much can have negative effects on health and wellbeing. If you have a desk job that requires long

periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

6. Get more quality sleep

Sleep is an essential part of overall health, and sleep deprivation can increase your risk of weight gain, heart disease, and depression. So it's important to focus on your schedule and lifestyle to determine the best ways to improve sleep quantity and quality.

7. Find a physical activity that you enjoy

Every New Year, people purchase expensive memberships to gyms, workout studios, and online fitness programs. Choose an activity based on enjoyment and whether it fits into your schedule for a sustainable exercise resolution.

8. Spend more time outside

Spending more time outdoors can improve health by relieving stress, elevating mood, and even lowering blood pressure. Taking a walk outside during your lunch breaks or in your local park are all ways to incorporate nature into your daily routine.

9. Be drink aware

Though alcohol fits into a healthy diet, imbibing too often can negatively affect your health. If you think cutting back on alcohol may be helpful for you, set a reasonable goal to keep yourself on track, such as limiting drinking to weekend nights only or setting a drink limit for the week.

10. Try a new hobby

It's common for adults to let once-loved hobbies fall by the wayside as they get older due to busy schedules or lack of motivation. Make a resolution to try out a hobby that you've always been interested in.

Though most New Year's resolutions are only kept for a short period, the healthy resolutions listed above are sustainable ways to improve your physical and emotional health that can be followed for life.

<https://www.nhs.uk/live-well/>

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We had many highlights in 2021. We kicked off the year with a series of online interactive children's workshops about growing food and the natural world. Children learned to successfully plant seeds, make felt balls and dye silk scarves based on traditional techniques.

Home deliveries of the materials for the workshops to each participating household added to the excitement. The workshops generated a lovely new young community of volunteers. Children came back to the community garden and planted out what they had grown.

Our online seed planting workshops also produced a variety of plants for the community garden, lovingly grown by our established volunteer group and green-fingered novice growers. They were planted out during our gardening sessions when we were able to have bigger groups again and we literally planted hundreds of seedlings. We met up in the garden in the evenings when we went from weeks of rain to sudden mini heatwaves. The 'lovely' fragrance of the plant tea fertiliser (made from nettles) lingered in our noses for some time, but seems to have done the plants a world of good therefore worth the stink!

We had some visitors to the garden as well; a slowworm in the compost heap and a little frog has been spotted amongst the strawberry plants. Hopefully it's hedgehogs next!

No doubt, the most popular fundraising event for NPCG was the online quiz night held in May, followed closely by the plant sale in June. Feedback from the sale was



overwhelmingly positive. Although there was the odd plant that did not make it somehow. A gruesome tale of a plant being eaten from the root upwards still puzzles us.

The marvellous and amazing young people in 3rd Kenton Scouts group have done

an incredible job and worked with our volunteers to add a whole lot of plants in the garden section closest to the footbridge in the autumn. Big thanks to them!

The community garden is built on a few key ingredients (too much baking/ cooking over the festive period!). Planting with the magical ecto-whip dip, applying card board mulch and wood bark.

We won't rest on our laurels, or the new rainwater collection benches with backrests installed in the community garden!

Testament to the fantastic effort by all our volunteers is the recognition and award by London in Bloom and the Royal Horticulture Society. The garden has brought people together and friendships have been formed as a result of regularly getting together at weekends in small groups to keep on top of the weeding and grass cutting.

Let's kick off 2022 where we left off. Keep on going and carry-on planting!

Keep well.

Eleri, Jo, Rishil and Iris

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Some Thoughts for a New Year . . .



“Hope

Smiles from the threshold of the year to come,

Whispering 'it will be happier'..."

— **Alfred Tennyson**

“For last year's words belong to last year's language

And next year's words await another voice.”

— **T.S. Eliot**,

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been, full of work that has never been done, full of tasks, claims, and demands; and let us see that we learn to take it without letting fall too much of what it has to bestow upon those who demand of it necessary, serious, and great things.”

— **Rainer Maria Rilke**,

“In the New Year, never forget to thank to your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!”

— **Mehmet Murat ildan**

“Cheers to a new year and another chance for us to get it right.”

—**Oprah Winfrey**

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”

— **Edith Lovejoy Pierce**

“I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever.”

— **Neil Gaiman**

“Maybe holiday season is just not about wishes and celebration at all

Maybe, just maybe, it is just a reminder about the power of state of mind

What else than state of mind can make things look beautiful when in fact they are ugly

What else than state of mind can make things look ugly when in fact they are beautiful

Let the New Year be the year in which we choose to be the masters of the mind and not its slave.”

— **Isa Morgül**



Depression and Loneliness

One of the questions I get from families often is
"How can I get help for my loved one when they don't want it?"

Don't dismiss *symptoms*

If your family member or loved one is not eating regularly or loses interest in activities that used to give them pleasure, it could be depression.

Talk about how they feel

CAREGivers can help by recognising the significance of talking by asking how they feel. It is important to hear them out and listen to their emotions. Listening to others offers direct comfort and support.

Look for subtle *signs*

'I am not sad or lonely...' parents don't want to burden the family. Instead they show signs of distress by wringing their hands excessively, getting agitated or having difficulty sitting still.

Recognise depression as an *illness*

People can be so sick with depression that they can't get out of bed. Avoid making them feel guilty by telling them to get out more or pull themselves together.

We can *help*

Ask for support, be it advice on how to make subtle yet significant changes at home or assistance with care at home.

Popular British Flowers

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- Daffodil
- Sunflower
- Orchid
- Carnation
- Bluebell
- Freesia
- Daisy
- Foxglove
- Magnolia

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Friends of Barham Library



Happy New Year

We wish all our supporters and visitors a healthy, peaceful and safe 2022.

Despite all the difficulties Barham Community Library continues to provide service to our diverse local community of all ages.

Recently our community library was packed with older people attending our Memory Lounge and young people coming to enjoy activities for children.

We are proud of what our small group of hard working volunteers achieves and extend our Thanks and Best Wishes to them too.

We hope to see as many of you in 2022 as possible.

Keep well and safe.
Paul Lorber



OPENING TIMES

Correct at time of writing, according to current guidelines:

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For more info on all activities, please contact:

Paul Lorber 07917 094 239
barhamlibrary@hotmail.co.uk



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Kids' Page



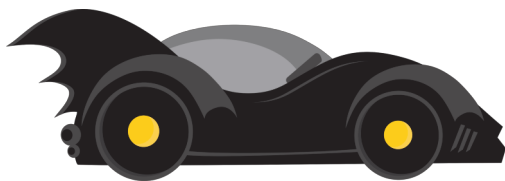
Hi,

Happy New Year!

We 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

What did Dr Eggman say after Sonic lost all his rings?

Eggs-ellent

What did 0 say to 8?

Nice belt!

What did one toilet say to the other?

You look a bit flusshed!

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

Riddles

It belongs to you, but your friends use it more. What is it?

Your name

If you do not keep me, I will break. What am I?

A promise

You are running in a race and you pass the person in 2nd place. What place did you finish the race in?

2nd place!

I am found on land and in the sea but I don't walk or swim. I travel by foot but I'm toeless. No matter where I go I'm never far from home. Who am I?

A snail.

Facts

- A 1933 US double eagle coin sold for more than \$7.5 million at auction in 2002, the most expensive ever!

- The Batmobile in the movie Batman Forever sold at auction for \$335,000.

- A woman set a world record by stacking 73 frozen waffles in her hands!

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