

The Community Magazine for the
Sudbury Court and Pebworth Estates

February
2022

The Courier

92nd
Year



Photo: Sunnah

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February 2022
Number 232 (1,072)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all keeping warm and well. I'm writing this on a grey January day with a few extra layers on, so the month of February will be very welcome in this corner, as a step closer to spring.

I was delighted to receive the picture featured on the front cover from one of our neighbours—Sunnah, thank you. How apt for Valentine's Day!

The results of the Christmas Lights competition are in (pg 11.) It sounds like the Secret Santa judges had a lovely trip around the estates, and really enjoyed the efforts made by so many residents.

There are whispers of ways for residents to get together and celebrate our community a bit later this year. If you have any ideas, or would like to help organise an event, please do get in touch (see pg 10.)

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



Dear Residents:

I'm sure we are hoping that 2022 sees a resumption to life as it was pre-Covid, but we will await to see how the year develops.

If you're bored some evening, rather than surfing the net, check out the Met police website – it has some good advice on crime prevention—you'll find it on a tab on the bottom of the main screen entitled 'Crime prevention' www.met.police.uk

What is your team up to?

In the lead up to Christmas, your team had some leave and/or were variously isolating due to outbreaks of Covid with police station personnel.

In addition, I have been working on my various case files and helping out with PC Bareham's files.

We are also working on Anti-Social Behaviour issues surrounding drug dealers who are hanging around on East Lane near the junction with Sudbury Avenue, around the take away restaurants.

Court Result:

Towards the end of December 2021 I received the court result in relation to a robbery case that I had been working on in 2019-2020.

On 31/10/19 a 17 year old man was robbed on Harrow Road by Butlers Green by a youth on a bicycle, wearing a skeleton mask. The robber intimated that he had a knife and threatened to "shank" the young man if he didn't hand over his phone, the victim shrewdly replied that his school doesn't allow students to take mobiles to school. The robber then demanded the victim's wallet and took his bank card from it, demanding the

PIN number, warning that he better be giving him the right number. The youth then cycled off having robbed the young man, and subsequently made a number of transactions using the stolen bank card.

Having been alerted to these transactions, I went and viewed the CCTV at two locations. From the CCTV of one location I managed to identify the male despite him wearing a skeleton balaclava mask over his mouth. An arrest was effected some weeks after the robbery, in which the mask used in the robbery was recovered, a quantity of drugs found and property in other people's name, as well as a quantity of mobile phones. Following analysis of the mobile phones and the other property a case was presented to the CPS and charges authorised.

The case finally came to court and the robber pleaded guilty. He was sentenced in December 2021. At the time of his sentencing, the robber was in prison on another matter – in August 2021 he had driven the wrong way down the A40 in a stolen vehicle, in an attempt to get away from police and crashed the car. At the time of the robbery on the 31/10/19, the robber was 17, turning 18 at the end of December 2019, and was living in a care facility in St. Andrew's Avenue. In sentencing in the robbery matter, he was given a suspended sentence, rehabilitation service and unpaid work.

I generally try to inform myself of people of interest that live in the locality, I can do this by looking at their custody imaging photos – this way if I see them out and about I know who they are. In this instance, it served me well as I was able to identify this youth from photos I had seen of him, and from the bridge of his nose and eyes only as he was wearing the mask.

I would like to commend the victim and his

father in this investigation, for sticking with it, despite the delays in the investigation and in presenting the matter before court.

Burglaries:

At the time of writing, the 07/01/22, there have been no burglaries since writing the last article date 8/12/21. This is most likely due to residents working from home in the run up to Christmas and being around over the festive holidays.

However, prior to the Christmas period, in the main, premises being targeted were houses or blocks of flats under renovation/ construction (where burglars are breaking in with a view to stealing fixtures and building tools) and business premises. With this in mind can you please pay attention to properties near you that are being renovated/ developed, as well as local businesses as you pass by.

With many burglars being opportunists they will look for visual indicators when choosing their target, e.g. a sign that a house is unoccupied, for example, no car in the drive, or a house in darkness.

When asked, reformed burglars have said that if they saw two houses – one with a fitted burglar alarm and the other without, notwithstanding other features, then they would target the one without.

Perhaps in the coming year, you will be off on holidays, so please consider one or more of the following:

- lights and radio on time switches,
- asking a neighbour to park their car in your drive whilst you are away,
- good locks on the windows and doors of your house
- good perimeter fencing is also a given – it is your first line of defence.
- consider getting an alarm fitted.
- 'Ring' style doorbell systems

Again, the Met police website has a host of information on crime prevention generally, including in relation to burglary, please take time to check it out.

Speeding on the Sudbury Court Estate:

Police continue to receive complaints from residents in relation to Speeding in the Sudbury Court Estate. By and large, the general culprits are residents themselves. If I receive a complaint of speeding I will look into it, make enquiries into the registered keepers of the vehicle, and make contact with them.

Speeding kills.

Residents are reminded that the speed limit on the Sudbury Court Estate is 20mph please adhere to it.

Overview of offences 08/12/21—07/01/22:

Robbery: (i) Nr Green Valley Kenton Road – 17/12 1906hrs phone snatched from victim; (ii) Sudbury Avenue J/W East Lane – 25/12 1930hrs male approached and robbed of his belongings by three masked youths.

Theft of Motor Vehicle: (i) St. Andrew's Avenue nr Harrow Rd – 16/12 1030 – 16/12 2245hrs 2003 Toyota Avensis stolen without keys.

Theft from Motor Vehicle: (i) Northwick Park Hospital – 25/12 0800 – 2035hrs, medical bag stolen from 2010 Nissan Note, known how entry gained, no signs of forced entry.

Attempted Theft from Motor Vehicle: (i) Northwick Park Hospital 16/12 1400hrs – 1630hrs side door of 2021 Ford Transit van drilled and impacted inwards in an attempted break in to contractors van.

Crime Prevention Advice:

Burglary -

● Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all possible, please try to get this open access gated off - most burglars gain access via the rear of a house.

- Please ensure that garden sheds are

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locked and that all garden implements are locked away as frequently these are used to break in to houses.

- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property visible in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you're listening to an iPod or on a mobile phone.
- Stay clear! - if you think you are being followed or that someone looks like they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

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.

Bicycle Thefts -

- Ensure that you secure your bicycle with a

substantial lock at all times and leave in a well lit place.

- obtain your frame number and register your bicycle on www.BikeRegister.com or www.immobilise.com - this could assist police in recovering your bicycle if stolen.



We use the OWL (Online Watch Link) to send out alerts to residents about local crimes and other information of benefit. Please register at www.owl.co.uk or download the OWL mobile app (search for "OWL crime alerts") - this is a FREE service.'

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

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

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

020 87212 969 or 07920 233 752

northwickpark.snt@met.police.uk

Useful numbers:

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

For non-emergencies, ring **101**

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

Useful websites:

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

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

cllr.robert.johnson@brent.gov.uk

Hi everyone.

The Omicron variant of Covid-19 is now the dominant strain in our society. Whilst Omicron may not be as devastating for some as the Delta variant, it is far more transmissible than what we have seen so far. The need to take extra precautions when travelling outside of your home is very important. As a minimum you must wear a face mask when travelling on public transport, when you go to the shops and where you cannot keep at least 2 metres away from someone not from your household bubble.

Covid Update

As at the 9th January 2022 the infection rates were very high, with a seven day rate per 100,000 of 1,823 for Brent, 1,719 for London and 1,646 for England. PCR positivity is 34% for Brent and London and 35% for England.

Our measured local infection rate has plateaued but this could partly reflect the reduction in testing – probably due to combination of reduced demand and a shortage of tests, particularly for home testing. Of concern is the rate in over 60s, for Brent 1171, for London 1,244 and for England 925.

Reflecting the very high levels of community transmission, many of our care homes are seeing cases, particularly in staff, but infection is generally mild or asymptomatic – reflecting vaccination levels in the care sector.

While admissions to hospitals have increased, demand on ITU from COVID has not increased – again a reflection of the levels of immunity in the population both from vaccination and prior infection. To find out more on Covid-19 information such as ordering test kits, places to get vaccinated and tested and to keep up to date in Brent, please visit the website.

www.brent.gov.uk

Mumbai Junction Development

Planning Officers have refused the planning application for 231 Watford Road, the site of the Mumbai Junction restaurant, formerly the John Lyon pub. The Officer's report notes that there were 485 comments received during the course of the application of which only 2 were in support of the proposal. An overwhelming majority for the objectors.

Objections were received from Barry Gardiner MP, Cllr Keith Perrin and Cllr Margaret McLennan. I could not comment on the application due to being Vice Chair of the Planning Committee. The SCRA and Sudbury Town Residents' Association also objected.

Interestingly the report also notes that the 'occupier' of 231 Watford Road submitted a letter of support with 44 signatures. The developer could yet Appeal to the Secretary of State over the refusal.

1-2 Court Parade, HA0 3HY

The Appeal has been dismissed and planning permission refused.

The Inspector found the proposed development would be harmful in respect of all main issues and therefore conflict with Development Plan policies and the National Planning Policy Framework. Moreover the benefits of the proposed development would be insufficient to outweigh the harm and conflict identified.

The Appellant can challenge the Decision in the High Court but only on a point of law. They should do this within 6 weeks of the Date of the Decision and not later than 3 months.

Join Northwick Park ward panel

Do **you** want to help make our local area safer?

Join our ward panel so **you** can help:

- focus local police on the issues the community is concerned about
- feed back to the community ways to keep

safer and the action police are taking
- community members to be more involved in
us all working together to make our
neighbourhood safer.

The panel meets with the Police Safer
Neighbourhood Team four times a year in the
evening.

Panel members explain community con-
cerns and the police provide information on
crime, antisocial behaviour and their recent
activity. The panel then sets priorities and
actions for the police to focus on in the ward
and report back on at the next meeting.
Meetings are also attended by Ward Council-
lors and council Antisocial Behaviour Officers
so that joint ways of solving problems can be
identified.

Brent Police are recruiting for all of their
Ward Panels so that they are more represen-
tative of the ward.

Can **you** help the panel represent the views

of all parts of the ward and everyone who
lives, works or studies in it?

For more information, please contact:

NorthwickPark.SNT@met.police.uk

Councillors' Surgeries

Our next surgery will be 5th February
2022 at 11am. Due to the new Omicron
variant of COVID-19 we will **not** have a face
to face surgery at St Cuthburts Church but
will have an online surgery. Please email,
text or phone any one of us as soon as you
can.

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)
Cllr.Keith.Perrin@brent.gov.uk



Join in the party

We are hoping to have lots of opportunities to get together and celebrate
our community this year. 🍷

If you have any ideas of how you'd like to celebrate, or maybe you'd like to
join in and help organise a get-together, please get in touch.

secretary@the-scra.co.uk or contact the SCRA phone on **07933 958 166**



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Christmas Lights



It was beginning to look a lot like Christmas.....when Santa, Rudolf and I set off to judge the Christmas lights on the Sudbury Court and Pebworth Estates.

It was great to see the effort that people went to help cheer up a bleak midwinter.....

Special mention goes to 53 Spencer Rd . . . WOW . . . What a marvellous display!! The whole front garden was ablaze with lights



and festive decorationsSpencer Road made a really great effort with several houses beacons of Christmassy joy.

The illuminations surrounding the green on Littleton Crescent on the Pebworth Estate were fabulous again.

West Court and Shelly Gardens brought a smile....

The sign at 112 Abbots Drive requested we stop...so we did.....my, my ...what a range of characters, colour and lightsthe whole front garden was awash with Christmas cheer!!!

Once again 50 Pasture Road put on a magnificent display.....as did many houses in Norval Road

There are too many to mention....what was evident was that there was a real sense of community spirit - exactly what's needed!

After a cup of tea and a mince pie (or 2) we decided on the winners:

1st—53 Spencer Road
2nd—112 Abbots Drive
3rd—50 Pasture Road

Well done to everyonesee you in December 2022.

PS—Could the 3 winners please send an email to claim your prize:

treasurer@the-scra.co.uk

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SCRA Update—Pareet Shah

1. Mumbai Junction/231 Watford Road

The planning application at this site has been rejected for several reasons. We're very grateful to residents and Councillors McLennan and Perrin for their support with this matter. The SCRA website has further information and the council's report.

2. 1-2 Court Parade

Planning refusal was appealed by the applicant. A hearing was held on 16/11/2021 at which the SCRA appointed George Vasdekys, a planning consultant from Salisbury Jones, to represent our views. Councillor Perrin and council officers also spoke against the proposal. The planning inspectorate rejected the appeal, their report is available on the SCRA website.

3. Big Shots

Despite objections from the SCRA and residents, the extended licensing application was approved at this venue. We will keep you updated regarding any further developments.

4. Traffic survey

As mentioned previously, Brent Council carried out a traffic survey on the estate. A council officer attended our meeting to update us. It confirmed residents' observations re: speeding on many side roads, with Pasture Road and The Fairway particularly affected. There will be further meetings to discuss options to counter this, especially considering recent collisions in the area. The traffic survey results are on our website.

5. East Court/Byron Road alley mirror

The council should be installing a replacement mirror to improve safety and visibility.

6. Parking

We have numerous reports of inconsiderate parking. In conjunction with the council, we are investigating options for improvement.

7. Benches

Many of the wooden benches are showing signs of deterioration. We will be contacting the council regarding repair or replacement.

(contact details and website address pg 3)

Protecting your wealth and loved ones

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- If you own a business or share of a business, your spouse/partner and children may not necessarily inherit your share.
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For more information visit: www.personalestateplanning.co.uk

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It is extraordinary to think that we are in the year 2022 and already in the second month of this incredible year.

2022 seems like such an extraordinary number. And on the 6th February 2022 the Queen will be celebrating 70 years (another extraordinary number) of service to our country. It will be her platinum Jubilee. The official celebrations will be over the weekend of the 2nd to 5th June. We will be getting an extra-long special weekend, that gives us an extra bank holiday on the Friday. One of the events in preparation of this celebration is to come up with a Jubilee pudding. I don't know if you are anything of a baker but if you are, now is the time to put your thinking cap on and produce a new classic pudding!

At Saint Cuthbert's church we have just introduced a new weekly Saturday morning coffee club from 10am to 12pm. Perhaps you could try out your new creations by testing it on those coming to our Saturday morning coffee club. You will be made very welcome. I like to dabble in baking myself and have acquired a good reputation for my lemon drizzle cake over the years. I started my baking journey with the classic Victoria sponge, a cake associated with Queen Victoria. Maybe I could just rename my lemon drizzle cake to the platinum drizzle pudding. After all it is covered in silver white icing a similar colour to Platinum. Come along on a Saturday and you can try out my platinum drizzle pudding!

Rev Trevor Goddard

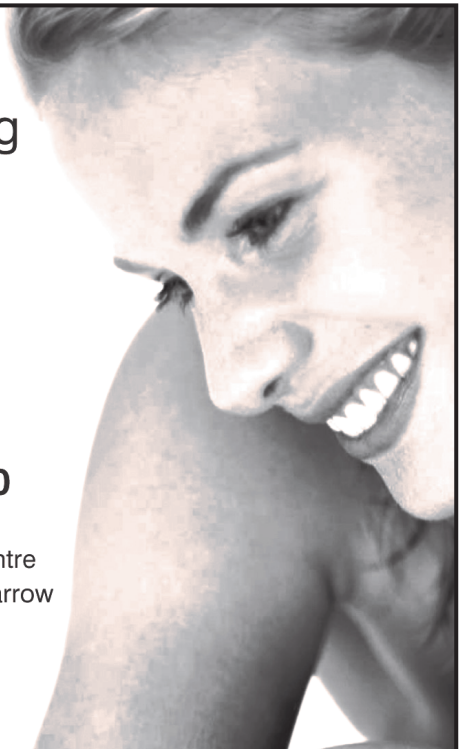
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Could Orthotics Help You?

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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Valentine's Day for YOU—Jenica J

On Monday the 14th of this month it will be Valentine's day.

Most people know this day as an annual festival which is, traditionally, a celebration of romantic love. We also love friends and family, and one love which is frequently forgotten, but equally important in my opinion, is self love.

Here are a couple of simple practices you can implement in order to practice self love.

Do something YOU love

It is so easy to get caught up with our everyday working life and busy-ness. Our schedules pile up resulting in work overrunning. Before you know it, it is late at night and you are finally getting a moment to yourself.

It may not be easy, but you should try to take some time out of your day to do something for yourself. Even if it is something as simple as taking a moment to breathe. In case you are looking for ideas of what you can do during this time, it can be anything with the intention to make you happy. Maybe you enjoy painting or meditation, maybe listening to music makes you smile. Or, as cheesy as this may sound, you could create a mini spa treatment for yourself.

Personally, at the end of a day, I put on an uplifting Spotify playlist and enjoy sitting down with a blank canvas on my desk and drawing. This is because, for me, art helps to slow me down in the evening as well as allow me to be creative with the final piece I end up making. This is self love.

Trust me when I say that taking time for yourself, even just a few minutes, is very important and will help your overall wellbeing.

Take a break

In a society which is always busy and it seems as though everyone around you is completing all the tasks which they possibly can in a day, remember, it is okay to have a rest day and take time to give yourself a break. We all need one from time to time. Taking a break allows you to reset and pay attention to yourself.

After my exam season finished, I knew I



definitely needed to wind down so I spent some time giving myself a break to catch up on some Netflix.

Shifting from a constant 'go' mode to being present can often be tough and cause you to feel unproductive because it's taking time away from a possible email that you could have sent out in preparation for the next day, or (something that I personally have felt possibly one too many times) that email which you did send out but noticed too late it included an error. It's ok. Give yourself a break.

It may seem difficult to forgive yourself sometimes, and in that case you should ensure that you are still being kind to yourself. We are all human and everyone makes mistakes. It is okay to not always be harsh on yourself and feel pressure to always be on the run with all the tasks that are currently filling the space on your calendar. Nevertheless, you should still be kind to yourself and if possible focus on what has gone well in your day.

A little bit of self love goes a long way.



Getting out n about . . .

The Friends of SUDBURY
NEIGHBOURHOOD CENTRE will be holding a
sale on **Saturday 12th February** 10am—2pm.



If you haven't visited us before, the Centre is situated behind the Methodist Church at 809 Harrow Road, Sudbury, HA0 2LP.

This is a chance to grab some excellent bargains with clearance of clothing and linens before we recycle to other charities to make room for more recent donations. There will also be our usual stalls with bric-a-brac, ceramics, books and DVDs all at knockdown prices. Light refreshments will also be available.

Come and support our charity!

For further information about free taster days for prospective clients on Thursdays, 17th February and 17th March call Katia on **0208 9081220** or email

office@sudburyneighbourhoodcentre.co.uk

Thursday lunch time concerts at St John's, Harrow

Thursday 10 February, 12.30 pm: Dominika Rosiek (violin) and Miho Sanou (piano)

Thursday 24 February, 12.30 pm: An-Ting Chang (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

See page 14

KENTON & DISTRICT U3A (University of the Third Age)

We are welcoming new members: any retired or semi-retired adult can join.

Activities include a monthly general meeting with a guest speaker and various interest groups including: Current Affairs, Gardening, English Literature, Cookery, Healthy Living, Magic of Musicals, Classical Music, Art History, Rambling, London Visits, Scrabble, Bridge, etc.

Meetings are mostly held at the Harrow Masonic Centre, Northwick Circle, HA3 OEL.

There is a friendly atmosphere with coffee breaks.

The annual fee is £40.00 that covers most of the activities.

www.kentondistrictu3a.org Membership Secretary: **07814 412 687**



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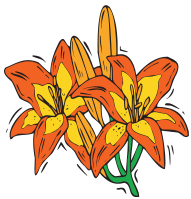
Gayton Road. HA12JG

New singers always welcomed !

We are rehearsing Mendelssohn's ELIJAH for a major concert, with Northwood Choral Society and Trinity Orchestra which will take place on Saturday 26th March 7:30pm, at Harrow High School.

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

www.harrowphil.co.uk 07947024156 or on the door



CALLING ALL GARDENERS

Sudbury Court Horticultural Society Your local gardening club



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

Spring is a special time of year. We have come through to January with only a couple of frosts. Some of last year's annuals are still flourishing in south-facing borders and those bulbs, planted in the autumn, are pushing through the



soil, promising an early spring. Plenty of rain has fallen though, leaving puddles and ponds in any low-lying spots, but giving roads and pavements a welcome wash. We are experiencing, in a small way, some of the effects of global warming. Good news for the slugs and snails sheltering in nooks and crannies in any un-tended corner. Every creature has its share of luck.

For people though, the uncertainties of 2021 are spilling over into the New Year. While not exactly in lockdown, we all practise caution as best we can in moving about and meeting other people. This is not a happy prospect for our horticultural society which thrives on friends and neighbours meeting-up and participating in joint activities. While Zoom can be a very helpful resource for decision making, once the novelty wears off we all miss the fun of a proper get-together. Next month we shall report to you on the Extraordinary General Meeting to be held at 3 pm. on Saturday 22nd January. This meeting will establish whether the SCHS has a future. Though at the time of writing everything looks uncertain we hope very much that a new chapter awaits us, perhaps with a variety of activities likely to appeal to our older, faithful members. Visits to houses and gardens make a welcome change of routine. On one such outing Christine took this picture of daffodils beside the Broad Walk at Kew. Many of England's grander houses have long

established gardens with historical, as well as horticultural interest, echoing the gardening interests and enthusiasms of earlier generations, while the RHS gardens spearhead new ideas and experimental plantings as

well as offering advice on gardening problems.

Reading this month's RHS magazine, two emerging trends are specially featured. First I noticed the current interest in houseplants, especially those of tropical origin which thrive in our centrally-heated homes and give special pleasure in the winter months. Caring for the plants and flower arrangements about the home is a relaxing and stress-free activity that gives special pleasure when the plant came to you as a gift. The second trend noted by the RHS is the growing interest in buying garden furniture, or investing in a greenhouse, an arbour or even a garden shed, all designed to spread family activities outdoors at a time when working-from-home creates a desire for personal space. There have even been some warm winter days when dreams of having a garden party seemed to be a possibility – perhaps in overcoats with hot drinks! Why not? We need some new thinking for the SCHS. These thoughts remind me of a line in a 1960s comic song by Michael Flanders and Donald Swann "We're frightfully 'homes and gardens' down here in SW3 ... The garden's full of furniture, the house is full of plants." Whatever the outcome of our meeting on 22nd January we wish you a happy year's activity in your garden.

Margaret Roake

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Winter is traditionally a time to rest and recuperate, taking time out of a relentlessly busy life, until we are ready again to emerge and connect.

“When we clear away the dust of a long winter, it’s sowing the seeds of a life yet to come” (Wintering by Katherine May)

It’s hibernating time for some creatures like frogs and ladybirds, so be careful not to clear away too many leaves or plants from your garden. Food sources for birds can be limited so make sure that feeders are kept clean and topped up.

The community garden is not as dormant as it might seem, there are herbs and vegetables we can harvest from the garden at this time of year including rosemary, Welsh onion, Black Tuscan kale, Blackcurrant sage and thyme.

You may also see the odd large bumblebee (the queen) in the garden near anything that’s flowering. Worker bees tend to die in autumn leaving behind the queens who hatch from the eggs laid in late summer. In Spring they search for a nesting site to lay eggs which will become the new worker bees.

The days are getting noticeably longer and we are happy to have more available daylight to spend time outdoors walking or meeting up with friends. With Spring on the horizon, it’s a great time of the year to make plans for planting and growing food and flowers.

You don’t need a greenhouse to get ahead; clear the windowsills to make space for pots and containers to sow seeds. Chilli and sweet pepper seeds will be grateful for the head start that will allow them to grow and ripen nicely for the summer. A warm win-

dowsill and a clear plastic bag over the pot to keep an even temperature will do the job. When the seeds germinate and produce the first true leaves, it will be time to transfer them on to individual pots.

Peas also work well using this method or may even need to be potted up already if you started to grow them last Autumn. You may also want to start sowing tomatoes and cucumbers in a bright and warm place indoors. To avoid having to buy plastic pots recycle juice and milk cartons instead, not only practical but also colourful. Start saving now!

There are more details on how to grow seeds on our Seed planting workshop video on YouTube.

Microgreens are simple to grow and make any salad tasty and nutritious. Mustard cress, peas and coriander are quick to germinate and cut for eating.

Keep well. See you again soon in the community garden.

Eleri, Jo, Rishil and Iris

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Diet and lifestyle play a significant part in being fit and healthy, which allows us to do the things we enjoy most. Eating foods that are good for you and staying physically active may help you reach a healthy weight and boost your energy and may also assist with managing long term health conditions such as type 2 Diabetes, lowers blood pressure and protects your heart. The best part is that you don't have to give up the traditional foods you enjoy.

It's not too late if you're overweight or thinking of losing weight. Making simple changes to what you eat and drink can help you lose weight. Every small change counts, whether you decide to opt for a piece of fruit instead of cake or decide to walk 10 minutes, use the stairs instead of the lift where possible.

How do I know if I am healthy?

Carrying fat around your middle can lead to long-term health conditions and cause fat to build up in your organs, especially your liver and pancreas. This stops them from working properly. It's possible to carry too much fat around your stomach even if you look slim and have a healthy Body Mass Index (BMI).

How can I keep my weight down?

Here are some simple tips for eating well and being active to keep your weight down.

1. Plan ahead

Planning meals allows you to make healthier choices. You may discover that you start to shop for what you *need* instead of what you *want*.

2. Create new cooking habits

Create and practice new cooking habits: try using less fat, sugar and salt, and add a variety of spices and herbs for flavour instead. Include pulses, beans, cereals, fruit and vegetables (e.g. okra, spinach). These choices mean that you'll be reducing your calorie intake (too many calories turns into fat).

3. Reduce fats and oils

Cut down on fried foods and take aways. Try eating less butter, ghee; measure oil when preparing curries and rice dishes. Go for



olive, sunflower and rapeseed oil products, which have unsaturated fats.

4. Eat a rainbow diet

Fill half your plate with colourful vegetables with each meal, either cooked or as side salads. **Vegetables** are full of fibre, vitamins and minerals but low in calories. Your stomach will feel more full and satisfied.

5. Cut down on the sweets

Eating sweets, traditional sweets such as laddoo, barfi, bakhawa, halwa, cookies and biscuits with every cup of tea or every day is very unhealthy. Consider limiting sweet treats to special occasions. Limit alcohol, juices, soda, and other sweet drinks, which contain sugar.

6. Avoid sugary and fatty snacks

When you're home and there are no special occasions, try avoiding sugary and fatty snacks altogether. These are high in calories but also empty in nutrients. Consider healthier swaps like a handful of nuts or fruits with natural yoghurts.

7. Portion awareness

Becoming portion aware allows you to enjoy your favourite foods in the right amounts. It's traditional to demonstrate love and hospitality by overfeeding family and guests. Say 'no thank you' to second-helpings. At home, swap your usual plate for one that's smaller in size to reduce the amount you eat and to prevent overeating.

8. Water

Stay hydrated. Drink 6-8 cups of fluids a day. This includes water, tea, coffee and green

(cont'd pg 25)



Good Neighbours make Great Volunteers

If you ever have a spare couple of hours, please think about joining our list of people we can call on if we need to give a helping hand occasionally, or pass on information to residents between Couriers.

secretary@the-scra.co.uk or contact the SCRA phone on **07933 958 166**



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tea. Gradually reduce your sugar intake and move to sugar free drinks.

9. Get a daily dose of exercise

You don't have to use a gym. Instead, see where you can fit extra bursts of activity into your day. Find things that you enjoy doing and make them part of your routine to form new healthy habits. Work towards being active for 150 minutes per week.

Activities can be as simple as:

- a daily brisk walk
- take a longer route home after walking the kids to school
- Arrange to go swimming regularly with a friend

10. A goal without a plan is just a wish

Setting small, realistic goals means you are more likely to succeed. Alongside planning your meals, recording your goals, activities and progress can keep you motivated. There will be good and bad days but always look for the win each day.

Why not join the hundreds of individuals who have used the NHS Better health programme to make positive changes to their health by achieving a healthy weight or increasing levels of physical activity and get the support you need to achieve your goals.

www.nhs.uk/better-health

Salma Mehar
NHS Consultant Dietitian

Poetry Corner

Hope on a rope
If you don't
want to lose hope,
tie it to a rope and pull
yourself to safety. Because
hope has the power to lift
you up whether your
problems are
light or

w
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Brian Bilston



What is *Live-in Care*?

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

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

What is *Home Care*?

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

Is *Live-in Care* *Safe*?

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

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

Live-in Care Vs. Home Care

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

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

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Incl:

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Yoga is on Sunday Mornings at 10am and Monday evenings at 8p.m.

Contact us if interested.



MEMORY LOUNGE

Mondays from 11:15am

Book borrowing & returns dealt with throughout and youngsters doing home work activities welcome on Mondays & Wednesdays.

Other activities are slowly coming back. For more info, please contact:

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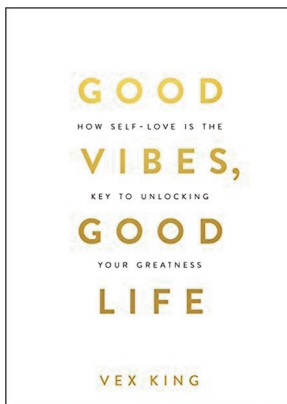
Book Review

Good Vibes, Good Life

I recently finished reading this powerful book by Vex King. Usually I am not keen on reading books which state that they will revolutionise your life, despite this it did a good job to draw me in.

The book is aimed at those who are interested in focusing on positivity to create a change and a life which you love. It was set up in seven parts, each covering key areas in life such as holding a positive lifestyle, manifesting life goals, and its final part, pain and purpose. Each part with the aim of improving your life by bringing light to the areas and habits that you may not have focused on in such depth before.

Before you stop and think this is a book which you probably won't end up reading, I assure you that once you have finished reading this book you will appreciate the different insights and perspectives that it will have given you. As well as how successfully it reaches the aims of even introducing you to new concepts.



Building a sustainable positive lifestyle

One message which has stuck with me from this book is the skills needed to build a positive lifestyle. I personally get sudden bursts in my life where I set out all of the changes which I want to achieve and proceed to expect it all to be successful overnight. However, I soon end up giving up on them or somehow forgetting they were a goal. This book has aided me in thinking about building a sustainable lifestyle, as success

and change is a slow process and can't always be seen at the starting stage.

I would recommend this book as it also interlinks your lifestyle with manifestation which, put simply, suggests that when you are around those who have a positive outlook you will also start to feel positive. This is just one of the ways in which you can begin to build a sustainable positive lifestyle.

Janica Jetha

(if you'd like to share a book recommendation, please email editor@the-scra.co.uk)

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Kids' Page



Hi,

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 time is it when the clock strikes 13?
Time to get a new clock!

Knock, Knock.
Who's there?
Wood.
Wood who?
Wood you let go of my hand, then I'll tell you!

What is a cat's favourite colour?
PURR-ple!!

Riddles

What has hands and a face but cannot hold anything or smile?
A clock

Did you spot the deliberate spelling mistake?
'cannot' should be 'can't'.

How many months of the year have 28 days?
All of them.

What word is always spelt "wrong"?
Wrong

What is the capital of France?
F



Facts

- The Eiffel Tower, Paris, France gets repainted at an average of seven years.
- Americans spend nearly \$800 million per year on peanut butter!
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