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Sudbury Court and Pebworth Estates

March
2022

The Courier

92nd
Year



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The Courier



March 2022

Number 233 (1,073)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hands up who is very pleased that Spring is here! I can't count from here, but I'm guessing, many of you are at the very least nodding your heads. More blue skies ahead.

As you've probably gathered, it's time to put your hand in your pocket for your Membership Subs (pg 11). Having had a little reshuffle (sounds familiar) and welcomed some new members, the SCRA Executive Committee have been busy on your behalf as you will know from the monthly updates. So please, before you put the envelope in a drawer to do 'later' - please sort it out today.

Do get in touch if you have something to share with your neighbours; get in touch with your committee if you have any local issues/questions. Contact email addresses listed above.

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,

Of note at the moment are the robbery-snatches that are happening around the Kenton Road area; residential burglaries still seem to be quite low in comparison to pre-Covid times—houses under renovation or apartment developments seem to be targeted at the moment, with burglars breaking in at night to steal tools and fixtures, so please keep an eye on properties under renovation near you.

We're currently working on various cases, as well as the Drug-dealing activities and Anti-social behaviour on East lane between Sudbury Avenue and Harrowdene Road. There is a group of young men hanging around East Lane and selling cannabis, they have been stealing from local shops, threatening people and one of the group has been caught twice with a knife. We are using our powers under anti-social behaviour legislation, stop and search and a number of other police powers to tackle this issue.

At the time of writing, the team is reduced to Charlie Charalambous and myself.

Robberies/Snatches:

There have been a spate of robberies / snatches occurring in the Kenton Area from before Christmas that continue to be a problem. The suspects are on bicycles and ride up to their victim, generally in the morning rush hour, and snatch the phones from their hands whilst they are using it. These offences are sporadic and tend to be concentrated in the Kenton/Northwick Ave/Park area. The suspects cycle away quickly, and generally the victim doesn't see them coming so the description of the suspects can be quite vague.

Within the past week, I witnessed the aftermath of a snatch while off duty. It was in the evening time, the victim was walking on a street full of terraced houses and there was the odd commuter on their way home after

work. The thief cycled up from behind her, the victim didn't hear anything as she was listening to music on her mobile and he snatched her handbag from her arm and cycled off quickly in front of her – so she only saw the back of him. She couldn't give a facial description of him and didn't see his bicycle. Though a passerby rang police on her behalf, there was very little to go on in terms of description or follow up.

Distraction thefts:

Whilst on an operation in the south part of the borough on a Sunday evening recently, we were flagged down by a victim on Kilburn High Road. The victim and his friends were attending a Quiz Night at a pub when a woman entered with a clip board and approached the group who were sat at a table near the front door. The victim's mobile phone was on the table. The woman waved the clip board in front of them and asked them if they wanted to buy some cards, she had a card on the clip board. The group declined and the woman went away, within a minute the victim noticed that his mobile phone was missing too. She used a sleight of hand movement to remove his mobile from the table, using the clipboard to shield her action.

In this type of theft it is also quite common for thieves to ask for directions and wave a map in front of you to distract whilst they are stealing your belongings.

Cashpoints – Distraction Thefts / Scams:

In the past there have been thefts at cashpoints (ATMs) generally involving elderly residents, but not exclusively.

Generally, the theft happens like this: while the victim is using the cashpoint someone taps on their shoulder or waves something in front of them whilst they are using the cashpoint, saying that the machine isn't working properly or is swallowing cards. This person

(thief) will already have watched the victim inputting in their PIN number into the cashpoint, and when distracting them will press the cancel button on the cashpoint machine causing their bank card to eject from the machine. The thief will then quickly take the card and immediately go somewhere else to use the card to withdraw a large amount of cash before the victim is able to report the incident.

So please be aware if you plan to use a cashpoint, first of all check to see if there is anyone paying close attention to people using the machine or hovering around paying close attention to the machine. If there is anyone behaving like this then please do not use the cashpoint – wait for them to leave. If you are using a cashpoint, before you put your card in the machine to begin with check that machine appears ok, there is no device or stickiness about the card inset slot, that there is no one immediately behind you or overlooking you, ask anyone who is either side of you or has the possibility of seeing you PIN to step back. Again, do not use the machine, if you see anything suspicious on the machine or anyone acting suspiciously or hovering around.

Another scam involving elderly residents while out in their car: the elderly driver who has parked in an area, will be approached by someone who claims that they are a traffic warden or a private parking enforcement officer and that they have incurred a parking fine. The “warden” / “officer” will say to the elderly person that they can pay the fine via a cashpoint or ATM, and that it is cheaper if they pay it on the day. These thieves are very convincing and will pressurise their victim’s. The “warden” / “officer” (thief) will escort them to the nearest cashpoint, wait for the victim to enter their PIN and pay the fine.

The thief will then create a story as to why the victim cannot pay the fine, press cancel on the ATM which will cause victim’s card to eject. The thief will then steal the card and as they have the PIN number will then use the card to do a number of fraudulent transactions quickly after stealing it before the victim manages to cancel their card.

In one such scam in December, the victim

went to an ATM outside North Wembley Station and tried to pay the fine. He was unable to do so and when he cancelled the transaction and his card came out the member of public (accomplice thief) took the card and ran away and then used the card for a number of other transactions following the theft of the card before it could be cancelled.

Catalytic Converter Arrests:

On the 13th of January 2022 five men were arrested in and around an address in Wakeling Lane after they decamped a stolen BMW involved in a police pursuit.

Officers from West Area police (Ealing Police) saw the “suspect vehicle” on Thursday January 13 at around 6pm in Greenford. The BMW failed to stop for the officers, which led to a pursuit. The police pursuit involved the National Police Air Service and the Met’s Dog Units. The occupants of the BMW car decamped the vehicle in Wakeling Lane, Wembley, and five men were arrested in and around an address at that location.

It was discovered that the BMW was stolen and that the car had been equipped with imitation police lights, also found were tools and multiple catalytic converters, which we believe were stolen from victim’s vehicles.

The five men, aged between 18 and 30, were arrested for a variety of offences including on suspicion of dangerous driving, theft of a motor vehicle, theft, aggravated vehicle taking, impersonating a police officer, going equipped to steal and failing to stop for police.

The arrests were part of Operation Sandcat which tackles Catalytic Converter thefts across the West Area of London and involves officers engaging in patrols and intelligence-led targets. In total, 11 men were arrested between January 12 and 13 in Operation Sandcat.

Theft of Steering Wheels from BMW cars:

Preston Ward has had a number of thefts from cars that are quite unusual in that it was the steering wheels that have been stolen.

A 2019 BMW 420D Grande Coupe 4 series, and a 420i, 2018 plate both had a window smashed and steering wheel stolen recently.

Protecting your wealth and loved ones

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

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

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

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

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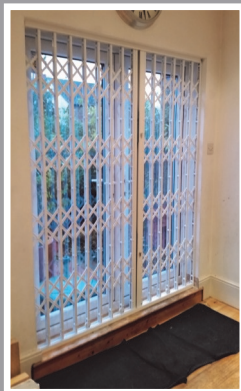
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Cannabis factories and rental properties:

In the past month, I have had to process a prisoner arrested in a detached house cannabis factory in Harrow. The owner of the house lived abroad and previously advertised his house for rent with a firm of estate agents, but hadn't yet used these agents and his house was still vacant. Subsequently, he was contacted via email by a "representative" of another "firm of estate agents" – the email came from a company email address, the firm had a landline number, a website and was registered with Companies House – the house owner thought they were legitimate and after negotiations he agreed to have this particular firm of estate agents let his vacant house. All the negotiations were done over the telephone and via email as the owner was abroad. About 9 months later, the owner discovered that his house, which was rented out via this estate/letting agent, was a cannabis factory and the house had several thousand pounds of damage as a result of the house being converted into a greenhouse effectively. House owners intending on renting out their house, please be aware of this.

Overview of offences 6/1/22—6/2/22:

Burglary: (i) Nightingale Ave (low evens): 24/1/22 1830 – 27/01/22 1830, back door forced and house ransacked

Attempted burglary: (i) Nightingale Ave (evens): 28/01 1700hrs – 30/01 1700hrs, hinges of the back door damaged, believed attempt to gain entry.

Robbery/Snatch: (i) Believed Northwick Park: 15/01/22 0900hrs, three masked youths on bicycles snatched victim's phone.

Burglary (building site): (i) 79-83 Kenton Rd: 19/01 1645hrs – 20/01 0715hrs locks broken and building tools stolen from site; (ii) Sudbury Crt Rd (in 30s odds) 21/1 0358hrs locks to building site forced and tools stolen

Theft of Motor Vehicle: (i) Carlton AveW (in 130s evens) 20/01/22 0018hrs 2018 Land Rover Sport stolen without keys

Theft from Motor Vehicle: (i) Churchill Ave: 12/01 0001 – 0700hrs personal belongings stolen from unlocked 2002 plate Mercedes E320 (ii) NPH 17/01/2022 1248hrs, CatCon

stolen from 2006 plate Toyota Prius (iii) Northwick Ave, Farrans Court: 23/01 0100hrs – 1100hrs, 2006 Toyota Corolla entered. no damage caused and personal items stolen from within



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-scr.a.co.uk for details)

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

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

020 87212 969 or 07920 233 752

northwickpark.snt@met.police.uk

Useful numbers:

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

For non-emergencies, ring **101**

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

Useful websites:

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

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

cllr.robert.johnson@brent.gov.uk

Hi everyone.

The Omicron variant of Covid-19 seems to be subsiding but you still need to take extra precautions when travelling outside of your home. I will continue to encourage you to 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.

England has returned to Plan A

This means:

- The government is no longer asking people to work from home if they can. People should now talk to their employers to agree arrangements to return to the office.
- Face coverings are no longer advised for staff and pupils in secondary school and college classrooms.
- There is no longer a legal requirement to wear a face covering. The government **suggests that you continue to wear a face covering in crowded and enclosed spaces** where you may come into contact with other people you do not normally meet.
- Venues and events are no longer required by law to check visitors' NHS COVID Pass. The NHS COVID Pass can still be used on a voluntary basis.

Helping residents with rising energy bills

The Council has created a toolkit with information about a range of local and national support schemes which are available to residents struggling to keep their homes warm this winter, including information on how to:

- Apply for a grant to support with the cost of energy bills from the **Brent Resident Support Fund**
- Access emergency fuel vouchers for pre-payment gas and electricity meters
- Refer residents to independent support agencies who specialise in energy advice.
- As the toolkit covers a broad range of information on support services and financial

schemes, we will be running a Member briefing session to provide an overview of the support available. To access the Resident Support Fund webpage please type in the following link:

www.brent.gov.uk/services-for-residents/benefits-and-money-advice/resident-support-fund/

Who can apply

You can apply for the Resident Support Fund if you are in financial difficulties this winter, for example struggling with food, utility bills and other household essentials.

You can apply if you:

- are a Brent Resident aged 18 or over
- have less than £6,000 in savings
- need support with meeting your day to day living expenses including food and utility bills
- are willing to meet any reasonable conditions concerning the payment award, including for example, support from advice agencies

Additional criteria

- You are usually up to date with your utility bills and day to day living costs; however, due to unforeseen circumstances you are now struggling to pay these bills.
- You are struggling to cover the cost of new essential household appliances e.g. washing machine, fridge etc.
- You are finding it difficult to keep up with monthly repayments of debts (we may not be able cover all historical debts- you may also be referred to our credit union for an interest free loan).
- You need support to gain new skills to seek new employment, you could benefit from some help with skills training (we do not pay for courses where a Bursary or Student Loan is available)
- You have experienced unexpected death and funeral costs, however, you do not qualify for the Government Funeral Payment scheme.

What the grant or loan can be used for

- Rent arrears, mortgage interest only arrears, even if you are already getting Housing Benefit or Universal Credit.
- Household expenditure – utility bills e.g. water, gas and electricity.
- Household appliances- essential white goods
- Food expenditure
- Council Tax arrears
- Paying off debts e.g. credit card loans (you may be referred to our credit union for an interest-free loan if your debt is historical)
- Counselling and mental health services
- Skills training to support employment
- Getting access to the internet, a laptop or both. If you wish to apply for this, please complete our Resident Support Fund Digital Form (accessible via the website link provided above).
- Essentials linked to energy and water (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.).
- Transport related costs due to winter.

Council Buildings to get £3.24m Energy Savings Makeover: Work begins at Northwick Park Pavilion

Sports centres and libraries in Kilburn, Willesden and Harlesden are amongst the buildings benefiting from a £3.24 million investment to slash carbon emissions from public sector buildings in Brent.

where an energy saving Ground Source Heat Pump is being installed in the Pavilion. You would need to plant a whopping 1,571 trees every year to match the carbon savings.

The pump works by transferring the heat that is already in the ground outside into a building or home, to heat radiators, give underfloor heating or to heat water. The Pavilion will be further developed as a start of the art Community Building available for use by the Community.

Councillors' Surgeries

We have now returned to face to face surgeries. However we will continue to conduct virtual surgeries as well, where we invite residents to a Zoom session simultaneously. Our next surgery session is on Saturday 5th March 2022 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



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Membership Subs

You will find your Subscription Envelope included with this issue of The Courier. Please use this to pay your 2022 membership subscriptions.

Sudbury Court Residents' Association

Any Residents' Association is only as strong as its membership. We are here to:

“maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates.”

We will need your support to ensure that we continue to hold the Council and any other parties to account with regards to issues and plans that might have an impact on the area, the environment or our residents. We also need you to please let us know as soon as you become aware of any such issues or plans, so we can address these.

We hope to host our twice postponed **AGM** in May this year; we will provide an update in due course.

Your subscription is just £5.00 per household per year.

You can also add a donation towards the SCRA, for example towards the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. As traffic increases, trees offer us some environmental protection against pollution, are a food source and habitat for wildlife, as well as offering us a 'feel good factor'. Please give as generously as you can, in order that we keep our streets 'leafy'!

Sudbury Court Horticultural Society

Having offered free membership for 2021 due to lockdown, SCHS is in the process of starting up again for 2022. At our EGM in late January a new younger committee was elected, including some older stalwarts, who will need to be inducted. Hopefully we are aiming to make a good start as soon as possible.

New members are, of course, always welcome. If you would like to join us, you can either do so via the Subscription Envelope system, as described opposite, or you can simply send payment with your name, address, email address and phone number to our new membership secretary: Robert Smith, 3 Audrey Gardens, HA0 3TF; email rts8904@gmail.com

Full details of all our activities during 2022 will be published in The Courier as soon as they are decided upon. We would very much appreciate your support, as our gardens reawaken, and life begins to return to normal.

Please pay NOW, before you forget! It will only take a moment.

IT COULDN'T BE EASIER

* Complete your name, address and postcode on the envelope provided, in BLOCK CAPITALS. If you are on email, please do also include these details, as it's easier to contact residents this way.

* SPECIFY what you are paying for, i.e.

- SCRA membership (plus donation, if relevant) and/or
- SCHS membership (plus donation, if relevant).

* INCLUDE payment—cheque (made payable to 'SCRA') or cash

* DELIVER it to one of the collection addresses on the envelope; some streets may have neighbours who collect envelopes on your behalf.

* One-off payment via **bank transfer** or annual **Standing Order** — we are trying to encourage people to set up an SO, as it means that they don't have to think about it every year, it just happens automatically. If this would work for you please make sure you use your house number and street name (e.g. 72 Spencer) as your reference (without your reference it will be impossible to allocate your membership to you!) Also—please send an email to:

membership@the-scra.co.uk

attaching a photo of your completed envelope or including your name, address and postcode, so we can correctly allocate your payment.

Bank details:

Barclays Bank

Sudbury Court Residents Association

Sort Code: 20-37-21

Account Number: 23291154

Data Protection Policy

By joining SCRA or SCHS you are deemed to agree that your personal membership information can be retained on one or more personal computers owned by members of the committees of SCRA and SCHS for the purpose of maintaining proper membership and financial records. This information will never knowingly be sold or passed on to third parties. You may occasionally be contacted if necessary.

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SCRA Update—Pareet Shah

We held our first committee meeting after the Christmas break on Wednesday 2nd February, here's a brief update.

1. Stilecroft Gardens development. There has been a revised application for a development to partially demolish a house, rebuild with 4 self-contained flats and 3 terraced houses at the rear (Brent planning ref 21/2290) . We have serious concerns about congestion and ecological damage on this road and have submitted a detailed objection.

2. Inconsiderate parking. We continue to receive an increasing number of complaints, including in respect of lorries, around the estate. Issues include obstructed driveways and damaged pavements, wrecked grass verges, poor visibility, especially at junctions, and the potential to block emergency vehicles. We have scheduled a meeting with Brent's Parking team to look at solutions. In the meantime we encourage residents to report any parking in contravention to Brent Parking (020 8937 4995 option 1 and then 5).

3. East Court/Byron Road alleyway. We are pleased to report that the council

replaced the curved mirror and cut back the foliage to improve visibility and access.

4. South Kenton Station. After closure for repairs, the waiting room is now open (even the lights work!) and can be accessed from the northbound platform. For safety reasons the southbound entrance (with the high-speed line) will remain closed.

5. Saba Lounge. There have been applications for licencing at this venue. We plan to investigate and respond as appropriate.

6. Benches. We are aware that many beloved benches on the estate have seen better days and we've asked councillors to investigate repair/replacement as appropriate.

7. Dates for your diary. Please pencil in the following important dates:

- **Hustings** (Wednesday 27th April). With the upcoming local elections we are planning to organise this event for you to meet Northwick Park Ward candidates from the main parties. Details to follow

- **AGM** (Wednesday 11th May). After a break due to the pandemic, we have provisionally scheduled our long overdue AGM. Details to follow



St Cuthbert's Church North Wembley

Shrove Tuesday 1st March

**10:30 to 1pm Pancakes and Exhibition from the
Wallace collection.**

Ash Wednesday Service

Wednesday morning 10am 2nd March

Lent (From 2nd March to 17th April)

Coffee every Saturday from 10am to 12pm

Easter Sunday Celebration

Web Site: www.stcuths.org

17th April 11am



JOURNEY THROUGH SOUNDSCAPES


WHAT IS SOUND HEALING?

Sound Healing is an ancient meditative practice, using various instrument tools to help reduce stress, lower blood pressure, lower cholesterol levels, reduce risk of strokes and coronary artery disease, and improve sleep. Overall, sound healing improves physical and emotional health and well-being.

Using Crystal Alchemy Bowls, and occasionally incorporating other instruments to induce deep healing states, relaxation and restoration for the body, mind and spirit. Sound healing is a beautiful tool to help 'tune' you back to harmony again.

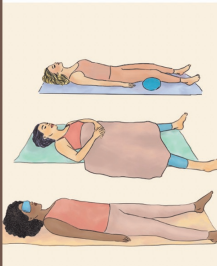
THE BENEFITS

- Reduces stress and anxiety
- Lowers blood pressure
- Strengthens the immune system
- Energies mind and body
- Improves sleep
- Boosts confidence
- Clears energetic blockages



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No smoking on Ash Wednesday!

I was watching an episode of The Chase, a popular ITV quiz game. One of the questions was—What day did the Republic of Ireland choose to start having a National No Smoking Day? One of the possible answers was Ash Wednesday, which sounded like a joke. But in fact, cleverly, it is the day the Ireland chose to have it's first No Smoking day. Being a majority Catholic country, it was very shrewd of the government to tap into the culture and encourage people to give up smoking for that day. It has since changed to the second Wednesday of March.

Ash Wednesday is the beginning of the season of Lent. A time when Christians traditionally give up things, make small sacrifices, e.g. Chocolate, smoking, alcohol, for the 40 days of Lent. This year Ash Wednesday is

the 2nd of March. It lasts 40 days up until Easter. Not many people know this, but it does not include Sundays. Sundays in the church have always been a day of celebration so you are able to rest, guilt-free from your fasting. Lent in the church is about fasting, giving to the poor, prayer and study of the Bible. It is not a diet, it is not intended to help you on your health drive, but it is for your spiritual inner development. In a culture that is often so very busy, when we say to ourselves, I have no time for God it is the time to re-address all our values. Lent is a time when we journey with God by our side holding his hand and is not a solo journey to God. We start on Ash Wednesday with the story of Jesus being led by the Holy Spirit into the wilderness and sustained there.

Rev Trevor Goddard

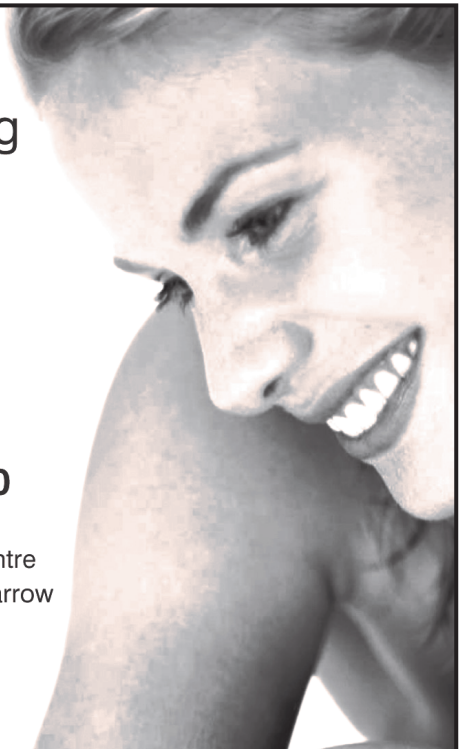
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Interesting and Strange Feet Facts

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

A quarter of the bones in the human body are found in the feet but we aren't born that way. Baby feet are mostly cartilage and don't have an arch! It's one of the many reasons babies can't walk when they're born. As we grow, our arch develops and the cartilage in our feet hardens, his process continues until we're 21 years old!

Toe wrestling has been a competitive sport in several counties since 1974, complete with a men's and women's division and a Toe Wrestling World Championship. Players attempt to pin and hold down their opponent's bare toes. Players must link toes and each player's foot must touch flat on the other person's toes.

A phobia of feet, known as podophobia, shows itself as anger or extreme revulsion to the sight of feet. Many people with podophobia are also upset by talking about feet, reading about feet, or touching their own feet!

In the absence of arms or hands, many individuals have learned to do some amazing things with their feet. Jessica Cox became the first pilot to fly a plane using only her feet.

Others have successfully mastered driving motorcycles, shooting a bulls-eye in archery, painting masterpieces, writing beautiful calligraphy and playing golf.

Guinness World Records confirms that Brahim Takioullah from Morocco now holds claim to having the world's largest feet. The 29-year-old, who currently lives in Paris, France has a left foot measuring 1ft 3in (38.1 cm) in length, while his right measures 1ft 2.76 in.

Louise Hollis of California holds the current world record for the longest toenails in the world. Each toenail is approximately 6 inches long and requires a full two days of care and grooming each week! Louise began growing her toenails in 1982 and when measured in 1991 they had a combined length of 220.98 cm (87 in).

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

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Spring Awakening—Jenica J

After a long Winter, Spring begins to arrive, the weather slowly starts to get better; as the flowers start to bloom, we can begin to enjoy going outside more, to take part in activities instead of just getting from A to B.

Many people, like my family, took up gardening as a hobby during lockdown, but when winter arrived, many of them stopped and took shelter indoors. Now that spring awakens the natural world and the weather begins to warm up, it's as if we also come out of hibernation and start venturing out more. Getting back in the garden you can start nurturing the plants or planting new flowers and fruits to look forward to later in the year.

Something which I have not been able to try ever since I was a child is flying a kite. When I was scrolling on the Amazon website, I found a kite making kit and figured,



what better time to try this again! As the warmer weather arrives, we begin to take walks in parks more and stop for picnics, for children to play. If you're going to feed the ducks, make sure it's food that's safe for them to consume (oats, rice, birdseed, frozen peas, chopped lettuce, or sliced grapes—not bread!). If you're an animal lover you can also take a trip to the zoo. Since the days are now getting brighter earlier, you can begin your day by watching the sunrise or end it with a view of the sunset.



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Getting out n about . . .



Are you looking for a bargain? The Friends of SUDBURY NEIGHBOURHOOD CENTRE will be holding another morning sale on **Saturday 12th March** from 10.00am until 2.00pm. We have lots of new stock and hopefully there will be a chance to sit on the terrace and enjoy some refreshments once you have done your shopping!

Find us at 809 Harrow Road behind the Methodist Church opposite Butler's Green.

Contact: **0208 9081220** or email office@sudburyneighbourhoodcentre.co.uk

Thursday lunch-time concerts at St John's, Harrow

Thursday 10 March, 12.30 pm: Sarah Gait (cello) and Frederic Bager (piano)

Thursday 24 March, 12.30 pm: Warren Mailley-Smith (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)

HARROW CHORAL SOCIETY is proud to announce its return to the prestigious Harrow School Speech Room, performing **Handel's Messiah** on **Saturday 2 April, 2022 at 7.30pm**. This emotive, uplifting work connects with the time we have been living through and we are very much looking forward to welcoming back the renowned, period instrument orchestra, Charivari Agréable. All will be conducted as usual by Simon Williams, our Music Director.

Tickets: £18, £3 to under 18s www.harrowchoral.org.uk boxoffice@harrowchoral.org.uk
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Harrow School Speech Room, Harrow-on-the-Hill, HA1 3HP

NEWS FROM EAST LANE THEATRE

Blithe Spirit—a high-spirited comedy by Noel Coward. Author Charles and his second wife Ruth, invite eccentric medium Madame Arcati to hold a séance in research for a new book. It appears to be a failure, but it transpires that his first wife, Elvira, is unwittingly summoned and decides to have Charles for herself; things do not go to plan.

March 4th, 5th, 10th, 11th @7.45pm; Matinee 6th & 12th March @ 3pm

Book now at: eastlanetheatre.co.uk

HARROW HARMONY CHOIR- SPRING CONCERT

Saturday 9th April 7.30pm. (doors 6.45) St Cuthbert's Church, Carlton Avenue West, North Wembley, HA0 3QY

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See pg 10 re: next concert



CALLING ALL GARDENERS



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Follow us on Facebook - Sudbury Court Horticultural Society

Sudbury Court Horticultural Society Your local gardening club

It gives me pleasure to report that our appeals last month for help with our local gardening society did not fall on deaf ears. The Extraordinary General Meeting called for Saturday 22nd January attracted over forty people to the meeting at St Cuthbert's to decide the future of the society. Far from closing it down, the meeting discovered that several members of our community are ready and willing to join the committee. I understand that the SCRA's What's App group had a hand in whipping up support, so the burst of enthusiasm came as a surprise on the day for those of us without that technology.

Looking back at the short history of the SCHS, published for our September party, there was a time in the 1950s when the entire committee changed. Five former members were then given the role of Vice-Presidents, acting as supporters to the newcomers. Their meetings were described as 'quite a party! Likewise, the meeting on Saturday hastened to invite many former committee members to join the new committee, so the party continues! Our President Bernie Woodman, though not able to be present at the meeting, had agreed to remain as President. Bernie's professional expertise in organising shows will be invaluable. So the future looks bright! We look forward to lots of innovations to carry the society forward and hope that there will be something special to celebrate this year of the Queen's Platinum Jubilee.

There are new beginnings for all of us out of doors as Winter recedes and Spring brings our gardens back to life. We have all endured such a long spell of isolation that working out of doors whenever the weather is kind gives special pleasure. There is plenty to do



to prepare for the new season. A sunny day is the perfect time to assess the state of the tool-shed, not inspected since everything was put away there in a hurry, dodging the showers last November! It is time for seed sowing too, and a chance perhaps to try growing from seed a flowering plant or vegetable that you have not tried before. There are so many varieties available on-line or in garden centres and a packet of seeds will give you enough plants for a fine display and maybe even some over to share with friends.

The SCHS has wide-ranging appeal – encouraging photographers and cooks, artists and craftspeople, as well as gardeners to show and share their skills. The tea tablecloth pictured here has been embroidered in a style popular in the 1930s when SCHS was very young. The decorated corners show a range of spring flowers, linked together by the words 'When Spring unlocks the flowers to paint the sun-warmed earth'. Looking for a different Spring theme I was encouraged to bring this family heirloom out of the drawer and take a picture. Like the SCHS it needs a bit of refurbishment, but the quality of the work achieved in the past is undeniable. Here's to the future and many more happy get-togethers at our shows.

Margaret Roake

If anyone is interested in an all day trip to RHS Wisley Gardens Orchid Festival at the end of March, please contact Christine on 0208 904 7851/Lynn 0791 4226 083 asap.

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Northwick Park Community Garden

www.northwickparkcommunitygarden.com

info@northwickparkcommunitygarden.com



If you've navigated around the temporary fencing and braved the mud and footballers in the park you may have noticed some new circles have appeared at the bottom end of the garden. The thirty-one new circles were dug by our expert diggers Peter and Feli. As we've mentioned before there is a special technique that we've been using for digging planting areas in the community garden. It involves a sharp pointed spade, stout shoes, and a little jump onto the top edge of the spade to make a nice clean cut into the soil. Then we turn the soil over and tuck the grass underneath so that nutrients stored in the grass, such as nitrogen, go back into the soil.

Whilst the soil is cold in wintertime it's usually the time of year you will be most able to easily dig a good-sized hole, although it's usually not advised when the ground is frozen. This is the time to plant bare rooted trees and shrubs such as fruit trees. Bare rooted trees and shrubs have been grown in open ground and you usually buy them online and often direct from the growers and they come with no soil around their roots. At this time of year, the plants are dormant, and should have a chance to establish before the growing season starts.

After digging the beds, the volunteer team have been busy mulching the beds in preparation for planting. Those of you who attend the planting sessions know that this

involves torn up soggy cardboard covered with chipped bark. This will keep moisture from evaporating and suppress weeds so it's something we can easily do in our own gardens to improve the soil conditions and save us work in the short and long term.

We are seeing signs of an early spring, and this time of year is the high season for birds. There are more birds of more species visiting gardens now than at any other time of year. Providing food for

the birds is critical at this time of year. Natural seed stores are depleted. Frosts and snow make foraging for insects and grubs much harder and it's impossible for robins and thrushes to dig up worms and other invertebrates. Try to ensure your bird feeders are cleaned regularly with soapy water and mild disinfectant as birds can contract salmonella.

And finally – we will be having our 3rd AGM at the end of March and, with everything crossed, it might be the first one we can have face to face. We are planning to combine it with a quiz evening, so we have lots of people attending.

More details will be sent out on our mailing list and social media so please sign up via the website and follow us on the socials.



Keep well until next time.

Eleri, Jo, Rishil and Iris

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How can food affect mood

Evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel. Eating a balanced diet can improve your gut health, mood and give you more energy.

Here are some tips to help you explore the relationship between what you eat and how you feel.

Eating regularly

If your blood sugar drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady.

Slow-release energy foods include: pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

Eating breakfast gets the day off to a good start. Instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day.

Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks, and alcohol.

Drinking enough fluids

Dehydration can lead to feeling tired and you can find it difficult to concentrate or think clearly. You might also start to feel constipated, which impacts mood. It's recommended that you drink between 6–8 glasses of fluid a day.

Tea, coffee, juices and smoothies all count towards your intake (but be aware that these may also contain caffeine or sugar).

Getting your 5 a day

Vegetables and fruit contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy. Eating a variety of different coloured fruits and



vegetables every day means you'll get a good range of nutrients.

Fresh, frozen, tinned, dried and juiced (one glass) fruits and vegetables all count towards your 5 a day.

Getting enough protein

Protein contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings. It also helps keep you feeling fuller for longer.

Protein is in: lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products, nuts and seeds.

Comfort eating

There is a messenger chemical in the brain called serotonin, which improves mood and how we feel. Serotonin is made with a part of protein from the diet (tryptophan), and eating carbohydrate-rich foods may help more of this get into your brain.

You also may have heard the idea that eating chocolate can make you feel happier, and there are observations that people feeling down are more likely to eat chocolate. This is probably because chocolate is a well-known reward and comfort food, rather than due to any potent physiological effects particular to cocoa.

(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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Caffeine is a stimulant, which means it will give you a quick burst of energy, but then may make you feel anxious and depressed, disturb your sleep (especially if you have it before bed), or give you withdrawal symptoms if you stop suddenly.

Caffeine is in: tea, coffee, chocolate, cola and other manufactured energy drinks. Try switching to decaffeinated versions. You might feel noticeably better quite quickly if you drink less caffeine or avoid it altogether.

Gut health

Sometimes your gut can reflect how you are feeling emotionally. If you're stressed or

anxious this can make your gut slow down or speed up. For healthy digestion you need to have plenty of fibre, fluid and exercise regularly.

Healthy gut foods include: fruits, vegetables and wholegrains, beans, pulses, live yoghurt and other probiotics.

If you're feeling stressed and you think it is affecting your gut, try some relaxation techniques or breathing exercises.

For further information visit

www.mind.org.uk

www.bda.uk.com

Salma Mehar
NHS Consultant Dietitian

Poetry Corner—William Wordsworth



I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had
brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



Top tips for supporting people living with *dementia*

1. The first 3 important rules of dementia care are; **don't argue, don't argue** and yes you've guessed, **don't argue** – this is especially important at stressful times.
2. Maintain **familiar routines** where possible.
3. Give time to rest, **be quiet and relax** - have designated quiet spaces with less stimulation available.
4. Ask visitors to **stagger their arrivals** - large groups can be overwhelming and the person living with dementia may find it difficult to engage in conversation - one-to-one chats can be much better (especially if the person has hearing or sight loss too).
5. **Keep it simple** - provide food and drink that is familiar and in small quantities – lots of food can be visually overwhelming and off-putting.
6. **Use music** – www.playlistforlife.org.uk has some great resources and you can involve the whole family in creating personal playlists.
7. **Get outside** and go for a walk - there are wildlife spotter sheets available to download www.wildlifewatch.org.uk/activities.
8. **Focus on the positives** and what you can do together rather than what you can't (and don't make it a memory test e.g. "who am i?" or "can you remember who gave you that gift?").
9. **Look after the carers** – check in with those loved ones who are carers, make sure they aren't running themselves ragged, make them a cup of tea, offer to sit with the person they look after while they take a break.

Remember - Help is always available

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Book Review

**The Boy, The Mole, The Fox
And The Horse — Charlie Mackesy.**

*"What's the bravest thing
you've ever said?" asked
the boy.*



"Help," said the horse

The story consists of four characters which represent different aspects of one person. There is a boy who is inquisitive but lost, a mole to represent enthusiasm, a fox to show pain and the horse who represents the deeper parts of you. Rather than filling the pages with just words, Charlie Mackesy uses

illustrations and words to represent different stages in life in order to bring people together through friendship and love, and to show the reader the importance of valuing themselves. The simplicity of this presentation caters to readers as it allows for the book's messages to be interpreted and connected with on a personal level.

One of the quotes which stuck with me was,
*"What's the bravest thing you've
ever said?" asked the boy.
'Help' said the horse".*

This personally connected with me as there were many deadlines for my coursework coming up and everything seemed to be piling on top of each other. However, laying on my bed after a long day and reading this message acted as a reminder that to ask for help is taking a step forward too.

Being able to see a connection of different characteristics in various characters helped to visualise the warmth and compassion present, as well as the impact a small interaction can make.

Jenica Jetha

(if you'd like to share a book recommendation, please email editor@the-scr.a.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

**Knock
knock**

Who's there?

A little old lady?

A little old lady who?

I didn't know you could yodel!

What kind of car does Yoda drive?

A Toyoda!

How does Sonic get hold of Miles Tails?

He gives him a ring!

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

Riddles

I'm orange, I wear a green hat and sound like a parrot. What am I?

A carrot.

What can you add to 7 & 8, to make it bigger than 7, but less than 8.

A decimal point - 7.8

I go all around the World but never leave the corner. What am I?

A stamp.

Facts

1. The first edition of the game *Monopoly* was invented at the very start of the 20th Century. It was first called *The Landlord's Game*.

2. The most expensive book ever purchased was sold for \$30.8 million. It was written by Leonardo Da Vinci and was bought by Bill Gates.

3. Tomatoes and avocados are actually fruits, not vegetables.

4. A bolt of lightning is five times hotter than the sun.

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