

The Community Magazine for the
Sudbury Court and Pebworth Estates

April
2022

The Courier

92nd
Year



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The Courier



April 2022

Number 234 (1,074)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all keeping safe and well.

As we are now learning to live with Covid, and the number of infections are not highlighted on the news every day as the main headline, do remember that it hasn't gone away and we still need to take reasonable care of ourselves and our neighbours.

Please note that our Committee would like to hear from residents with regards to questions you may have for the hustings planned for 27th April (see pg 13.)

And if you have any photos, stories, book reviews, or any other things of interest that you would like to share in the pages here, please contact me at the email address 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,

I would like to think that people who read this Safer Neighbourhood Team crime update in the Courier pass the information and advice on to other people or residents who don't read it – being aware of what burglars, thieves and fraudsters are up to enables you to be more vigilant and avoid their tactics.

Please keep an eye out for our elderly residents, in particular if they live alone, as they are most likely to fall prey to fraudsters and cons, cold calling builders in particular.

Burglaries:

On the 07/03/2022 there was a believed attempted burglary of a house by a male carrying leaflets opening the porch door of a house. We suspect he was checking the porch for mail or parcels to steal and using the ploy of delivering leaflets to do so.

Please, please can you keep your porch locked, even if you are inside the house. If someone is in your porch, a passerby might think that they are the lawful occupier and they are somewhat hidden from view – think about it, they could be inside your porch tampering with your front door without anyone seeing them. Keep your porch door locked!!

Not within the past month, but in previous months, the type of premises being burgled were houses or blocks of flats under refurbishment/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 and local businesses near you that are being renovated/developed, as you pass by.

Visual indicators that are a sign of a house being unoccupied, for example, are no car in the drive, house in darkness. Reformed burglars have been surveyed about their tactics and were asked—if they were assessing two houses, one with a fitted burglar alarm and the other without, notwithstanding other features, which they would target . . . they would target the one without.

If you are off on holiday, please consider – lights and radio on timer 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 smart doorbells, such as the ones made by the company 'Ring', as well.

The Met Police website has a host of information on crime prevention, in relation to burglary, please check it out.

Parcel Thieves:

In addition to parcel thieves stealing parcels from your doorstep/porch, they are also known to follow Amazon delivery vans around and wait for the delivery man to leave a delivery somewhere 'hidden' (behind a bin etc) and then steal it.

Please, if you're expecting a delivery and you're not going to be in, arrange for it to go to a shop or a neighbor, where you can pick it up.

Snatches/Robberies:

As you can see from the crime figures below, there continues to be a problem of mobile phones being snatched by men on bicycles in and around Northwick Park station – particularly in the morning and in the eve-

The suspects, on bicycles, quickly ride up to their victim, generally in rush hour and snatch their phones from their hands whilst they are using it. The suspects quickly cycle away, and generally the victim doesn't see them coming so the description of the suspects can be quite vague.

Vehicle Thefts – of and from:

If you have a high value car then please consider to get an old fashioned heavy duty steering lock.

In the past month, two relatively new Lexus cars were stolen at night time - fortunately one was recovered in the London N20 area on false plates by an eagle eyed petrol-head Police Officer who noticed that the parked up Lexus' registration number didn't correspond to the year of manufacture of the car – the car was on a 21 plate and it was a 2016 model Lexus.

Car thieves have devices to boost the signal from your car key to your car – they can steal your car if you don't keep your car key in a Faraday pouch. There are other sophisticated ways that they can access your car and steal it.

If you have expensive new cars, with keyless entry systems, it is worthwhile regularly checking the internet/manufacturers on new methods that the thieves are using and ways to combat it and *most importantly keeping your key in a Faraday pouch and getting a steering lock*. It would appear that the criminals are coming up with even more crafty methods to bypass the up to date in-built security systems of these new cars.

Please be aware also that opportunist thieves go around in the middle of the night trying door handles of cars to check to see if they have been left open and then steal from inside. These thieves are generally drug addicts, and if they find an unlocked door, they will search the car for anything valuable - cash or anything that they can sell – glasses, sat nav. So to avoid being a victim of this crime please ensure that you lock your car door, sometimes the central locking box

be very sensitive and if you put it in your pocket after locking your car, it might accidentally unlock. **Leave your car empty of cash, and anything of value.**

Drugs and Anti-social Behaviour East Lane:

Your team is working on a problem with a group of young men who are dealing drugs in and around East Lane opposite Tesco. Some of these young men are known to carry knives and have been previously arrested for their involvement in robberies.

There are also a number of our local residents (mainly young men) involved in using and perhaps dealing cannabis. Possession of cannabis is still a criminal offence and does lead to people becoming involved in criminality, such as dealing in the locality. Drug dealers are not nice people, frequently carry weapons and harder drugs.

Residents are reminded of the tragic murder of a young man in Northwick Park in November 2020. A needless and senseless murder in a row over payment for drugs.

There have been a lot of robberies and assaults by people purporting to sell cannabis or drug dealers.

If you can do one thing as a parent, keep your kids away from drugs due to the risk, not only from the drugs themselves, but also the interactions with drug dealers and, most importantly, the risk of getting a police record as we try to tackle the issue of drugs and the associated criminality.

Many residents question whether some drugs should be legalised—they're not, so stay away from them if you want to stay safe.

Scams:

Please be aware of fake, official-looking texts received on your mobile phone or via email. Do not click any links on emails or texts, do not divulge any personal details. Instead, contact your bank/NHS/Amazon/DHL/Post Office etc directly by phone/email from official correspondence.

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

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

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

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

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

Judy Bonfanti FCCA, STEP Affiliate

judy.bonfanti@hotmail.com

07810 642 505

Overview of offences 07/02/22—08/03/22:

Snatch/Robbery: (i) Rushout Ave nr Kenton Rd – 24/02 1830hrs 28 year old man was on the street using his mobile when it was snatched by male on cycle; (ii) Northwick Ave outside Northwick Park Stn – 06/03 1000hrs – 46 year old man using mobile, three males nearby, one cycled up and snatched mobile.

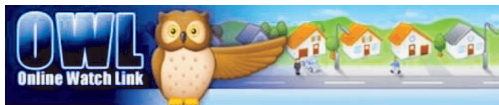
Burglary: (i) The Fairway – in 10s odds, 12/2 1800hrs, two white masked males have climbed onto the flat roof at the rear from the partition wall at the side of the house, they damaged CCTV and smashed a rear bathroom window, the resident was inside and turned on the lights when the noise was heard, suspects ran away; (ii) East Court – low evens, 18/02 1345hrs – 18/02 2000hrs pane of glass removed from rear of house, untidy search inside, unknown exactly what was taken;

Attempted Burglary: (i) Blockley Road – in 50s evens, 24/02 0001 – 24/02 0700hrs garage door prised open; (ii) Nathans Road – in 90s evens, 07/03 1343hrs, Asian male scruffy looking, looks in his 30s with leaflets opened porch door which was unlocked in a believed attempt to check if anything to take in the porch.

Theft of Motor Vehicle: (i) Pasture Rd – in 10s evens, 08/02 2100hrs – 09/02 0600hrs, 21 plate Lexus RX 450H estate stolen from driveway of house; (ii) Pebworth Road – 70s evens, 08/02 1830hrs – 09/02 0800hrs 2016 plate Lexus RX 450H keyless car stolen, subsequently recovered on false plate in London N20; (iii) Elms Lane – in 50s evens, 06/02 2100hrs – 10/02 1250hrs 2003 plate Skoda Fabia stolen; (iv) Kenton Road – in 60s odds, 18/02 1230 – 19/02 0905hrs Ford Zetec 2011 plate car stolen from driveway of house

Theft from Motor Vehicle: (i) Byron Road – in 10s odds, 08/02 2100hrs – 08/02 2300hrs, camera equipment stolen from 2017 plate Audi, no damage caused; (ii) Churchill Ave – in 20s evens, 04/02 2150hrs – 2200hrs, catalytic converter stolen from 2001 plate BMW 318i; (iii) Nathans Road – in 70s evens, 15/02 200hrs – 16/02 0155hrs, sports

bag containing computer equipment stolen from 2019 plate Mini Cooper, no damage to car believed unlocked; (iv) The Fairway – in 110s evens blue badge stolen from Audi A6, car broken into to steal blue badge; (v) Harrow Road – in 930s evens, 04/03 2100hrs – 05/03 1100hrs sunglasses, cash and sat nav stolen from 2015 Kia, no damage caused; (vi) East Lane - in the 270s odds, 2016 Mercedes E220 entered into, no damage caused, sunglasses 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

Step-Free at Harrow On The Hill Station



ramps will continue to support customers boarding or alighting Chiltern trains, and with TfL's Turn-up-and-go service, staff will be on hand to assist customers if required.

Councillor Graham Henson, Leader of Harrow Council and Louise Weldon, Chief Executive of Harrow Association for Disabled People, joined the Mayor of London and TfL to celebrate the opening of the four new lifts at Harrow-on-the-Hill that were delivered in collaboration with Taylor Woodrow BAM Nuttall Joint Venture and Otis.

Four new lifts have been installed at Harrow-on-the-Hill station, providing a step-free route between the street and Metropolitan line trains.

In addition, station signage has been enhanced to assist with way-finding. Boarding

The lifts will greatly improve access for customers with reduced mobility, including people travelling with heavy luggage or with children in buggies.

taken from:

www.news.railbusinessdaily.com

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Councillor's Comments

Cllr Robert Johnson - Northwick Park Ward

cllr.robert.johnson@brent.gov.uk

Hi everyone.

We are now officially in the "Living with Covid -19" era. The Government have removed all necessary restrictions so that people can get back to a level of normality. I would remind you that COVID-19 has not gone away and while the infection rates are reducing, partially due to the vaccination programme, I would still urge you to be cautious when going about your daily lives.

COVID-19 Update

Infection rates continue to fall with the seven day rate per 100,000 being 274 for Brent, 309 for London and 307 for England. Positivity is 9% for Brent, 10% for London and 10% for England. Our rates are falling in all age groups. The over 60 rate is 171 per 100,000. Hospital and ITU admissions from Covid continue to decline.

In light of the current coronavirus epidemiology in Brent, we will continue to encourage and support community testing until the changes announced by Government with regard to ending free universal testing come into effect in April.

- A total of 22,365 Covid-19 vaccine doses were administered from the various community vaccination events and pop up sites between February 2021 - 23 February 2022
- 6,612 vaccine doses were administered via the Vaccine bus in Brent between April 2021 to 26 February 2022
- The Civic Centre Vaccination centre has currently delivered 10,726 vaccine doses between December 2021 - 1st March 2022
- We have also delivered 96 vaccine doses to Refugees, Asylum Seekers and Homeless residents in the hotels being used to accommodate them.

The Health and Wellbeing Bus is back for 2022! The bus is engaging with residents and delivering vital health promotion services in various areas of the Borough.



Relaunch of Love Where You Live and Edward Harvist Grants.

The 'Love Where You Live' and Edward Harvist Grants have been refreshed following feedback from the community and Ward Councillors and have made both grant application forms easier

LWYL has increased to £1000 – individual residents are welcome to apply

Projects delivered with Edward Harvist Grants no longer need to submit receipts and full payment will be made in advance. Edward Harvist can fund up to £5k to constituted organisations.

We have improved the payment process – residents will not have to wait as long to receive funds. On receipt of bank details, payments will be made within 1-2 days.

Local projects still need to send a project closure report so that we can share the good work being done in the community.

Ward Councillors have been asked to promote the Grants and encourage residents to come forward for funding. These funds can make a big difference in your Wards and enable local people to create community activities they want in their areas.

Residents— if you have a worthwhile project please do feel free to apply.

Repair of Pavements and Roads

Brent has just approved the budget for 2022-23 and an amount of £15m is earmarked for footways and highways programme across the Borough. We know that this is but a drop in the ocean to cover the whole borough – the real need is closer to £1bn. So it is unlikely that the ward will get anymore than £500k to cover the roads and pavements in our ward.

As Councillors we have been asked to help select the worst roads and pavements to be included. We have selected the following roads and pavements to be assessed to be included within the next programme.

CARRIAGEWAY (Road surface)	FOOTWAY (Pavement surface)
The Fairway	West Court
Norval Road	Spencer Road
Byron Road	Shelley Road
Peel Road	Elms Lane
Sudbury Court Road	Woodfield Avenue

Officers will make an assessment of the roads and pavement and may include the roads we have requested – but it must meet the criteria for them to be included. I hope to report back as to which roads have met the criteria to be included.

Planters in Northwick Park

Some residents have noticed the planters in the Park recently and have commented favourably in some instances. The planters have been given to us by the Highways Department. They have a maintenance schedule in place and this will be extended to be included in the grounds maintenance contract for the Park later this year.

If you would prefer them in a different location, please let me know and I will liaise with

Kelly Eaton to have them placed elsewhere.



Councillors' Surgeries

Local Government elections are happening on 5th May 2022 and your existing group of Councillors will not be standing for the Northwick Park Ward.

Both Cllrs McLennan and Perrin will be retiring and Cllr Johnson has been selected to stand in a new ward.

It has been a pleasure working with the residents of this ward and we hope your new Councillors will continue to represent you as a Ward.

We will conduct our last surgery as a hybrid of virtual and in person. We are inviting residents to a Zoom session simultaneously with our face to face session.

The last surgery before the local elections is on **Saturday 2nd April** at 11am at St Cuthberts Church. Please send us an email, text or phone anyone of us as soon as you can, letting us know if you will be attending or you can request a virtual meeting between 11am and 12noon. You can still contact us in the following ways.

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

Membership Subs

Your Subscription Envelope was included with last month's 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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1. Traffic survey:

We met with Brent highways officers to discuss the traffic survey undertaken last winter and next steps. We are now looking at ways to effectively engage with residents to ascertain your concerns about the area. This will require additional funding and we are looking at possible grants that we can utilise to support this process.

2. Transport:

Brent Council has published their draft long term transport strategy for public consultation. This will shape transport planning in Brent until 2035, affecting all of us daily. We submitted comments on your behalf and will keep you updated on this important document.

3. Sudbury Court Horticultural Society:

You may be aware that a new committee has been elected to chair this long-standing local society. The new chair, Tim Manson, joined our meeting to tell us about their plans for the coming year. Please consider subscribing and supporting their endeavours.

4. Hustings

As mentioned in the last edition of The Courier, we are planning to host a hustings for residents to meet our ward candidates from the main parties for the upcoming local elections in May.

Date: **Wednesday 27th April 2022**

Time: 7.15-8.45pm

Venue: St Cuthbert's Church

Provisional format:

- 7.15 Welcome
- 7.20 Introductory remarks from candidates
- 7.35 Pre-submitted questions from residents to candidates
- 8.00 Break
- 8.10 Q&A from residents
- 8.45 Close

We would like residents to submit some questions about local issues in advance, so please email by Wednesday 20th April to:

treasurer@the-scra.co.uk



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(9am-5pm

Tuesday,

Thursday, Friday)

Every author looks for that killer opening to their book. A sentence that sums up the story that they are about to tell. Of all the openings of books I have read it's these few lines—

"It was the best of times and the worst of times"

- that, for me, stay most memorable in my mind: the opening for Charles Dickens' *A Tale of Two Cities*. How appropriate for these extraordinary days as we look on in disbelief at the war and the brutality of the invasion of Ukraine. Never have we experienced such a long period of relative peace across the continent of Europe, until now.

As a priest in this area the big questions that come up are, "Where is God in this great evil? What is God doing?"

And the next question is, "What can I do to

help?" We all want to know answers to these questions. They come from every corner of the community, from every faith and political persuasion. But as we look, we see a great outpouring of humanity, compassion and love, from every quarter for the refugees, for those left at home, the helpless and all who are suffering. Where is God in this great evil? He is in you and me. He is saying to us "do all you can to show you love your neighbour."

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

Let's all be that spring of hope and light in the darkness.

Rev Trevor Goddard

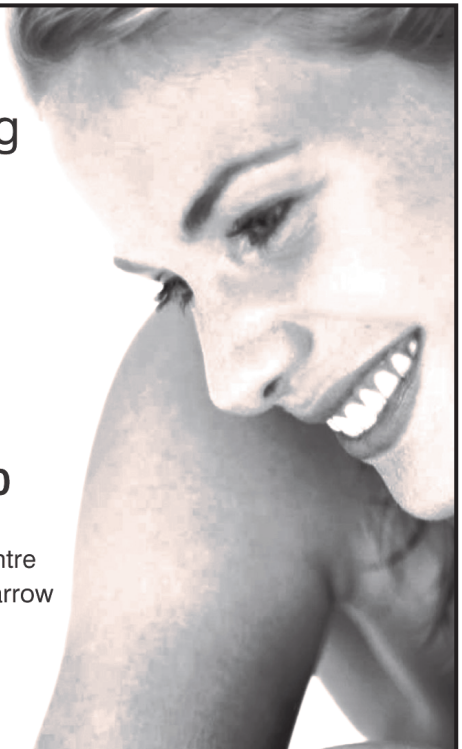
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Foot Health

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

I think it's fair to say that we are exiting Covid and starting our journey to a new normality.

So I'd like to take this opportunity to begin a new chapter in the content and the way we deliver our articles to you.

This year I would like to take a detailed look at what we can do to promote our foot health and rather than show you reasons why you need to or may benefit from coming to see us, show you how to avoid finding yourself in a position where you need to see us in the first place.

Over the last few years, I've written many articles on many foot health subjects, technologies and therapies.

Whilst I have my own list of foot health subjects I would like to cover this year, **I'd like to begin by asking our readers to tell us what you want to know about.**

We will use this to refine our list of topics for 2022 and to sweeten the invitation, **we will award a gift voucher to the person(s) whose idea is selected** - redeemable either for a pampering session with our hygienist or an evaluation session with our specialist.

Looking forward to hearing from you all.

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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International Women's Day—Jenica J

International Women's Day is a global celebration of the social, economic, cultural, and political achievements of women and has been celebrated all over the world since 1911. This was celebrated on Tuesday, March 8th this year and served as a reminder for all of us to celebrate the powerful and inspiring women in our lives (including ourselves!).

Every year the International Women's Day organisation announces a theme that highlights a cause affecting women across the globe in order to raise awareness for the movement and celebrate the women working to make a difference. The theme this year was 'Break The Bias' which calls for creating a more gender-inclusive world.

Alongside Break The Bias, the ongoing theme colour was purple, since the colour is said to represent both "visionary thinking" as well as the colour of the future; a colour that symbolises the gender equality that we are still fighting for today.

In my college, we celebrated by having a series of guest speakers ranging from Civil Servants to those in the Visual and Performing Arts. An overall message which ran through many of the speakers was the various stigmas and biases which they were, and still are, faced with when going into their desired sectors of work. This made me realise the importance of being driven by passion and working towards your end goal.

One speaker who really stood out for me was Rosemary Laryea who is a radio and TV presenter. She spoke about how, in September 2012, she became the first female daytime presenter on Jazz FM. Rosemary stood out to me was because of the way in which she shifted from working in the IT industry for more than 12 years to later managing to successfully change her career into radio and television presentation and production. This stuck with me as it helped me see that even while you are working in one sector there may be opportunities to follow another passion if you desire.



Inspirational and empowering quotes for every day:

Adrienne Rich:

The most important thing one woman can do for another is expand her sense of actual possibilities.

Malala Yousafzai:

We realize the importance of our voice when we are silenced.

Judy Garland:

Always be a first-rate version of yourself instead of a second-rate version of somebody else.

Rosa Parks:

I have learned over the years that when one's mind is made up, this diminishes fears; knowing what must be done does away with fear.

Eleanor Roosevelt:

No one can make you feel inferior without your consent.

Coco Chanel:

The most courageous act is to think for yourself. Aloud.



Getting out n about . . .



We'd love to see you at our minimarkets on **SATURDAY 9th APRIL** and **SATURDAY 7th MAY**, open from 10.00am until 2.00pm with refreshments available. Do come and enjoy a cuppa in the garden as well as a browse round the stalls. We also welcome items of bric-a-brac and gifts, such as toiletries which you have been unable to use. Call Pat on 07814 554979 to check when you can drop off or we can collect.

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 7 April, 12.30 pm: Plaegan Piano Trio

Thursday 28 April, 12.30 pm: Nicola Tait (cello) and Mina Miletic (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 07794 253463

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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**

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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CALLING ALL GARDENERS

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Follow us on Facebook - Sudbury Court Horticultural Society

Spring is a time of renewal so it is especially pleasing to see that the future for our Society seems to be in the safe and capable hands of SCRA members who got together to keep it going, wishing to maintain our long-established society into the future.

Former committee members, long experienced in all aspects of running the society, are still there to help. Just now it falls to stalwarts Christine and Lynn to organise the visit to Wisley Gardens for the Orchid Festival and Spring Fair of the Royal Horticultural Society. As SCHS is affiliated to the RHS we benefit from free entry to this splendid garden in Surrey. After a long time without any treats, this trip promises to be a convivial occasion with a chance to meet friends old and new as we travel, probably quite slowly, along the M25 and A3 to Wisley on Saturday 26th March. Look out for a report on this event, with pictures, next month.

Lots of good things are evolving in the SCHS pipeline. Summer bedding plants will soon be available to members at discounted prices, a summer show is in active preparation. Our events, bringing gardeners together are always enjoyable social gatherings, so please do join the society and be part of this rejuvenated SCHS. If you have recently come to live in Sudbury Court, joining the SCHS and the SCRA will make sure that you soon feel a sense of belonging.

It is good to be outdoors in the garden whenever the weather is kind, observing new happenings every day - spring flowers

appearing where bulbs were planted last Autumn - shrubs putting on a spurt of new growth. In April these shrubs are giving shelter to nesting birds that need to be left in peace, so go easy there with the secateurs. This blackbird, captured on Christine's camera, is defending her chosen home in a cherry tree.



April brings seedtime, the season to plant and to enjoy the mystery of the life that lies within seeds. They grow to produce first roots, then stems and leaves - and eventually flowers followed by seeds or fruits - often all within a year, though some seeds take longer to reach the blossoming stage. Some new flower seeds, recently ordered, came with the instruction to search the firm's website for details of cultivation. There I was

advised that success for the gardener depends upon using pots and/or seed trays that are clean and disinfected, always using new seed compost. You could tell that the writer had a great feeling for seeds, pointing out that seeds always behave to ensure the continuation of the species, with some seeds delaying germination to ensure continuity. This I can believe with the need to keep weeding the garden throughout the season.

Gardening is a great family activity. Children never fail to be enchanted by watching seedlings grow. A little parental help ensures they make the most of this springtime experience. The best gardeners start young and live to enjoy a lifetime of healthy outdoor activity.

Margaret Roake

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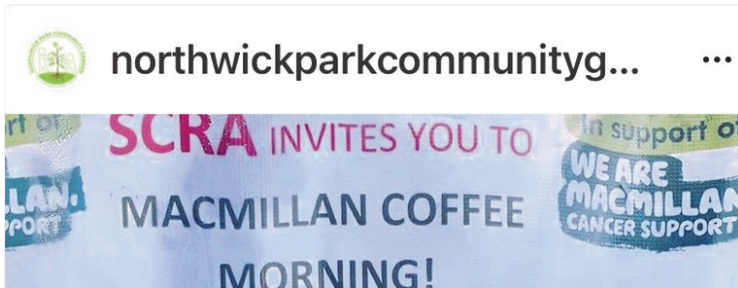
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Northwick Park Community Garden

www.northwickparkcommunitygarden.com

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Hands up if you have a social media account - Facebook, Instagram, TikTok or Twitter, or all 4? Are there others that you use that we haven't heard of yet? At the community garden we quickly realised that we would have to embrace at least some of these platforms if we were to spread the word about our project, and that's why we currently have Instagram and Facebook accounts, and are lurking on TikTok with a view to perhaps starting to post on there also, as this seems to be the go to of site for all the youngsters.

So what sort of thing do we post on our accounts? We use it as a way to let people know that the garden exists, and in fact we started posting before we actually had the funding secured to start the project, but so determined were we that the garden would be a reality, after starting off as a dream, that we jumped in to raise awareness and support. Speaking of funding, we were also told by other projects that social media sites are one of the things which councils (our main funding has been from the Neighbourhood Community Infrastructure Levy (NCIL), the pot of money created by each new development which is then awarded to worthwhile local community projects) and other funders reference to see what organisations are up to, and how active they are - sadly the more followers one has on social media the easier it would seem to be able to get grants. With this in mind we would love it, next time you are online, you take the time

to give us a follow, and like and comment on our posts - it all really helps!

We also use our accounts to let people know about the events we have coming up in the garden - as well as our wonderful regular volunteer team (everyone is welcome to volunteer by the way) we also have larger work party days when we tackle large scale planting, soil breaking, labelling etc. and in the past have been fortunate to attract 60 people, which makes for a wonderful atmosphere, with people of all ages and backgrounds working together, often learning new skills and making new friends.

Another lovely thing is to mark the birthdays, when we know them, of our volunteers, or life events such as engagements. We also love to be able to support other community groups by helping spread the word about their events, such as the SCRA MacMillan Coffee Morning last October.

So please remember to give us a follow and like and comment on our posts when you see them.

Keep well until next time.

Eleri, Jo, Rishil and Iris

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Ramadan - which is due to begin in early April this year - is observed by Muslims worldwide as a month of fasting, prayer, reflection and community. The fast begins at dawn and ends at sunset; the pre-dawn meal is referred to as Suhoor, and the meal at sunset that breaks the fast is called Iftar.

When the sun goes down, families and friends typically gather around the table which is laid with food and drinks. Ramadan is a spiritual and renewing experience for many. From a health perspective, it provides an opportunity to cultivate good eating habits that will stay with you long after the month ends. Here are some tips to help those fasting to stay healthy and energetic during Ramadan.

Here are some healthy tips to stay healthy

- Try to keep these meals at Suhoor and Iftar as balanced as possible by including good sources of protein, high-fibre foods and plenty of fruit and vegetables. It might even be ideal to include nuts and seeds to your breakfast porridge or even milky drinks in the morning.

- Try to include slow release energy foods that will keep you going for longer such as oats, semolina or porridge and some berries with nuts and seeds.

- Be sure you eat plenty of tasty green salads and vegetables to go with your main meals.

- Try to eat a rainbow of foods. A colourful plate is likely to be far more nutritious. If you prefer eating lighter meals it might be ideal to start with some soup or add side salads.

- Incorporate lean protein at both meals. Your body uses these to build a maintain muscle mass for example lamb, chicken, beef, milk, yoghurt, eggs ,cheese, fish and poultry are high-quality protein.

- Try adding a yoghurt-based food such as a raita or lassi/ labaan to ensure you have enough calcium.

- Reduce the salt while cooking during Ramadan. Too much sodium (from salt) can lead to bloating and raise blood pressure and dehydration.

- The ideal method of cooking would be roasting or baking food which is a lot healthier than the traditional method of frying. Fried food can lead to significant weight gain and indigestion. Why not try an airfryer this Ramadan to prepare snacks.

- If you are a lover of deserts, try fresh fruits with cream or crème fraîche which is a lighter alternative.

- Limit your intake of chocolate cakes and pastry desert such as halwa, kheer, bhakhlawa and khunafa.



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- Avoid caffeine drinks for Suhoor as caffeine makes you urinate frequently which means you dehydrate quicker. Try and opt for a milky drink if you need something warm or nourishing.

- Avoid eating fried food, salty foods and high sugary foods. It's not uncommon during fasting to consume fried dishes. These foods might make you feel good in the short run but they can actually make fasting the next day more difficult.

- Drinking as much water as possible at Iftaar and Suhoor reduces the risk of dehydration during fasting. Try to make every effort to

drink at least eight glasses of fluid daily before dawn and after sunset.

If you are planning on fasting and have diabetes, it is important to speak to your diabetes healthcare team over the phone as early as possible before Ramadan. For some people with diabetes, fasting can be dangerous or can cause problems to your health.

References

www.england.nhs.uk/diabetes/case-studies/keeping-patients-with-diabetes-healthy-during-ramadan/

Salma Mehar
NHS Consultant Dietitian

Poetry Corner

Lesson Learned Every Day

A lesson is learned every day,
The one I learned was just today.
I learned that others can't be pressed,
To do or act as I feel best.

I've learned that people are their own,
And only I can change the known.
If I don't like how something is,
Changing me is all there is.

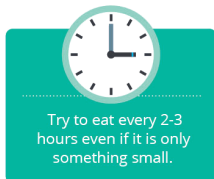
So next time you come across this issue,
Don't get mad and grab a tissue.
Change the way that you react,
And that will have a positive impact.

A lesson is learned every day,
What lesson did you learn today?
Whatever it is, I'm sure it's great,
Take what you've learned, don't let it wait.

Catherine Pulsifer © 2011

Nutrition & Hydration

Eat little and often



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

This is called fortifying food



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

Use milk powder to fortify milk, sauces and soup



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

Have more protein



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

Eat with others



Make meal preparation easier



What is a *fortified diet*?

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



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



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



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



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



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

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Book Review



The 19 year old, newly qualified embalmer, offered a 'terrible kindness' to a devastated community; allowing parents to identify and lay to rest their children.

As the story unfolds, we come to realise that his work over that 48 hours, haunts him for many years and dictates many choices that he makes until he is finally forced into confronting the losses he had lived through as a boy: losses that he had tried so hard to forget with a devastating effect on his family and relationships.

In one way, this is quite a difficult book to recommend—the beginning of the story is very hard to read as it relates the experience of a young first responder to the tragedy at Aberfan in South Wales.

On 21st of October 1966 144 people—including 116 children below the age of 10—were killed in a landslide of coal waste from the mine above the village which landed on the village school and surrounding houses.

It's very rare that a book brings tears, this one did.

Beautifully written, quietly confronting at times, what I was left with was—on our own, we can find it difficult to cope with extreme life situations; as a community coming to terms with devastation, working together with compassion and supporting each other, we can find strength to find a way forward.

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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
Orange.
Orange who?
Or-ange you glad I'm
here?!



Where do cows go for entertainment?
To the moo-vies!!!

What do you say to a bunny on its
burthday?
Hoppy Birthday to you!

What do you call a fake noodle?
An impasta!

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

Riddles

Where is the only place where today
comes before yesterday?
The dictionary.

You don't find me in Venus or Neptune.
What am I?
The letter "R".

What word becomes shorter when you
add two letters to it?
Short

What two things can you *never* eat for
breakfast?
Lunch and dinner

Facts

- The first chocolate shop in Switzerland
opened in Bern in 1792.

- Birds can sleep for 30-second intervals.
This might be how they fly without resting
during long migrations.

- Japan gets hit by more than one thou-
sand earthquakes every year. The country
has one of the world's most effective
earthquake warning systems.

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Road	Current Average Value	Highest Sold Price	Sold Date
Carlton Ave West	£625,000 - £850,000	£925,000	26/02/2021
Abbots Drive	£606,000 - £840,000	£770,000	18/06/2021
The Fairway	£675,000 - £875,000	£1,100,000	30/06/2021
Norval Road	£605,000 - £985,000	£965,000	20/11/2020
Paxford Road	£630,000 - £850,000	£755,000	30/04/2021
Pebworth Road	£1,100,000 - £1,575,000	£2,500,000*	20/12/2017
Amery Road	£1,100,000 - £1,500,000	£1,200,000	26/08/2021
Littleton Road	£1,100,000 - £1,500,000	£1,800,000**	25/06/2021
Mulgrave Road	£1,100,000 - £1,450,000	£1,150,000	07/08/2020
Sudbury Ct Drive	£900,000 - £1,400,000	£1,330,600	17/11/2017

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Source Land Registry, Zoopla and Nethouseprices.com

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