

The Community Magazine for the
Sudbury Court and Pebworth Estates

May
2022

The Courier

92nd
Year



AGM and other news

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| The Fairway | £1,100,000 | 30/06/2021 | daniels |
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| Amery Road | £1,200,000 | 26/08/2021 | daniels |
| Littleton Road | £1,800,000 | 25/06/2021 | daniels |
| Mulgrave Road | £1,150,000 | 07/08/2020 | daniels |
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The Courier



May 2022

Number 235 (1,075)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Well, here we are, getting back to 'business as usual' . . . Well, fingers crossed.

Our long-awaited AGM will be happening on the 11th May—take a look at our Exec Summary and Agenda for the meeting (pg 9-11). Our Committee will be very much looking forward to seeing you.

In other news . . . I was having a look around to see if I could find any good news stories, a little break from all the wider news—I hope you enjoy what I found (pg 17,25.) I'd love to hear your contributions of local good news stories; I'd love to hear how you celebrate the Queen's Jubilee—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:

There is some content in my articles that can be largely similar to previous months, please take time to read it nonetheless as reminders are important, especially when it's the same activity ongoing in our community.

Male arrested for criminal damage, arson, assault and threatening violence:

9th March I was made aware of a nasty assault on a member of Costa Coffee Staff in Northwick Park Hospital and I subsequently made contact with Security at the hospital. The male involved in the assault had taken items from the display without paying, and when Costa staff remonstrated with him he proceeded to throw items about and at staff, one heavy bottle he threw at staff hitting them – with patients in wheelchairs very nearby. On subsequent days, he shoplifted at shops in the hospital and destroyed the temperature arch at the entrance on the 12th; on the 13th set fire to a bin in the ground floor of the multi storey car park; on a later date, set off a fire alarm. As a result of my enquiries with Security, who mentioned that the male had been previously arrested in the hospital in 2021, this male was identified and on the 24th of March a 44 year old man was arrested. Following his arrest, an in-custody file was prepared by PC Kennedy and CPS consulted, he was subsequently charged and remanded for the offences of Arson, Criminal damage, Assault and Threatening Unlawful violence. He has pleaded guilty at Court and is on remand awaiting his sentencing hearing which is scheduled for December.

This male has, on a number of previous occasions, been begging on the hospital grounds – last year's incident occurred when Security tried to stop him harassing visitors for money and he assaulted a member of hospital Security – he was arrested and charged with this assault.

Please if you are visiting the hospital do not

give any money to the beggars outside the hospital, as they often have drug addiction issues and their presence at the hospital causes problems within the hospital for the safety of staff and patients alike.

I would urge you not to give money to beggars full stop as, from my experience, I would say 90% of the ones that are in the Northwick Park area have drug addiction issues and the money will go towards their next fix, and consequently there will be drug dealers in the area.

Burglaries:

As Summer is approaching, some advice pertaining to burglaries as the weather gets warmer.

Please be cautious about leaving windows and doors opened even while you are in the house, or doing work on your gardens – an opportunist thief / burglar might see this, an open door or garage door, and quickly get in your house or garage while you aren't about/ looking.

At night in Summertime, residents leaving their windows open for ventilation leave their house vulnerable to attack by burglars who can climb up, get in through the open window while you are sleeping and burgle your house - you are none the wiser until you wake up and see perhaps your car and jewellery gone! I am not trying to scare you, but please take appropriate security measures - if you have an alarm, set it on a partial set even at night time when you are in the house. Also, ensure your windows have a lock on them so they can only be opened so much – to allow ventilation, but not for a person to climb through. Please bear this in mind as Summer approaches.

In last month's Courier, I mentioned about the believed attempted burglary that occurred on the 07/03/2022 in Nathans Road. The would-be burglar was carrying leaflets and opened 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 may be 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 types of premises being burgled are houses or blocks of flats under 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 as you pass by properties and local businesses near you that are being renovated/developed.

Visual indicators are normally a sign that a house is unoccupied, for example – no car in the drive, house in darkness. Reformed burglars have been surveyed about their tactics and asked if they saw two houses – one with a fitted burglar alarm and the other without, notwithstanding other features then they would target the one without.

If you are off on holidays, please consider: lights and radio on timer switches; ask a neighbour to park their car in your drive whilst you are away; good locks on the windows and doors of your house; good perimeter fencing is also a given – it is your first line of defence. Consider getting an alarm fitted. Ring-style doorbells as well.

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

Snatches/Robberies:

Please be aware of using your mobile phone when out and about, especially during rush hours near tube stations.

There have been thefts by suspects on bicycles who quickly ride up to their victim and snatch their phones from their hands whilst they are using it. The suspects quickly cycle away, and generally it happens so quickly that the victims are unable to provide a good description of the suspects.

Vehicle Thefts – from and of:

As you can see from the crime figures below, a male was recently arrested in possession of property that had been stolen from an unlocked car in Churchill Avenue. This man is a drug addict and spends his days wandering around trying to steal stuff to finance his habit.

To avoid being a victim of this type of crime – please **leave your car empty of cash and anything of value. Drug addicts are often very desperate people and could smash your car window if they see some loose change in the cup holder area.**

In the past month, a moped has been stolen but in previous months we have had instances of high value cars being stolen. If you have a high value car then please consider getting an old fashioned heavy duty steering lock.

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. Also, there are other sophisticated ways that they can access your car and steal it.

Catalytic Converter thefts:

In 2018/2019, I asked a friend to get me a small run around car and he said he had a 2006 Jazz, I had a foreboding feeling when I bought the Jazz from him as at that time the Jazz and the Prius cars were being targeted by the Catalytic Converter (CatCon) thieves. Lo and behold, within about 6 months of having the car, whilst parked up in a busy residential road, my car was hit and the CatCon stolen. In retrospect, I was sorry that I'd bought that car, and my money would have been better spent on a car make/model that is not being targeted.

The CatCon thieves seem to operate in busy urban areas, with a high volume of cars and more likelihood that they will find one of the cars that they are targeting.

To be frank, if you own a Toyota Prius / Auris, Lexus, Honda Jazz and CRV, BMW of a specific age and model (target cars) - unless you keep your car in a garage when not in use, it may be vulnerable to the CatCon being stolen. There have been instances of the thieves hitting supermarket car

parks and so, if you have one of the makes and models of cars being targeted, the thieves could hit at anytime.

I have recommended in previous months getting a metal plate welded around the catalytic converter, but have heard reports of victims having taken this advice and their cars still being targeted, as the presence of the plate only takes the thieves a little bit longer to get to the CatCon with a hand held electric cutter/angle grinder.

Please review the various back issues of The Courier to check out the ages and models of the cars that have been targeted; contact the manufacturers to see if they have any updated methods to mitigate the risk of theft.

There are some proactive policing initiatives around trying to apprehend the thieves with varying success.

Drugs and Anti-social Behaviour East Lane:

Your team continues to work on a problem with a group of young men who are dealing

drugs in and around East Lane opposite Tesco. The group have been trespassing in blocks of flats locally, drinking and smoking drugs, intimidating residents and local shopkeepers and shoplifting in the local shops. We did arrest one of them recently, for a drugs possession charge, after a small quantity of drugs was hidden in an area that he had just been in. Unfortunately, he will not be charged with this offence due to insufficient evidence. The reason I say unfortunately is because a Criminal Behaviour Order could be applied for upon conviction in an effort to keep this particular guy out of the area.

Serial numbers and Bike Frame numbers:

Whilst off duty in February I was in a B&M Store in Willesden, when I saw the security stop someone who, on exiting the store, activated the alarm. This male remonstrated with security that he hadn't done anything. I tried to intervene but, unfortunately, he made off from the shop upon security noticing that he had a concealed bag. He ran away leaving the Brompton bike he had with him and

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.

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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

another bag - the concealed bag had a large amount of batteries taken from the shop. The other bag contained a MacBook Pro. Through enquiries on the frame number of the Brompton and the MacBook serial number – both were found to be stolen in a burglary and I am in the process of restoring these to their rightful owners.

Please take the time to take some descriptive detail of your property – if you own expensive jewellery photograph it, electronic devices take a note of the make model and serial numbers and bicycles, the make, model and frame number. Register the electronic devices on Immobilise, and please do likewise with your bicycles - register on websites such as www.bikeregister.com or www.stolen-bikes.co.uk

In this instance, I found the stolen Brompton on the Stolen Bikes site.

Overview of offences 07/03—08/04/22:

Burglary: (i) Kenton Rd (in 110s odds) – above shop, 25/03 1400 hrs – 29/03 1700hrs property stolen from unoccupied flat, no signs of forced entry.

Attempted Burglary: (i) Abbotts Dr (in 120s odds) 28/03 0551hrs three windows of a house damaged, no entry gained.

Theft of Motor Vehicle: (i) Northwick Ave (in 90s evens) 26/03 2200 – 27/03 0900hrs, 2016 Yamaha GPD125 stolen that was chained up.

Theft from Motor Vehicle: (i) The Fairway (in 110s evens) 12/3 0400hrs CatCon stolen from 2009 Honda Civic; (ii) Churchill Ave (in 20s odds) 12/03 2200hrs – 13/03 0800hrs blue badge and reading glasses stolen from believed unlocked car 2018 BMW, male drug addict subsequently found in stolen car with the blue badge; (iii) Amery Rd (in 40s evens) 15/03 2240hrs – CatCon stolen from 2009 BMW 318i; (iv) Abbotts Dr (80s odds) 17/03 1600 hrs – 18/03 1200hrs CatCon stolen from 2009 BMW 320i; (v) Priory Gdns (in 10s odds) 21/03 2310hrs CatCon stolen from 2005 Honda CRV; (vi) Northwick Park Hospital 28/03 1130 – 28/03 1430hrs, CatCon stolen from 2016 Toyota Auris.

Attempted Theft from Motor Vehicle: (i) Northwick Park Hospital – weekend of 13/03, driver's door lock of 2017 Ford Transit

Connect damaged in an attempt to steal from works van; (ii) Littleton Rd (low evens) 25/03 0145hrs CatCon 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



Getting out n about . . .

Thank you to all who have supported our sales this year. We look forward to seeing you again on 7th May from 10am-2pm for another morning of chat, refreshment and browsing our tables.

Contact Pat on 07814 554979 if you have any bric-a-brac which you could donate for sales.

The Centre has started a new Wednesday Social Club for the over 50s.....think coffee morning (free tea and coffee), an opportunity to meet up with other local people and make new friends! Do come down from 10.15am on any Wednesday and contribute to the morning's activity.

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's Summer Concert

A varied collection of light secular music by Schubert, Elgar and Antony le Fleming, perfect for a summer's evening, as well as three new pieces by award-winning composer and arranger, Paul Ayres. A farewell concert also for our Music Director, Simon Williams, who is leaving us after 30 brilliant years!

Parish Church of St Alban, The Ridgeway, North Harrow HA2 7PF

Saturday 2nd July 7:30pm

Tickets: £12, free to under 18s www.harrowchoral.org.uk 07794 253 463

KENTON & DISTRICT U3A (University of the Third Age)

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

Activities include a monthly general meeting with a guest speaker and various interest groups including: Current Affairs, Gardening, English Literature, Cookery, Healthy Living, Magic of Musicals, Classical Music, Art History, Rambling, London Visits, Scrabble, Bridge, Meetings are mostly held at the Harrow Masonic Centre, Northwick Circle, HA3 OEL.

There is a friendly atmosphere with coffee breaks.

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

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

NEWS FROM EAST LANE THEATRE

Work has just started on our Summer production of Small Mercies, an intriguing play written by award-winning playwright Melville Lovatt. Mel is one of several talented writers who are ELT members—check our You Tube channel to see some of our actors performing Mel's monologues.

We are always looking for new members, on and off-stage, see www.eastlanetheatre.co.uk

Or, better still, why not pop down for a coffee any Sunday morning between 10 and 12, and you will receive a warm welcome. Find us at Vale Farm, look for the signs opp the Surgery.



HARROW PHILHARMONIC CHOIR

'Come and Sing' with us - Choruses from Haydn: The Creation.

Saturday 14 May 2022. 2:00pm for singers, 4:00pm for audience.

Wealdstone Methodist Church, Locket Road, HA3 7ND. www.harrowphil.co.uk

SCRA Executive Summary 2021/22

Executive Committee

Over the past year, your SCRA Executive Committee has been working hard to protect our Estate from the negative impact of proposed developments, and make sure that resident views are represented on a variety of matters. We are also especially concerned about resident safety, with increased traffic and speeding on the Estate.

We were pleased to take part in the 'Great British Spring Clean' last summer, which saw small groups of residents get together to clear up litter on the Estate. It was wonderful to see residents get into the Christmas spirit and take part in our 'Christmas Lights Competition'. The Post-Lockdown Party at St Cuthbert's Church was a great success, and it has been great to hear of some streets hosting regular car-free street parties so neighbours and children on the Estate can meet and play safely.

Climate Change is very much in the news and will continue to impact upon all of our lives in the coming years. We will all have our role to play to reduce its impact and make moves towards increased Active Travel and greening schemes.

We had been planning to host a hustings event prior to the May elections, so residents could meet and ask questions of Northwick Park Ward candidates from the main parties. However, following our Committee meeting in early April, a decision was made to cancel this event due to the rise in Covid cases. We hope that our AGM (provisionally scheduled to be held on Wednesday 11th May) will be able to go ahead.

Proposed Developments

- *Mumbai Junction/231 Watford Road*: Plans had been submitted to demolish this much-loved local asset and replace it with more flats. The SCRA Committee strongly objected to the proposal, with its out-of-character design, and which would likely have caused significant traffic and parking pressures on the Estate. With the invaluable support of our fantastic residents, thousands of leaflets were delivered to local and surrounding

streets and information was shared online, contributing to the planning application at this site being rejected. We are very grateful to residents and our Ward Councillors for their support with this matter.

- *Pasture Rd/1-2 Court Parade*: The developer submitted an appeal to the initial Planning refusal. The SCRA Committee appointed a planning consultant to prepare a submission opposing the appeal and to represent resident views at a hearing. Councillor Perrin and Brent Council Officers also spoke against the proposal. The planning inspectorate rejected the appeal which, if approved, could have threatened the viability of the Conservation Area.

- *Stilecroft Gardens*: There has been a revised application for a development to partially demolish a house, and 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. An update will be provided when available.

- *Barham Park*: We became aware of an application to demolish 2 cottages that were originally built for park wardens, and to replace them with a 4-storey development comprising 9 residential units. Along with local Councillors and other resident associations, the SCRA Committee submitted an objection to this application, as it would have had many serious negative implications for the park and the surrounding area. We also felt that this would set a precedent for other developments on our valuable parks and green spaces. The application was withdrawn.

Estate Traffic Concerns

Unfortunately, we have had increasing reports of speeding and increased vehicle volumes on minor roads on the Estate, with several collisions occurring in our area. We have met Brent's Highways officers on several occasions and they carried out a traffic survey on the Estate. This confirmed residents' observations regarding speeding on

many side roads, with Pasture Road and The Fairway particularly affected. There will be further meetings to discuss options to counter this, especially considering recent collisions. The traffic survey results can be found on our website.

The Committee is exploring ways to effectively engage with residents to gauge opinions and concerns and discuss best options to manage increasing volumes of traffic in our area. This will likely require additional funding and we are looking at possible grants that we can utilise to support this process. We will update you in due course.

- *Byron Court Primary School*: Sadly, we received reports that a student was seriously injured on 31st March when she was hit by a driver of a large vehicle on Spencer Road during the afternoon school pick up. We will liaise with the Council to look at solutions to prevent such an incident from recurring.

- *The Fairway/Carlton Avenue West junction*: We have many reports from residents about difficulty in crossing CAW at this junction, especially during school run times. We have reported this to Brent Council, and hope to receive some proposals to improve pedestrian crossings here.

- *Watford Road junction changes*: As part of the development at Northwick Park there was a planning application for changes to the junctions around the hospital and university entrance. The Committee sent in objections as the proposals are likely to increase traffic congestion and will do little to improve pedestrian and cyclist safety.

- Some junctions on the Estate have recently had double yellow lines extended to improve visibility and safety.

Noise Complaints.

There were numerous reports of excessive noise and anti-social behaviour on our Estate, especially over the summer. Councillors, SNT and Brent Nuisance Control Team worked to try and resolve these incidents. We hope that there will be no reoccurrences this year. Residents are reminded to please be considerate of their neighbours.

Inconsiderate Parking.

We continue to receive an increasing number of inconsiderate parking complaints,

including in respect of vans and lorries, around the Estate. Issues include obstructed driveways, damaged pavements, wrecked grass verges, poor visibility - especially at junctions, and the potential to block emergency vehicles. In conjunction with the Council, we are investigating options for improvement. We encourage residents to report suspected parking contraventions to Brent Council for enforcement (020 8937 4995).

East Court/Byron Road alleyway.

Brent Council replaced the curved mirror and cut back foliage to improve visibility and access at this location; Council officers have stated that the lighting meets British Standards and that the Lighting Manager is aware of this location. SNT are also aware of this location and make regular visits. A mobile CCTV camera is deployed at this location from time to time. Previous footage has revealed that the area is generally quiet with no regular visible loitering taking place. One fly tipping offence (a fixed penalty was issued) and three littering offences were identified last year.

South Kenton Station.

After closure for repairs, the waiting room is now open and can be accessed from the northbound platform. We are currently liaising with the Council to get the excessive pigeon mess at the station cleaned up.

CCTV Camera.

The camera that was purchased by the SCRA is moved around the Estate to capture environmental issues such as fly-tipping. Brent's Environment Enforcement Team monitors the footage on a monthly basis, and provides regular feedback to the Committee. If you have any suggestions for locations, please do let us know.

Benches.

We are aware that many beloved benches on the Estate are showing signs of deterioration and we've asked Councillors to investigate repair/replacement as appropriate.

Sudbury Court Horticultural Society.

A new committee was elected earlier this year, to chair this longstanding local society. The new chair, Tim Manson, has joined our recent meetings to tell us about their plans

for the coming year. Please consider subscribing and supporting their endeavours.

Licensing Applications.

We learnt of an application to extend the licensing in more areas of the Blue Zenzer Bar and Restaurant. We submitted an objection based upon our concerns about public safety, public nuisance and prevention of children from harm. Despite objections from the SCRA Committee and residents, the extended licensing application was approved at this venue.

Transport Strategy and other Consultations.

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 behalf of our residents and will keep you updated on this important document. We also submitted comments to various other consultations such as air quality measures and tackling anti-social behaviour.

'You Decide' - Participatory budgeting.

Local communities are invited to put forward ideas that will help make a positive difference to the lives of people living in their neighbourhood. 'You Decide' uses a form of Participatory Budgeting that empowers local people to submit projects/improvements that they want to see in their local area. Residents are then invited to attend 'Decision Day' events in their area where they will vote for which projects will receive money. Decision Days are due to take place this summer in June. Further details can be found on the council website.

The SCRA Committee looks forward to continuing to work steadfastly alongside residents, our new Ward Councillors and our Safer Neighbourhood Team to ensure that our Estate continues to be a safe, green and well maintained place to live. Please do use the email contact addresses (pg 3) should you have any concerns or suggestions you would like to bring to our attention. You can also follow us on our Twitter account @SudburyCourtRA.

SCRA—AGM

The 90th Annual General Meeting of the Sudbury Court Residents' Association is provisionally scheduled to be held at St Cuthbert's Church, 214 Carlton Avenue West on Wednesday **11th May 2022** at 7.30pm. Please come along at 7.15pm in order that we can make a start on time. All residents are invited!

Please note that our AGM and the proposed agenda below is subject to change should unforeseen circumstances occur / having regard to the rise in Covid cases.

Agenda

- 7.30pm: Start
- 7.35pm: SCRA Executive Committee Report/Summary
- 7.50pm: Welcome new Ward Councillors; thank previous Councillors
- 8.05pm: Barry Gardiner MP - TBC
- 8.15pm: Safer Neighbourhood Team - update
- 8.30pm: Break for refreshments
- 8.45pm: AGM business
 - Apologies
 - Minutes of 2018 and 2019 AGMs
 - Financial Reports 2019, 2020 & 2021
 - Election of Officers
- 9.20pm: Reverend Trevor Goddard - TBC
- 9.30pm: Any Other Business
- 9.45pm: Close

If you have anything to add to the agenda, please get in touch before the meeting:

secretary@the-scra.co.uk

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1. Serious injury of Byron Court school child. On 31st March, during the afternoon pick up, a child was struck by a large vehicle. From speaking to teachers and parents we have been informed of the following:

- a. The child was a 7/8 year old girl
- b. The vehicle was a Range Rover and driven by the parent of another school child
- c. The vehicle was moving at a relatively low speed
- d. The child sustained a broken leg

We wish to extend our best wishes to the child and hope she makes a speedy recovery.

The committee was very concerned to hear about this incident and will be contacting the council urgently to look at measures to prevent a repetition of such a serious injury

2. Local election hustings. Due to rising covid rates, the committee took the decision to cancel the hustings. We hope that you have met local candidates during campaigning.

3. Dog waste bags. We have had numerous reports of bags being discarded around the estate. As well as being anti-social, this is a potentially serious health hazard. We have been informed by our councillors that there is enforcement action being taken against a resident, so hope that this will resolve the issue. If you do see any discarded waste bags, please report them using the Love Clean Streets app or website.

4. 16 Court Parade. A commercial premises had built an illegal extension at the rear which was being used as a kitchen. Following an enforcement order, this was demolished by Brent Council.

5. Thank you to our councillors. All three of our councillors will be stepping down from our ward in May. Councillor Johnson is standing in the Barn Hill ward, and Councillors McLennan and Perrin are not standing again as councillors. We would like to thank all 3 of them for their hard work and wish them the very best in any future endeavours.

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This year I decided to 'go vegan' for the 40 days of Lent. When my son was 13, (15 yrs ago,) he told us he wanted to go vegetarian.

This was quite surprising for both me and my wife as we knew our son didn't like vegetables! We agreed that he could change his diet but insisted that he had to eat fish. He became a pescatarian. Of course, as parents, we thought this was just a phase and in three months or so he would be back eating burgers, sausages, and everything else. He maintained his stance and moved from being a pescatarian to a vegetarian, and then eight years later became a vegan. The argument for him being a vegetarian and then a vegan is about cruelty in the intensive factory farming industry and the damage food production does to the environment. Quietly, I was very impressed with his willingness to give up things that he loved because he believed it was detrimental to the welfare of animals and

the welfare of the planet.

We find many worthy statements being made by governments, faith organisations, and churches about many things: refugees, sanctions, the planet and becoming carbon neutral, without making any real sacrifices. If we believe something is wrong we need, as individuals, to be willing to make a sacrifice.

All the major faiths know this important truth about how we change the world. This truth you will find embedded in the spiritual practices of the major faiths - a call to listen to our creator, to give, and to act selflessly. I feel challenged about how willing I am to make ongoing personal sacrifices and pray that, with me, you will be inspired by the Prophet Mica....

*He has shown you, O mortal, what is good.
And what God requires of you?
To act justly and to love mercy and to walk
humbly with your God. Micah 6:8*

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First Aid for Foot and Toenail Fungus

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

Foot and toenail fungus is an infection caused by a group of fungal microorganisms collectively called Dermatophytes and includes Trichophyton, Epidermophyton and Microsporum. These fungi enjoy warm, moist and dark environments.

The best way to treat foot and nail fungus is to avoid getting it in the first place. The following steps will help you avoid the infection and treat mild infections if caught early.

Grooming routine when you bathe or have a shower:

1. Exfoliate - This will remove loose infected dead skin layers.
2. Dry your feet well using a rough absorbent towel, especially between the toes.
3. Dry your nails using the 'cold setting' on a hair dryer to eliminate moisture.
4. Sanitise - use an alcohol sanitising spray daily.

Footwear advice:

1. Keep your feet open to the air and avoid closed shoes whenever possible.
2. Sanitise or wash footwear as they can be a source of cross-infection.
3. Allow shoes to dry out for at least 1 day before wearing them again.

Additional measures:

1. When using showers in the gym, wear sandals at all times.
2. Choose reputable Foot Spas or Nail Bars that use sterile instruments (or Hygienist Pedicure service).
3. Use antibacterial cotton and bamboo socks.
4. When driving don't use floor heating for extended periods.

Remember warmth and moisture are the enemies!

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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Button Zoo



Button Zoo

During the first lockdown, Julie Thomas, from Malvern in Worcestershire began making little animals out of beads and buttons, to show her grandsons on their video calls.

Seb and Ralph first asked their grandma to make a giraffe from her collection of buttons – Mrs Thomas began making something new every day – an amazing 200 animals became a lockdown zoo.



The unique zoo now has it's own display at Longleat Safari Park!

"It was lovely seeing people going up and looking at it, school parties and stuff, they

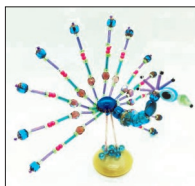
really enjoying looking at them up close and working out how it was all made," she said.

"The other strange thing is people always ask what my favourite animal was that I made and I always say the meerkats and that is the animal the display is right next to.



Darren Beasley, head of animal operations at Longleat, said "The time, effort and love that Julie has put into the collection deserves to be seen by as many people as possible and I am sure its new home at the entrance to our Jungle Kingdom will provide a lot of enjoyment for our visitors."

Have you got any lockdown creations you'd like to share with us? Please do take some pics and send them in.



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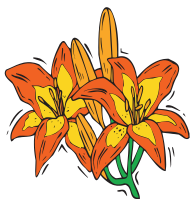
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Our coach trip to Wisley on Saturday 26th delightful day!

March proved to be quite fabulous. After so long without many treats, it was a special pleasure to enjoy a day out with friends. Lynn and Christine arranged everything splendidly. We had no travel delays so we arrived in good time for Tim to photograph the group on our arrival. The weather proved perfect with warm sunshine all day so we were able to enjoy to the full all the spring flowers and blossom trees in the gardens.



The Orchid Festival was displayed on the ground floor of the Hilltop Building, the new architect-designed centre for all the Society's scientific and educational work. Lynn's pictures give a taste of the magnificent orchid displays. Orchid growers were ready to share their expertise in cultivating these exotic tropical flowers. Some people found their way upstairs to the rooftop terrace for a refreshing ice cream and a birds-eye view over the whole site and countryside beyond. Many of us were attracted to a marquee where specialist nurserymen offered a wide range of plants, both flowers and vegetables as well as welcome advice on their cultivation. The garden offered plenty of seating and we enjoyed change meetings with friends as we wandered through the many attractions. What a



Another trip is in active preparation. You may like to note the date in your diary of **Saturday 18th June** for a coach trip to the **Cotswold Wildlife Park and Gardens**, a scenic journey travelling west to this delightful location where there are many attractions for both adults and children. The cost may be in the region of £27 - £30 but is being negotiated. Please contact Lynn on 07814 226 083 or Christine on 020 8904 7851 to register your interest, more details to follow.

The Society's forthcoming events include the traditional **Plant Sale**. If you would like to buy bedding plants at discounted prices please contact Jayshree by e-mail:

schstradingsecretary@gmail.com

for an order form. Plants will be available for collection on the 21st May .

Another date for your diary; the **Summer Show** will be held at St Cuthbert's on **Saturday 4th June**. Its Jubilee weekend, so no

judging this time, but just a convivial celebration of our horticultural, culinary, artistic and photographic skills; a great chance for us all to get together. More details next month. In the meantime, enjoy your garden as Spring merges into Summer.

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Northwick Park Community Garden

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We held our third AGM for the community garden on 28th March and, with Spring round the corner, combined it with a plant seed swap.

After holding the 2020 and 2021 AGM's online, it was good to meet up again and reconnect. It was also good to meet new supporters who joined our WhatsApp group to keep updated of when we're meeting up in the garden. The trustees recognise that the involvement of people of different ages and background, families and groups, are a key success factor in the community garden. The trustees want to focus on enabling knowledge exchange and intergenerational learning going forward as well.

One of the AGM agenda topics was fund-raising. We agreed to hold a Quiz Night again this year to raise funds to cover maintenance costs not met by NCIL funding. Last year's online quiz was good fun. This time we are planning to hold an in-person Quiz at The Windermere. Keep a look out for more details published through our Instagram/ Facebook, website and newsletter. We hope you join us.

Thank you to landlord Noel of the Windermere Pub - the setup of the function room worked well for the AGM meeting. Thank you to Paolo Arrigo and his team at @franchiseedsofitaly for the generous donation of vegetable seeds.



One of our forthcoming initiatives is the Permaculture Education Design course. Led by Susannah Hall, the course will run from September 2022 to April 2023. The intention is to develop a core group of local people with a good understanding and knowledge for them to apply what they learnt and transform green spaces for their community. This may be done through facilitating permablitzes (gardening make-

over sessions) in local private gardens or public spaces (with permission from the Council). To improve the look and feel of an area, by introducing a garden layout which lets plant species and wildlife thrive whilst making it attractive for local people to visit and improve biodiversity.

To secure a funded place, regular commitment of a full day at the weekend and one evening a month is requested. Email us (above address) if you'd like to sign up or receive further information.

We are planning some on site workshops in the near future. To keep updated, you can join the WhatsApp group, sign up via social media and the newsletter for more news.

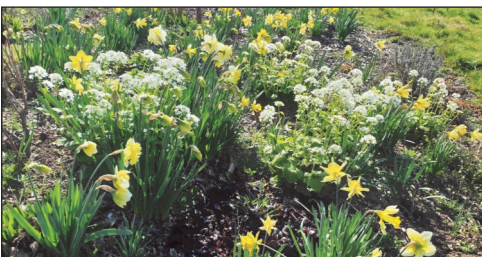
We look forward to seeing you again at the community garden. Some of us are at the garden on Sunday mornings and confirm this via the WhatsApp group.

Keep well until next time.

Eleri, Jo, Rishil and Iris

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Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. Our body makes most of our Vitamin D from sunlight, and now is the time to do just this. From April to the end of September, you should be able to make all the vitamin D your bodies need from direct sunlight.

Vitamin D is also found in a small number of foods.

Food Sources of Vitamin D

- oily fish – such as trout, salmon, sardines, herring and mackerel
- red meat
- beef liver
- egg yolks
- cheese (small amounts)
- fortified foods – such as some fat spreads and breakfast cereals
- fortified sources of milk and cereals

How much vitamin D do I need?

From about late March/early April to the end of September, the majority of people should be able to make all the vitamin D they need from sunlight on their skin.

Children from the age of 1 year and adults need 10 micrograms of vitamin D a day. This includes pregnant and breastfeeding women, and people at risk of vitamin D deficiency.

How do I know I have enough vitamin D supplement?

Advice for adults and children over 4 yrs

During the autumn and winter, you need to get vitamin D from your diet because the sun is not strong enough for the body to make vitamin D.

But since it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.

Between late March/early April to the end of September, most people can make all the vitamin D they need through sunlight on their skin and from a balanced diet.



You may choose not to take a vitamin D supplement during these months.

People at risk of vitamin D deficiency

Some people will not make enough vitamin D from sunlight because they have very little or no sunshine exposure.

If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not make enough vitamin D from sunlight.

You should consider taking a daily supplement of vitamin D throughout the year.

Advice for infants and young children

Children aged 1 to 4 years old should be given a daily supplement of vitamin D throughout the year. You can buy vitamin D supplements or vitamin drops containing vitamin D (for under 5s) at most pharmacies and supermarkets.

Women and children who qualify for the Healthy Start scheme can get free supplements containing vitamin D.

Try to go out more during the long summer days to regain the vitamin D your body needs via sunlight. But always remember to cover up or protect your skin if you're out in the sun for long periods to reduce the risk of skin damage and skin cancer.

For further information speak to your health care professional, pharmacist about Vitamin D advice.

www.healthystart.nhs.uk

www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/

Salma Mehar
NHS Consultant Dietitian



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Royal Pupcakes!



As part of the Queen's Platinum Jubilee celebrations there will be a pop-up Corgi Cafe in Central London!

The event will run on Sunday 29th May, ahead of the formal four-day bank holiday weekend.

The royal-themed event will offer guests dog-friendly 'puppuccinos', Jubilee "pupcakes", afternoon tea, and spring cocktails for Corgi owners to sip on whilst dogs play.

Will you be celebrating the Queen's Jubilee? We'd love to hear your stories, and see your photos—please send them in:

editor@the-scra.co.uk

Poetry Corner

Sonnet 18

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date;
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st;
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st:
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

William Shakespeare



Here Comes the *Sun*...

The summer sun is upon us and with the sunshine comes the risk of dehydration. Barbecues, beach trips, garden parties and picnics are what make summer so much fun and with the easing of restrictions, we may all get to enjoy these activities again this summer. However, it is important to note that too much outdoor time can also lead to dehydration which for some senior individuals can be a common cause of hospitalisation. Apart from drinking regularly there are other steps to prevent dehydration.

Tip 1: Wear Breathable clothing

Tight synthetic materials can make you perspire a lot – wear light breathable layers such as cotton fabrics and linen.

Tip 2: Increase fluid intake

Drink as much as you can when it is extremely hot. Drink, water, tea and juice. Try squash in water if you do not like drinking water to encourage you to drink regularly.

Tip 3: Foods hydrate too

Leafy greens, celery, berries, melon, cucumber, tomatoes and apples can be added to the summer diet. These foods can be very refreshing.

Tip 4: Medication Review

Certain medications can increase the risk of dehydration and sensitivity to the sun – talk to your GP or pharmacists about any concerns.

Tip 5: Always use Sunscreen

It is really important whenever you are outside in the sunshine that you wear Sunscreen, our skin can be delicate, so we need to protect it from burning, even when it is overcast.

Tip 6: Stay Indoors during the hottest hours

The sun is more intense during the middle of the day, between 12pm-3pm so avoid being outside during these times. Do any outdoor activities such as gardening, shopping and walking in the mornings or early evenings.

Help your loved ones, friends and elderly neighbours stay safe and sun-happy!

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

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barhamlibrary@hotmail.co.uk

NEW MURALS

Our Mural Artist 'LeSpleen' organised a group of female artists to paint new Murals for Women's Day on the outside wall to Wembley FC in Vale Farm leading to the East Lane Theatre Club from the car parks.

Le Spleen has also done a few private garden outbuildings commissions.



Very rowdy on 11pm train to Berryford. Please send help!

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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?

Dishes.

Dishes who?!

Dishes the most annoying joke ever!

Why did the teddy say no to dessert?

He was completely stuffed!

What did one volcano say to his wife?

I lava you.

Why did the maths book look so sad?

Because of all its problems.

Did you spot the deliberate spelling mistake?
,abowt' should be 'about'.

Riddles

I can fill a room but I take up no space.

What am I?

Light

If I have it, I don't share it. If I share it, I don't have it. What is it?

A secret

What goes away as soon as you talk about it?

Silence

Did you know?

- Giant pandas eat approximately 28 pounds of bamboo a day – that's over 5 tons per year!

- Scrabble was first named *Criss Cross Words*.

- The smallest country in the world takes up 0.2 square miles: Vatican City.

- In 2005, a teenage girl in London sleepwalked out of her home, climbed on to the top of a 130-foot crane, walked out onto the beam and slept lying down on it.
Weird!

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