

The Community Magazine for the  
Sudbury Court and Pebworth Estates

June  
2022

# *The Courier*

92nd  
Year



**AGM and other news**

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June 2022

Number 236 (1,076)

## The official publication of the Sudbury Court Residents' Association.

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**Vice-Chair:**

**Treasurer:** Pareet Shah, [treasurer@the-scra.co.uk](mailto:treasurer@the-scra.co.uk)

**Secretary:** Noura Abdul-Cader, [secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk)

**Membership:** Nisha Gorasia, [membership@the-scra.co.uk](mailto:membership@the-scra.co.uk)

**Courier Editor:** Kaye James, [editor@the-scra.co.uk](mailto:editor@the-scra.co.uk)

**Courier Advertising:** Kaye, [advertising@the-scra.co.uk](mailto:advertising@the-scra.co.uk)

**SCRA Website:** [www.the-scra.co.uk](http://www.the-scra.co.uk)

Dear Neighbours,

Hope you're all getting out and about and enjoying some sunshine—maybe wandering a little further afield than more recent times. If you are, please do share some pictures and a little tale of your outing to share with us—you might give some of your neighbours an idea for a day out.

Our AGM was attended by our new councillors—we have a brief introduction on page 9 and look forward to hearing more from them. We also have some new names on our Executive Committee, which is very good news. Please take a look at page 24 for a little shout out for volunteers, especially someone who can offer the committee the occasional bit of advice on local planning issues.

That's it from me. Please let me know if you'd like to offer some ideas for your Courier.

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



As we're (hopefully) moving in to better weather, especially warmer temperatures, again I would recommend some general crime prevention advice on leaving windows, doors and garage doors open at any time of the day— even when you are at home. Please do not leave ground floor windows, doors, garage doors open unless you are awake and in the room.

Residents leaving their upstairs windows open for ventilation leave their house vulnerable to attack by burglar(s) who can climb up, get in through the open window while you are sleeping and burgle your house - ensure your windows have a lock on them so they can only be opened so much – that they cannot be opened so far that a small person can get in. Similarly, leaving garage doors open, whilst you are gardening perhaps, in the back of the house – an opportunist passing thief could quickly walk in and steal something. If you have an alarm, set it on a partial set even at night time when you are in the house.

Thieves can be quite brazen.

## Current Work of SNT officers:

PCSO Charalambous continues to do his thing, patrolling, engaging with the public, dealing with various problems and providing support for victims of crime.

I am working on a number of criminal cases and was at Court for about 5 days in the past working month to do with criminal trials and also trying to obtain Criminal Behaviour Orders (CBOs are the new ASBOs) in relation to three individuals – 2 part of a group of young men who are Drug Dealing on East Lane and causing significant problems to local residents and shopkeepers (trespassing in blocks of flats, littering and smoking drugs and loitering outside local shops between Sudbury Ave and Harrowdene Road, intimidating shopkeepers and stealing from shops), the other CBO is in relation to the

male who is currently in prison in relation to criminal damage, assault of shop staff, theft and begging in Northwick Park Hospital.

**Criminal Behaviour Orders (CBO)** on individuals can be very useful tools in applying for exclusions to various areas and personal associations, so the person who has a CBO can be arrested for simply being in an area that they are excluded from and/or if they are with people they are prohibited from associating with. This is very beneficial in disrupting drugs gangs or persons who cause persistent problems/offending.

To apply for a CBO on an individual is very time consuming - you need to evidence their criminality and anti-social behaviour and their associations, then you need to go to court to try to obtain the CBO.

**24<sup>th</sup> April**, whilst en route to check on a report of suspicious activity, I saw one of the males from this drug dealing gang who was wanted for an Affray; backup was called and the male was arrested in an address off Harrowdene Rd.

On a number of occasions during the past month, I have been seconded to other roles, including processing people that have been arrested at football matches, in Central London one day for Extinction Rebellion, and also had to staff up a response team. Obviously, the response team officers are around 24-7 and when they get a chance they patrol and are obviously available responding to 999 calls and 101 calls.

## Burglaries:

Figures are quite good at the moment, but business premises are still being targeted at night, so if you are going home late and see suspicious activity outside shops, or someone at the door of a shop when it's closed. please observe if safe to do so and consider ringing the police if you see any suspicious activity.



### **Snatches/Robberies:**

Ongoing advice: Please be aware of using your mobile phone out and about especially during rush hour near tube stations.

There have been theft snatches by suspects on bicycles who quickly ride up to their victim and snatch their phones from their hands. The suspects quickly cycle away, and generally the victim doesn't see them coming so the description of the suspects can be quite vague.

### **Parking Issues:**

Parking is at a premium on the Sudbury Court and Pebworth Estates and elsewhere on the ward. There is no place or space for people to be abandoning vehicles. Legally, a motor vehicle on a road should be insured, taxed and have an MOT; permit where applicable. Particularly in the Sudbury Court Estate there has been an issue with cars being left for long periods of time. It has come to light that some businesses and car repair garages have been leaving them on the streets here. Abandoned vehicles will not be tolerated. Please let me know of any vehicles that you notice as being unmoved for long periods and we will see what we can do. Be aware—vehicle owners might also have their insurance policies voided if they do not inform their insurance companies where their vehicle is habitually parked i.e if your policy is at one address and the vehicle is kept for long periods at another, this may be considered a reason to void the policy.

Parking in general, and driveway obstruction in particular, have been the subject of umpteen complaints to the SNT in relation to school related traffic, particularly in relation to Byron Court School but not exclusively. If someone has left their car unattended blocking your driveway and it is believed to be school related, please report it to the relevant school and also to the Parking Department of Brent Council. In addition, you may wish to contact your local councillors if it is causing a persistent problem.

### **Speeding, driving under the influence and unfit drivers:**

In 2010 I was knocked down on duty whilst on a push bicycle, the driver fell asleep at the

wheel at 1pm and veered across the road colliding into me at a relatively low speed of 20 mph. The impact was incredible. I sustained a compression injury on my knee and, even at a low speed, the result on my physical health was immense. The relatively low speed of the car was what probably saved me from very serious injury or death.

Speeding is a huge contributory factor in road traffic collisions which can lead to serious injury and death. The Sudbury Court Estate is a 20 mph zone; from observation most speeders are residents! Please reduce your speed, only drive at the speed limit when it is safe to do so.

When I got knocked down, it brought home to me what is like to have over a ton of metal hitting you, that a vehicle can be a lethal weapon.

In the past month, I attended court in relation to a man who I have caught twice behind the wheel of his car over the limit for alcohol and who has a previous conviction for Drink Driving. Unfortunately he was found Not Guilty in relation to various points of law that the Prosecution have to prove. So, I would urge residents to report motorists who drive under the influence of drink or drugs – if they routinely do this it is only a matter of time before they are involved in a crash.

Also in the last month, an elderly resident was involved in a damage only collision with an unattended car. Police have had previous concerns over this individual's competence to drive and so he has been reported to the DVLA so that his driving licence can be revoked. Driving a vehicle is a very serious activity, with serious implications on the safety of the public if someone lacks the ability to drive competently.

### **Dog Issues:**

If you own a dog, please be aware that any person in charge of a dog dangerously out of control commits an offence – this could be where a dog attacks another dog or where it bites a person—it is open to interpretation in the circumstances. You could have your dog seized and be prosecuted for this offence; depending on the case your dog could be destroyed. Recently, there has been an incident in Northwick Park of a young man who

was bitten by a dog.

I recently read on the Nextdoor App, which can have some useful local stories on it, of a couple in NW London who tied their dog outside a shop whilst they popped in. Their dog was stolen. Fortunately, the frantic owners of the dog went door to door to neighbouring shops and, via CCTV, managed to trace their dog to an address and they managed to get their dog back from the thief. I am not aware of the specifics as to whether the man was arrested or not but, being a dog owner, I completely empathise with how devastated these dog owners must have been upon finding out their dog had been taken. In some instances, dogs are never re-united with their owners. Please bear this in mind.

As Summer is upon us, please remember that it can quickly rise to very high temperatures in a car so do not leave your dog in a car. In summer, consider what time you take your dog for a walk - early morning or late evening is the ideal time, particularly when the midday temperatures are high. Always, have enough water for your dog and give

them water regularly. I have recently invested in a dog cooling mat for my dog.

Finally, if you have a dog that is prone to running off when they are off the leash – keep them secure at all times and if you are using a dog sitter please advise them of this necessity. I had an interesting morning recently where a loose Jack Russell escaped it's dog sitter and I tried to catch it as it ran full pelt across many roads. It eventually went into a local cemetery and, with the aid of a number of people, we managed to find it and re-unite it with it's owner who was rightly miffed with the dog sitter. This instance and the instance of the theft of the dog serves to highlight the importance of your dog being Microchipped—which is also a legal requirement now.

#### **Detail and Serial numbers:**

If you own expensive jewellery—photograph it; electronic devices—take a note of the make, model and serial numbers; bicycles—make, model and frame number.

Register your electronic devices on:

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or [www.stolen-bikes.co.uk](http://www.stolen-bikes.co.uk)

Police can re-unite stolen items with their rightful owners in instances where they have been registered, or when the owners have a record of the descriptive detail.

### Report to police or not bother?:

Every day, at least a 100 crimes occur / are reported to police in the Brent area. Police have to screen what they attend and what is investigated.

If CCTV is not clear with a clear facial image, it might not be of benefit to any limited investigation.

Forensics is a limited resource and so forensic officers are only deployed to a limited number of crimes.

Despite the resources I would urge residents to report that they have been a victim of crime as it alerts the local police (Safer Neighbourhood Team) to location of criminal activity. It may also influence future resourcing to the police and thus your local area.

The reporting methods:

**999** for an emergency situation – immediate risk to personal safety or that of property, if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume).

**101** for a non-emergency situation where a crime has been committed but the suspect is no longer on scene or nearby

[www.met.police.uk](http://www.met.police.uk) non-emergency incidents may also be reported online via the Met Police Website –

### Overview of offences 08/04/22 – 06/05/22

*Non Residential Burglary:* Parade of shops, East Lane – 8/4/22 at 0147hrs (between Harrowdene Rd-Sudbury Ave) – front shutter of shop attacked by males with angle grinders, stole a large quantity of cigarettes from behind the till area, made off in black AUDI car.

*Theft of Motor Vehicle:* (i) Abbotts Dr (in the 150s odds) – 05/04/2022, 2003 mini cooper stolen; (ii) Sudbury Crt Dr (in 120s odds) 12/04 0200hrs two masked men stole BMW

X6 2016 plate stolen from driveway of house; (iii) Northwick Park Hospital 26/04 1500hrs – 2300hrs, 2012 Micra stolen from near A & E, victim still had car keys, car subsequently recovered in Harrow on 30<sup>th</sup>

*Theft from Motor Vehicle:* (i) Campden Cr – Fri 08/04 2215hrs, catalytic converter stolen from 1999 Mercedes C200, (ii) Sudbury Crt Dr (in 60s odds) 24/12 1450hrs car polisher stolen from van with door open whilst victim was working on a repair to paint work of nearby car.

### OWL—Online Watch Link

We use the OWL to send out alerts to residents about local crimes and other information of benefit. Please register at [www.owl.co.uk](http://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](mailto: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](mailto: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](http://www.met.police.uk)

[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

[www.cifas.org.uk](http://www.cifas.org.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)





## Getting out n about . . .

Our next sale will be 18th June, 10am—2pm . . . Come and join us  
For an enjoyably social way to raise funds for the Centre's work.



Wednesday Over 50s Social Club has started with a small lively  
Group, and we hope more will join us from 10.15am every week; free refreshments and various activities on offer! Come and join us at either or both events.

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

Contact: **0208 9081220** or email [office@sudburyneighbourhoodcentre.co.uk](mailto:office@sudburyneighbourhoodcentre.co.uk)

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# Our New Councillors

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Firstly, I want to thank every resident in Northwick Park Ward for their support on the 5<sup>th</sup> of May 2022 to be elected as one of the new Labour Councillors.

Alongside Narinder, we are taking over from Councillor Perrin, Cllr McLennan and Cllr Johnson, so any resident that has a complaint or local issue, please do not hesitate to contact me and/or attend my Ward surgery when we are set up.

My priorities will be getting pavements repaired and better traffic management control in unsafe streets of Northwick Park, especially around Spencer Road and Elms Lane.

I will be fighting for better traffic management around schools and better parking facilities for disabled persons—with full public consultation.

During my time of canvassing, I have stumbled many times over broken pavement slabs which I considered as extremely dangerous.

Can I once again say Thank You to Northwick Park Residents.

Kind regards,  
Cllr Diana Collymore.  
[cllr.diana.collymore@Brent.gov.uk](mailto:cllr.diana.collymore@Brent.gov.uk)



Hi I would like to introduce my self as one of your new Northwick Park Ward Councillors, Narinder Singh Bajwa.

Living in a wonderful ward / Pebworth Estate for nearly 25 years I wanted to dedicate myself to serving the community.

It was a hard battle, campaigning since the last few months I tried to cover the whole of Northwick Park Ward meeting the residents in person. Walking around made me think what an environmentally friendly Ward this is, so green with plenty of open spaces, clean streets and lovely houses. I am keen to carry on with this standard.

For public transport we are very fortunate to have 3 underground stations near us - into and out of London, bus services too.

Anyway lets get back to work – working with Brent Council I will make more improvements to pavements and endeavour to maintain parks and green spaces. I will work to install responsible parking controls and reduce fly-tipping. I will strive to reduce carbon emissions in Brent and introduce more genuinely affordable housing, better education and build stronger community relations.

For any concerns, please contact me.

Thank you,  
Cllr Narinder Bajwa  
Phone 07717 695 697  
[cllr.narinder.bajwa@brent.gov.uk](mailto:cllr.narinder.bajwa@brent.gov.uk)

# SCRA AGM 2022—Summary Report



## Welcome:

The meeting began at 7.40pm. The Safer Neighbourhood Team sent their apologies for not being able to attend.

## SCRA Summary:

A summary of SCRA activity over the past year was provided, as set out in the May 2022 edition of The Courier; this included items such as local proposed developments and licensing applications; Estate traffic and highway concerns, noise complaints etc.

## Resident Q&A:

**Q:** About traffic on Carlton Avenue West: ongoing traffic issues, not helped by expansion of Byron Court Primary School and will not be helped by the upcoming development at Northwick Park. Why should residents pay for CPZ when many of the issues are caused by developments etc that are Council approved but that residents objected to. Brent should do something about this eg traffic wardens at the school?

**Q:** School parking issues: Parents loitering. Engines on. Cars can be ticketed and even towed away if parking enforcement is called. Roads & pavements are in poor condition. Speed cushions ineffective.

**Q:** School travel plan: Need to pull school up on why they haven't stuck to their travel plan.

**A:** Traffic is a big problem. Traffic survey has given us data about speeding and traffic on the Estate. There is no easy or single solution to this. Funding is a problem. Committee

is working together with the Council to look at options and to try to effectively gauge what residents want. Need to work together with Byron Court School and nearby residents to ensure student safety and ease of parking and traffic issues.

**Q:** about Mumbai Junction:

First proposed development was rejected. But will there be more applications? What assurances do residents have that we won't keep having to field and object to multiple planning applications at this site?

**A:** No guarantee. Residents will have to keep working together and, with the support of Councillors, keep fighting back to prevent over development or unsympathetic developments at this site.

## Comment:

Request to keep residents informed about local issues via The Courier so that all residents (including those without computers / smart phones etc) can be aware.



## New Ward Councillors:

Diana Collymore & Narinder Bajwa – were introduced. They mentioned that they would do their best to support residents, including working on damaged pavements, now that they have been given a voice on the Council. Need support of the residents to come forward and voice their concerns, respond to public consultations etc.



# SCRA AGM 2022—Summary Report



## AGM Business:

### Apologies:

Shaileen Shah and Hiten Shah sent their apologies

### Minutes:

Minutes of the 2018 and 2019 AGM were approved and confirmed.

### Accounts:

Treasurer presented financial reports from 2019, 2020 and 2021, which were approved. The general financial position of the SCRA is healthy; ward funds and donations made by residents were spent appropriately and for their intended purposes.

## Elections:

### Officers:

Steve Maingot stood down as Chair.  
Pareet Shah was elected as Chair.

No sitting Vice Chair

Steve Maingot was elected as Vice Chair.

Pareet Shah stood down as Treasurer.

Hiten Shah was elected as Treasurer.

Noura Abdul-Cader will continue as Secretary (with assistance from Fozia Oosman – see below).

## Executive Committee Members:

The current committee members were all re-elected

Sukaram Chopra  
Dolores Davis  
Paul Davis  
Nisha Gorasia  
Beverley Persaud  
Shaileen Shah  
Hardip Singh

## New Committee members

proposed and seconded:

Clive Gomes  
Purnima Khatri  
Tim Manson (SCHS)  
Fozia Oosman  
Anup Shah (in absentia)

## Reverend Trevor Goddard

Spoke words of welcome and spoke about the Memory Café.

## Misc:

- Resident Steve Werren spoke about the local WhatsApp groups and their benefits.
- Courier Editor Kaye James was thanked for her hard work on The Courier.
- Courier deliverers were thanked for their hard work getting the magazine out each month.
- David and Susan Friend were thanked for organising the Senior Citizen's annual outing for so many years.

## Close:

Meeting closed at 9.45pm.

Printed copies of the 2019, 2020 or 2021 Accounts or the 2018 or 2019 AGM minutes, can be sent to you if you email

[secretary@the-skra.co.uk](mailto:secretary@the-skra.co.uk)

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## SCRA Update—Pareet Shah

In a busy month, with the AGM and elections, this is a brief summary of the May Executive Committee:

1. **Accounts** – the committee approved the 2020 and 2021 accounts prior to the AGM
2. **Collisions** – we're still in touch with the council regarding the incident where a child was run over outside Byron Court. There was also a crash on Pasture Road over the May bank holiday weekend, with a car overturning. This was a road that was identified in the recent traffic survey as having problems with speeding. We contacted the council

about this as well and they would like to discuss further road safety measures regarding both incidents. As the local elections were due to take place we will follow this up with our new councillors once they have settled in to their new positions.

3. **Councillors** – we thanked our Councillors for their hard work over the years. Both Margaret McLennan and Keith Perrin are not standing for re-election, and Robert Johnson is standing in the Barn Hill Ward. On behalf of the SCRA we wished them the very best for their future endeavours.

## Our New Chair—introducing . . . Pareet Shah



As you may have noticed, I have been actively involved with the SCRA for many years and was Treasurer from 2015 until last month.

Thank you to the Residents who attended the AGM who elected me as Chair. As such, I thought I'd introduce myself.

I've lived on the Sudbury Court Estate for most of my life and am proud of our area, with both my daughters attending local schools.

I work as a specialist dentist at practices in

Kenton and Tring in Hertfordshire, and as a Senior Clinical Lecturer at UCL.

I have a keen interest in local environmental and air quality issues, and am keen to work with residents and the council to address many of the traffic-related problems residents have voiced to the committee over the years thus making this an even nicer place to live.

I value the unique character of our estates and see the important role that the SCRA has in maintaining and improving this.

If you would like to raise any concerns, please contact me at [chair@the-scra.co.uk](mailto:chair@the-scra.co.uk)

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## Confessions of a Trekkie

I must confess that one of my favourite TV shows is Star Trek. I have watched all the original series several times and most of the spin off TV series and films too. I was recently reading an article that made me feel not so unusual as it listed the many famous people who also consider themselves to be Star Trek fans—Trekkies. The list includes Barack Obama, Tom Hanks, Angelina Jolie. And many more prominent people.

This year, in Holy Week, we shared together Jesus's last supper, The Passover meal, at the vicarage. One of the casual conversations that came up after our gathering was to do with several members of the groups' love of Star Trek. One person even confessed that they had been to a Star Trek convention. When we are in a group of like-

minded people it's amazing how comfortable we begin to feel. Not everyone in this group could understand this fond affection we all had for a TV show though.

This example is quite a trivial devotion, but what links us together as humans is very important. At the last supper Jesus instructs his friends and followers then and now to be bound together by our love of all people. The church has failed many times to live up to this calling. But Jesus's mandate is to "love one another as I have loved you". The example that Jesus gave was service (washing feet), and sacrifice, which is all about putting other people first above our own thoughts, feelings, and desires. There is no greater experience than feeling at home with another human being it is more valuable than gold.

Rev Trevor Goddard

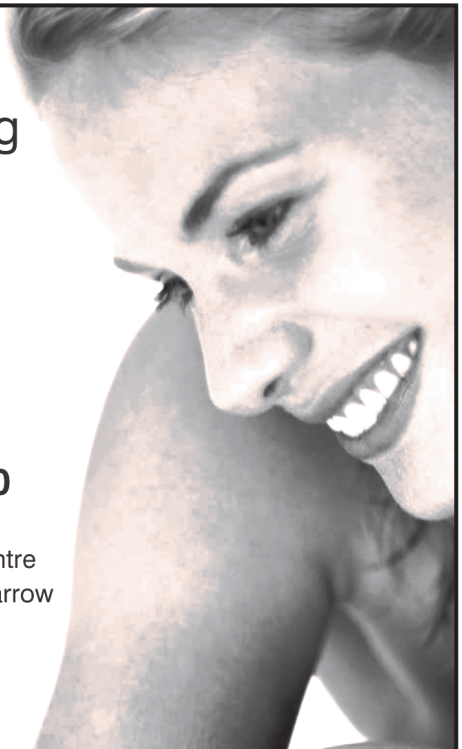
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# First Aid for Ingrown Toenails

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

Ingrown toenails are one of the most common foot problems and fall into two categories.

A chronic ingrown toenail is when a misshapen nail is digging into the skin or when the skin is pushing into the nail due to tight footwear or misshapen toes. There is no break in skin, just discomfort.

An acute ingrown toenail is when the nail has penetrated the skin, causing a wound which then festers and becomes inflamed and, in some cases, infected.

**First aid will depend on the cause and can include these steps:**

1. Identify the footwear that is causing pressure and stop wearing them.
2. No break in skin – gently insert cotton wool into the side to push the skin away.
3. Break in skin or infection – use cotton wool soaked in iodine tincture.

If caught early these simple measures will settle the condition down before it worsens.

The best thing to do is to prevent and the following steps will reduce the risk of ingrown toenails:

1. Trim nails regularly.
2. Do not cut them too short.
3. Do not allow them to over grow.
4. Cut nails, in the shape of the end of the toe.
5. Make sure you can see the corners of the nail.
6. File any sharp corner and do not cut them down the side.
7. Wear comfortable and spacious footwear during active hours of the day.

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

For foot care tips visit our website *Firoz*  
[www.footcomfortcentre.co.uk](http://www.footcomfortcentre.co.uk)



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# How to Block Nuisance Calls



We've all had our personal time interrupted by nuisance calls. There are a number of technological solutions to limit these, here are a few:

## **From your home phone:**

Most of the major landline phone providers offer a free service to reduce nuisance calls:

### **BT**

'Call Protect' service automatically diverts calls that BT believe to be from nuisance callers to your 'junk' voicemail, you can also add your own numbers to block. You can then set up to send all calls from certain types of numbers (e.g. international, withheld numbers) straight to voicemail. Call Protect is free, and more effective than their previous services.

### **Sky**

Sky Talk Shield is a personalised call screening service. It blocks calls from 'robots' and automated callers; 'live' callers are asked to identify themselves. When you then answer

the phone, you'll hear a recording of who it is and can choose whether to accept the call—add the caller to your Star or Block List or send them to voicemail. Callers on your Star List, such as friends/family, will then get straight through every time, while numbers you block will never bother you again.

### **TalkTalk**

CallSafe works in a similar way to Sky's Talk Shield, asking callers to record their name so you can decide whether you want to talk to them. Calls from frequently dialled numbers or those on your approved list are automatically connected, while those on your blocked list or in CallSafe's database of unwanted calls are automatically blocked.

### **Virgin Media**

Virgin has a much more limited anonymous caller-rejection feature, which only blocks calls from withheld numbers. And you have to pay £3 per month for this.

(Cont'd pg 23)

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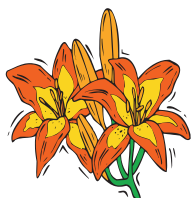
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## Sudbury Court Horticultural Society Your local gardening club

The Plant Sale has gone well. The plants, all grown from seed at Shane's Denham Nursery have the best possible start in life. Those who took part will be busy planting up the new arrivals to bring summer colour to flower beds and hanging baskets. Allotment-holders rely on Shane's excellent vegetable plants to give an early boost to the harvest. Collection Day is always a pleasure, meeting with other members and friends.

To follow our enjoyable SCHS day trip to Wisley, another great family day out is planned for **Saturday 18th June** visiting the Cotswold Wildlife Park in Burford. The journey takes about an hour and a half, travelling over the high roads of Oxfordshire. This family-run zoological park is home to 1500 creatures of 250 different species with the focus firmly on the preservation of endangered wildlife. Their award-winning flower gardens include a fine greenhouse growing tropical plants. A restaurant serves hot and cold meals if you did not bring a picnic and a railway is available to take you round the extensive grounds. To book your places, please contact Christine Lawton on 020 8904 7851 or Lynn Dube on 07914 226 083. The cost will be £35 for adults and £30 for seniors and children (65+/16 and under). For safety reasons on the coach, unfortunately we cannot take children below the age of five years.

This year the first roses came into bloom in April, surely a record for early flowering. The first flush will be over before the end of May, yet we think of June as the month for roses,

usually the time for our traditional Rose Show. Since by June this year the roses will be well past their best and June this year is all about Jubilee, our traditional flower show is delayed until September when we can all bring to the Autumn Harvest Show the results of our gardening year. Details of the arrangements will appear on this page in the coming months.

The Queen's Platinum Jubilee weekend will be a great chance to use your garden for entertaining friends and family. So, with the hedges and lawns well-cut and borders tidied, it's time to party. Celebratory dishes will be on the menu, music –yes – but not too



loud! Maybe you can trail some lights through the trees? Provide something special for your guests and make this weekend truly memorable. When it's all over, consider a lasting tribute in the form of a newly-planted tree, joining in the national plan of tree-planting to mark the Queen's seventy-year reign. Is there room for a new tree in your garden to help green-up our neighbourhood? Maybe it would be best to leave the planting until the autumn or winter, as newly-planted trees need a lot of water and just now that is in short supply.

Greetings to you all as I close my 87<sup>th</sup> gardening article for the Courier, always a pleasurable task but our garden is looking neglected! Please contact Tim Manson Chair, on 07801 967 059 if you could take on the writing of this page in the future.

Margaret Roake

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# Northwick Park Community Garden

[www.northwickparkcommunitygarden.com](http://www.northwickparkcommunitygarden.com)

[info@northwickparkcommunitygarden.com](mailto:info@northwickparkcommunitygarden.com)



## Monthly workshops Summer 2022

We will be running monthly educational sessions in the garden for adults and children. All the sessions will have educational workshops suitable for children of different age ranges (5-8yrs; 9-12yrs; 13-16yrs. These sessions will involve learning through practical work in the garden and everyone is welcome to come and join in.

Email

[info@northwickparkcommunitygarden.com](mailto:info@northwickparkcommunitygarden.com)

with your details if you would like to attend. Please note: children under 13 years of age must be accompanied by a parent or guardian.

## Learning about ponds

Sunday 12th June 10.30am-1pm

We will be installing three small ponds onsite so this session will be for children and adults to learn about who lives in ponds and how they benefit wildlife?

As well as the ponds we will be creating habitats for frogs, toads, and newts who live in woodpiles and under stones for much of their lives.



## What can you harvest from the garden

Sunday 10th July 10.30am-1pm

This is a session to get to know the plants, and for children and adults to learn about what you can harvest from the garden.

We will be creating labels for the plants, harvesting from them, and making teas to drink.



## Planting autumn salads

Saturday 13th August 10.30am-1pm

This session will be about preparing for autumn/winter by growing oriental salads that will provide fresh green leaves during the cold months.

We will be teaching adults and children about the different oriental leaves you can grow for salads and stir-fries as well as planting seeds in the garden.

We are looking forward to seeing you there  
Eleri, Jo, Rishil and Iris

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### From your home phone:

Many landline phones now come with some call blocking technology—some better than others. The cheapest call blocking phones often are very limited; the more expensive have settings similar to the main landline providers above. You'd need to do careful research.

### Using a standalone device:

If you don't want to replace your home phone and your provider can't block the nuisance calls, another option is to buy a separate call blocker and plug it in to phone. These usually work in the same way as the call blockers built into phones—they stop a 'black list' of numbers or number types. But the TrueCall call blockers are a little different, using the same technology licensed to some BT phones and embraced by Sky and TalkTalk, to screen out unwanted callers.

### From your smartphone:

If you have an Android or iPhone handset you can add numbers to a blocked list, reject unknown callers altogether or set a 'do not disturb' mode that only allows calls from certain numbers.

#### iPhone

To block specific numbers, open the *Phone* app, then hit the *Recents* tab at the bottom. Click the *i* symbol next to the unwanted number, scroll down and tap *Block this Caller*, then confirm your decision. You won't be bothered with any calls, texts or FaceTime calls from that number. If you have iOS 13 or later, there is also a feature to stop unknown callers. Go to *Settings > Phone*, scroll down, then select *Silence Unknown Callers*. This blocks phone numbers that you've never been in contact with, don't have saved in your contacts list and haven't received their number another type of way, such as through emails. Calls from unknown numbers are silenced and sent to your voicemail, and appear in your *Recent* calls list. If you make an emergency call, this feature is automatically suspended so you can receive any calls for 24 hours. You can also set up a third party app from *App Store* to filter and detect spam calls—always be wary when downloading

third party apps, and don't agree to any terms and conditions that feel unusual. If you have found a spam blocking app that you want to use you need to go to *Settings > Phone > Call Blocking & Identification*. Turn the app on or off under *Allow These Apps to Block Calls and Provide Caller ID*. When you receive a call, your device compares the number with the list of numbers in the third-party app. Your phone will then show an identifying label chosen by the app, such as 'Spam' or 'Telemarketing'. If it's spam, the app may block the call automatically.

#### From an Android phone

Whether you answered the call or ignored it, all calls are registered in the *Recent* tab in *Phone*. Press the *Phone* icon, touch the *Clock* symbol to show your call history, then navigate to the number you want to block. Touching it will bring up a short menu, enabling you to choose to block it. Once you've blocked a number it will appear in your *Blocked Numbers* list, which you find by tapping the three dots at the top right of the phone screen and go to *Settings > Blocked Numbers*. You can also manually add a number you wish to block within the *Blocked* numbers page.

#### Call blocking apps

Smartphone owners are not limited to the pre-installed call blocking options available through their Android and iPhones: they can download third-party apps that offer far greater call blocking options. One such app is TrueCaller (no relation to the similarly named TrueCall). This has access to a huge directory of numbers, which is added to daily by the community of millions of app users, and helps to identify who's calling you when your phone rings. You can then decide whether to accept the call and can also use the app to build up your own block list. One final word on apps. If you want to stop people from contacting you through apps such as WhatsApp and Messenger, then you'll need to block those in the app itself – blocking them in your phone won't usually be enough.

Ref: [www.which.co.uk](http://www.which.co.uk)





## Good Neighbours make Great Volunteers

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

We would also like to hear from anyone who can, occasionally, help us by looking at local planning applications that may have an impact on residents—anyone who has experience of the planning process and/or law.

If you're interested in there being more regular get-togethers for residents, come and help us organise them.

[secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk) or contact the SCRA phone on **07933 958 166**



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## Harrow Community Day—Hiten Shah

---



Harrow School celebrated their 450<sup>th</sup> anniversary by hosting a community day on Saturday 30<sup>th</sup> April.

It was a lovely, sunny Bank Holiday weekend and residents from the local area enjoyed art exhibitions, food stalls, dance and theatre.

The High Street was closed to traffic and decked with bunting adding to the party atmosphere of this unique event.

'Behind the scenes' tours of the school's famous grounds were available to the general public, allowing people to visit some of the most iconic areas of the hill.

Other activities like a magician, Punch and Judy show, Tai Chi and cricket festival kept families entertained all day.

---

### Poetry Corner



#### All in June

A week ago I had a fire  
To warm my feet, my hands and face;  
Cold winds, that never make a friend,  
Crept in and out of every place.

Today the fields are rich in grass,  
And buttercups in thousands grow;  
I'll show the world where I have been--  
With gold-dust seen on either shoe.

Till to my garden back I come,  
Where bumble-bees for hours and hours  
Sit on their soft, fat, velvet bums,  
To wriggle out of hollow flowers.

*William Henry Davies*



## 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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[barhamlibrary@hotmail.co.uk](mailto:barhamlibrary@hotmail.co.uk)

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# Kids' Page



Hi,

We enjoyed putting this page together for you—we hope you like it.

If you have a favourite joke—send it in to us and we'll share it.

Faizan (aged 9) and Saniya Zaidi (aged 5)



## Riddles

Imagine you are in a room  
with no windows or doors.  
How will you get out?  
**Stop imagining**

Where is the only place that Friday comes  
before Thursday?  
**The dictionary**

What begins with T, finishes with T, and  
has T in it?  
**A teapot**

## Jokes

Why are cats so good at video games?  
**They have nine lives!!!**

What do you call a very fast llama?  
**A Llamagini!**

Knock, Knock  
Who's there?  
Shore  
Shore who?  
Shore hope you like bad jokes!!!

Why did Mickey Mouse go into space?  
**He was looking for Pluto**

## Facts: Did you know?

- Elephants' tusks are actually **teeth**.

- Oscar the Grouch from *Sesame Street* was  
originally orange, not green!

- In the past 60 years Lego has made more  
than 320 billion Lego bricks. That's 46 Legos  
for every person on the planet!

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

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# HARROW RENTALS HAVE ROCKETED

Here are some of the recent rentals  
by Empire Chase

APARTMENT BLOCK (PURPOSE BUILT)	 ONE BED	 TWO BED
Bryant & Bond Apartments, HA1	£1,550	£1,900
Hartley Apartments, HA1	£1,400	£1,750
88 - 98 College Road, HA1	£1,400	£1,650
Bellow, Wallace & Chesterton House	£1,450	£1,850
Byron House, Moor House, HA1	£1,450	£1,800
Masters Court, Lyon Road, HA1	£1,500	£1,850
Carnegie House, HA1	£1,300	£1,650
Baldwin House, HA1	£1,250	£1,600
Chasewood Park, HA1	N\A	£1,850
Rama Apartments, HA1	£1,300	£1,650
Bradstowe House, HA1	£1,500	£2,000
13 St John's Road, HA1	£1,400	N\A
Bovis House, HA2	£1,250	£1,550



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