

The Community Magazine for the  
Sudbury Court and Pebworth Estates

July  
2022

*The Courier*

92nd  
Year



## How did we do?

"Still in shock! Very happy to hear the sale has now gone through, we don't think you know how pleased we are, it's just so hard to believe. We thank you and your firm for all your hard work and honesty throughout the process, you have certainly been the most painless estate agent we have ever dealt with and we have moved house ten times and bought three businesses."

**Mr & Mrs Clarke**

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**Mr Chang**

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**Mr & Mrs Turner**

Not sure where to start, the experience we have had when renting our property has been phenomenal. All the staff are so personable and go above and beyond in making sure that they tended to our every concern or question. The office environment is fantastic and all the staff are very friendly and responsive. I would most definitely recommend Daniels to my peers and friends. Thanks again for the great service!

**Mr Abdelshah**

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# The Courier



July 2022

Number 237 (1,077)

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

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Dear Neighbours,

Hope you enjoyed your long weekend—a very good excuse for cake.

I'd like to draw your attention to the reminder to pay your Membership Subs—you don't need me to repeat myself about how your subs go towards maintaining the local amenity, that is the wonderful place where you all live. I have to tell you, since moving from the area, the one thing I really do miss is the community involvement.

The other thing I'd like to specifically point you to is Love Where You Live page 15—and thank you Reika and Aika for helping your community.

As ever, please share your thoughts—I look forward to hearing from you.

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



In Summertime, while enjoying the warmer weather, please be cautious about leaving windows and doors open even while you are in the house, or doing work or relaxing in your garden. Most burglars are opportunists, they might see an open window, door or garage door as an invitation, and quickly get into your house or garage while you're not paying attention.

At night, residents leaving their windows open for ventilation also leave their house vulnerable to criminal activity. Burglars can be very resourceful, they can even climb up higher than ground floor, 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! This type of burglary has happened previously.

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 restrictor lock on them so they can only be opened so far – enough that you can have fresh air, but not enough for someone to gain entry.

## Attempted Burglary

On Friday 27<sup>th</sup> of May at approximately 1200hours a female resident was at her home address, on Carlton Avenue West, when there was a knock at the door. As she was home alone she looked out of the window and saw a white male 30-40years of age in a high visibility and hard helmet knocking on her door. He continued to knock on the door, window and ring the bell. The occupier decided not to answer this knocking. The male then left on foot towards The Fairway. About half an hour later, the resident heard a very loud smash from her downstairs rear door. She ran

downstairs and entered her living room to find her patio door had been smashed. The resident saw the male who had knocked on her door, half inside her house and two other males, both in high visibility vests and hard helmets. Thankfully, the males ran away when she started shouting at them. The whole glass panel to one of the patio doors, which was locked at the time, was smashed. The males were perhaps dark skinned Caucasian or Asian in Ethnicity.

Please be very cautious about anyone you don't know knocking at your door, this is often done by burglars to assess whether someone is at home. If someone is at home, they (the burglars) will generally try another address.

In the instance of this burglary attempt on the residence on Carlton Avenue West, obviously other residents seeing men in hard hats and high visibility vests might think they are builders or contractors and thus might not bat an eyelid seeing them going to the rear of someone's house but it's not always the case, as in this reported incident.

Another way for burglars to know whether someone is in or out is if a car is parked in the driveway – an empty driveway may indicate that no one is at home. Generally, most burgled homes are when the occupiers are out of the house, burglaries when the occupiers are at home do happen but are quite rare.

## Keeping Safe out and About

- Cover up expensive-looking jewellery. Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go, do not get hurt. Your safety is more



important than your property.

- Remember - flight not fight!
- Don't take short cuts through dark alleys, parks etc. Walk facing the traffic, so a car cannot pull up behind you unnoticed.
- Don't hitch-hike or take lifts from strangers – not really applicable in North West London but bear it in mind if you are elsewhere in the country.
- When walking alone carry a personal attack alarm. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it is dropped or falls to the ground.
- Self-defence/safety awareness classes may help you feel more secure, but remember - flight not fight!
- Arrange transport home in advance. Do not go out alone. Don't get isolated from your friends.
- Stay in well-lit areas and don't wander in areas you are unsure of.
- Never leave your drink unattended or accept a drink from someone who you don't know or trust.
- If you feel drunk, dizzy or disorientated seek help from a trusted friend or a member of bar staff.
- Consider carefully whether to leave with someone you have just met.
- When jogging or cycling, vary your route and time. Use well-lit roads with pavements. On parkland, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. Listening to music on your phones etc may limit your awareness to the surroundings.

#### **Overview of offences 06/05/22—09/06/22:**

**Residential Burglary:** (i) Paxford Road (in 20s odds) 23/05 1145hrs – 1515hrs, back

kitchen door glass panel smashed, entry gained, house ransacked, jewellery stolen; (ii) Carlton Avenue West (in 40s odds) 27/05 1230hrs, at about 1200hrs victim was in her address, heard a knock to the front door and window downstairs, but did not answer, a white male in a high viz jacket and hard hat was outside, about 1230hrs victim heard a smash downstairs on the ground floor, went down and saw the same white male and two others trying to gain entry to her house, she shouted at them and they fled via the side and driveway of the house;

**Theft from Motor Vehicle:** (i) St. Andrews Ave (in 50s evens) 18/05 1800hrs – 19/05 0730hrs – 2021 Renault Traffic van broken into, back doors opened and £1000 worth of tools stolen; (ii) Abbotts Drive (in 60s odds) 2009 Ford Focus parked on driveway entered and loose change, disabled badge stolen; (iii) Spencer Road (in 10s evens), 27/05 0036hrs unlocked Ford Galaxy car in driveway entered, glove compartment opened and rummaged around, centre console, loose change stolen;

**Attempted Theft from Motor Vehicle:** (i) Nathans Road (in 50s odds) 27/05 0005hrs and 0026hrs, woman has entered driveway of house, and tried to open door of car in an attempt to steal from it.

#### **Report to police or not bother?:**

Every day, at least a 100 crimes are reported to police in the Brent area; police have to screen what to attend and 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 too 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) and it may also influence 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 and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – [www.met.police.uk](http://www.met.police.uk)

### 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)

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# Membership Subs—reminder

Your Subscription Envelope was included with March's Courier—if you no longer have it, any envelope will do—email our secretary for your nearest drop off address, or you can pay online.

## **Sudbury Court Residents' Association**

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

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

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

**Your subscription is just £5.00 per household per year.**

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

## **Sudbury Court Horticultural Society**

'New members are always welcome. If you would like to join the Sudbury Court Horticultural Society, you can either do so via the Subscription Envelope system, as described below, or you can simply send payment with your name, address, email address and phone number to our membership secretary: Robert Smith, 3 Audrey Gardens, HA0 3TF; email [rts8904@gmail.com](mailto:rts8904@gmail.com)

Full details of all our activities during 2022 will be published in The Courier as soon as they are decided upon.

## **IT COULDN'T BE EASIER**

\* Name, address, postcode on the envelope in BLOCK CAPITALS. Email address too please

\* SPECIFY what you are paying for, i.e.  
- SCRA membership (plus donation, if relevant) and/or  
- SCHS membership (plus donation, if relevant).

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

\* DELIVER it to one of the collection addresses on the envelope

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

[membership@the-scra.co.uk](mailto:membership@the-scra.co.uk)

attaching a photo of your completed envelope or include your contact address, as above.

Bank details:

**Barclays Bank**

**Sudbury Court Residents Association**

**Sort Code: 20-37-21**

**Account Number: 23291154**

## **Data Protection Policy**

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

**DO IT NOW (PLEASE!)**





## Getting out n about . . .

Our **Annual Garden Party** is on Saturday **23<sup>rd</sup> July**. All are welcome from 11.00am. Entry is **free**, there will be entertainment and a barbecue. We are hoping for lots of visitors and sunshine so that we can enjoy being outside together! There is no need to book although it does help with our catering if you phone us in advance if you definitely intend to be there.

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)



### **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](http://www.harrowchoral.org.uk) 07794 253 463

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

Thursday 7 July, 12.30 pm: Yuki Negishi (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).

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

### **NEWS FROM EAST LANE THEATRE**

Well, that's it! Another season done and dusted. And what a pleasure it has been for us to get back to doing what we love after the long COVID lay-off.

During our Summer break we will not be idle. After years of saying "We must clear out the furniture store" we are finally going to do it. Did you know that we have 4 different locations on-site for our furniture? On **July 3<sup>rd</sup>** and **10<sup>th</sup>** we are going to have 2 working mornings, followed by a light lunch for the workers, in which we are going to remove those now rather aged-looking items that have given loyal service over many productions so that we can have more space for newer acquisitions. So if you've always wanted a massive art-deco sideboard that takes 6 body builders to move it.....

Of course, we will also use the Summer to put the finishing touches to our next season where we are planning to offer 4 productions with something for everyone. Watch this space.

On **July 29**, we are going to have a Summer sing-song . Under the watchful eye of maestro Lewis Lev at the piano, we will do some fun vocal exercises, learn a chorus number from scratch and brave individuals will sing a song of their choice. If this is your thing, do contact us through our website.

In the meantime, we are always looking for new members on and off-stage, so to join in the fun do contact us through our website [www.eastlanetheatre.co.uk](http://www.eastlanetheatre.co.uk).

Or, better still, why not pop down for a coffee any Sunday morning? We are there between 10 and 12, and you will receive a warm welcome . We are in the Vale Farm Sports complex, at the Eton Ave end. Look for the signs.



## Councillor's Comments

Cllr Narinder Bajwa - Northwick Park Ward  
cllr.narinder.bajwa@brent.gov.uk 07717 695 697

### 1. ROGUE BUILDERS:

There was a case in Paxford Road, a rogue builder who had taken money from an elderly couple but did not complete the work. The couple reported this to me, I reported and involved the Brent Council Trading Standards. The victims received their full money back within a very short time.

### 2. BUILDING WORK:

Builders are damaging pavements, grass verges, roads in our ward and do not report this to the council. I urge residents, if you have building work going on at your home, please demand your builders strictly not to break pavements, roads and ruin grass verges. Otherwise it is the entrance to your property, or the nearby vicinity which will be damaged and look in disrepair once builders have left. It is possible to have work done without the public highway being damaged. .

If builders have broken/damaged pavements, roads and grass verges please report this to the Brent Council with the builders' full details and photographs, otherwise you will be liable to pay for the repair by the council.

Brent Council is now very strict and sending Enforcement out regularly where Builders are working, to check on any damage to pavements, roads, grass verges etc; if found they will enforce immediately.

### 3. POT HOLES AND PAVEMENTS:

I have regularly reported to Brent Council pot holes, broken/damaged uneven pavement slabs, tree stumps to be removed from pavements, shrubs overhanging on to road/pavements to be cut.

Many reported issues have been resolved and work has been carried out.

If you have a smart phone, please download the "LOVE CLEAN STREETS" App (see pg 11) and you can report issues yourselves. Its never been easier.

There are two planned Pavement Reconstructions locally: works should have begun

by the time you read this, weather permitting

#### Pasture Road

This work is due to start 13 June and completed September 2022, weather permitting

#### West Court

This work is due to start 5 July and completed by 12 August 2022, weather permitting.

Brent Council contractor FM Conway have informed as follows:

#### Re: Planned Pavement Reconstruction

at times we will need to suspend parking in areas around the works, however we will do everything we can to minimise disruption as much as possible, especially at this time when more people are at home and there is extra pressure on parking spaces.

Our contractor will be following the latest Government guidelines while carrying out these works. Please be assured close working is kept to an absolute minimum and all staff have strict procedures to follow if this is necessary. We also ask that you respect the teams and remember to maintain social distancing while they are working.

As part of the improvements, the existing surface will be replaced with a mixture of asphalt and concrete blocks for vehicle crossings and at junctions. Asphalt is 100% recyclable, as well as being more durable and more flexible than the existing slabs. This is especially important in today's environment where vehicles often overrun the pavement. It is less likely to crack and create trip hazards, meaning your pavement will stay safe and tidy-looking for longer. Wherever possible, we will be reusing granite kerbs. Where this is not possible, we will lay a new kerb.

Tree pits (the area around the base of a tree) will be resurfaced with a recycled permeable material. This is designed to look smart and

(cont'd pg 11)

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## Councillor's Comments (cont'd from pg 9)

let water through to the tree.

Removing trees is always a last resort and, any found to be dead, diseased or dying will be replaced with a new tree.

### Vehicle crossings & scam warning

Please note residents who apply for a vehicle crossing before or during these works will be eligible for a 20% discount off the total cost. This rate will be valid for a period of 12 months from the date their application is confirmed. Residents must submit a completed application form along with the admin payment to qualify. To apply for a vehicle crossing, residents must complete an online application form found in the following link; [www.brent.gov.uk/droppedkerbs](http://www.brent.gov.uk/droppedkerbs)

The Council's contractors will not seek out work on private property. Please beware if you are approached by individuals claiming to be contractors working on our behalf. Any work you choose to commission privately will be at your own risk. If you are approached by any other companies or individuals stating they are working on behalf of Brent Council, please contact Trading Standards:

[www.brent.gov.uk/trading-standards](http://www.brent.gov.uk/trading-standards)



### What you can report on the Love Clean Streets app:

- Graffiti
- Illegal rubbish dumping - Discarded items next to a road, in parks or cemeteries and in rivers
- Fly-posting - Adverts illegally posted on public properties
- A street that needs sweeping
- A grit bin that is empty and needs filling
- Dog fouling
- Dead Animals
- Grass that needs cutting—verges or parks
- Shrubs that need pruning or weeding
- Litter bins that need emptying (in streets, parks or cemeteries)

- Potholes
- Broken or damaged manhole cover
- Faded White Lines
- Broken or damaged pavements and kerbs
- Broken or damaged bollards and guardrails
- Damaged or missing street furniture
- Damaged or missing street signs
- Blocked gully (flooded or non-flooded)
- Damaged or missing drain cover
- Low hanging branches
- Damaged or dead tree
- Overgrown highway or private tree
- Tree stump removal requests

### How does it work?

- See a problem
- Open the Love Clean Streets app
- Take a picture, your location is automatically detected
- Enter some basic information and post the report – in seconds!

You will receive confirmation that the event has been reported and confirmation when the report is closed.

You may receive an email advising that your report has been closed, but the rubbish is still there. This normally means that the waste you reported is on private land. This waste will not be cleared automatically by our contractor. Instead, the details will be passed to our waste enforcement team to investigate. It is the responsibility of the land owner to clear waste in these instances.

You will need to make sure your phone GPS or location service settings are enabled for the app to work. Use of the app will be dependent on mobile phone network coverage in each area. Please contact your network provider for further information.

**Get started by downloading the Love Clean Streets app and set 'Cleaner Brent' as your home authority.**

### Councillors' Surgery

Our next surgery for residents will be

**2nd July 11am—1pm**

St Andrews Church, 956 Harrow Road,  
HA0 3QY

Please note change of venue

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[www.randjservices.co.uk](http://www.randjservices.co.uk)

## SCRA Update—Pareet Shah

Hello everyone.

I was hoping to write this with excitement whilst looking forward to summer, but sadly there was an awful attack on a young resident this week.

On Thursday 9th June at about 4pm, a 13 year old girl was seriously assaulted at the junction of Oldborough Road and Blockley Road.

The police are investigating and in contact with the family.

At the time of writing we understand that she's in hospital but recovering well from her physical injuries.

This has shocked everyone I've spoken with in our community and I expect the police/SNT will update us in due course.

In the meantime, please stay alert, look out for each other and report any suspicious behaviour.

On Wednesday 8th June we had our first committee meeting following the AGM. It was great to see several new residents volunteer their valuable time and join the Executive Committee.

Here's a summary of what was discussed:

### 1. 17 Shelley Gardens A planning

application was submitted to convert this house into 2 separate flats. Many residents had raised concerns about this and we submitted an objection as it may breach Brent's Local Plan, Crossover Policy and impact on the local amenity.

**2. Noise complaints** There have been more complaints of noise disturbance from loud parties. To act on this the Council need evidence of disturbance: they advise to report issues using the Noise app. Further information on Brent Council's website [www.legacy.brent.gov.uk/services-for-residents/environment/noise-artificial-light-smoke-dust-and-smell-nuisance/](http://www.legacy.brent.gov.uk/services-for-residents/environment/noise-artificial-light-smoke-dust-and-smell-nuisance/)

**3. New committee member** We're pleased to inform you that recently retired councillor, Keith Perrin, has joined the committee. He was co-opted at this meeting and will help where he can, primarily with local planning issues. We're pleased that he will continue to support us with his wealth of knowledge accumulated over the years during his involvement with the SCRA and as councillor.

**4. Traffic** We updated new committee members with traffic issues. There had been a hiatus due to the local elections—we now hope to discuss these issues in detail with our new councillors and look at the best way forward with their support.

## CLIVE SHORT

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## The Summer conundrum

Gardening. The seaside. Funfairs. Ice cream? What comes to mind when you think about summer? Or is it just warm days with a cool gentle breeze?

We live in a country with seasons, and that means that we have weather in all of its extremes. It also means that we are locked up in our homes a lot of the time. When summer eventually arrives we can't believe that we can go out all day without having to wear a jumper, a coat or even both. Several years ago we went to Perth in Australia during their winter. It was 25° most of the time which meant you could go out with just a T-shirt every day, which is extraordinary for our understanding of winter and even summer!

This year many of us will be rushing to make new summer memories. For the first time in two years we can now travel and find

the Sun. No more masks, no vaccine passports. Every year we work hard to enjoy the summer, with holidays that are so often not holidays. Because we are rushing, we can become anxious, and then we have our minds filled with worry about travel delays, getting insurance, and how expensive everything is.

A true holiday, a true rest that brings refreshment to our hearts and souls, is about so much more. It's about good friends, warm evenings, late sunsets, and most of all experiencing an inner peace. We can enjoy these wonderful gifts no matter what our location is when we can connect anew with our creator and our God.

'Jesus says to us no matter where you are, if you are in turmoil, if you are weary or if you are facing a heavy burden come to me and I will give you rest. Matthew 28.

Rev Trevor Goddard

---

## Love Where you Live

---



We did it first with one of my friends when my dad decided that we should go out and collect more rubbish on some Sundays when we don't have plans. Now I very much enjoy rubbish picking and hope that would inspire others to do the same.

Reika (11yrs)



This is important to pick rubbish because it saves the planet. If you pick up rubbish you inspire other people! They can also save the planet too.

I got inspired to do rubbish picking because I saw so much rubbish everywhere so I decided to pick up that rubbish that I saw.

Aika (7yrs)

What do you think?

Do you think the girls are right?

Will they inspire you to pick up rubbish?

# First Aid for Corns and Callouses

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

Today I would like to speak about these, often misunderstood and common, foot conditions.

Skin has two layers. The top dead layer is called the Epidermis. The living layer underneath which contains all the nerves, blood vessels, glands and collagen is called the Dermis. The epidermis grows and sheds continuously renewing itself every 14 days. Trauma from pressure and friction, will trigger a protective response and cause the epidermis to grow faster and shed less. The result is that dead skin builds up which we call, 'callous' or 'hard skin'. If allowed to continue, the dead skin will get thicker and more compacted and dense centres may form, which we call, corns.

An exception to this is a 'seed corn' which is unrelated to pressure or friction.

Let's now explore your options. There are several products on the market and the ones to avoid are plasters that contain chemicals. These may help

in the short term, but the acids they contain damage the skin elasticity and may even cause serious chemical burns. Manual and electric files have become popular. Whilst in the short term, they help to remove dead skin, in the long term, they make it worse because the friction and heat cause the skin to grow even faster.

Padding, supports and braces may help, though physical removal, using a paring blade, and daily moisturising, remain the best way to 'manage' and prevent the condition from getting worse.

The only way to provide a long term solution is to identify the underlying cause of the pressure and deal with it either through appropriate footwear or by addressing the mechanics if the condition is related to misshapen toes or poor foot and ankle posture,

*Firoz*

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[www.footcomfortcentre.co.uk](http://www.footcomfortcentre.co.uk)



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# Cost of Living—what can we do?

How creative can we get, as a community, to help cushion others, and ourselves, through these times of spiralling costs—and in ways which may also do a little towards helping the environment.

There are many community-driven projects across the country doing just that . . . Here are a few examples:

1. **Car Sharing** with your neighbours—there's an app called Hiyacar where you can add your own car for others to hire by the hour . . . Or get rid of one of yours and use the app to hire one occasionally.

2. **The Community Fridge Network**—the amount of food that we buy and end up throwing away has long been an issue, and maybe people will begin making changes to the way they shop. In the meantime, this initiative is growing, with thanks to some funding from the Co-op.

3. The **Falling Fruit** project, is about growing food on unused public land . . . Our community has the benefit of Northwick Park Community Garden, but maybe we could grow more fruit trees in accessible places that everyone can enjoy.

4. **Clothes Swaps** are a growing trend—helpful as an alternative to the fast fashion industry while refreshing your wardrobe. Arrange with friends or neighbours—or as a community social—bring along clothes that you don't wear any more and leave them on a table—everyone else does the same. No quotas, no money changing hands. Leave with a few new pieces for your wardrobe.

5. **Toy Swaps**—same as the clothes swap.

What do you think?

Any other ideas?

What can we do?

## 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](http://www.personalestateplanning.co.uk)**

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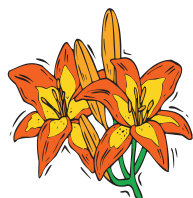
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## Sudbury Court Horticultural Society Your local gardening club



The time has come where we start compiling our editorial without the steady hand of Margaret Roake to guide us. All of us at the Sudbury Court Horticultural Society would like to share our appreciation and thanks to Margaret for the years of hard work and insightful articles.

Lynn and Christine have been busy again, having organised the second outing this year to Cotswolds Wildlife Park on Saturday 18 June. At the time of writing, residents are looking forward to meeting rhinos, ring-tailed lemur, fruit bats and getting some eye to eye contact with the giraffes on the elevated giraffe walkway.

July is traditionally the time to kick back and enjoy the fruits of your labour and an ice cream or three! Alas, as any gardener knows, there is always something to attend to. It is high summer, so do keep everything well-watered. Dead-heading as soon as the blooms fade will keep your plants flowering throughout the season. For me this month I will be enjoying the summer bedding plants recently purchased from the society's annual plant sale, in particular the amazing *Gazania* pictured by Jayshree Pattni above. If I'm

lucky I might even get to harvest a few home grown tomatoes – a first for me!

For those of you who love flowers and Hampton Court you will certainly enjoy the Hampton Court Flower Show, which runs from 4-9th of July. Tickets are available online. If any of you go, please do send in your pictures. It's always lovely to see what marvels the professionals produce and how they present their creations. There is also an amazing playground to keep children entertained for a few hours at least.

Bharti, our new secretary, recently attended the World Bee Day in May with the charity Canal & River Trust at Premier Park, Park Royal. Honeybees are super important pollinators for flowers, fruits and vegetables. Sadly, in the last 15 years though, bee colonies have been disappearing globally, with up to a 90% loss in some regions. We're assured purple flowers are among their favourites so maybe give this some thought when planning your gardens.

As a reminder our AGM will be held 29th October and our Autumn Show on 24th September. By now you should have received a copy of the show entry schedule to help prepare and plan your entries. I must admit the event is somewhat daunting as it will be the first show the new committee will have organised. The big question though - can the new crop of members step up to the mark and scoop a few horticultural trophies

SCHS is a community based society. We are always happy to welcome new members and volunteers. For membership queries please contact Robert Smith, membership secretary, [rts8904@gmail.com](mailto:rts8904@gmail.com), 020 8904 8017.

Finally, connecting with nature has many benefits so please do take time to enjoy your gardens, getting outdoors and chatting to neighbours.

Tim Manson, SCHS Chair.

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# Northwick Park Community Garden

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

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



Dear friends

Last month was an exciting month for Northwick Park Community Garden, not only because there was so much vibrancy in the garden with the fantastic brightly coloured Snap Dragons that could be seen from across the park, but it was also a month of firsts, including our first child and adult workshop in the garden and our first in-person pop up plant sale.

In our first child and adult workshop we looked at ways to create wildlife habitats to increase insect life in the garden and it was a chance to reflect on May 2019 when we started the garden and tried to measure the biodiversity and we found nothing .... not a thing ... nada.

Now we can see ladybirds, worms, bees and hoverflies, as well as the slow worm and frog. In this workshop, we learnt about the benefits of hoverflies in the garden. Hoverflies can be confused with bees or wasps but don't sting, are excellent pollinators and their larvae are great at pest control, so well worth encouraging. To create the perfect environment, we made hoverfly lagoons which sound more glamorous than the reality of buckets filled with weeds and water. If you are walking in the garden, you will be able to spot the buckets which are lined up under the banner on the fence.

We plan to connect the findings to a citizen science project "Buzz club" which runs at the University of Sussex—

[www.thebuzzclub.uk/hoverfly-lagoons](http://www.thebuzzclub.uk/hoverfly-lagoons)

We then began making a bee hotel for solitary bees, which involved sawing bamboo and making a wooden box frame to support the bamboo rods. The children were already super knowledgeable about bees having done some research of their own, and were easily able to answer the questions that we had prepared. Due to rain we had to pack up before we had finished, but we will come back to making environments to encourage more beneficial insects into the garden in the future.



The following weekend we held our first pop-up plant and cake sale in the car park, which was a fundraising and social success as it raised over £150 and was a wonderful opportunity to chat to people as they stopped by and enjoyed plants and cake and coffee. Thank you to everyone who came, and we know that you have bought some fantastic plant bargains that were raised by one of our supporters @growwithhema.

Make sure that you keep in touch with our activities by signing up to our newsletter on our website and facebook; follow us on Instagram [@northwickparkgarden](https://www.instagram.com/northwickparkgarden)

Have a lovely July and don't forget to visit the garden to see what's new.

We are looking forward to seeing you there

Eleri, Jo, Rishil and Iris

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The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, physical ability and need to exercise.

Here are some ways that exercise can lead to a happier, healthier lifestyle.

## 1. Weight management

Exercise can help prevent excess weight gain or help maintain weight loss. When we engage in physical activity, we burn calories from foods we consume. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all, such as taking the stairs instead of the lift, gardening and household chores also count!

## 2. Combats health conditions and diseases

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

## 3. Moods and wellbeing

Exercise can give us an emotional lift and destress after a stressful day. A gym session or brisk walk can help. Physical activity stimulates various brain chemicals called Endorphins, that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

## 4. Exercise boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to



your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improves, you have more energy to tackle daily chores.

## 5. Exercise promotes better sleep

Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energised to go to sleep.

## 6. Managing Chronic Health Conditions

Regular physical activity can help people manage existing chronic conditions and disabilities. For example, regular physical activity can reduce pain and improve function, mood, and quality of life.

## 7. Exercise Strengthens your bones and Muscles

As you age, it's important to protect your bones, joints, and muscles – they support your body and help you move. Keeping bones, joints, and muscles healthy can help ensure that you're able to do your daily activities and be physically active.

Muscle-strengthening activities like lifting weights can help you increase or maintain your muscle mass and strength.

## 8. Improve your ability to do Daily Activities

Everyday activities include climbing stairs, grocery shopping, or playing with your grandchildren. Being unable to do everyday activities is called a functional limitation. Physically active middle-aged or older adults have a

(cont'd pg.25)



### Good Neighbours make Great Volunteers

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

If you are interested in there being more regular social events or get-togethers for residents, please 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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lower risk of functional limitations than people who are inactive.

Physically active people have a lower risk of hip fracture than inactive people.

### 9. Exercise can be fun and social!

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

Why not take a dance class, Local walks, or join a park football or cricket team.

### 10. The bottom line on exercise

Exercise and physical activity are great ways to feel better, boost your health and have fun.

How much exercise should I do?

The amount of activity you should aim to do varies depending on your age. These are the UK guidelines:

Aim to do at least 150 minutes of moderate intensity activity a week. Or you could do 75 minutes of vigorous intensity exercise over the course of the week. This can be in short blocks of time, such as 10 or 15 minutes at a time.

Children between 5 and 16 should do an hour of activity every day. Activities can include PE lessons at school, active play and walking or cycling to and from school.

Source: [www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)

Salma Mehar  
NHS Consultant Dietitian

## Poetry Corner



### The Outdoor Month

July is the regular outdoor month.  
He's the king of the calendar, don't you think?  
Bright, blue sky - fresh, strong winds -  
And a golden sun that makes you blink.

A lake where the water steals from the sky  
Its bluest colour, its white cloud ships,  
And thick green trees beneath whose shade

A swim in the morning with the sun coming up,  
A hike in the scented woods at noon,  
Canoeing in the later hours,  
And another swim beneath the moon.

Living outdoors is so much fun!  
Just living beneath the open sky.  
Clouds in the daytime and stars at night,  
With the whole wide universe drifting by.

By Lenore Hetrick



# What is *Live-in Care*?

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

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

## What is *Home Care*?

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

## Is *Live-in Care* Safe?

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

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

## *Live-in Care* vs. Home Care

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

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

Personal Care

Home Help

Companionship

Dementia Care

Live in Care



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# Friends of Barham Library



## PLATINUM JUBILEE - WE CELEBRATED

On Sunday 5th June, our Knitting Sewcial group organised a Cream Tea and served around 60 visitors on the day.

The next day our Memory Lounge hosted over 60 people from all over Brent. It was supposed to be a picnic but, as the weather was a bit dodgy, we crammed everyone inside.

Everyone had a great time and both events were a great success.

## WE ARE OPEN

Barham Community Library is ready to welcome you back:

Monday 3—6pm

Wednesday 3—6pm

Saturday 11am—3pm

Incl:

Story Telling & Rhyme, under 5s at 11am

Chess & Games at 12.30-2pm

Arts & Crafts at 12-1pm

Yoga is on Sunday Mornings at 10am and Monday evenings at 8pm £7  
Contact us if interested.

## MEMORY LOUNGE

Mondays from 11am—2pm

## THE KNITTING SEWCIAL

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

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

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# 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

**Why do ducks  
make great police officers?**  
**Because they always quack the case**

**Knock, knock  
Who's there?**  
**Tank**  
**Tank who?**  
**You're welcome!**

**Why are fish so smart?**  
**Because they live in schools!**

**What is an army man's favourite month?**  
**March!**

## Riddles

**You will buy me to eat but never eat me.**  
**What am I?**  
**A plate**

**What has many ears but cannot hear?**  
**Corn**

**I have wings, I am able to fly, I'm not a  
bird yet I soar high in the sky.**  
**What am I?**  
**An aeroplane**

**What can you catch, but not throw?**  
**A cold**

## Facts

**- On the South Atlantic island of Tristan  
da Cunha, potatoes were once used as  
currency.**

**- American rock 'n' roll star Elvis Presley  
famously loved to eat peanut butter and  
banana sandwiches.**

**- In 1847, Joseph Fry & Sons of England  
cooked up the first chocolate bar.**

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

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