

The Community Magazine for the
Sudbury Court and Pebworth Estates

August
2022

The Courier

92nd
Year



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August 2022
Number 238 (1,078)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Well, as I'm writing this, we're mid-Heatwave with an 'extreme weather warning' in place. Phew! I hope you all found ways to keep safe and cool—any top tips or photos, please do share.

I wonder how many of you connect these extreme weather conditions with Climate Change? Quite by chance, in terms of timing, this edition has ended up being quite 'Green'. And with the Greener Neighbourhoods initiative on its way from the council—although not imminent in our little corner, perhaps we could make a head start? Northwick Park Community Garden and Sudbury Court Horticultural Society are right at the heart of our community, has there ever been a better time to get involved?

A little challenge for our younger readers . . . In this month's Poetry Corner (pg 25), you'll see mention of a 'dumbledore' . . . The challenge is to draw a picture of a dumbledore—the best one will appear on the front cover of next month's magazine. Send to editor email.

Until next time,

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



Burglary Alert:

Can residents please be aware of a group of men, of Mediterranean appearance, in their late 20s/ 30s who have been going around in high viz vests and also wearing white hard hats who are involved in burglaries. It is believed that they may be using a white van.

Burglary advice:

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

At night, in summertime, residents leaving their windows open for ventilation leave their house vulnerable to burglar(s) who can climb up, gain entry to the house through the open window while you are sleeping; you might be none the wiser until you wake up and see, perhaps, your car and jewellery gone! This is a recognised type of burglary.

Please take appropriate security measures for your property - 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.

Not within the past month, but in previous months, the types of premises being burgled are houses or blocks of flats under construction (where burglars are breaking in with a view to stealing fixtures and building tools) and business premises. With this in mind

could you please pay attention to properties near you that are being renovated/ developed, as well as local businesses, as you pass by.

Opportunist burglars will scan streets and properties for any visual indicators that a house is unoccupied, for example – no car in the drive, no lights or sounds coming from the property.

Reformed burglars have been surveyed about their tactics and asked if they saw two houses, one with a burglar alarm and the other one without—notwithstanding other features of the property—they would target the one without an alarm.

If you are going away on holidays, please consider –

- lights and radio on timer switches,
- ask a neighbour to park their car in your drive whilst you are away,
- good locks on all windows and doors
- good perimeter fencing – it is your first line of defence,
- getting an alarm fitted,
- 'Ring' or 'Hive' type doorbells

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

Snatches/Robberies:

Please beware of using your mobile phone out and about especially during rush hours 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 whilst they are using it. The suspects quickly cycle away, and generally the victim doesn't see them coming, so the description

of the suspects can be quite vague.

Vehicle Thefts – from and of:

Please leave your car empty of cash and anything of value. Drug addicts are often roving around at night time desperate for cash and trying door handles of cars. They also wouldn't think twice about smashing your car window if they see some loose change in the cup holder area.

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

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

Bike Frame and device Serial numbers:

Please register your electronic devices on Immobilise, or similar, and please do likewise with your Bicycle Frame numbers on websites such as www.bikeregister.com or www.stolen-bikes.co.uk

This enables the police to return stolen items to their rightful owners, in the event the items are recovered.

Rogue Traders/con artists:

The problem of rogue traders who 'cold call' on you, uttering something along the lines of "you have a loose slate on your roof I will fix it for £50", or to refurbish your driveway for the cheapest of prices, is a persistent issue in this area.

There are a number of retired people who live in the Northwick Park area and they frequently get targeted by scams and rogue traders, both on the phone and in person.

DO NOT BUY ANY GOODS OR SERVICES FROM SOMEONE WHO RANDOMLY PHONES YOU OR CALLS AT YOUR DOORSTEP!!

ADVICE: If you need any work done on your property, ask your neighbours if they can recommend anyone who has carried out work for them, and especially that their work has stood the test of time? If your neighbours know someone like that, then I bet that person won't need to be cold calling as they will be booked up in advance, because professional people who are trusted are in demand.

Also remember that online recommendations, Check-a-trader and members of trade federations, don't necessarily count for anything either.

Overview of offences 09/06/22—09/7/22:

Burglary Non Residential: (i) Northwick Park Hospital Social club – 12/06/22 1700hrs derelict premises broken into, 7 juvenile suspects detained by police on site.

Burglary Residential: (i) Sudbury Court Road (in 80s evens) 30/06 0700 – 1600hrs rear window to premises smashed, entry gained and cash stolen.

Theft from Motor Vehicle: (i) Sudbury Court Road (in low evens) 15/06 0930hrs registration plates stolen from 2011 Toyota Prius; (ii) Nathans Road (in 40s evens) 06/07 1700 – 07/07 1200hrs 21 plate BMW 118 broken into, personal property stolen; (iii) Rushout Avenue (in 20s odds) 08/07 0230hrs cash stolen from 2006 Land Rover, no damage to vehicle (iv) Paxford Road (in 70s odds) 09/07 0030hrs catalytic converter stolen from 2009 BMW 118i.

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

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 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-skra.co.uk for details)

Please consult the websites below for more crime prevention tips or if you do not have

access to the internet, perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.

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

020 87212 969 or 07920 233 752

northwickpark.snt@met.police.uk

Useful numbers:

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

For non-emergencies, ring **101**

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

Useful websites:

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

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

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Front Garden Competition

Is there a garden within the Sudbury Court or Pebworth Estates that you always enjoy having a look at?

Do you have a favourite you'd like to nominate?

Whether it's the traditional well-cut lawn, roses and hanging baskets you prefer, or a more contemporary use of space, it's completely up to you.

We're not looking for perfection. You may even want to just nominate somebody's garden because it has a particular tree that you like. Or a corner of a garden that has a particular mix of plants and colours that draws your attention.

You could also nominate your own garden.



Take a photo on your phone and email your suggestions to schs.timm@gmail.com by

7th August

Winners will be announced in the September Courier

Please don't forget to include the address of your nominated garden in your email.

1st prize £50

2nd prize £30

3rd prize £20

(members of the SCRA and SCHS Committees are exempt from the competition)



Getting out n about . . .

The Over 50s Wednesday Social Club at SUDBURY NEIGHBOURHOOD CENTRE will continue throughout August.



Open from 10.15am until 1.30pm Come down to enjoy games, puzzles, knitting or just a cup of tea or coffee and a chat. Light refreshments served at lunchtime for which a small donation is welcome. Future dates.....Morning Market on Saturday 10th September and Quiz Night on Thursday 22nd September. Details next month.

Find us at 809 Harrow Road behind the Methodist Church opposite Butler's Green.
Contact: **0208 9081220** or email office@sudburyneighbourhoodcentre.co.uk

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

During our summer break, there will be weekly concerts (12.30pm, Thursdays) in the Harrow Summer Music series (Details: harrowsummertime.co.uk).

Admission free – collection on the way out to cover expenses.

St John's Church, Greenhill, Harrow (corner of Station Road and Sheepcote Road).
Our own concerts restart on Thursday 22 September. www.stjohnsharrow.com

Green and Outdoors Activities

Please consider signing up to Northwick Park Community Garden's newsletter to be kept up to date with volunteering, watering and signing up to learn from their workshops. (pg 21)

If you attend the Conservation Training at Fryent (pg 10), perhaps you can learn some helpful tips for, not only your garden, but also the beautiful green spaces on our doorstep.

NEWS FROM EAST LANE THEATRE

Our production of Small Mercies was well received and we are hoping, next Summer, to stage some more plays written by our own, very talented, members.

And although this is traditionally our quiet time of year, we are not idle: a massive clear-out of our furniture store has made some up-cyclers very happy, has reunited sets of chairs that had been parted (an emotional moment!) and has revealed stuff we didn't even know we had, as it had been so long-buried under other stuff. We also had fun trying to identify some very strange objects indeed.

People are now practising their contributions to our Summer Sing-song on July 29th, which seems at present to be ranging from a 19th century New Zealand sea shanty, through British old-time Music Hall right through to Stephen Sondheim.

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

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 Diana Collymore - Northwick Park Ward
Cllr.Diana.Collymore@brent.gov.uk

Dear Residents,

Councillor Bajwa and I would like to say thank you on behalf of the Labour Party as your new Ward Councillors.

Pavements

There have been many requests for pavements to be replaced due to numerous complaints in many of the roads in the Northwick Park Ward. Myself and Councillor Bajwa, are negotiating with Council Officers for updates. Here is a reminder of the list for Highway Maintenance in the Northwick Park Ward area:

Pasture Road

13/06/2022 to 26/08/2022

West Court

05/07/2022 to 05/08/2022

However, there have been flaws with the resurfacing; Highways will be correcting these flaws that residents have complained about.

There will be site visits to some other roads that have been the subject of recent complaints following residents falling and having nasty accidents in Norval Road and The Fairway.

Dropped kerbs are a serious concern in the area due to residents not getting permission to renovate their drives and also vehicles driving onto the kerbs to park or to pass other vehicles.

Letters of explanation have been sent to residents who have reported complaints regarding the roads.

Byron Court Primary School

Highways Officers were out early on the 29th of June with one of the local ward Councillor's to monitor the flow of traffic during school hours.

We are looking to tackle the traffic issues surrounding Byron Court School to improve child safety. The Council is looking at a Healthy Street for School /School Streets programme that maintain access to residents and other permitted vehicles during school run hours.

This will improve many of the other parking and traffic issues facing local residents. We hope to send further information soon.

Mumbai Junction - Revised Planning Application

Once again, Planning discussions are on the agenda. There was a public meeting by Fruition (the developers) on the 12th of July. I do hope some residents were able to attend. More updates to come.

Assault in Oldborough Road

Police are still appealing for help from the community. Please call if you have video coverage of an assault on a 13-year-old girl in June in Oldborough Road (ref: incident number 5050.)

Allotments

Please apply for an allotment to grow your own. You can also apply for Brent Health Matters Funding for any project you want to organise if it is related to Health and Wellbeing. For all those who have not applied for NCIL Funding this time around can apply during the next round.

Anti-social behaviour

The Have Your Say survey has now closed.

Members of the Public were being encouraged to have their say on Anti-Social behaviour. The feedback will help shape the renewal of the Borough's Public Space Protection Orders (PSPOs)

Please continue to report and voice your dissent to Anti-Social Behaviour.

Conservation Training



A summer series of workshops on Sunday mornings has been taking place over the last couple of months. There's only one left.

It's hands-on, outdoors, and FREE!

Learn about managing the natural environment at Brent's beautiful nature reserve, Fryent Country Park, to improve biodiversity and to create a sustainable amenity for all to enjoy.

Key features:

- Become familiar with some of the diverse variety of plants from trees to flowers and grasses, birds, butterflies, insects and invertebrates, amphibians and mammals that make this their home.
- Understand the different habitats and the importance of light in glades and paths, and of ponds, streams and ditches.
- Learn to safely use hand tools such as loppers, shears, slashers and small saws with guidance from experienced volunteers.
- Meet new people and enjoy a morning outdoors with a social break for refreshments.

Details of meeting points, with a map, will be provided when you book your place.

Suitable for all ages from teens upwards. Under 16s must be accompanied. Gloves provided. Wear suitable footwear and bring a waterproof in case of wet weather. We'll go ahead whatever the conditions.

with light refreshments provided.

Date and time

21 August
9:45am to 12:30pm

Fryent Country Park
106 Fryent Way
London
NW9 9SE

Please email to book:
barnhillconservationgroup@gmail.com

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

Covid

Following the lifting of the remaining legal restrictions, the government has ended the provision for free universal community testing. We are still encouraging residents to get vaccinated.

Between February 2021 - 10 March 2022, a total of 22,435 Covid-19 vaccine doses were administered from the various community vaccination events and pop up sites.

Between April 2021 to 25 June 2022, around 7,157 vaccine doses were administered from the Vaccine bus in Brent.

From December 2021 to the present day, the Civic Centre Vaccination centre has delivered 167,167 vaccine doses.

We have also been delivering vaccination to 5 – 11 year olds at the Civic Centre Vaccination Centre. In total we have delivered 337 doses.

Find out more about upcoming events: [Brent Health Matters Vaccination schedule](#)

Culture Splash

The new Culture Splash events programme aims to provide an opportunity for communities to come together, creating a sense of unity and celebration of their local area. In addition, this programme will support businesses to re-engage with their local customer base, provide a point of interest for residents to rediscover their local area, and see what local businesses have to offer. The programme is part of the work the Economic Development team are doing to support our priority town centres.

It builds on the London Borough of Culture (LBoC) legacy by engaging and empowering the community through cultural experiences and showcasing the borough.

More details and information will be available here, closer to the events themselves.

Green Neighbourhoods

The first-ever Green Neighbourhoods in Brent will be shaped hand-in-hand with the community; the first stops are Church End and Roundwood, and Kingsbury. Work starts immediately until the end of 2023.

In addition to these areas, there will be two development-led pilots in South Kilburn and St. Raphael's Estate that are longer-term projects and focused around the council's new development plan, aiming to complete by the end of 2025.

The initial stage is engaging with communities in Church End and Roundwood, and Kingsbury. We are asking local people to get involved and share their ideas on creating greener neighbourhoods. Comments can also be made via the Citizen's Lab portal: <https://bit.ly/3a5LHYY>

This model will be rolled out to further areas across Brent in the future, and lessons learned along the way will be applied.

Councillors' Surgery

Our next surgery for residents will be

6th August 11am—1pm

at St Cuthbert's Church, Carlton Avenue West.

Please note change of venue

Editor's note:

* Green Neighbourhoods are an exciting and novel way to bring communities together around the climate agenda, reduce carbon emissions and waste and make your local area a healthier place to live.

Key features are:

- Walking and cycling
- Food growing spaces
- Healthy ecosystems and habitats to better support nature and wildlife
- Green and energy efficient homes that are cheaper to keep warm in winter
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Here's an update from the committee meeting in July:

1. Byron Court School Street. We have been informed that the council is looking to re-consult on the same trial School Street scheme that was proposed in 2020. The aim of this is to improve the safety of children at the school as well as improving air quality around the school. Other similar schemes in Brent and elsewhere in London have been successful and School Streets are well supported by evidence. The scheme bans access for 'school run' traffic during the morning drop-off and afternoon pick up, but maintains access for other drivers (eg residents, disabled pupils and emergency vehicles). We understand that the child who was hit by a vehicle before Easter has missed most of this term, and we support exploring measures that will reduce a repetition of such an incident. In view of this, we support the council consulting again on this scheme. Detailed information will be distributed if/when Brent Council open the consultation, so please do comment and offer feedback on how to improve the safety of children attending Byron Court School.

2. Mumbai Junction / 231 Watford Rd. We became aware from 3rd parties, not the developer, that they are planning to submit a revised application and they claimed to have been working with local community groups. This was the first we had heard of this and are not aware which local groups, if any, they have engaged with. They planned to hold an exhibition on 12th July at St Cuthbert's which I hope some of you were able to attend. Once we receive their planning application, we will respond on behalf of residents.

3. Watford Road Shopping Parade, pavement parking. The shopping parade near the John Lyon Roundabout is plagued with illegal pavement parking on the footway island adjacent to the service road. This is dangerous for pedestrians and is causing damage to pavements, which then require expensive repairs. We also understand that there were proposals to install an unsightly telecoms tower here too. In view of this, our

previous councillors had requested for tree planting and cycle stands to deter illegal parking; prevent the tower installation, and also to provide much needed cycle parking at this key local shopping parade. The trees were planted earlier this year, but unfortunately the cycle stands are outstanding. The Brent Highways team have cited TfL funding cuts for the lack of action on this; we have asked our councillors to pursue other potential funding streams for this on our behalf.

4. Serious assault in June. We have been informed by the Safer Neighbourhoods Team that an arrest has been made regarding the serious assault on 9th June.

5. South Kenton Station pigeon dropping fouling. Due to damaged netting, the station platform has been suffering from excess pigeon dropping fouling. We have contacted TfL and our GLA representative, Krupesh Hirani to have these repaired. Unfortunately there has not been any progress, and again we have asked our councillors to follow up on this.

6. 17 Shelley Gardens. There was an application to convert this large family home to 2 separate flats. Many residents were dismayed by this and objected, as did we, as it would be against the Brent Local Plan and exacerbate parking issues in the area. We are pleased to report that the application was refused.

7. Front Garden Competition. See pg 7

8. Northwick Park road works / Watford Road. Plans have been submitted for junction changes on Watford Road and widening of the Northwick Park Spine Road. We don't yet have a date for these works, but they are scheduled to take almost a year. This will likely lead to much congestion on Watford Rd and the surrounding area. We recommend that residents consider doing some of the following for their journeys, where possible:

- walking, cycling or taking the Tube/
 - Overground if possible
- allowing extra time for car or bus journeys in the area
- taking a different route
- travelling at non-peak times

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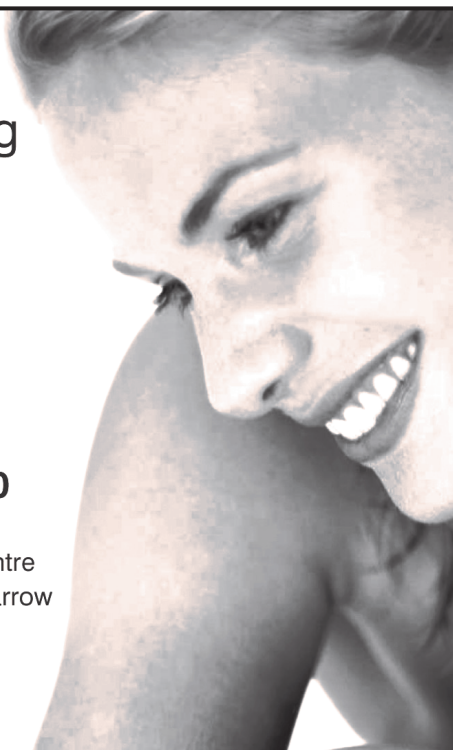
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Don't miss the bus!

I've worn glasses for many years. I used to get the bus home to Kilburn from Edgware Road, where I worked, and noticed the numbers on the buses seemed to be getting dimmer, especially at night.

"They're not lighting them as well as they used to," I thought. I even missed a bus once, not seeing the number soon enough, my frantic waving at the bus being just too late. I did eventually realise it was in fact about my failing eyesight not the brightness of the bus numbers. It was time for an eye test, which confirmed that I needed glasses. Trying out my new glasses in the shop, I couldn't believe I could read the signs on the shops across the road. I had forgotten what it meant to have good clear eyesight. Good eyesight is a wonderful thing.

As I'm writing this article, I'm also preparing to talk about the good Samaritan for Sunday, a famous parable that Jesus told his followers.

In basic terms the story is about how we see other people, especially those who we are prejudiced about. In the story a man is set upon by criminals, robbed and beaten up. No one will help him, not even a priest or a lawyer. However, the Samaritan looks after him, taking him to safety and paying for his care. The story is about being a good neighbour to everyone and how we are changed by doing this.

In our lives we come across many stories that leave us fearful, untrusting, and cautious. But these stories shouldn't dominate the way we see the world.

The world is a wonderful place with many wonderful people. Allowing ourselves to be motivated by hospitality, generosity and kindness changes our heart and the way we see the world. Don't miss the bus. Life is a short journey and if we fail to live with a full heart we will miss seeing so much.

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Finding the right footwear

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

Wearing the right shoe for the right activity is essential for comfort and to prevent problems.

In general, look for shoes with lower heels, non-skid soles, heel support, enough room for your toes, and a cushioned arch.

General **running and walking** shoes are designed for forward movement. They are not recommended for other activities.

The correct **road running** shoe is dependent on the type of running you are likely to do, so take into consideration possible mileage, arch type, pronation and cushioning.

Trail running shoes need to be able to deal with soft, muddy surfaces or hard/rocky terrain, so choose carefully.

Gym workouts and weightlifting usually require a lot of side-to-side and pivoting movements so choose a cross-trainer that fits your foot well

and provides ample support for the feet and ankles.

Use a style designed for a specific sport, such as **football and tennis**.

Hiking footwear is dependent on how you intend on using them. If you're in scrubby, muddy woodland terrain, you might want a more durable, heavy-duty boot. However, if you're in wintry, snowy conditions, look for warmth and padding as a key priority. If you're looking to cover rocky, stony ground with a lack of traction, look for something that can provide you with dynamic, flexible grip.

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

For foot care tips visit our website www.footcomfortcentre.co.uk



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Getting on your Bike for your Health

Brent is facing a public health crisis with high levels of respiratory disease, diabetes, obesity and heart disease. Some of the facts in Brent are quite sobering:

- 60% of adults are overweight
- 9% of Brent residents have diabetes
- Brent has the second-highest number of emergency hospital admissions for asthma among over-18s in London
- Brent is the 4th most inactive borough in London, with approximately 3 out of every 10 people in the borough currently doing less than 30 minutes of activity a week.
- 28,000 people are living with heart and circulatory disease in Brent, with 45 deaths per month attributed to this.
- Brent suffers from problems of poor air quality, with large parts designated as an Air Quality Management Area (AQMA) and Air Quality Focus Areas (AQFAs), including our surrounding roads.

But it's not all doom and gloom and many of these problems can be prevented and managed in a cheap and simple way.

How does increasing levels of cycling help with these widespread problems?

As well as being an efficient means of transport, especially around cities for journeys that are longer than 'walking distance', it can provide the much-needed physical activity which is missing in many of our lives. A lack of physical activity is cited as a factor in diabetes, heart disease and even mental health problems.

If we can incorporate cycling into our daily routines, for example shopping, the school run or our commute, then we'll get our daily dose of exercise without having to schedule trips to the gym, whilst also saving on membership!

66% of car journeys by London residents are under 5km, which translates to a roughly 15-minute cycle ride, so there's great potential to switch many of our trips.

Air quality and noise

Brent suffers from excessive traffic volumes, with motor vehicles responsible for 49% of nitrogen dioxide emissions, 33% of harmful particulate emissions. These contribute to many of the respiratory problems seen in our borough.

Traffic is also a significant contributor to noise, with exposure to loud noise causing high blood pressure, heart disease, sleep disturbances, and stress.

A transition to electric vehicles, may help to alleviate some of these issues, but they still cause pollution from brake, tyre and road wear, and won't solve congestion, or improve the levels of physical activity we need.

Cycling is clean, cheap and a quiet mode of transport and, if some journeys can be switched, our air quality and noise levels will be much improved

Do I need to completely give up my car?

No one is advocating banning cars completely, but we're overusing them for many trips. Ultimately, we need to make fewer journeys by car and use alternatives where possible. You could look to cycle to the local shops once a week or try commuting to work if you feel comfortable.

The biggest barrier to people cycling are safety fears on our busy roads. As residents, we can ask the council to enable greater levels of cycling by making the area safer and, in the long term, we'll all start to see the health benefits.

Please get in touch with me if you'd like more information.

Pareet Shah

Useful links:

Transport for London

<https://tfl.gov.uk/modes/cycling/>

London Cycling Campaign

<https://lcc.org.uk/>

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CALLING ALL GARDENERS



Membership : Robert Smith - rts8904@gmail.com
Follow us on Facebook - Sudbury Court Horticultural Society

Late June I was delighted to read that RHS Bridgewater in Worsley New Hall secured first place in the 2022 European Garden Awards. A highly coveted award organised by the European Garden Heritage Network. RHS Bridgewater was winner in the 'Design or Concept of a Contemporary Park or Garden' category. A little closer to home, Kew Gardens is another excellent attraction and, admirably, Kew is running an 'Access for All' program, where tickets are just £1 for those on Universal Credit, Pension Credit or Employment and Support Allowance (ESA). Check their website for details.

Robert Smith, our membership secretary, advises if you are new to gardening, always start gently, it's not a race. Remember that plants are living organisms, which, like us, need food and water. When buying plants from a garden centre, take time to read the label. Note how big or tall they will grow and what conditions they need to thrive – some need full sun and others will grow in part shade. Some will last for only one season but have a long flowering period (these are annuals) and others are perennials, which come back year after year, but have a definite flowering season. Do not be put off by the Latin names of plants. It does not take long before you get used to these. Really, gardening brings you closer to nature, it feeds the soul and like every hobby, it does take time and a little knowledge to get it right. It was John Keats, the poet, who wrote "A thing of beauty is a joy for ever..." which is often humorously misquoted as "A beautiful garden is a job forever", but what a satisfying, often relaxing and always rewarding job this can be. Gardening is a journey, take your time and enjoy it.

Following a very pleasant and humorous chat with a jolly farmer, Lynn dubefamily@gmail.com and Christine clawton13@btinternet.com are now busy arranging a lovely trip to the Chertsey

Sudbury Court Horticultural Society Your local gardening club



Agricultural Show on the **13th August**. Established 177 years ago it's the only traditional Agricultural Show within the M25. With livestock, equine, classic cars, motorcycles, floral art, domestic categories and of course horticulture there should be something for everyone. For the more competitive, exhibiting is also an option.

www.thechertseyshow.com for further details. Coach tickets will be £18 per adult, £14 per child, with entry fee to be arranged personally at the show. Children 14 and under will have free access to the show, thanks to an Agricultural Association initiative. Adult tickets will be £10, £8 for concessions.

In September we have our very own Autumn Flower Show. An excellent opportunity to view the handy work of your local Sudbury Court and Pebworth residents. Alongside photography, domestic and handicraft skills, this shows horticultural focus will be Roses, Chrysanthemums, Dahlias, general flowers, fruits and vegetables. There is a novice section too. If you are contemplating exhibiting, we would encourage you to do so. It's a super day and a great chance to socialise. It will take place on the 24th September at St.Cuthberts Church Hall. For the full show schedule please mail Bernie Woodman, SCHS President, at

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Tim Manson, SCHS Chair
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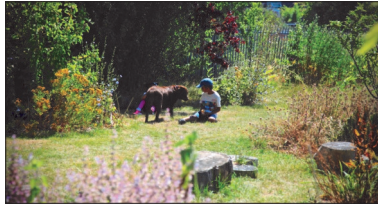


With the temperatures rising to record breaking levels we fully expected only a couple of people to turn out for our 'What can you harvest in the community garden?' workshop, and so were absolutely delighted when children and adults joined us as we walked around the garden and learnt about the edible plants and enjoyed picking and tasting some of the berries such as mulberries and gooseberries

We also tasted plants such as Sweet Cicely which has an aniseed-like flavour and can be used to reduce the amount of sugar you need in cooking and pairs especially well with Rhubarb.

The Solomon's Seal was only planted last year and were a little too far along in the season to try but when the tips appear they can be harvested in a similar way to Asparagus. We also learnt that in a couple of years we might be able to harvest Lilly buds that are used a lot in Chinese cookery (apparently these can be chewy so are better in soup than stir fry), and come from the beautiful Hemerocallis plants (Day lilies) that have done so well in just a couple of years. We also saw how well the Szechwan Pepper trees have grown in just 18 months and are looking forward to harvesting these in about five years' time.

After the tour, we made our own selection of herbs for teas, including Fennel and Mint; and Blackberry and Sage. We steeped them in boiling water to bring out their flavour.



The children attending the workshop also dyed some silk scarves using some of the flowers that we have been growing for natural dyeing. These include Hollyhocks, Marigolds and Dyer's Chamomile. The children scattered the flowers over the scarves, wrapped them tightly and then we steamed them for a while. Have a look at our social media channels to see the results.

Meanwhile the adults were busy making some more signs for the garden and while the scarves were simmering away on the portable stove, the children joined in and wrote out some of the plant names that we had been learning about. We've tried to make sure we've included labels for the plants people have been asking about including Salsify which has the

beautiful giant dandelion seed head and Chicory which we let bolt to produce the stunning pale blue flowers. Are there others that you want to know about? Just get in touch and we will make sure we label them. Whilst all of this was happening, we had a visit from a London in Bloom judge who spent a long time with us finding out about the garden, our workshops and community and especially our fabulous volunteers, who have made the garden come to life.

Fingers crossed for another lovely certificate

Eleri, Jo, Rishil and Iris

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How can I save money on my food shop and stay healthy?

As the cost of food rises, we all need to see how we can make our weekly food shop go that extra mile. Many people are choosing to buy less, people are looking for ways to make their money go further and to make the most of what they have.

Here are 10 top tips to help you stay healthy and save money when shopping for groceries.

1. Make a list

Write a shopping list. Once you've planned your meals and made your grocery list, stick to it. It's very easy to get side-tracked at the grocery store, which can lead to unintended purchases.

2. Buy in bulk

Buying some foods in bulk quantities can save you a lot of money. Grains such as brown rice, millet, barley, and oats, are all available in bulk and can be stored for longer. This is also true for beans, lentils, some nuts, and dry berries. These are all staple foods that are relatively inexpensive and can be used in a variety of nutritious meals.

3. Don't shop when you're hungry

Avoid shopping on an empty stomach as you will likely buy more. When you're hungry, you may often reach for quick, processed foods that have fewer beneficial nutrients than whole foods. Try to eat a piece of fruit, a healthy snack or drink a bottle of water before you go to the store, this way you won't be hungry when you get there.

4. Keep track of what's in the cupboard

Take a good look at your cupboards before each shopping trip. The value of making a list



is huge and can lead to huge savings. No point in buying more jars of pasta sauce if you've already got five of them in the cupboard.

5. Seasonal Foods

Look out for seasonal fruit and vegetables as they are widely available and less expensive. Fruit & Veg offers - Ask members of staff at supermarkets for fresh food reduction times to grab a bargain. If you spot something there that's on your list, you can tick that off and you've already saved some money.

6. Fresh versus frozen foods

Frozen meat, fish and vegetables will almost always be cheaper than the fresh option. Frozen foods are just as healthy and full of essential vitamins and minerals.

7. Reduce foods wastage by buying less

According to sustainability charity Wrap, the average household wastes around £700 every year by throwing food away. If things are getting close to their use-by date, try to freeze them.

8. Being organised

Reduce your food waste by eating leftovers for lunch the next day. Make a homemade

(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 or contact the SCRA phone on **07933 958 166**



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soup from leftover vegetables at the end of the week. Reduce your meat portion and add extra pulses (beans, lentils, chickpeas etc.). Left overs can be taken to work or school the next day for lunch boxes.

9. Non branded foods

Try superstore value brands, which often taste just as good for a lower price. Some non-branded every day items such as spreads, oils, cereals and tin foods can be much cheaper and taste just as good.

10. Replace meat with other proteins

Eating less meat may be a good way to save money. Try having a couple of days per week where you use other protein sources, such as tinned beans, pulses, chickpeas,

fish or hemp seeds. These are all very inexpensive, nutritious, and easy to prepare. Most of them also have a long shelf life and are therefore less likely to spoil quickly.

Making the simple changes listed above will help you to save money, eat well and contribute towards a balanced diet and lifestyle.

You may find it useful to look over the Eatwell Guide on the NHS website, which aims to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Source:

www.bda.uk.com/resource/food-facts-eat-well-spend-less.html

Salma Mehar
NHS Consultant Dietitian

Poetry Corner

An August Midnight

A shaded lamp and a waving blind,
And the beat of a clock from a distant floor:
On this scene enter—winged, horned, and spined—
A longlegs, a moth, and a dumbledore;
While 'mid my page there idly stands
A sleepy fly, that rubs its hands...

Thus meet we five, in this still place,
At this point of time, at this point in space.
—My guests besmear my new-penned line,
Or bang at the lamp and fall supine.
"God's humblest, they!" I muse. Yet why?
They know Earth-secrets that know not I.

Thomas Hardy



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.

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.

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.

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

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Kids' Page



Hi,

We enjoy 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 couldn't the pony sing a lullaby?
She was a little horse!

Who is the worst card player to play with in the jungle?
The cheetah!

What is a tornado's favourite game?
Twister!

Why did the baker stop making dough-nuts?
He was annoyed with the HOLE business.

Riddles

What room has no doors or windows?
A mushroom

Mr Brown has 6 sons. Each son has a sister.
How many children does Mr Brown have?
Seven because Mr Brown's sons have the same sister

I'm tall when I'm young, and I'm short when I'm old. What am I?
A candle

Facts

- *Monopoly* was made by Elizabeth Magie to teach people about greed. Charles Darrow reissued the game so a player could win the most banknotes.

- In 1934, Danish carpenter Ol Kirk Kristiansen asked his staff to come up with a name for his growing toy company. Lego comes from the Danish contraction "leg godt", which means "play well". Lego is also a Latin word meaning "I put together".

- The history of F1 dates back to the 1940s, although the first *championship race* was held in Turin in 1946.

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

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