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September
2022

The Courier

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September 2022
Number 239 (1,079)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

For the second month in a row, I'm writing to you in a heatwave—not as extreme as last month, only an Amber warning, not extreme. . . . It's still very, very hot. Phew! One of my top tips for continuing to get some exercise, is to walk amongst the trees—much cooler. And so the cover picture is one of my frequent hangouts—the Cliveden House walk in the woods.

Have you got some favourite walks or hangouts? Would love to hear about them, and see some pics. Please send them in.

Check out the winners of the Front Garden competition—if you're one of the lucky winners, you will need to contact Pareet in order to claim your prize.

Keep safe and well.

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



Continued Hot Weather Alert:

At time of writing this we are still basking in really hot weather with temperatures in the 30s and set to rise – who knows how long it will last?

With this in mind:

- Fires and barbecues – it is completely reckless and impudent to be burning anything on the very dry grass at present. Indeed, open barbecues where there is a risk of hot embers falling on the ground or dry grass is also very risky. If any resident sees a neighbouring property burning anything that poses a risk of fire spreading then please consider ringing London Fire Brigade and the council.

- Risk of walk-in burglars – during the hot weather, with residents leaving windows and doors open for ventilation there is the continued risk of an opportunist burglar creeping in to your property through an open door/window and helping themselves to your valuables. It can and does happen, particularly in hot weather.

Attack East Lane near Oldborough Road:

08/08/2022 at about 1330hrs a lone female was crossing the slip road from EAST LANE onto OLDBOROUGH ROAD when a driver of a grey people carrier, possible NISSAN started calling her. The female ignored him, however he followed her and pulled into the bus stop she stopped at. The male then got out of his vehicle and went towards her, then being more forceful; telling her to "GET IN THE CAR" and then moving closer to her and grabbed her by the arm. Two passers-by intervened and the male got into his vehicle and drove away.

Suspect description: black male aged 40-45, with plaited hair, speaking in a Jamaican

accent.

Any persons with information, or witnesses to this incident please contact 02087212969 or email p199114@met.police.uk quoting ref. 1921240/22

Scams happening locally:

Text scam:

On or around 5th of August a local resident, whose daughter had just gone on holiday, got the following text content from a telephone 0767X XX3241 stating the following: *"Hi mum, I lost my phone this morning so I am using this old one till the insurance sorts out a new one. I have lost all my photos and everything. Where are you? x"*.

The resident initially thought this text was genuinely from her daughter, despite not knowing the telephone number, and then engaged in a text conversation believing it to be her daughter. In this conversation, the person said that because she had lost her phone she is also locked out of her online banking and that she is desperate and needs help. In this particular incident, the resident smelt a rat when the person she was communicating with suggested to put money in her "friend's boyfriend's" account.

The resident's daughter was on holiday with her family, so this request did not make sense. At no point did the person she was communicating with put in the text a name or use a name but signed each text with an 'x'.

This is a complete scam, I am not sure how these fraudsters get hold of mobile numbers, but the fact that no names are used indicates that they don't have personal knowledge of who they are sending the text to.

The scam is becoming more common

place— my sister, who lives in London, also received a similar text. In her instance, it went like: “Hello mum, tried contacting you earlier, broken my phone and it’s in the repair shop, could you save this as my new number please thank you”. Fortunately, my sister smelt a rat and clarified with her daughter before any response.

Advice: please be cautious about texts received from unknown telephone numbers, especially if they purport to be from family members. Do not respond until you have verified that they are genuine.

Parking scam:

This continues to happen on a semi frequent basis in the area of Kenton Road and Kingsbury Road. Elderly residents who park in private parking/public parking areas will be approached by male(s), who are described as late 20s—early 30s of Asian appearance, claiming to be parking enforcement and state that they have incurred a parking fine. They will state that the fine can be paid through an ATM and then escort the elderly motorist to a nearby ATM under the pretence that they are paying a fine cheaper than what it would be normally. These males will then manage to scam the elderly person’s bank card and funds out of their banking account, leaving them in a state of distress.

At time of writing there have been two offences: one on Kingsbury Road and one in Honeypot Lane; previously one occurred in the car park of a cash and carry on Kenton Road near Kenton Road tube station.

Advice: Please do not engage with anyone who approaches you to state that you have been fined and can pay at a cash point. If your vehicle is legitimately ticketed by a local authority enforcement officer then the ticket will be left on your vehicle with instructions on what to do/how to pay it.

Burglary advice:

Can residents please be aware of a group of men—mediterranean appearance, late 20s/30s who have been scouting around in

high viz vests and white hard hats—who are involved in burglaries. It is believed that they may be using a white van.

Parcel Thief:

On the 7th of August, officers from the SNT arrested a male in the vicinity of South Kenton tube who is suspected to be going around stealing delivery parcels from the porches of residents. If you are ordering an item online please consider getting it delivered to a shop and picking it up from there.

Please be aware that there are thieves going around checking for parcels to steal, sometimes inside resident’s porches.

Always lock your porch door, even if you are inside your house.

Overview of offences 09/07/22—10/08/22:

Burglary Residential: (i) The Crescent 08/08 0900hrs – 12/07 0900hrs items stolen by visitor to house; (ii) Carlton Avenue West (in 50s evens) – 23/07 1115hrs – 25/07 0215hrs, bank card stolen from room in house of multiple occupancy, no signs of forced entry.

Theft from Motor Vehicle: (i) Kenelm Close – 12/07 0025hrs catalytic converter stolen from 2006 Honda Jazz; (ii) Elms Lane (in 30s evens) – 23/07 2030hrs – 24/07 1230hrs front and rear plates stolen from 2020 Volvo XC40; (iii) Northwick Park Hospital – 1100hrs 03/08 – 03/08 1950hrs, registration plate stolen from 125 Yamaha 2019 plate; (iv) Churchill Avenue (in 40s evens) 06/08 0109hrs – cash and vouchers stolen from 2021 plate BMW Xi.

Theft of Motor Vehicle: (i) Paxford Road – 03/07 1300hrs – 10/07 0700hrs 2004 Fiat Panda stolen; (ii) Sudbury Court Drive (in 100s evens) – 28/07 2300 hrs – 29/07 0700hrs 2018 Range Rover VELAR SE D3 stolen without the keys.

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

www.direct.gov.uk

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Councillor's Comments

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

1. RESIDENTS:

A polite message for all residents of Northwick Park Ward and others who may read the article in other wards. As we all know, we are approaching crisis situations due to price increases on everything from food/petrol/diesel/energy/interest rates/rents etc. The Council has limited funds from central government for all services to the local community and we must save every pound.

The community can do their little bit by picking up small bits of litter outside their houses and on roads by throwing it in to their bins. If you see anyone throwing litter onto the road or pavement, please politely ask them not to. Especially people throwing litter out of cars, note their number plates down and report to the council if they do not refrain from doing so.

Another request—please can residents cut your trees, flowers, bushes, shrubs etc. which are grown over on to the pavement and footpaths. When residents and public walk on the pavements it can be difficult. In some areas, it is so difficult and dangerous the public have to walk on the road which is more dangerous.

Please note it is your duty to cut your own trees, flowers, bushes, shrubs etc. it is not the Council's responsibility.

2. FLY TIPPING:

Please be vigilant of people dumping rubbish in public spaces, and report to the Council. There is a heavy penalty. Over the last few months there have been growing numbers of instances of fly tipping—we reported these to the council, and they were subsequently cleared .

3. POT HOLES, PAVEMENTS

I have walked on many roads/pavements in our Ward and seen many repairs required,

they were reported to the council and were repaired. Many residents also reported problems to me.

If you have any damaged pavements and pot holes near you and you would like to have these repaired, the most effective route would be to download the "Love Clean Streets" App and report the issue to Brent Council directly. The report will be assessed and repaired, it has never been easier .

Please see the July Courier for what you can report on the LOVE CLEAN STREET app.



4. ROGUE BUILDERS

There are builders working in houses, front gardens etc. in our ward who handle our pavements and roads very badly. Their skip and material delivery trucks drive on the pavements and damage slabs and grass verges without any thought at all. I urge residents to take pictures of the pavements and roads outside your house before work starts and warn your builder that if pavements, grass verges or roads are damaged, they will be responsible for paying for repairs. Request the builders / suppliers strictly not to damage pavements and roads, and keep a look out during building works. Damage should be reported to Brent Council with the builders' full details otherwise you, the home owner, will be liable to pay for the repair to the council.

Brent Council is now very strict and sends Enforcement Officers out regularly where builders are working to check any damage to pavements, roads, grass verges etc. If they find any damage, they will enforce immediately.



Getting out n about . . .

We're resuming Saturday sales mornings on 10th September. Refreshments available and lots of bargains to be found on the stalls.



We are also holding a Quiz Evening on Thursday 22nd September, starting promptly at 7.30pm. Cost £6 per person. Tea, coffee and biscuits will be served in the interval. Do join us, tables of up to six or just come and we can make up a group. Please book in advance, phone Katia on 8908 1220 or Pat on 07814 554 979.

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

On Thursdays 1, 8 and 15 September at 12.30 pm, there will be concerts in the Harrow Summer Music series (Details: harrowsummertime.co.uk). Admission free – collection on the way out to cover expenses.

First of our own concerts: Thursday 22 September, 12.30 pm: Warren Mailley-Smith (piano)

St John's Church, Greenhill, Harrow (corner of Station Road and Sheepcote Road).

Our own concerts restart on Thursday 22 September. www.stjohnsharrow.com

Harrow Philharmonic Choir is happy to announce our 2022/23 season rehearsals start on Monday, 12th September at 7:45 at Harrow High School, Gayton Road, HA1 2LS.

For our 12th November concert we will be learning Vaughan Williams, 5 Mystical Songs and his Serenade to Music. Also Handel's Oh Sing Unto The Lord and Finzi's Epilogue For Piano and Strings. All singers are welcome to join us, particularly young singers.

If interested please contact Kathryn Sweet at 0208 866 0382 or www.harrowphil.co.uk

NEWS FROM EAST LANE THEATRE

We are already planning our pre-Christmas production of "The Murder of Maria Marten OR The Red Barn" by Brian J Burton

This melodrama is based on various anonymous Victorian texts, based on a real-life murder that took place in 1827. Despite its macabre content, this play is written in full melodramatic style of the period and you will be invited to boo, hiss and cheer.

If you would like to be in this, we are reading the play on Sunday 4th Sept at the theatre at 7.30p.m. and then holding open auditions on Friday 9th Sept at 7.30 p.m. and Sunday 11th at 2p.m. Further information about parts from the director, Danny Popkin, via our website www.eastlanetheatre.co.uk, or just turn up; we would be delighted to see you.

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 (cont'd from pg 9)

5. BE AWARE: ABDUCTION ATTEMPT

There was an abduction attempt on East Lane in broad day light around 13.30 on 8 Aug.22. A young girl was called and followed by a man in a car. She ignored him and walked to the bus stop nearby. The man

drove up to the bus stop, got out of the car, walked towards the girl and shouted at her to get into his car and then grabbed her by the arm. 2 passers by came to her aid and the man very quickly drove away. A very scary situation was avoided.

Please be vigilant, especially when you are alone. Look around you. If there is any suspicious behaviour call the police. In the meantime, scream loudly for help, wave at any vehicle driving by, go to any nearby houses/shops, run towards a bus for help.

As a good citizen if you see anything happening to any one else, please intervene if you think it's safe to.

6. COST OF LIVING SUPPORT

It has been agreed by Brent's Cabinet, on Monday 20th June, that a £3 million boost for

those hit hardest by rising bills, grocery prices etc. will be made available. The expansion of the council's Resident Support Fund will help more people who are struggling financially with emergency grants to cover the cost of bills and household expenses.

The fund is designed to keep people out of debt or rent arrears, as well as to give those already in debt a breather rather than taking out further loans. Free impartial advice on reducing debts is available for those who need it.

How to claim and more information is available at:

www.brent.gov.uk/benefits-and-money-advice/resident-support-fund

Councillors' Surgery

St Andrews Church , 956 Harrow Road
Wembley HAO 2QA.

3rd September 2022 – 11am-1pm

Please note change of venue

SCRA Update—Pareet Shah

We don't hold a committee meeting in August so it was a quiet month for the SCRA, so briefly:

1. Mumbai Junction/231 Watford Road

Fruition Properties, the developer behind the previous bid to redevelop on the Mumbai Junction site, are looking to submit a revised application. They held an engagement exhibition of their new plans at St Cuthbert's on 11th July and had a consultation period open until 22nd July. The new application has not yet been submitted and we will update you when we have any news.

2. Smoke/bonfires. It has been an exceptionally dry summer with many fires reported

in London. We have received several complaints regarding bonfires in the area. Much of Brent is an Air Quality Management Area (AQMA), including large parts of our estates. Although garden bonfires are not banned, they are strongly discouraged by the council and repeat smoke disturbance may be investigated by the council. During the exceptionally dry spell, the risk of fires spreading through gardens and fields is extremely high, so please do refrain from bonfires at this time.

If you have any other concerns that you wish to raise, please do contact me via email at chair@the-scra.co.uk

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Water is vital for your health and for hydration, and there are many reasons you should drink enough water daily. Over half of your body is made up of water, and therefore it is essential that you stay hydrated for your body to work at its best. Dehydration occurs when at least 3% of your bodyweight is lost due to a lack of fluid,

Good hydration is important for all age groups and is something for everyone to consider.

What are the signs and symptoms of Dehydration?

Signs of dehydration are visible in your urine. Dark and strong smelling urine is a clear sign that you need to drink more fluids.

Dehydration in the short term could lead to some unpleasant symptoms including:

- Lack of concentration
- Tiredness
- Dizziness/ light headedness/ fainting
- Confusion
- Headaches
- Constipation

How to Stay Hydrated?

Here are my top tips for helping keep your body hydrated throughout the day:

1. Monitor your output – First of all, let's check if you need to hydrate any more than you currently do. If you notice your urine is a darker colour, or if you are passing urine less than 4 times a day then you need to start drinking more fluids

2. Use a refillable bottle, and always keep it on you – If you use a reusable bottle, you can monitor the volume of fluid you are consuming. For example, if your bottle is 500ml you know you should be aiming to fill it up around 3 times during the day

3. Little and often – Sometimes we can get carried away with a task at hand and forgetting to take a drink. Try to get into the habit of drinking a little fluid throughout the day.

4. Eat your 5-a-day! Many fruits and vegetables contain a high percentage of water, and



therefore make a large contribution towards your fluid intakes. Fruits such as cucumber, tomatoes, melons, strawberries, and vegetables such as lettuce, courgettes, celery and peppers are all over 90% water.

5. Cool it down when the temperature rises – Just because it's hot doesn't mean you can't enjoy your favourite caffeinated beverages – these drinks still count towards your fluid intake. Why not try turning them into the cool counterparts with iced coffees and iced teas to help keep you cool*. Just watch out for any hidden added sugars these may contain, or try making them at home yourself so you know exactly what goes into them.

6. Exercise - It may seem counterintuitive to exercise for hydration. Any form of exercise can support this, whether it's cardiovascular training, burst training, weight training or just going out and walking.

Who is at risk of dehydration?

Anyone can become dehydrated, but some groups are particularly at risk. These include:

- babies and infants – they have a low body weight and are sensitive to even small amounts of fluid loss
- older people – they may be less aware that they are becoming dehydrated and need to keep drinking fluids
- athletes – they can lose a large amount of body fluid through sweat when exercising for long periods

How much do I need to drink to stay Hydrated?

While this is a rather individual answer, it also varies with the seasons, as well as your lifestyle choices, for example, on a hot

(Cont'd pg 13)

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Commonwealth gains!

I've been watching and enjoying the many events over the summer, some great events of celebration. The 70th platinum jubilee of the Queen, with all its ceremonies and music. The women's Euros, and England winning, and the amazing transformation of women's football in this country and around the world. The Commonwealth Games, which this year was held in Birmingham. Celebrating this wonderful city and the incredible diversity of the many countries of the Commonwealth. Birmingham really does represent the Commonwealth in an amazing way with its wealth of different cultures faiths and traditions. The people of the city have had to work together over the years to build this remarkable young city. These events highlight the incredible talents and skills that cities like Birmingham have nurtured in their people over the years. And it is this which we should all celebrate.

As we celebrate great events together, we see the very best in people and this gives us

hope for what we can achieve together, and reminds us of how important it is to move away from sectarianism and nationalism which is so very easy to fall into when we are fearful of the future.

We do have problems to face as a country and as a world. A huge increase in inflation, escalating energy costs, public services that are failing because of a lack of people, investment and resources. And on top of this as a world, we have wars, global warming, violent political states. This is nothing new—every generation experiences these events, but we experience, in the hardship, the very best of who we are and it also helps us to move away from selfish aspirations and to gain a broader vision for our futures together as successful thriving cities, countries and continents.

My neighbour's success leads to my success. Jesus teaches us: *Do to others as you would have them do to you.*

Rev Trevor Goddard



The Importance of Hydration (cont'd from pg.11)

summer day you may need to drink more, and if you participate in a lot of exercise and sweat a lot you may also need to drink more. Typically, the average adult needs to drink between 1.5-2.5 litres of fluids a day, or around 6-10 glasses.

- Children, who are often too busy to notice or recognise thirst
- Pregnant and breastfeeding women who have higher requirements
- Older people, who often don't drink enough or forget
- Athletes, who have higher losses of water through sweat

Many drinks count towards your fluid intake:

- Water
- Flavoured drinks
- Fizzy drinks
- Hot drinks such as teas and coffees

- Fruit and vegetable juices, and smoothies (limited to 150ml per day)
- Milk and plant-based milk alternative

To stay hydrated, you need to consume enough water, hydrating liquids and foods, to keep your body functioning properly. Hydration allows for the normal function of everyday processes, from temperature control to blood pressure and detoxification.

To stay hydrated, drink enough water for your weight and lifestyle, eat hydrating foods throughout the day, exercise, and keep electrolytes balanced.

References-

www.nhsinform.scot
www.bda.uk.com

Salma Mehar
NHS Consultant Dietitian

First Aid for Heel Pain

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

Like most foot conditions, prevention is always better than cure.

The most effective way to do this for heel pain is to wear the right shoe for the right occasion. If you are planning to be active, ensure your footwear is supportive and cushioned.

There are many causes of heel pain, and these include trauma, pressure, ligament strains and nerve irritation or entrapments. By far the most common cause is overuse and trauma.

This may be caused by inappropriate footwear, a specific event or poor foot posture.

If managed early the following changes can often resolve the issue without the need to seek professional attention or further management:

1. Ice packs, several times a day.
2. Calf stretches whilst sitting or lying down.
3. Cushioned sandals for indoor and cushioned trainers for outdoors for at least 2-4 weeks.

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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Front Garden competition—the results!



The winners:

- 1st 179 Norval Road**
- 2nd 2 Mulgrave Road**
- 3rd 7 Mulgrave Road**

After reviewing closely, Bernie, Jayshree and Bharti unanimously agreed that these gardens showed great attention to detail, nice design, high quality and good variety - all culminating in that all important curb appeal!

Congratulations to the winners.

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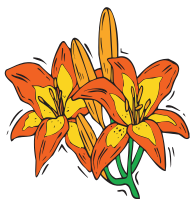


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Membership : Robert Smith - rts8904@gmail.com
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The month for harvesting and back to school is upon us, but unusually this year, our crops, beds and lawns have been taking quite a beating after the prolonged dry and very hot season. Which makes the winning gardens of the SCRA front garden competition even more special. (see page 11)

Should you be looking for inspiration and insights into lawn care then look no further than the lawns-mith.co.uk website which was shared recently amongst members. It's a great resource that goes into a good amount of detail into all matters associated to lawn care, it's well worth a read.

This month Bernie, our President and avid horticulturalist offers a few insights in relation to our Autumn Show, **24th September**. Bernie advises that early September is the perfect time to take a walk round the garden and start to plan ahead for possible exhibit entries. The show has dedicated sections for Roses, Dahlia (see picture) and Chrysanthemums, Fruit and Vegetables. For other sections take a look and see what else you, or members of your family can enter. Have a go at something new like a craft, art, photography, some baking and/or a floral arrangement. We especially love having children entering our show as they are a delight and our visitors and community at large love seeing them too. We do have prizes and



there are some coveted trophies up for grabs. If you are a cup holder could you kindly return them to Bernie by the 10th September.

If you haven't received the show Programme highlighting the categories and how to enter your exhibits, please contact Bernie on: bernie.woodman@btinternet.com

Look forward to seeing you all and your exhibits on the 24th! Staging from 10:00am and gratis public entry from 15:00 until 16:45 at St.Cuthbert's Church.

With Autumn shows in mind, it appears we are not alone! The Federation of Middlesex Horticultural & Allotment Society in Perivale is staging its Autumn Show on Sunday the **11th September** at the Perivale Community Centre, Horsenden Lane South, Perivale - 2:30pm until 4:30pm. If you have time to visit

we are assured, you will receive a warm welcome.

Finally, in case you missed it in the news there was a national butterfly survey from the 15th July until 7th August. Check the

bigbutterflycount.butterfly-conservation.org/

website for updates on the results of this important conservation work.

Tim Manson, SCHS Chair
schs.timm@gmail.com



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The temperature continued to rise in July and, with no rain, the summer watering programme has never let up. Luckily the watering standpipes in the park were fixed which made the journey to get water for the garden easier. Our amazing (and probably fittest) volunteers Peter, Liz and Feli have led on this work and have calculated that we have been moving and using about 800 gallons in every watering session this dry hot summer. We always appreciate extra help so email us and ask to join the Whats App watering group. During the hot summer we often do an extra water one evening during the week.



We also had a marketplace stall of our own where we were able to publicise our fully funded (through our NCIL funding from Brent) Permaculture Design Course that will be starting in October.

Our stall was in the community garden section which was a great opportunity to talk to people from Josiah Braithwaite Community Garden and Calthorpe Community Garden and find out more about their work and activities and make purchases. The gardens are well worth visiting and we will be planning some visits later in the year which we will publicise on our mailing list and on social media, so make sure you are following

us and signed up.

We were asked to present a workshop about the Community Garden at the London Permaculture Festival on 24th July. The festival was held at Cecil Sharp House near Regent's Park which is the home of English Folk Music:

www.efdss.org/cecil-sharp-house.

This was the first in-person festival since 2019, which was also the first one that NPCG trustees had attended where we ran the cake stall.

Our presentation was an opportunity to reflect back on how we created, and have continued to develop the garden, even during lockdown and to celebrate the contribution that members of our community make towards developing and maintaining the garden. Although Rish and Iris couldn't attend, some of our key people were with us on the day; staffing the stall, presenting alongside us and providing us support from the audience.

Other shopping highlights included the Pennard plants stall which we raided "to decorate" our stall and could have resold many times over; the courgette and carrot cake from the cake stall; the half price gardening books; the tapenade from the Calthorpe Community Garden stall and the grow your own mushrooms on household waste from Fatfox Mushrooms. We also had a chance to wander around and fell in love with the quails and the super relaxed Goth chickens (Ayam Cemani) from Kentish Town City Farm.

Wishing you a cooler and wetter late summer

Eleri, Jo, Rishil and Iris

[Check our website \(see header\)](#)
[Facebook](#), [Instagram](#), [YouTube](#)

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Poetry Corner

A September Song – Pam Ayres

He is off to university, all is now in place
there is fear, anticipation and excitement in his face.
An overstuffed enormous bag and rucksack in the hall
and a ghastly leaden feeling like the ending of it all.

I cannot let it show this selfish aching in my heart
for the sweet chaotic years in which you played the major part.
I am fearful of the emptiness when you depart the room
and silence settles round us like the stillness of a tomb.

At your bedroom door I used to stand and shake my head
the mess was unbelievable, the floor, the chair, the bed.
The place was never hoovered, never felt a duster's touch
but now it's neat and clean and I don't like it half as much.

I loved you going out, so young and eager and alive
and I loved you coming home, your little car, turned in the drive.
The energy, the racket, all the songs you loved to play
and I won't know where to turn to when the music dies away.

There was ringing of the mobile, there was tapping of the text
the ipod and the ipad and the new thing coming next.
There was passion, there was fashion, with your father in despair
saying, "In the name of God, what has that boy done to his hair?!"

Now parents realise that all between them that has dwindled
can be resuscitated and romantically rekindled.
Old passions reignited, sexual energies uncurbed
but looking at your Dad, I think I'll leave him undisturbed.

My son is ready, independent, eager, fit, he has to go.
He must take his chances now, I know, I know, I know, I know
He will make so many friends, he will be having such a ball;
it may all be so exciting that he won't come home at all.

I am looking at a life which seems so drained of all it's colour;
the heart is gone from us, we are older, we are duller.
Now when people ask us, we'll show photographs and say,
"Our son's at university, that's right, he lives away..."



What are your plans for *tomorrow*?

So you probably know where you're going on your holiday this year, maybe you've even booked for next year as well or you're saving up for your next big adventure. You may have already thought about retirement, that iconic move to the country or maybe you've always dreamed of moving abroad. Planning is a big part of life, whatever your age. Hopefully you have already made a will, it's not morbid to think and plan ahead like this, for it will happen to us all eventually.

Independence

We are living longer and stronger than ever before. Getting older doesn't mean we have to lose the independence that is so ingrained in us. With a bit of planning, sudden changes in our health need not mean enormous changes to where or how we live.

Some relish the opportunity to move to a care home or sheltered accommodation, but you might want to keep your independence and have additional help in your own *Home Instead*. It helps your loved ones enormously if they know what you would prefer, so don't let it get to a crisis point where decisions are rushed; plan ahead...

Don't shy away from the *conversation*

It's staggering to think that a third of adults are concerned about the physical health of their parents but yet 81% are reluctant to start a conversation about care (Home Instead survey of 1,500 adults). When did talking about care become such a taboo subject, we are all going to need some sort of care so make plans now!

For help supporting you and your family starting these conversations call **0208 022 4590** or email: **leena.lakhani@homeinstead.co.uk**

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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 did the two 4s skip dinner?
They already 8!

What kind of tree can fit in your hand?
A palm tree!

What did one mushroom say to the other?
I'm not the only fun-gi.

Riddles

It's raining at midnight, but the forecast for the next two days is clear.

Will it be sunny in 48 hours?

No, it will be midnight on the day after yesterday

What has many keys but can't open a lock?

A piano

It stalks the countryside with ears that can't hear. What is it?

Corn

Facts

- President Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863 after persuaded by Sarah Josepha Hale, author of the poem *Mary Had a Little Lamb*.

- A Toyota Prius is 85% recyclable.

- Tokyo, Japan is the biggest city in the world with a population of about 37 million.

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

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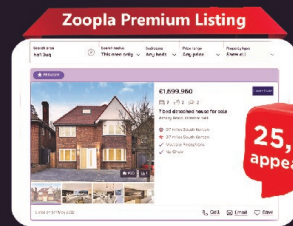
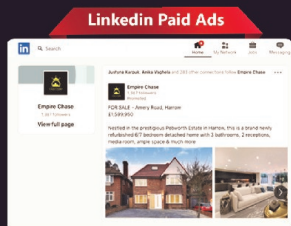
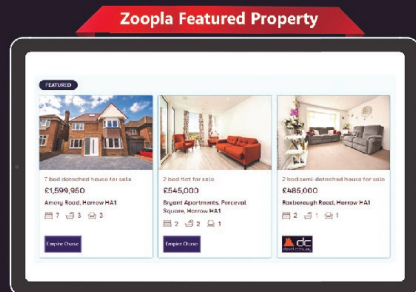
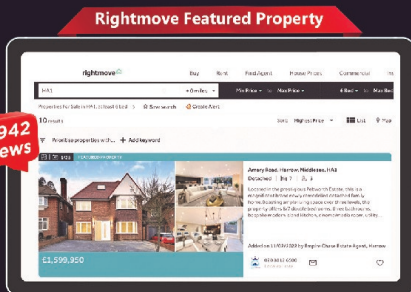
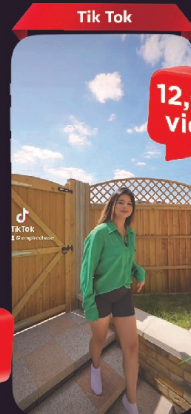
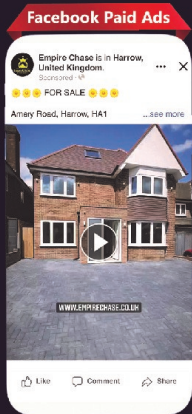


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