

The Community Magazine for the
Sudbury Court and Pebworth Estates

October
2022

The Courier

92nd
Year



Photo: C Binder-Skagnaes

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The Courier



October 2022
Number 240 (1,080)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Well, the changes we have seen over the last couple of years continue to keep us on our toes. The latest being our new King following the passing of The Queen.

However you feel about the Royal Family, it's hard to deny that Queen Elizabeth was a remarkable woman, working right up to her final days. I hope you read with interest some of her own words that I have gathered together for you (page 13.)

Stay in touch with your neighbours as the nights begin to draw in.

Keep safe, warm and well.

Until next time,

Kaye

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Photo: Dhilan Dhruv Patel

Thank you to Dhilan for sending me photos from time to time. As I hadn't printed one for a while, I felt he had his eye on me this time.

Do keep sending them.

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



Note from Editor:

Due to the week of national mourning, the SNT were seconded to Central London. As a result they weren't able to provide their article in time to go to print.

We'll catch up with them next month. I hope you find this information useful in the meantime:

Travel safe

Millions of people travel on various forms of transport every day – whether it be buses, trains, the Underground, taxis, minicabs, pedicabs, two wheels and on foot. Here are some useful tips designed to help you stay safe.



Buses

Sit downstairs or close to the driver on a double-decker night bus, where they can see you. Likewise, avoid sitting in an empty carriage on trains and the Underground.



Tubes and trains

Always try to avoid sitting in an empty carriage where you are more vulnerable.



Cycles

If you choose to travel by bike, do be extra careful, especially in traffic, and keep your distance from buses and large vehicles, as they may turn suddenly and not see you. And remember that we drive on the left.



Walking

Take great care when crossing the road. Always try to cross at marked crossing points and remember to look both ways as traffic, including cycles, may be coming from a different direction.

At night, avoid walking alone in places such as parks and side streets or any unfamiliar environment. If you must walk, then stick to busy places where there is a lot of activity and good lighting.

For more information on personal safety, visit our page on how to Stay safe in London.

Taxis

Taxi cabs have a 'TAXI' light on the front, and fares are displayed on the meter. What's more, they can be hailed in the street, booked in advance by phone, online or via mobile phone apps, and can also be found at taxi ranks; for example, outside stations, airports, hotels and nightspots.



Minicabs

These look like any other private car. Most of them are licensed, from reputable companies and bookable by phone, online or via mobile phone apps. However, some are unlicensed and look for customers on the streets, usually at night.

While it's tempting after a night out to jump into the first 'minicab' you see, never get into an unbooked car because there will be no record of your journey or driver, and it puts you at risk of attack including sexual assault and robbery. They will also be uninsured in the event of an accident.

Booking your minicab means your trip will be carried out by a licensed, insured driver in a licensed, insured vehicle. A record of your journey, driver and vehicle will also be logged so that, in the event of any issues, the driver can be traced. Always be sure to make note of or take a picture of the vehicle's number plate and licence number.



Download Transport for London's free Cabwise app on your smartphone to book your nearest minicab or black cab.



Pedicabs (rickshaws)

These are legal but be careful as some drivers have been known to demand extremely large sums of money for very short rides. So remember, always use a booked and licensed minicab, taxi, bus or the Underground – and avoid dark, quiet areas.

Out and about generally

- Do** consider wearing a money belt.
- Do** keep mobile phones, cameras and laptops close at hand and never unattended.
- Do** beware of pickpockets.
- Do** be aware of who may be around you when using an ATM.
- Don't** ever give your PIN to anyone, even if they claim to be an undercover police officer, which has been known to happen.
- Don't** buy theatre or concert tickets from 'touts' in the street – only buy from reliable sources.

Source:
www.met.police.uk/cp/crimeprevention

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-scra.co.uk for details)

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

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

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

020 87212 969 or **07920 233 752**

northwickpark.snt@met.police.uk

Useful numbers:

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

For non-emergencies, ring **101**

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

Useful websites:

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

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

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Councillor's Comments

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

1.Highways: Repairs done to road which had outstanding issues such as broken pavement slabs, the work in Pasture Road is ongoing; trees will be treated when resurfacing finishes. West Court resurfacing is completed.

2.Healthy Streets: Consultation process will begin as soon as council has given the go ahead to Highways for a Healthy Streets programme for Spencer Road RE: Byron Court Primary School. Survey is under discussion.

3.Heated Foot Pump: for Northwick Park toolkit agreed. Environmental. The Pump will take the heat from the park and turn it into energy for cooling systems (A heat pump takes energy from outside and transfers it into heat to be circulated around a heating and hot water system).

4.Skips: distribution. Free skip and recycling cage vehicle provided to residents started from the 4th of September 2022. Skip site.

5.Flooding: at back of Northwick Park in Pebworth Road is ongoing with talks from Highways and Harrow School the site was visited by Council Officers and Ward Councillors.

6.Yellow lines: to be repainted due to site visit by Councillor Collymore and Highways Officers to Byron Court Primary school

7. Planning Applications: Complaints against Mumbai Junction Development is ongoing. Enquiries against HMO's are an ongoing process.

8. Elected Ward Councillors: are discussing complaints of Burglaries and Auto Theft in Northwick Park Area with the Metropolitan Police and the cabinet Chair for Crime and disorder.

9. Roads: Hill Road and Pasture Road have been permitted double yellow lines for parking issues of vehicles.

10. Missed Bin Collections: missed collections of refuse are being investigated by Ward Councillors. Please report any missed bin collections to the Ward Councillors.

11. Pavements: Damaged Pavements slabs and potholes are being repaired in the ward.

12. Recycling Collections Trial – 3 October to 25 November 2022
Bengeworth Road—Tuesday
Sudbury Court Road—Tuesday

13. Trees: There will be a tree felling of an old tree in Pasture Road in September. Notice will be issued on the 12th of September. Works were due to be carried out on 19th September. However due to the state funeral following the passing of her Majesty the Queen, this will be rescheduled.

14. Pakistani Flood Victims Appeal:- An Appeal by Brent Councillors, Health Educators, Public Health, and Brent Health Matters is underway to raise an awareness of the Pakistan Floods that has brought about devastation in Pakistan.

15. Resident Support Fund: The Council is promoting assistance to help those struggling with the cost of living crisis. Please help a neighbour or friend in need by encouraging them to apply for the Resident Support Fund (not means tested); more details can be found on the Brent Council website.

16. Cycling, Councillors will be raising questions to Council and Committees on behalf of those who cycle and also for those who are interested in being Active.

Councillors' Surgery

St Cuthbert's Church, 214, Carlton Avenue West, HAO 3QY

1st October 2022 – 11am-1pm

Please note change of venue



Getting out n about . . .

Our next Saturday sale will be on **8th October** from 10am-2pm
Refreshments available.



We are also holding a midday Party at the Wednesday over 50s Club on **19th October** starting at 11am. All welcome, entry £3 to include refreshments and entertainment with Jeff and Jayne. Please let us know if you will be coming if you are not a regular attendee, phone 020 8908 1220.

Find us at 809 Harrow Road, behind the Methodist Church HA0 2LP

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

Thursday 6 October, 12.30 pm: Nigel Blomiley (cello) and Jessica Zhu (piano)

Thursday 20 October, 12.30 pm: The Max Bruch Trio (piano/clarinet/viola)

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

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

www.stjohnsharrow.com

Harlow Choral Society's Autumn Concert 'Songs of the Spirit'

A varied collection of traditional choral music under the baton of our new Music Director, Sam Evans. The concert include pieces by Elgar, Brahms, Wesley, Parry and Finzi to reflect an autumnal mood.

Parish Church of St Alban, The Ridgeway, North Harrow HA2 7PF Saturday 22nd October
5:30 - 6.30pm Tickets: £10, free to under 18s www.harlowchoral.org.uk
boxoffice@harlowchoral.org.uk 07794 253463

Next Concert: Saturday 17th December, Harrow School Speech Room HA1 3HP

We are delighted to announce that our guest speaker will be Jane Asher!

All details on our website in due course.

Harlow Philharmonic Choir restarted rehearsals on Monday, September 12th for the next concert on 12th November. All singers are welcome to join us, particularly young singers. This concert will be very lovely.

Rehearsals are held on Mondays at 7:45 Harrow High School, Gayton Road, HA1 2LS

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

NEWS FROM EAST LANE THEATRE Good news first or bad news?

Let's get the bad news out of the way: In the last edition we told you about our forthcoming pre-Christmas production. Unfortunately we have run into licensing issues (far too boring to recount) and have reluctantly had to cancel.

And now for the good news: We are able to perform a play we have had in our sights for a while, a most amusing comedy thriller called "Busybody". We will have full details in the November issue.

In the meantime, why not pop in for a coffee and tour of your local theatre any Sunday between 10 and 12? We're always looking for new members, acting and non-acting, to join in the fun. No experience required. Have a look at our website to find out more about us.

www.eastlanetheatre.co.uk

SCRA Update—Pareet Shah, Chair

I hope you had a lovely summer and found time for some rest and relaxation.

We had our first committee meeting after the summer break where we discussed a few issues:

1. Watford Road junction changes

Work has now started on this and may take a year or so to complete. Plans have been available on the council website and were also shared via WhatsApp some time ago. There is likely to be disruption in the local area, so as previously suggested, allow extra time for journeys or consider travelling at a different time or route, or even using an alternative mode of transport if possible.

2. Mumbai Junction

There has not been a revised planning application submitted.

3. Byron Court ‘School Street’

We have not had any updates from the council

4. Planning application queries

The SCRA receives numerous queries from residents about these. As we are all volunteers and time is always limited, we can only deal with queries from SCRA members. If a non-member does contact us, we kindly request their household becomes a member. We will update our position on local planning applications in the coming months.

5. Correspondence to the committee

We receive many emails, and request that you please include your full name and first line of your address otherwise you may not receive a substantive reply. This is to ensure that we prioritise help for households that are members. If you are not a member we kindly request that your household subscribes.

6. Benches

Numerous benches on the Estate are showing their age and we have contacted the council asking for repair or replacement as appropriate. We hope to have an update from them soon.

CLEAN EARS

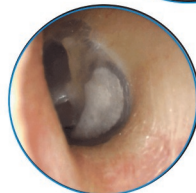
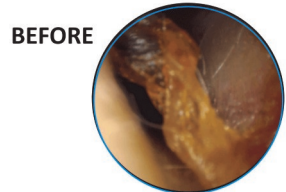


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Don't feed the Cuckoo!

In the Bible in the New Testament saint Paul says, "I do the things I don't want to do and I don't do the things I do want to do". We all want to be better people, hopefully!

Why is it we do what we do and want the things we want?

Can we learn anything from instinctive animal behaviour about ourselves? I was listening to a fascinating series called Naturebang on BBC Radio 4. This programme was talking about unlearned behaviour in animals and humans and the instinctive behaviours we all adopt.

One example was the cuckoo who lays his eggs in other birds nests and has the ability to make the host bird look after him and feed him, even though the cuckoo chick looks nothing like their own chick or themselves. Even when it is to the detriment of their own chicks and themselves. How extraordinary this behaviour is and self-destructive.

The cuckoo has evolved an ability to visually and audibly stimulate the host bird to

feed it and look after it. The intense red inside the birds open beak and persistent call compel the host bird to keep looking after it. This it's called supernormal stimulus. A reaction that is stronger than normal.

We find ourselves stimulated in extraordinary ways too. Supermarkets label 'best buys' at the end of the aisles in bright red to entice us and we can't resist! We find advertisers and the mainstream media using strong evocative imagery and music to entice us too. Social media manipulates us by understanding what it is that presses our individual buttons and keeps us constantly engaged in an empty virtual world.

What reactions or behaviours have we adopted that effect our behaviour and quality of life. How are we being audibly and visibly stimulated each and every day to do things that we don't want to do. Who are these cuckoos in our nest? And can we stop feeding them! Then maybe we will begin to do the things we want to do. The things that are good for our physical, mental and spiritual wellbeing.

Rev Trevor Goddard



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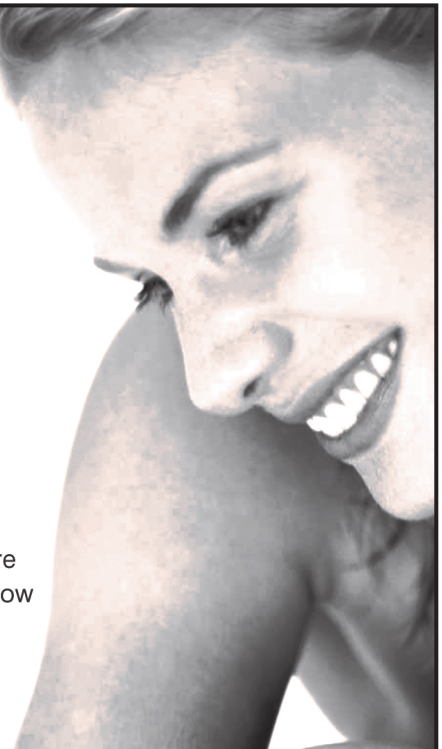
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Queen Elizabeth II - in her own words



"It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change."

"It has always been easy to hate and destroy. To build and to cherish is much more difficult."

"Our modern world places such heavy demands on our time and attention that the need to remember our responsibilities to others is greater than ever."

"Through the many changes I have seen over the years, faith, family and friendship have been not only a constant for me but a source of personal comfort and reassurance."

"Grief is the price we pay for love."

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again."

"We may hold different points of view, but it is in times of stress and difficulty that we most need to remember that we have much more in common than there is dividing us."

"Over the years, those who have seemed to me to be the most happy, contented and fulfilled have always been the people who have lived the most outgoing and unselfish lives."

"Even when your life seems most monotonous, what you do is always of real value and importance to your fellow men."

"None of us has a monopoly of wisdom, and we must always be ready to listen and respect other points of view"

"We all need to get the balance right between action and reflection. With so many distractions, it is easy to forget to pause and take stock."

"I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."



Artist: Eleanor Tomlinson

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With the increasing rates of obesity, and diabetes in young people, it has become even more important for children to be a healthy weight. Read what you can do, as a parent or carer, to help them stay a healthy size as they develop and grow.

Research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident.

They're also much less likely to have health problems in later life. Children whose parents encourage them to be active and eat well are more likely to stay healthy in their adult life.

Steps for success to maintaining a healthy lifestyle

Here are 5 key ways you can help your child maintain a healthy weight:

- be a good role model
- encourage 60 minutes, and up to several hours, of physical activity a day
- keep to child-size portions
- eat healthy meals, drinks and snacks
- less screen time and more sleep

Be a good role model

One way to instil good habits in your child is for you to be a good role model. Children learn by example. You can encourage your child to be active and eat well by doing so yourself.

Set a good example of having home cooked meals which include balanced portions of fruits and vegetables. Avoid buying take aways and processed foods. Get children involved in cooking; trying new flavours and recipes is a great way to encourage children to eat healthily.

Encourage children and young people to go for a walk or bike ride instead of watching TV or surfing the internet.

Any changes you make to your child's diet and lifestyle are much more likely to be accepted if the changes are small and involve the whole family.

Get active

Children need about 60 minutes of physical activity a day for good health, but it doesn't need to be all at once.

Several short 10-minute or even 5-minute



bursts of activity throughout the day can be just as good as an hour-long stretch.

For younger children, it can take the form of active play, such as ball games, chasing games like "it" and "tag", riding a scooter, and using playground swings, climbing frames and see-saws.

For older children it could include riding a bike, skateboarding, walking to school, skipping, swimming, badminton, dancing and martial arts.

Walking or cycling to school, short distances instead of using the car or bus is a great way to be active together as a family and become more eco-friendly.

Child-size portions

Try to avoid feeding your child oversized portions. There's very little official guidance on precisely how much food children require, so you'll need to use your own judgement.

A good rule of thumb is to start meals with small servings and avoid using adult-size plates for younger children as it encourages them to eat oversized portions.

It may also help if you encourage your child to eat slowly and have set mealtimes. You can use mealtimes as an opportunity to catch up on what's happened during the day.

Eat healthy meals

Children, just like adults, should aim to eat 5 or more portions of fruit and vegetables every day. They're a great source of fibre and vitamins and minerals.

Aim for your child to get most of their calories from healthier foods like fruit and vegetables, and starchy foods like bread, potatoes, pasta and rice (preferably wholemeal). And switch sweetened soft drinks for water.

(cont'd pg 21)

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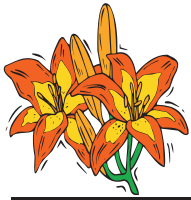


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CALLING ALL GARDENERS

Sudbury Court Horticultural Society Your local gardening club



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

The heat of summer is long behind us and winter is around the corner. October is a transitional month. Rivers and reservoirs are slowly refilling, but hopefully the weather will be mild, and with five weekends, October presents many chances to enjoy some seasonal gardening.

Apart from tidying up, It's a good time to reflect on your gardening successes, or not! Take time to plan a little for next year. Consider planting bulbs in borders or pots. Daffodils are essential in any spring garden. Maybe try Alliums, if you haven't done so before. Although there

are many varieties to choose from, Purple Sensation and Mount Everest (tall white) are the best for beginners. We suggest planting them in small clumps rather than in rows.

Roses grow well in clay soil as we have on this Estate, and this is the time to order them online. Bare rooted plants will be available from November, there are many suppliers on line or try your preferred garden centre. Don't just go by the picture, do read the full description of the plant. Hybrid tea roses tend to have single blooms on each stem. Alternatively, cluster flowered roses, which as the name suggests has clusters of blooms on each stem, and can be very showy. There are also climbing varieties which are very useful for bare but sunny fences and walls. Check the height and spread of the plant though, as they do not like being planted too close and you should avoid planting the tall varieties at the front of any border. Some climbers can be very vigorous, so be strategic with your choices.



Generously supported by the 'Together Towards Zero' grant our Autumn show took place just a few weeks ago. A marvellous day for all. It was well attended and brilliantly organised. Personally, I found it quite inspiring to see how creative and skilled our members really are and what they have been carefully nurturing over the years. More stories to share in next month's edition.

Tree planting and the countryside was a keen past-time of the late and loved Queen Elizabeth II. In honour of this maybe try some tree planting or forest bathing! In Japan, forest bathing, or

shinrin-yoku has become quite a popular form of prescribed preventative healthcare. Combining physiological and physical exercise it is proven to improve sleep quality, mood and reduce stress levels, a perfect antidote in our hectic urban lives. Fortunately, we are lucky enough to live in a country with many ancient forests, Horsenden Wood or Ruislip Woods are just round the corner if you feel the need for a digital detox.

Our AGM will take place on **29th October** at St Cuthberts Hall 3pm – 5pm. Please mail our Secretary, Bharti on secretary.schs@gmail.com, with any matters you would like discussed and look forward to seeing you there.

Tim Manson, SCHS Chair
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Who Is Interested in Permaculture?

When we first started to publicise the Permaculture Design Certificate (PDC) Course which we are running, starting on Saturday 1st of October 2022, we really didn't have any idea quite how popular the course would be.

The Permaculture movement is definitely growing, and as we launched the course at

The London Permaculture Festival, held at Cecil Sharp House in Camden, we quickly became aware that there was indeed a very strong interest in such courses. Our course has the massive advantages of being held in person, over a series of ten full days (Saturdays), and an additional fourteen 2 hour sessions to be held on Tuesday evenings between October and June;

but it is also free to the students, as we were fortunate enough to secure Neighbourhood Community Infrastructure Levy (NCIL) funding from Brent Council - this is money which large scale property developers have to pay to the council to support the development of the surrounding area for the good of the community. Similar PDC courses cost in the region of six to eight hundred pounds usually, so this is an amazing opportunity for people to be able to gain the certificate without there being any financial barriers.

We had a month during which people were able to apply, some people requested application forms, but for whatever reason didn't submit them, the process was all online so we know none were lost in the post or delayed by the strike action. Despite receiving reminders some still did not submit the forms, so we are guessing that perhaps the dates of the sessions didn't fit with their



working, life, or perhaps the location of the course just wasn't a good fit - we will be using Byron Court Primary School in Spencer Road as the main location of the course, with the Tuesday evening sessions to be held at The Windermere Pub - all the course attendees being adults we thought this more relaxed atmosphere would be an attractive proposition after a long day at work for many of the students. Many more

people applied than we had places for, so we faced the difficult task of deciding who would be lucky, which took a lot of time and careful consideration

It has been quite fascinating reading the applications - the range of people who have applied is wonderful, people from very diverse backgrounds, with a very wide age range, from young adults to people who are retired. One of the questions we asked was why people

wanted to do the course, and how they hoped to make use of the newly gained knowledge and skills afterwards, and it was really encouraging that so many people want to start permaculture projects of their own, either on a small scale in their own gardens, or on a larger scale as in the Northwick Park Community Garden. We are really looking forward to the day when we can visit some of the sites which the students will transform.

Thanks for your continued support,

Eleri, Jo, Rishil and Iris

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

funded by Brent Council NCIL





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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Getting 5 A Day shouldn't be too difficult. Almost all fruit and vegetables count towards your child's 5 A Day, including fresh, tinned, frozen and dried. Fruits and vegetables can be consumed in smoothies which is a quick and fun way to get in your 5 a day.

School meals

Most schools are encouraging children to have healthy packed lunches, but school dinners continue to offer high calorie high fat foods and drinks as well as readily available sugary snacks and drinks from vending machines.

Discourage your child from having sugary or high-fat foods like sweets, cakes, biscuits, pastries as quick foods, and sugar-sweetened soft and fizzy drinks as replacement of meals. These foods and drinks tend to be high in calories and low in nutrients and

can lead to high blood glucose and weight gain.

Less screen time and more sleep

Help your children avoid sitting and lying around too much, as it makes it more likely for them to put on weight.

Limit the amount of time your child spends on inactive pastimes such as watching television, browsing on phones, playing video games and playing on electronic devices.

The less children sleep, the greater the risk of them becoming obese. Lack of sleep can also affect their mood and behaviour and increase risk of becoming overweight.

"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try." *Rosa Parks*

Salma Mehar
NHS Consultant Dietitian

Poetry Corner

Philip came to me today,
and said it was time to go.
I looked at him and smiled,
as I whispered that "I know"

I then turned and looked behind me,
and saw I was asleep.
All my Family were around me,
and I could hear them weep.

I gently touched each shoulder,
with Phillip by my side.
Then I turned away and walked,
with My Angel guide.

Phillip held my hand,
as he lead the way,
to a world where King's and Queens,
are Monarch's every day.

I was given a crown to wear
or a Halo known by some.
The difference is up here,
they are worn by everyone.

I felt a sense of peace,
my reign had seen its end.
70 years I had served my Country,
as the peoples friend.

Thank you for the years,
for all your time and love.
Now I am one of two again,
in our Palace up above.

Joanne Boyle



Home is where your heart is. Staying at home is an option.

At home is where we feel most relaxed, at ease and comfortable so it's no surprise that staying at home as we get older is usually the best place to be. Why don't we consider remaining in our home as our first option? Why does it take an accident, a trip or fall or ill health for us to ask for help? Is it because receiving help at home doesn't occur to us or is it that taking that first step to ask for help is so difficult?

Maybe we don't think we need any help just at the moment; we're coping just fine. Family can help us for now and later on we can think about care. Those are often the thoughts that go through our minds as we age. Why not make plans to stay at home and make that the first option and remain confident and comfortable by receiving help sooner rather than later? That's where we, Home Instead come in - literally - to your home.

We have years of experience, working in the care industry helping our clients to stay in their own homes. 'Staying put' as you age significantly reduces the likelihood of a hospital visit and then subsequent hospitalisation. Receiving the appropriate one-to-one care in your own home and having a personal relationship with the care professional, brings many benefits. We pride ourselves on having small teams of care professionals visiting you to care for your specific needs, familiarity is key in building trust and good relationships. Your care professional will monitor for early signs of deterioration in your health, both physical and mental. If you can stay well, happy and confident in your home, you'll remain independent. For those whose health is not so good, for those suffering from

neurological disorders such as dementia or Parkinsons, familiar surroundings help greatly. Being in places and with people that are familiar, stirs memories, assisting us to keep healthier for longer. We also offer live-in care packages, having that constant support available at any time of the day or night can offer you total peace of mind.

As we get older we're going to be more at risk from health issues and disability, however we can choose how we reduce or prevent those. The World Health Organization (WHO) identified the top risk factor for older people as injury, which can often lead to hospitalisation, causing a catalyst for further complications. Having someone that you can rely on to help cook and clean or assist you with your personal hygiene, reduces risks of injury. Our care professionals are trained to assist with all of these while protecting your personal dignity. Maybe now's the time to start planning for your future at home.

Choose your option...

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Monday 3—6pm
Wednesday 3—6pm
Saturday 11am—3pm

Story Telling & Rhyme, under 5s at 11am
Chess & Games at 12.30-2pm
Arts & Crafts at 12-1pm
Classic Yoga—Monday evenings at 7pm £7
Yin Yoga—Wednesday at 8PM

Contact us if interested.

BOOK CLUB

This has restarted on 1st Monday of the month from 3—5pm
A contribution to refreshments of £2.50 is welcome.

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- 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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Kids' Page

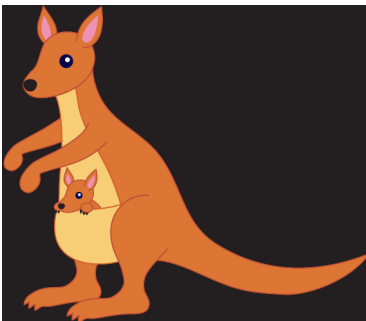


Hi,

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

Can a kangaroo jump higher than a Lego skyscraper?

Of course, Lego skyscrapers can't jump, silly!

What Pokémon is the best eater?

Pikachew!

Why did the iPad go to the dentist?

Because he had bluetooth!

Riddles

A new clothing store has a unique method of pricing items. A vest costs £36, a tie costs £27, a blouse costs £54, and a pack of underwear costs £81. How much would pants cost?

£45. The pricing method charges £9 for each letter needed to spell the item.

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

Just stop imagining!

What 3 numbers give the same result when added and multiplied together?

1, 2 and 3.

Facts

- The Volkswagen Golf debuted in 1974, after a period where the company (which had grown dependent on the Beetle) was in a slump at home and in the US.

- The ancient Maya people chewed gum made from sap.

- If you caught a fever in ancient China, your doctor would have prescribed hot earthworm soup.

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

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