

The Community Magazine for the
Sudbury Court and Pebworth Estates

November
2022

The Courier

92nd
Year



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The Courier



November 2022
Number 241 (1,081)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

I'm writing to you on a bright sunny day, but from the dark depths of Covid. And although it hasn't been particularly bad in comparison to some people's experience of the dreaded virus, it has still seen me struggling to get anything done during the day. I finally gave up and rested for a few days.

It's a reminder that the virus hasn't gone away, just because it isn't in the news daily. Can't wait to get my 4th Jab! As the weather gets colder, and the 'cost of living crisis' bites, keep an eye out for your neighbours, and lend a hand if someone needs to isolate and needs some shopping picking up.

Keep safe, warm 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



As we are now in Winter with darker evenings can residents please be aware while travelling home from work as there is a current spate of robbery / snatches by a male on a pedal cycle. Be aware of your surroundings as you commute to work, do not keep your phone in your hands as you walk and don't have music so loud that you're unaware of noises behind you.

Burglaries are also most likely to occur in the hours of darkness when residents are at work. Keep your house alarms on and lock those porch doors, keep a car on your driveway and a radio on in the house near the front door.

Indecent exposure arrest:

12/08 in the afternoon police got a report of a male dressed in a see-through thong sunbathing in Northwick Park, he was arrested for exposure. He subsequently received a penalty notice and we are aware of who he is.

In previous summers we have had reports of a white male nude bather in Northwick Park, it may be that this male was the same person as similar in description and so, fortunately this male has been identified and arrested.

Knife Arrest:

18/08 PC Kouppari and I were in the Sudbury Area having assisted in a mental health assessment earlier in the morning. We saw two youths going into Sudbury and Harrow Rd Station during a train strike: both had their faces partially concealed despite it being hot. We went to investigate and instigated a search on the males, one of the youths had a 24cm bladed kitchen knife on him, he then pushed and dragged PC Kouppari down the steps of the station. Despite the male getting away, he was subsequently identified, arrested, prosecuted and found guilty at court – due to his age he has been given a youth referral order. PC Kouppari was injured in

this incident and unfortunately is not yet able to walk properly following the incident.

Scam re delivery text:

14/09 I got a text on my mobile purporting to be from Evri, a delivery company; the text was as follows - 'Evri: your parcel has a £1.45 shipping fee, to pay this now visit evri-update-items.com. Failure will result in your parcel being returned to sender.' This is a scam, do not respond or click any links contained in it! If you have any concerns about a delivery for an order you have placed, contact the company directly via their official channels

Another scam text doing the rounds is the one in which the texter pretends to be your child claiming they have lost their phone. So, from an unknown number saying "Mum I have lost my phone, please save this number", if you respond and enter into a text conversation, the scam texter will then ask for help regarding money as they are locked out of their online banking.

Please be wary of any texts asking you to click links, or asking for any money.

Thefts from and of cars:

There are ongoing reports of residents finding their cars unlocked and glove compartments rummaged through for loose change. The thieves are roving around in the middle of the night trying door handles on the off chance that a car is unlocked. If they try ten cars and find one unlocked they will proceed to search the car for items to steal – loose change or anything that they can convert to money as the thieves that do this type of crime tend to be Class A (crack / heroin) addicts. To combat this type of crime, please ensure that you leave your car completely empty of anything of value.

Thieves are still going around using hand held angle grinders to steal catalytic converter (CatCon) from older model cars. If you have a targeted make/model of car please

consider trying to park it in your garage when unattended at your address. This is a hard crime to combat as these thieves frequently hide their faces, are very aggressive / violent and will threaten anyone who tries to intervene. They quickly cut off the converter and make their getaway in cars on cloned plates and, if pursued by police, drive dangerously to get away.

If you have a newish car that is keyless, always keep your key fob in a Faraday pouch to guard against thieves with signal boosting equipment.

Overview of offences 10th Aug - 8th Oct

Burglary Residential: (i) Pasture Cl low evens 20/08 0900hrs – 1200hrs laptop stolen in house move unknown from where in house; (ii) Carlton AveW in 200s even 03/09 1800hrs – 2200hrs porch door pulled off, jewelry stolen; (iii) Amery Rd in 60s odds 30/09 0112hrs – 1530hrs, rear window to house on sale forced, house searched, ornaments and TV stolen.

Attempted Residential Burglary: (i) Sudbury Crt Dr in 40s evens 14/09 2115hrs four men pulled up on driveway, started kicking door, occupier shouted out and males made off in the car; (ii) Peabworth Rd in 10s odds 30/09 0123hrs four men using crowbar trying to enter a house under renovation, nearby dog disturbed the group, no entry gained.

Non Residential Burglary: (i) Peel Rd in 70s evens 03/09/2022 2200hrs – 04/09/2022 09:00 hrs shed of house burgled, tools stolen; (ii) Northwick Park Hospital (NPH)03/09 0200hrs – 0700hrs laptop stolen from staff office; (iii) NPH 06/09 8.30 - 9.30am handbag stolen from office room.

Robbery / Snatch: (i) near Northwick Pk Station 08/08 2020hrs woman had phone snatched from her hand by a male on a pedal cycle.

Attempted Robbery: (i) Nr Kenton Rd station – 29/08 1210hrs white male in his 30s on a bicycle tried to grab female victim's shoulder bag.

Theft from Motor Vehicle: (i) Carlton AveW in 20s odds 18/08 0048hrs catalytic converter (CatCon) stolen from 2003 Honda Civic (ii) Carlton AvW in 20s odds 18/08 0048hrs

CatCon stolen from 2003 Honda Civic – four white men in what's described as a 2017 silver BMW involved in theft of both CatCons; (iii) Carlton AvW in 70s evens 27/08 0030hrs CatCon stolen from 2019 Lexus CT 200H CVT (iv) Oldborough Rd in low evens – 03/09 0130hrs loose change stolen from car; (v) Woodfield Avenue in 20s odds 05/09 2000hrs – 06/09 0625hrs wallet stolen from 2016 plate Mercedes, no damage; (vi) Paxford Rd in 110s evens 13/09 0510hrs CatCon stolen from BMW 320 Se (vii) Norval Rd in 140s evens 10/09 2100hrs – 11/09 0200hrs – CatCon stolen from 2012 Lexus CT 200H (viii) Mulgrave Rd low odds 26/09 0350hrs CatCon stolen from 2018 Toyota Auris; (ix) Blockley Rd in 90s evens 28/09 1200hrs – 29/09 1400hrs CatCon stolen from 2000 Ford Focus; (x) Watford Rd 05/10 0800hrs – 05/10 1600hrs CatCon stolen from 2008 BMW 120I; (xi) Black Horse Pub Harrow Rd 06/10 1905hrs – 1915hrs rear window of 2020 Mercedes smashed and Louis Vuitton Bag stolen from rear seat; (xii) NPH 0715hrs 05/10 – 2015hrs 05/10 CatCon stolen from BMW 120I 2009 plate.

Attempted theft from Motor Vehicle: (i) Pasture Rd in 50s evens 30/10 1630hrs – 04/10 0900hrs unlocked 2013 BMW entered, glove compartment searched.

Theft of Motor Vehicle: (i) Sudbury Crt Rd – in 10s odds 15/08 1000 hrs – 1100hrs, 2006 Renault Modus car stolen; (ii) Nathans Rd in 80s evens – 25/08 2330hrs 26/08 0445hrs 2017 Mercedes c220 stolen without keys; (iii) Langham Gdns in odds 25/08 2200hrs – 26/08 0900hrs Mercedes GLC 220 2017 plate car stolen without keys; (iv) Carlton AvW – in 100s evens 28/08 2100 – 0040hrs 29/08; (v) Farrans Court Northwick Ave 14/09 2100hrs - 15/09 0900hrs BMW 1000cc motorbike stolen; (vi) Northwick Ave 14/05 – 14/08 VW Caddy Van 2004 plate van stolen, most likely by scrap collector as vehicle subsequently scrapped.

Attempted Theft of Motor Vehicle: (i) Woodfield Ave in 50s odds 27/08 0035hrs someone tried to steal a Mercedes E 220 2017 plate.

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

Planning Application—231 Watford Road

I have received many messages and emails from residents against the proposed development at Mumbai Junction. We have had a meeting with senior planning officers at Brent Council regarding this development and have passed all concerns to them.

Cost of Living Emergency

Following on from the Cost-of-Living Emergency that was passed and declared at Brent Full Council meeting in July 2022, I hope the below will be of use to residents.

Brent has 7 hubs across the Borough working with a range of organisations and Brent services to provide information, advice and support for housing, benefits, council tax, employment, digital support and more. The hubs also provide emergency support for residents in urgent need, including food and fuel vouchers. www.brenthubs.com

Residents can apply to the Resident Support Fund - this is a discretionary support fund helping residents with financial pressures (bills, fuel, food, clothing etc).

Some useful tips from Martin Lewis a money saving expert which is worth a scroll: www.moneysavingexpert.com/

Citizens Advice Brent have a useful website containing helplines and useful links. From debt to money matters to universal credit, Citizen Advice Bureau (C.A.B.) do a fantastic amount of work in these difficult times supporting residents with advice and signposting: www.citizensadvicebrent.org.uk

Telecommunication installation refused

Planning Application : Prior approval for proposed telecommunications installation for the removal and replacement of the existing 9.8metre high monopole with a new 18-metre high monopole supporting 6 no. antennas

with a wraparound equipment cabinet at the base of the column, the installation of 3no. new equipment cabinets and ancillary development on land outside 239 Watford Road, Harrow, HA1 3TU

After my meeting with senior planning officer above massive Telecommunication installation was refused.

Brent Start

Congratulations to Brent Start which has been chosen as a highly commended nominee for 'Inclusive Provider of Adult Education' at the Mayor of London's Adult Learning Awards!

The award recognised the successful launch of our new course supporting deaf parents and their children in the borough.

For more information about Brent Start check out the website here: www.brent.gov.uk/brentstart

Vans parked on the Roads

I have received complaints regarding regular parked Commercial Vans and Trucks close to driveways of residents *homes*, causing blind spots and making it very dangerous to reverse out of driveways, some cases there are up to 5 vans parked. We politely request Van owners to not park near driveways and respect other residents who have right to access their driveways without the hassle, normally you should have some business yard/parking where you park your Vans.

Parking around Wembley High/East Lane

Residents living in the surrounding roads of the college/school are complaining to us that parents of school children are parking their cars on the green area of the park and damaging grass and the park. Parking on yellow lines, parking in front of the driveways of

(cont'd on pg 9)

Getting out n about . . .

Saturday **12th November** is the day for this month's sale at Sudbury Neighbourhood Centre. There will be lots of bargains and a chance for a chat over a cup of tea or coffee.



Open at 10.00am until 1.30pm. 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 3 November, 12.30 pm: Odinn Baldvinsson (flute) and Mayumi Iida (piano)

Thursday 17 November, 12.30 pm: Ivan Hovorun (piano)

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

Harrow Philharmonic Choir are rehearsing for their Autumn Concert, where they will be singing 'Five Mystical Songs' and 'Serenade to Music' Vaughan Williams; 'Psalm 100' Shutz; 'O sing unto the Lord' Handel; a performance of 'Eclogue for Piano and Strings' Finzi. Supported by three soloists and Harrow Philharmonic Chamber Orchestra who will be accompanying the choir.

Saturday 12 November, 7:30pm Pinner Parish Church, Church Lane, HA5 3AA

Tickets £15 (£12 concessions), under 19 free. 07947 024156. www.harrowphil.co.uk or on the door.



NEIGHBOURHOOD WATCH by Alan Ayckbourn

Martin and Miriam, a brother and sister innocently set up a Neighbourhood Watch group following a petty crime from a nearby estate. Matters escalate and the group starts to go out of control.

This is a darkly comedic play by a master British storyteller exploring the dangers of leaving law & order to volunteer vigilantes.

Fri 2nd, Thur 8th, Fri 9th, Sat 10th Dec @ 7.45pm
Matinees Sat 3rd, Sun 4th @ 3pm

Doors open 30 minutes before curtain up

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www.eastlanetheatre.co.uk

SCRA Update—Pareet Shah, Chair

We held our monthly meeting on 5th October and here's a summary of things:

1. 231 Watford Road (Mumbai Junction) planning application. The developers have resubmitted a planning application for a residential development at this site. The deadline for comments is 27th October so it is likely this will have closed before you receive this edition of The Courier. At the time of writing we are preparing comments and with the help of volunteers are distributing leaflets to as many households as possible in the area. We are also considering appointing a right to light consultant to help with our comments on the application.

2. Double yellow line proposals at 2 locations in the area (Pasture Road and Oldborough Road) were published. These were requested by residents due to concerns about safety, visibility and obstructive parking.

3. Councillors are struggling to attend monthly meetings as key council meetings often clash with our committee meetings. As a solution, we are going to trial regular

meetings between the councillors and committee chair to discuss relevant local issues.

4. Watford Road crashes. There has been a recent spike in drivers crashing into street furniture and even a front wall on Watford Road. This may be a temporary issue, but this has caused concern for many residents, especially those residing on Watford Road. If you do spot any crashes please do let us or our Councillors know. We will discuss this with our Councillors to look at causes and potential solutions.

5. Benches. We are delighted to report that the council has agreed to fund repair/replacement of the three deteriorated benches on the Fairway.

6. Help with minutes. All of our committee members are volunteers, and we really would appreciate some help taking minutes at our committee meetings. This would not entail having to join the committee if you do not want to, and can be done by either attending a meeting and taking minutes live or by viewing a recording. If you can help, please contact Noura on secretary@the-scra.co.uk

Councillor's Comments *(cont'd from pg 7)*

residents, blocking their access ways to homes. Council is taking strict measures to stop this happening and issuing fines and penalties.

Parents are requested not to park on those areas.

Good news: We had a meeting with senior Highways officers who have confirmed to us there will be at least 2 times a week enforcement and they will issue penalty/fines if any body breaks the rule.

Three Broken Benches

Since a long time there have been 3 rotten

and broken benches located at the junction of The Fairway and Blockley Road and Junction of The Fairway and Carlton Avenue West.

Good news: the council have agreed to refurbish/repair all 3 benches after my request to the officer.

Councillors' Surgery

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

5th November 2022 – 11am-1pm

Please note change of venue

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God in whisper mode.

I have an Alexa; in fact I have several positioned around the home. One is in the bedroom, another in the kitchen, and one in the office. I use Alexa to wake me up in the morning, remind me to take my tablets, to play my music, listen to the radio and to answer all of those questions that come to mind in everyday conversation. A lot of the time it's about whether someone is still alive!

I recently discovered that you can whisper to your Alexa and she will whisper back. It is called whisper mode. This is very useful especially late at night. But also its very revealing about how sensitive the microphone is in your Alexa.

But is Alexa the only one listening? When we pray we can pray in words, in whispers, or in silence and God still hears us.

In the same way, we pray we can hear God in words from scripture, in that whisper in our hearts and more profoundly in the silence. One of the most beautiful passages in scripture is in Kings 19: 11-14 when we hear about the prophet Elijah and his close relationship with God and how God is not revealed in the fire, storm or the earthquake but in the still quiet silence of the whisper.

The whisper of God is something quite profound and when we hear it, it changes our lives. We can't explain it. It is an enigma.

It is not a big miracle we need, a major intervention from God in our lives, or in our world. It is the life changing whisper of God reassuring us that he is here, he knows us and loves us. It is then we realise nothing else is needed.

May Gods silent whisper grow ever louder.

Rev Trevor Goddard



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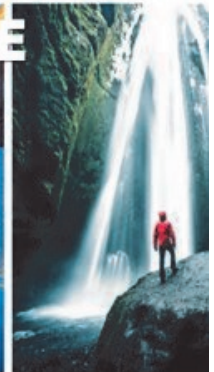
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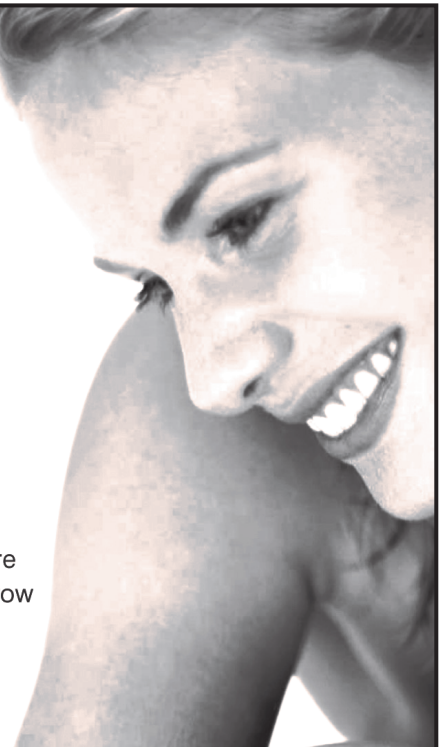
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Give us Safe Streets



Cycling statistics published this week are sobering. Last year, 10 people never made it back home safe. This represents a 54 per cent increase on 2004-09, the benchmark data set for Transport for London's #VisionZero.

These people opted for cycling because perhaps it was the quickest or cheapest mode of transport. For some, it was a way to improve their mental or physical health, for others, it was a solution to complicated life logistics that include the school run, going to work, caring for loved ones on top of all the other errands we all must do, and still be everywhere on time. Women only represent a quarter of people cycling in London and yet, statistically they are far more likely to be endangered or killed on the road. If women are too scared to cycle, children, people over 60s will be too and everybody is worse off. Women are the ones doing most of the local short trips with multiple stops. They are also more likely to travel 'encumbered' which means carrying loads or with children in tow, often both. Cycling empowers them. Brent Council has repeatedly claimed a commitment to encourage cycling, they must urgently implement the changes needed to enable it.

Danger of motor traffic is the biggest barrier to cycling. You remove it by creating coherent, linked-up, inclusive and safe local

Families with children enjoying the safety of a group during a Kidical Mass event in Central London

cycling routes. This would enable cycling for those everyday trips to school, to shops and amenities, to playgrounds and parks.

In Brent, more than 95pc of the roads are managed by the council. The council has a responsibility to keep us safe. Investment in active, healthy, clean travel now will save millions later.

The council knows what works. We can all see it in other cities and boroughs. We need protected space on major roads, safe junctions, enforced borough-wide speed limit, prioritise people over motor traffic by designing around people, not motor traffic, so cycling—along with walking—become the obvious travel choice.

Air quality, public health and transport are issues that matter to Brent residents. It's all good and well to ask them to change but decision makers, led by evidence and following good practice, must do their bit too. Give us safe streets so we can choose cycling without any second thought.

Sylvia Gauthreau
Coordinator of Brent Cycling Campaign
First published in Brent and Kilburn Times

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As food costs continue to rise, eating healthy on a budget can be a challenge.

With food costs higher than ever before, we understand that the size of your supermarket bill might be a bigger concern than whether it's healthy. But it's possible to look after both.

With many of us currently feeling a financial pinch, saving money on our food shop can make a real difference. Taking time to plan and think about shopping and cooking healthily can be beneficial and bring down food costs.

Here are our top tips for making healthy food choices that don't break the bank, helping to reduce your risk of long-term health issues like weight gain, type 2 diabetes, heart attack or strokes.

1. Plan ahead—

Before you head to the grocery store, plan your meals for the week.

Then make a list for what you need to buy and what fits your budget and stick to it. Choose recipes that will allow you to cook in bulk or use foods and seasonings you already have. Planning ahead allows you to think about reducing your food waste as well.

2. Nutrition Labels—

Learn and know how to read nutrition labels to help cut down on calories, sugar, cholesterol, sodium and saturated fat per serving. Don't be fooled by offers on high sugary and processed foods, as they can contribute to poor oral health and weight gain.

3. Freeze leftovers—

Cooked too much? Leftover bread? Don't bin it, freeze it.

You can freeze soup in portions for another day. Sliced bread, muffins, crumpets and buns won't go mouldy or stale if you store them in the freezer and just take out what you need. Freezing is also a good way to



take advantage of end-of-the-day offers on wholegrain bread.

4. Utilise leftovers—

Almost any leftover vegetables can be made into soups.

This can be healthier than buying soup, as you can make it without adding salt, and add herbs or spices instead of salty stock. Enjoy casseroles, soups and curries another day and use up bread as breadcrumbs, toast or chunky baked croutons in soup.

5. Buy Frozen or Canned—

It's worth looking out for special offers on fruit and veg, and buying them in season will be cheaper and tastier than out of season.

Vegetables also count towards your 5-a-day, and can be cheaper (especially when it comes to things like berries and cherries), as well as helping to avoid waste.

6. Bulk buy—

Buy meat in large bulk packages to save money.

Freeze portions you might not use right away to prevent spoiling.

7. Green fingers—

Try Growing a Kitchen Garden which can add to meals and provide cheap and healthy snacks such as cucumbers, tomatoes and celery.

(cont'd on pg 21)

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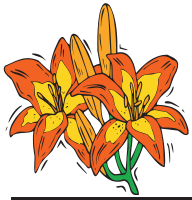
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CALLING ALL GARDENERS

Sudbury Court Horticultural Society Your local gardening club



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

With a flurry of activity and a dose of teamwork our Autumn Flower Show, with the support of 'Together Towards Zero' finally took place. It's the first show the new committee members have held and we're pleased to report that it was a great success, well attended and enjoyed by all. In truth, Bernie Woodman was largely responsible for the majority of the planning and execution but the new team along with Susan Friend have shadowed her. We certainly learnt a lot from going through this process. Many thanks to all our members who took time to prepare their exhibits, the collective variety and quality was clear to see.

With the staging complete our visiting judges Mr N Anglo, Mrs S Bishop and Mr P Patel, plotted a steady path around the show conferring and awarding category winners. Mr Anglo commented that "Given such a difficult

season, the horticulture section had some excellent exhibits and was comparable to many other shows in the area over the autumn season." He went on to say "It was a good quality, well supported and well managed, friendly show."

John Harding had an imposing presentation of Dahlias. Robert Smith set out an elegant cultivar of Roses alongside some colourful Chrysanthemums displayed by B Patel. Mr Brackley presented some wonderful vegetables. It was quite special knowing that the vegetables on view were cultivated locally and picked by hand.

As well as horticulture there were numerous photography, tapestry, craft and culinary items on display. From our younger exhibitor's J Bhatt exhibited home baking skills and N Bhatt presented a quite finely detailed painting. Alas, my Geranium sketch was not a winner but I was happy with 'highly recommended'. Mrs Bishop said "SCHS always puts on a good show which is a pleasure to judge. Handicraft items this year were very interesting and of a high quality which made for some tough judging!".



We're also happy to report that, due largely to the positive impact of the show and an ever growing interest in local events, the society grew a little bit more with a high number of new members joining for the first time. Welcome to all. For members and exhibitors, Cups and awards will be formally presented at

our Annual General Meeting on 29th October, 3-5pm at St Cuthberts Church Hall. We will also be recapping the year, announcing changes in our committee team and sharing details of plans for next year. We do hope you can join us.

Finally, the National Trust has a special Autumn free visit offer. Each free visit ticket is available for up to two adults and four children at participating National Trust properties. A great promotion that is valid until 30th November 2022. Check the National Trust website for more details.

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

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The great effort by our fabulous volunteers and friends of the community garden has been recognised again this year by the Royal Horticultural Society and London in Bloom. We've been awarded 'Level 5 - Outstanding' which is the highest category for It's Your Neighbourhood. Locally we came 3rd place for wildflowers at the SCHS Autumn Flower Show.



Last month we started our Permaculture Design Certificate (PDC) course at Byron Court Primary School. We are a group of 30 people from all walks of life, engaging and enthusiastic to be part of the process.

Run by Susannah Hall and Kayode Olafimihan from Permablitz London, the day was not only educational but great fun! Starting with an ice breaker game which got us chatting to each other whilst trying to find out who had chosen the same favourite fruit. Bananas, apples, plums were top of the list. (We grow the latter two in the community garden, however may struggle with the first.)

Lunch prep in the school's spacious training kitchen was a coordinated team effort. The food delicious - baked potatoes with butter, cheese (vegan options), mixed salad and breads. There was absolutely nothing left of the hummus kindly made by a participant who is a vegan chef. We needed to get

up from our seats mid-afternoon to stretch out and get a coffee before Susannah briefed us about homework... A plant audit to establish what's growing currently in the space (trees, shrubs, climbers etc.) and starting to think about the design.

To take an ethical approach which incorporates Earth care, People care and Future care. To come up with a design for a garden, balcony, an allotment, or a green space within a public area. Looking at the existing natural habitat and adding elements to support flora and fauna and create a sustainable garden.



Susannah suggested we may want to ask ourselves: "What can we contribute, not just what can we benefit from?"

We are looking forward to our next session, provided we've done the homework!

Thanks for your continued support,

Eleri, Jo, Rishil and Iris

[Check our website \(see header\)](#)
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different size packs. Larger packs are often better value, but only if you are going to use it all.

9. Buy fruit and veggies that are in season

- Prices come down when there is a glut of any kind of food and, when it comes to fruit and veg, an extra bonus is that produce tastes much better when it's in season.

10. Bulk on Protein—

Tinned or dried beans and peas are a good source of protein and fiber. They also last a long time without spoiling. Look for specials at the meat counter. Buy meat on sale for big savings.

Plant proteins – like beans, lentils and tofu – are generally the cheapest way to get protein, and because they're lower in saturated fat than meat, they're a great choice for your heart health too.

Source:
www.bhf.org.uk

Salma Mehar
NHS Consultant Dietitian

SCHS Autumn Show



I attended the Sudbury Court Horticultural show last month; it was well attended. I was very impressed by the number of entries from the residents of Sudbury and Pebworth estates. There was one item that impressed me very much. It is a photograph of a full length ladies dress embroidered in cross stitch from head to toe in shades of one colour. I cannot imagine how many hours it would have taken to embroider the dress and wonder if it has ever been worn.

Sukaram Chopra



Some of the amazing exhibits from residents





Give yourself a break

Have you ever considered care in your or your loved one's own home as an option? Would you love to have some time away but don't know who would provide that same care to your family member if you took time out? Well, Home Instead Wembley regularly steps in to provide that care. We can give you peace of mind that someone will be there 24 hours a day. Even if you're only looking for that extra help for a couple of weeks, we can still help.

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An old saying comes to mind, **'you can't pour from an empty cup'**. The importance of selfcare when you're caring for relatives should not be underestimated. Your loved ones might rely on you daily to get them up, dressed and preparing proper meals. Maybe they need you there for company, to play a game of cards or do the crossword in the paper; but we're only human and everyone needs time to recharge. We're very good at just getting on with it, making it happen, taking the burden of responsibility and it doesn't have to be that way. There are always options and it's important we consider those options. Whether it's a short period of respite care to allow you to recharge your batteries or a longer term plan for live-in care that you're after, our team at Home Instead Wembley can talk you through all of the options.

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- An estimated 70,000 people per year have to sell their homes to **pay for 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

What did Spiderman do on the computer?
Made a website!!!

Why does Peter Pan fly around so much?
He Neverlands.

Man: Can I have the bill?
Waiter: Yes Sir, how did you find your lunch?
Man: With a magnifying glas.

Riddles

Sherman has a very big family. He has 79 uncles, 79 aunts and 57 cousins. Sherman's cousins have an aunt who is not his aunt. How is this possible?
Their aunt is Sherman's mom.

A bus driver was heading down a street in London. He went past seven stop signs without stopping, went the wrong way down a one-way street, and answered a WhatsApp message on his phone. But he didn't get fined. How is this possible?
He was walking.

What three numbers give the same answer when multiplied and added together?
1, 2 and 3.

Facts

- The name of the man on the Operation game is "Cavity Sam".

- Giraffes sleep for a little less than two hours a day.

- The word "dynamite" comes from a Greek word that means "power".

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

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