

The Community Magazine for the  
Sudbury Court and Pebworth Estates

January  
2023

# *The Courier*

93rd  
Year



# Free valuations for sales and lettings

# 2023

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## Five local offices

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# The Courier



**January 2023**  
**Number 243 (1,083)**

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

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Dear Neighbours,

Happy New Year! I do hope you were able to have some merriment during the Christmas holidays, maybe spending some quality time with your family and friends, perhaps taking time to relax and take stock of the last year.

Looking forward, I wish you a very healthy and happy 2023. Many people make resolutions at the beginning of a New Year. Often the resolutions don't last the full 12 months, so I gathered together some thoughts that you might find interesting (pg 13,) let me know what you think; perhaps you have some family mottos or sayings that you regularly use that you might like to share with the rest of us?

I found the BuyBrent marketplace recently—maybe some of you have already been using it. But it brings to mind, again, our local businesses that have had a really tough time over the last few years and how they need our support. It would also be good to tell us about local businesses that give you good service, maybe they'd like to advertise in The Courier?

Looking forward to hearing from you, and

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)  
Sergeant Steve Brown



Your neighbourhood police team would like to wish you all a happy and safe new year.

As we are still in Winter and it is dark in the evenings, can residents please be aware as they are travelling home from work, as there is an ongoing issue of male(s) on pedal cycles/mopeds riding up behind people and catching them unawares while snatching their mobile phones from their hands.

Be aware of your surroundings as you commute to and from work; do not keep your phone in your hands as you walk; don't have your music so loud that you can't hear noises behind you.

Also, burglaries are most likely to occur in the hours of darkness when residents are not at home. Keep your house alarms switched on and lock your porch doors; keep a car on your driveway and a radio on in the house, audible from the front door.

## What has your team been up to?

Over the past few weeks, I have been staffing up the response team and doing various other duties, which include being one of a number of officers who are ports of call for officers having difficulties with the new computer package that the Met is installing. I don't know why I was chosen for this role as I am useless at tech stuff but, anyway, it has abstracted me from my normal duties.

I am also working on a number of issues at Northwick Park Hospital (NPH) in relation to various addicts, who frequent the hospital to steal and are generally a nuisance in the hospital. In one recent incident, one of these males smashed open a door causing thousands of pounds of damage.

PCSO Charalambous is still on his patrols and visiting residents.

## The dangers of the internet – parents please discuss this with your children:

Having gone through the past month's crime

figures, there is yet another report of a young resident who was communicating online with who he thought is a female (in this instance through Snapchat.) The exchange became quite sexual and they exchanged nude photos and now the 'female' was trying to extort money from the young man by threatening to release his nude images to his network of friends online.

Over the past year, at least 10 young residents have been victim of this sort of crime, which is referred to as sextortion. Some victims of this sort of crime have been known to commit suicide as a result of it.

My colleagues who work in secondary schools are all too familiar with this – one teenager sending another intimate photos of themselves, which then end up being passed on amongst children in the school.

The sender of an indecent image of a child/person under the age of 18 is distributing child pornography; anyone involved in this is liable to arrest.

I would urge residents to speak to their children about the reality/dangers of sending, via the mobile/internet, any nude images of themselves or anything, including written text that could harm them in the future.

## Parcel thefts:

A resident had a delivered parcel stolen from the letter box area in a block of flats on the patch. Can I please suggest that if you are getting a parcel delivered and you're not going to be in, that you nominate a neighbour who can accept delivery of the parcel. I often get Amazon deliveries sent to a Pick up store or location, that way I can ensure that I get it safely.

And keep your porch locked. Even when you are at home.

## Overview of offences 4th Nov—4th Dec

**Burglary:** (i) Kenton Rd, 120s odds, 20/11 1900hrs – 21/11 1140hrs, large quantity of cash stolen from victim's room in shared flat; (ii) Byron Rd, 20s, 04/10 – 20/11, occupants away, someone checking the house found the rear reception room glass had been smashed and the house burgled; (iii) Sudbury Crt Dr, 70s odds, 22/11 at 1841hrs, police notified of alarm activation on, found rear patio door had been smashed and entry gained, house ransacked.

**Attempted Burglary:** (i) Elms Ln 20s odds, 17/11 2010hrs, neighbour heard noises and alerted police, police attended with dogs—it was later discovered from CCTV enquiries that two males had tried to gain entry via the front door, then shattered glass on rear back door, screwdriver marks found; they fled the scene.

**Burglary Non Residential:** (i) NPH 26/11 2220hrs male intruder in physiotherapy department, smashed door to exit the hospital.

**Theft of Motor Vehicle:** (i) NPH 24/11 0730hrs – 1730hrs, motorbike stolen, locks removed by thieves, found on the 26/11 outside Harrow Sports Bar, Northolt Rd and recovered.

**Attempted Theft of Motor Vehicle/vehicle tampering:** (i) Sudbury Crt Rd in 50s odds, 19/11 at 0723hrs, victim heard noises from driveway and found his 2018 plate BMW 530E car with the boot and driver's door open, two males tampering with his car, the resident shouted and the males ran off, a believed attempt to steal the car.

**Theft from Motor Vehicle:** (i) NPH 05/11 1500hrs – 1600hrs, front number plate stolen from 2012 plate VW Polo; (ii) Pasture Road in 50s evens, registration plates stolen from 2016 Range Rover.

**Attempted Theft from Motor Vehicle:** (i) Churchill Avenue 50s evens, 03/12 0001hrs – 0730hrs, in the morning, victim found that the contents of the glove compartment of her car, a 2010 Ford Fiesta, was scattered about, believed attempt to steal from the car.

The reporting methods: **999 for an emergency situation** – immediate risk to personal safety or that of property, if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume). **101 for a non-emergency situation** where a crime has been committed and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – [www.met.police.uk](http://www.met.police.uk)

## OWL—Online Watch Link

We use the OWL to send out alerts to residents about local crimes and other information of benefit. Please register at [www.owl.co.uk](http://www.owl.co.uk) or download the OWL mobile app (search for "OWL crime alerts") - this is a FREE service.'

The various residents' WhatsApp groups receive the same alerts. (please email: [membership@the-scra.co.uk](mailto:membership@the-scra.co.uk) for details)

*Please consult the websites below for more crime prevention tips or if you do not have access to the internet, perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.*

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

**020 87212 969** or **07920 233 752**

[northwickpark.snt@met.police.uk](mailto:northwickpark.snt@met.police.uk)

## Useful numbers:

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

For non-emergencies, ring **101**

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

## Useful websites:

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

[www.met.police.uk](http://www.met.police.uk)

[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

[www.cifas.org.uk](http://www.cifas.org.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)

## Protecting your wealth and loved ones

- Everyone should have a Will, but 2 out of 3 people have not yet made one, and those that **have may not have the correct Will** in place.
- If you own a business or share of a business, your spouse/partner and children may not necessarily inherit your share.
- An estimated 70,000 people per year have to sell their homes to **pay for care**.
- Effective planning can also protect the **inheritance of future generations** from **divorce or separation** settlements.
- By setting up **lasting powers of attorney**, you can rest assured that your finances and personal welfare are in safe hands.

**In association with Countrywide Tax & Trust Corporation Limited, I provide a professional, tailor-made service to help individuals safeguard assets, regardless of their value and protect their loved ones.**

My decision to get involved in Wills and Estate Planning was a result of personal experience. I learnt first-hand how unpreparedness adds to the stress of dealing with long-term illness and death. Get in touch for advice that can guide you to make informed decisions that suit your needs.

**For more information visit: [www.personalestateplanning.co.uk](http://www.personalestateplanning.co.uk)**

Judy Bonfanti FCCA, STEP Affiliate

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## Councillor's Comments

Cllr Diana Collymore - Northwick Park Ward  
Cllr.Diana.Collymore@brent.gov.uk 07717 695 625

Northwick Park Ward Councillors are fighting to get your Highways, Pavements and Environmental issues resolved as quickly as possible. While there are delays because of the heavy backlog of works that should have been carried out when Covid-19 impacted services, many of these works are now underway.

### Winter Service

Council officers check the weather forecast multiple times a day, 7 days a week. With all gritters fully serviced and loaded, 326 filled grit bins and a full salt barn, the borough is ready for any sudden change in the weather. What's more, Brent is continuing to use new hybrid gritters, replacing electric batteries with hydraulics and cutting their carbon footprint.

### Council Support Funds

Household Support Fund (HSF) Brent was awarded a further £2,781,222.28 from the Department of Work and Pensions (DWP) to support residents in the second half of the financial year. Brent's agreed approach is to use these funds as follows:

- **Free School Meals:** Households with children who receive free school meals during term time will be awarded £15 per week per child during school holidays. This support is also awarded to households with children aged 0-4 who would receive free school meals if the child were of school age. This covers 6 weeks in total - October half-term, 2 weeks at Christmas, February half-term and 2 weeks in Easter 2023.
- **Food banks:** A contribution of £120,000 to Brent's network of food banks.
- **Support to disabled people:** £50 post office vouchers to be sent to Housing Benefit claimants recorded as disabled.
- **Housing Benefit Only:** Residents who have not received £650 from DWP but are on

Housing Benefits only will receive £650 support.

- **Resident Support Fund:** £800,000 of the HSF fund has been allocated to the Resident Support Fund (RSF). The RSF scheme continues to attract a significant amount of applications from residents struggling with the increasing cost of living. Changes have been made to ensure that the remaining funds can be effectively used to support as many residents as possible.

Grant applications will have a cap of £1,000. This is going to be retrospectively applied to any outstanding applications yet to be decided.

Grants will no longer be made for repayment of credit card or store card debt, but a referral to the Credit Union will still be offered.

Support for white goods will be capped at £400 per application.

- **Additional support:** This includes emergency support with food and utilities, an affordable warmth scheme and advice and support for residents with benefits, housing, debt and other issues.

### Northwick Park Community Skip - Spring 2023

The Autumn 2022 Community Skip Campaign was more popular and successful than ever before, with Brent residents depositing 58.4 tonnes of bulky waste. **The next scheduled date for the Northwick Park Ward is Sunday 19th March 2023 (2-4pm).** If residents have a location you'd like to suggest, please put it forward and it will be assessed for suitability.

Warm wishes for a happy and healthy 2023.

### NB

There will not be a Councillor's Surgery in January

# Is New Year a time for you to start something new?

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

Happy New year to all. I hope you've all had a wonderful time with your families and friends and come back refreshed and ready to take on 2023.

This year I'd like to launch my Health & Wellbeing Service based on the interest and skills I have acquired over the past few years. When I hit 50 (several years ago), I realised it was time to take control, lose weight, get healthy and improve the quality of my life. So I began to study a range of disciplines, including nutrition, natural health, psychology, and more.

After recovering from Covid at the end of 2020, I decided it was time to practice what I had learned and, during 2021, I implemented a series of steps. In one year, I lost over 10 KGs

without changing the volume of food I eat or adding exercise.

During 2022, I started helping my patients and the encouraging results have motivated me to expand this into a service to help more people.

So, if you have entered 2023 determined to lose weight and get healthy and you would like to learn more about my program, please call me at 07801 107 271 for an informal chat.

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



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# SCRA Update—Pareet Shah, Chair

I hope you had a wonderful Christmas time with family and friends.

Our last meeting of 2022 on 7<sup>th</sup> December and here's a little update

**1. New volunteers.** As mentioned last month, we are pleased to see many of our younger residents who have been helping with the delivery of the Courier, and we now have a volunteer helping with administrative tasks by taking meeting minutes. We are very grateful for all the help we receive.

**2. Courier costs.** Printing costs have increased sharply over recent months and will continue to increase in the new year. We are currently looking into different options, more information as we have it.

**3. Courier deliverers.** Without our small army of resident volunteer deliverers, your Courier wouldn't reach your letterbox every month and we are extremely grateful for their efforts. If you are interested in helping out in the new year (even if just on a temporary basis), please email

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

**4. Aura Lounge.** Sadly, there was a fatal stabbing on 30<sup>th</sup> October at this Harrow Road venue. We understand that the premises is having a licensing hearing and we will update when we have more information.

**5. Ward Panel meeting.** Our Ward Panel is a group formed by our Northwick Park Safer Neighbourhoods Team and local residents. This is an important group and sets crime prevention priorities by examining the Ward crime profile, feedback from a variety of community engagements and research by police and partners. The Northwick Park Ward Panel is looking to enrol new members and an open meeting has provisionally been scheduled for the afternoon of Saturday 4th February (please note that this date may change) at St Cuthbert's Church. Further details will follow but please pencil this in and try to attend as these meetings are very informative.

**6. Essential gas main works.** Cadent are due to carry out essential works involving replacement of the gas main on Carlton Avenue West (between The Fairway and Nathans Road), Langham Gardens and part of Nathans Road. At the time of writing we do not have a timeframe, but this is likely to cause disruption on these roads. We will update you when we have more information.

**7. Speeding.** We've received reports of speeding by local residents on Pebworth and surrounding roads. Please drive safely on our roads, and keep them safe for your neighbours—pedestrians, cyclists and children.

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(9am-5pm

Tuesday,

Thursday, Friday)

Somewhere it is summer!

It's hard to believe, but as we enter into the heart of winter, other places in the world are in the height of summer. As we shiver in the cold winds and fear to put on the heating because of the cost, in other regions of the world they are bathed in light as they experience long, very bright, beautiful, hot sunny days.

In November just gone I went to Australia. I was invited to conduct a wedding, just as our winter began and Australia's Summer started. I had a wonderful time. Weddings are such special occasions to be a part of and very special to preside at. The bride was the daughter of close friends I had met many years ago who ended up living in Perth, Australia.

As I spent time there, I was struck by the seasonal contrast that exists on the two sides

of the world. It led me to reflect on how easy it is for us to forget that the circumstances we find ourselves in will change. Our winter will turn to summer as we allow the normal process of time to progress through the seasons. The poetic notion of Winter - Its coldness, sparsity, and sadness, is used to describe a period in life for a set time. CS Lewis in his book *'The lion, the witch and the wardrobe'* describes the land of Narnia as a land forever in winter, but never Christmas. The joy and hope of life being stolen.

The gospel (good news) is a message that reminds us that a glorious perfect Summer will be ours to enjoy for eternity. May our hearts be filled with expectation and hope for what the future truly holds.

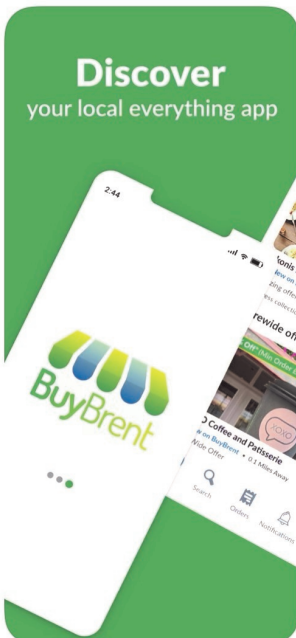
John 16: 20 Jesus said, "...your sadness will be turned to Joy".

Rev Trevor Goddard

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## Shop and Visit Local - there's an App for that

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Supporting local businesses is so important, and especially in these difficult times. Use them or lose them.

BuyBrent is a marketplace connecting people with everything local.

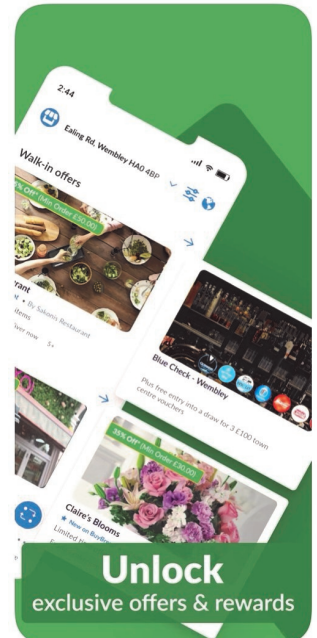
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# New Year, New Perspective

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It can be easy to feel negative about how things appear to be—sometimes, simply looking at those things from a different perspective can change the way we feel about them.

“This is a new year. A new beginning. And things will change.”

— Taylor Swift

“Every moment is a fresh beginning.”

— T.S. Eliot

“Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.”

— Douglas Pagels

“This is not the beginning of a new chapter in my life; this is the beginning of a new book! That first book is already closed, ended, and tossed into the seas; this new book is newly opened, has just begun!”

— C. Joybell

“The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose.”

— Arnold Bennett

“Stay away from what might have been, and look at what can be.”

— Marsha Petrie Sue

It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.”

— Germany Kent

“Your present circumstances don’t determine where you can go they merely determine where you start.”

— Nido Qubein

“The beginning is the most important part of the work.”

— Plato

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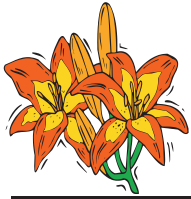
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# CALLING ALL GARDENERS

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Membership : Robert Smith - [rts8904@gmail.com](mailto:rts8904@gmail.com)  
Follow us on Facebook - Sudbury Court Horticultural Society



It's never the most glamorous month for gardeners, but it is a good time to give your lawn mowers a basic service or take it to a dealer for maintenance, while it's not in use. Find an hour to clean and sharpen your tools, including hoes, secateurs and shears. Remembering to spray metal tools with oil. Fortunately, we are lucky enough to have the well experienced servicing centre, Gayways, on Watford Road. They are very knowledgeable, welcoming and have been servicing the local community since 1975. Well worth a visit if you haven't done so for a while or are new to the area.

If you still have an itch to work, and the weather is kind, you can remove debris from gutters so winter rain can fill up your water butts, and plant bare-root roses and shrubs so long as the ground isn't frozen. Looking ahead you can order seed potatoes, onions, shallots and garlic bulbs for planting in spring.

Snowdrops are coming into season with the average Snowdrop's first flowering date in the UK being the 26th January. Look out for them in parks, gardens, woodland and meadows, and alongside roads and riverbanks. Should you see any earlier, you might

consider posting your findings to Nature's Calendar, which is all about phenology - the study of seasonal changes in plants and animals from year to year. Take a look for yourself:

[www.naturescalendar.woodlandtrust.org.uk/](http://www.naturescalendar.woodlandtrust.org.uk/)

Winter can, of course, become tiresome, especially being indoors more than usual. Taking walks in nature is a fantastic way to improve your physical and mental health. Kew Gardens has a program of relaxing walks designed to be accessible for people living with dementia. For more information, email [discovery@kew.org](mailto:discovery@kew.org) or phone 07341 114 533.

It's a tough time for our wildlife and birds too. Top up bird baths with fresh water daily and melt ice with warm water on frosty days.

No trips, shows or events are planned but if you have any recommendations we are always keen to try something new. We do have a vacancy for the Society Secretary though and would welcome an extra pair of hands to help with monthly meeting minutes and general light duties.

Tim Manson, SCHS Chair  
[schs.timm@gmail.com](mailto:schs.timm@gmail.com)



## Good Neighbours make Great Volunteers

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

If you are interested in there being more regular social events or get-togethers for residents, please come and help us organise them!

[secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk) or contact the SCRA phone on **07933 958 166**



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# Northwick Park Community Garden

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

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## What A Year!

A new year is a good time to take a look back at all that has happened during 2022 in the Community Garden.

It was a huge relief to finally be able to get back to a semblance of normality following the Covid lockdowns and restrictions. It meant that once again we could plan gardening events and not have to worry about needing to cancel at the last moment due to rule changes, or limits on numbers.

One of the highlights for us was being able to hold our Annual General

Meeting in person once again. We met at The Windermere Pub in late March, thanks again to Noel the landlord for the use of the function room, and held a lovely community seed swap before the meeting started, with lots of wonderful vegetable seeds kindly donated by Franchi seeds in Harrow, together we had many varieties of vegetable and flower seeds from our volunteers. There was so much positive feedback from our amazing volunteer team, and many ideas about workshops and events that could be held in the garden during the following year.

One such workshop was "What Can Be Harvested From The Garden" which was held on Sunday the 10th of July, where attendees were shown all the different edible plants being grown in the garden, and how they might be cooked. We also enjoyed a variety of herbal teas made on site with some of the plants. This was also the day that we had the judge visiting from the London In Bloom competition - talk about a busy day! Delighted to say that the Community Garden was given a grading of

Outstanding, the highest possible, which is a huge reflection of all the hard work, love and dedication which our fabulous team of regular and occasional volunteers give to the garden.

We were so happy that we could also, after a long delay due to Covid restrictions,

start our Permaculture Design Certificate (PDC) Course, which is held at Byron Court Primary School, in which the trainees are learning the skills to be able to create permaculture gardens in their own homes or local spaces, meaning more productive, environmentally

sustainable and biologically diverse growing spaces. This course will run through until June of this year.

If during 2023 you are looking to get more active, improve your local public spaces and learn some new skills then please do consider volunteering at the Community Garden, you would be most welcome, and do not need any gardening experience. To find out more email us or join our mailing list via our website (see details above) and also consider following us on Instagram and/or Facebook as we regularly post about upcoming events.

We wish everyone a happy and healthy 2023!

Eleri, Jo, Rishil and Iris

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

funded by Brent Council NCIL





# Depression and Loneliness

One of the questions I get from families often is  
*"How can I get help for my loved one when they don't want it?"*

## Don't dismiss *symptoms*

If your family member or loved one is not eating regularly or loses interest in activities that used to give them pleasure, it could be depression.

## Talk about how they feel

CAREGivers can help by recognising the significance of talking by asking how they feel. It is important to hear them out and listen to their emotions. Listening to others offers direct comfort and support.

## Look for subtle *signs*

'I am not sad or lonely...!' parents don't want to burden the family. Instead they show signs of distress by wringing their hands excessively, getting agitated or having difficulty sitting still.

## Recognise depression as an *illness*

People can be so sick with depression that they can't get out of bed. Avoid making them feel guilty by telling them to get out more or pull themselves together.

## We can *help*

Ask for support, be it advice on how to make subtle yet significant changes at home or assistance with care at home.

## Popular British Flowers

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- Daffodil
- Sunflower
- Orchid
- Carnation
- Bluebell
- Freesia
- Daisy
- Foxglove
- Magnolia

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And here is a shout for anyone struggling  
with New Year Resolutions—  
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## MONDAYS:

11am-2pm Memory Lounge Dementia Group  
3-6pm Library Open (Book Club every 1st  
Monday of month from 4-6pm)  
7-8pm Yoga (£7)

## WEDNESDAYS:

10.30am-12.30pm—Knitting Social Group  
1-3pm—Art Group  
3-6pm—Library Open  
7.30—8.30pm Yoga (£7)

## SATURDAYS:

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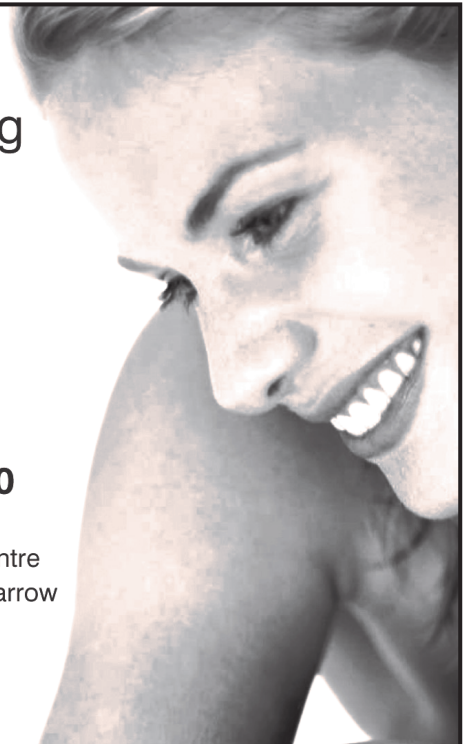
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# Kids' Page

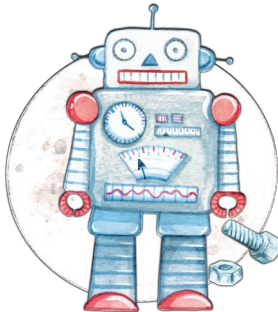


Hi,

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 10) and Saniya Zaidi (aged 6)



## Jokes

**What did the baby corn say to the mother corn?**

**Where's pop corn?**

**How does the Moon cut his hair?**

**Eclipse it!!!**

**Why don't other shapes talk to circles?**

**There's no point!**

## Riddles

**What kind of band never plays muzic?  
A rubber band.**

**There's a one-storey treehouse in which everything is purple. Purple doors, purple floors, purple furniture. What colour are the stairs?**

**No colour - there are no stairs (it's a one-storey treehouse!)**

**What can't be put in a saucepan?  
Its lid.**

## Facts

- *Super Mario Bros.* (1985) is the second best-selling video game of all time, as the first is *Wii Sports* (2006).

- **The loudest human snores are louder than a jackhammer.**

- **The first robot debuted in 1961 and worked in a General Motors automobile factory.**

- **There are about 700 different Bazooka Joe comics.**

Did you spot the deliberate spelling mistake? ;

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