

The Community Magazine for the  
Sudbury Court and Pebworth Estates

February  
2023

# *The Courier*

93rd  
Year



# Paxford Road

One of many **SOLD** by Daniels this month in the Sudbury Court Estate. There is still a strong demand Thinking of Selling or Letting ? Call for a free valuation.

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# The Courier



**February 2023**

**Number 244 (1,084)**

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

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Dear Neighbours,

As Spring starts knocking, it'll be good to hopefully leave some of the grey skies behind—here's to a bit more blue, and before you know it the blossom will be on the trees.

And here we are announcing the winners of the Christmas Lights competition. I'm always a month behind because of preparing The Courier—and it only shows itself to you, dear neighbours, when it comes to talking about Christmas lights in February! Anyway, check page 13 to see Secret Santa's report and announcement. And if you are one of the lucky winners, please do email Pareet (with proof of address) at [chair@the-scra.co.uk](mailto:chair@the-scra.co.uk) and he'll organise sending you a little Happy New Year prize payment.

If you're able to attend the Safer Neighbourhood Team's event on the 11th (see pg 6 for details,) it might be your first opportunity to catch up with neighbours and re-acquaint yourself with our SNT. I'm sure they'll be able to any questions you might have. I hope to go myself, so, fingers crossed, I'll see you there.

Keep safe, warm and well.

Until next time,

*Kaye*

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### **Features:**

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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



Firstly, we would like to invite you to our community event on the 11th February. (see page 6). We look forward to seeing some familiar faces, and maybe meeting some new ones. We have a fascinating guest speaker, recently retired from the Emergency Response Team, with tales of his exceptionally long service in both the UK and Jamaican Police Service. See you there!

## Ward Boundary Changes

The ward boundary changed last year and, consequently, there are areas that used to be in Northwick Park ward area that no longer are.

Basically, Northwick Avenue, Rushout Avenue, Churchill Avenue and the section of Kenton Road from Kenton Tube station to Northwick Park roundabout is no longer in Northwick Park ward area but is now in Kenton ward and covered by their Safer Neighbourhood Team (SNT). Northwick Park SNT now covers the section of the Watford Road from the Shell to East Lane including Stylecroft Gardens. A map of Brent wards and constituencies is available on the Brent Council website and influences what policing team residents need to contact if any issues local to them arise, and also includes details of who their Brent Councillors are.

## Crime Trends:

### Car jackings

Although it hasn't happened in our area (Northwick Park Ward) there have been a number of car jackings throughout the North-west area over the last few months – thieves threatening motorists with weapons and stealing their cars.

The cars stolen tend to be high end cars and stolen as the drivers have parked up.

Some have been robbed as drivers have parked up during the school run. Please be cautious as you park up, the males involved in this type of crime are late teens or early 20s; some motorists have been threatened with knives. Be on the lookout for suspicious behaviour as you get ready to leave your car; lookout for males loitering for no apparent reason. If you notice anyone hanging around, do not get out of your car, keep the engine running and ensure that your car central locking is on.

Having mentioned this, it is as a suggestion to be aware, it is not happening every day of the week and is quite rare.

### Aggravated Residential Burglaries:

Similarly, this type of offence is quite rare but a spate of these offences have occurred recently in the Pinner area, although generally the figures are quite low.

Those involved tend to be white masked men who break into people's houses through the front door, threatening the occupiers with weapons for the family jewellery – the households targeted are mainly Asian, and the offences have occurred in the evening after 1700hrs, and generally in hours of darkness. Even though quite rare, it is good practice to set your house alarm on a partial set, in hours of darkness in particular, and also to double lock all doors to the outside.

Install good quality locks on your windows and doors, doors to the exterior should be locked with at least two locks. A London bar is also advisable as re-enforcement of the lock.

### Speeding on the Sudbury Court Estate:

Police continue to receive complaints from residents in relation to speeding in the Sudbury Court Estate. By and large, the general

culprits are residents themselves. If I receive a complaint of speeding I will look into it, make enquiries into the registered keepers of the vehicle, and make contact with them. Speeding kills.

Residents are reminded that the speed limit on the Sudbury Court Estate is 20m.p.h please adhere to it.

## Overview of offences 8th Dec– 10th Jan

### *Burglary Residential:*

(i) East Lane in 240 evens, 19/12 0930hrs rear conservatory door smashed open, unknown what exactly taken, suspects believed to have made off in a cream transit van; (ii) University of Westminster Halls of Residence 10/12 – 18/12 safe broken into in room, room accessed somehow.

### *Theft of Motor Vehicle:*

(i) Peel Road near 80s evens – 04/01 2330hrs, Fiat Abarth stolen 2017 plate; (ii) Northwick Park Hospital – 09/01 1300hrs, owner has had his vehicle collected from hospital by mechanics believed found on internet, when he had tried to contact company following this, he couldn't; (iii) Oldborough Road – near 20s odds, 09/12 1430 – 1615hrs, 2016 Ford Tournea MPV stolen; (iv) East Court – in 40s evens, 23/12 2130hrs – 2220hrs, 2014 Toyota Avensis stolen subsequently found on East Lane by owner.

### *Theft from Motor Vehicle:*

(i) Pebworth Road 20s evens, 07/12 0305hrs various items stolen from unlocked VW Coupe; (ii) Carlton Avenue West in 100s odds, steering wheel stolen from locked BMW 220D 2018 plated, no sign of damage to exterior of the car; (iii) Abbotts Drive in 60s odds, 31/12 0200hrs disabled badge stolen from car which was undamaged.

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)

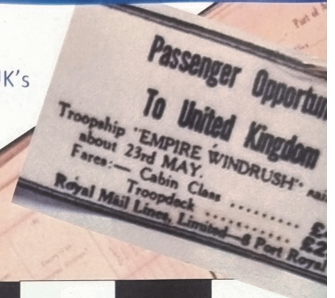
[www.direct.gov.uk](http://www.direct.gov.uk)

# NORTHWICK PARK SAFER NEIGHBOUR HOOD TEAM

Invite You to our Community event,  
**1-3pm 11th FEBRUARY 2023 St Cuthberts Church,  
214 Carlton Avenue West, Wembley, HA0 3QY**

## Come and meet our guest speaker.

Recently retired PC Ian Smellie holds the accolade of being the UK's oldest fully operational Police Officer. He retired from the Emergency Response Team at the age of 68. He has fascinating accounts of his time in both the UK and Jamaican Police Service.



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## Councillor's Comments

Cllr Narinder Bajwa - Northwick Park Ward  
[cllr.narinder.bajwa@brent.gov.uk](mailto:cllr.narinder.bajwa@brent.gov.uk) 07717 695 697

I wish you a Happy, Healthy and safe New year 2023.

### Cost of Living Crisis

This will be with us from some time, and with energy bills increasing a further 20% from April I would like to give you some suggestions to save energy:

**Reduce Heat Loss**—seal up gaps around doors and windows to keep the heat in.

**Turn off lights**—turn off lights when you leave a room.

**Switch off Standby**—turn off appliances at the plug when not in use.

**Speed up your showers**—swap baths for 4-minute showers.

**Wash and dry smart**—use your washing machine on a 30-degree cycle and aim for one less wash load a week. Avoid using the tumble dryer and air-dry clothes instead.

**Be savvy in the kitchen**—avoid overfilling the kettle. Fit an aerator onto your kitchen tap to reduce the amount of water used without affecting washing or rinsing.

### Telecomms Installation, East Lane opposite Wembley High

Brent Council received an application: Prior approval for proposed telecommunications installation of 15.0m Phase 8 Monopole C/W wrapround cabinet at base and associated ancillary works on pavement of East Lane, Wembley, opposite Wembley High Technology College.

I have objected to the Application. Consultation ended on 20th January. I will update you further in due course.

### East Lane: Off Street Controlled Parking (OSCP)

The next phase of the project to introduce off street-controlled parking (OSCP) has now been completed and we will be ready to start enforcement in the new year.

Part of the delay has been an issue regarding virtual resident permits which was promised as part of this process. Unfortunately, our supplier is changing systems and will not

be able to provide virtual permits until March 2023. What this means is that you will only be able to apply for paper permits for now, which will be posted to you, or you can collect in person from our permits team office if you wish. Visitor permits will be virtual and can be applied for through RingGo.

### Applying for Resident Permits

(Where there are resident parking bays)

- The payments for these permits will be processed online via debit or credit card; there is also the option to pay for these permits by cash, cheque or postal order.
- Brent Parking line 020 8290 8300 followed by option 3 and 1 for the permits department.
- via email at [Brent.Permits@serco.com](mailto:Brent.Permits@serco.com)
- Monday to Friday 9am to 5pm.
- Resident permit costs - £50.00 per year, per vehicle – maximum 2 vehicles per household.
- These are paper permits and will have to be displayed on your vehicle once received.
- Blue badge holders are required to apply for resident permits to ensure our eligible residents are prioritised for the estates disabled parking bays.

### Applying for Visitor Permits

- Visitor permit costs - £1.65 for two hours; £3.30 for four hours.
- Residents are allowed a maximum of 2 visitor bookings a day. Full terms and conditions available as above.

Parking enforcement for the new scheme was scheduled to be in place in January. Full details on the Brent website.

Any parking issues need to be addressed to our housing team on 0208 937 2400 or via email. [housingmanagement@brent.gov.uk](mailto:housingmanagement@brent.gov.uk)

### COUNCILLOR'S SURGERY

4th February

St Andrews Church , 956 Harrow Road  
Wembley HA0 2QA.

# Why Reviews Matter



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

When it comes to trusting someone to support you through healing, support or care, Google reviews are a reliable and trusted source to check that you're going to be in good hands.

Reviews from previous customers are an excellent way to check credibility honesty and hear other people's experiences before making up your mind.

At the Foot Comfort Centre, we understand the importance of delivering excellent foot care to our customers. We strive to provide the best possible service and experience so that our customers can look after their feet with confidence and comfort.

It's no surprise, then, that to date we have achieved 123 Google star reviews awarding us 4.9/5.



We work hard to ensure that our customers are satisfied with all of our services and that they have the best possible experience when they visit us.

We continue to pride ourselves on providing:

- Excellent customer service.
- Offering a wide range of services to meet customer needs.
- Listening to customer feedback and using it to improve their service.
- Responding to customer queries quickly and professionally.
- Ensuring that all staff are friendly, supportive and knowledgeable.

At the Foot Comfort Centre, we understand the importance of delivering excellent foot care to our customers. Our team of experienced professionals are dedicated to providing the best service and experience so that our customers can look after their feet with confidence and comfort.

We are incredibly proud of all our reviews and the trust that our customers have in us. We will continue to work hard to ensure that we deliver the best possible foot care and service to all of our customers in 2023. 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

Hello everyone.

We don't have a committee meeting in January, but there are a few things to report.



**1. Benches** I'm pleased to report that the 3 worn-out benches along The Fairway have now been replaced. We had chased this up with the council several months ago and, despite local financial pressures, we are very grateful to Brent Council for replacing these. We understand that the previous benches were installed when the estate was originally built which, if true, means they were approximately 100 years old and have earned a well-deserved retirement!



**2. Serious crashes** Unfortunately, over the Christmas period, there were several collisions in the area, resulting in an injury and severe damage to street furniture:

- East Lane (1<sup>st</sup> January) a driver collided with the Belisha Beacon in the pedestrian island of the zebra crossing outside Wembley High Technical College. This was repaired a few days afterwards.

- East Lane at the same location (2<sup>nd</sup> January) a moped rider was reportedly involved in a collision with a car driver. Emergency services attended, we are unsure as to the status of the moped rider



- Watford Road (2<sup>nd</sup> January) The crossing call button assembly and railings on the northbound carriageway near Carlton Avenue West were destroyed by what appears to be a crash with a car driver. The assembly had been repaired after a few days, but the railings were still strewn across the pavement at time of writing.



Numerous residents contacted us with concerns about these incidents due to the dangers posed and the repair costs incurred, which are often borne by the taxpayer. We have contacted the council to look at solutions to prevent such crashes.

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## Silent night holy night

I wonder what your internal dialogue is doing at the moment? It is said that 96% of people talk to themselves and 25% talk to themselves out loud. I confess I am one of those 25%.

It tends to be in those moments of frustration that we hear ourselves more vividly and colourfully engaging in that internal conversation. The times when we are convinced we're right and everybody else is wrong, and those times when the right words have failed us. Then we rehearse in our heads those things we would love to have said. We tell ourselves, 'I will make sure I say this or that the next time,' but the time has gone, and all those wonderful words of wisdom that we have internally rehearsed and prepared for are forgotten. This is a good thing because we would probably only have elongated

conflict and cause our mental well-being to deteriorate in the process. Being able to forget and move on is a wonderful thing.

To have the experience of being at peace with oneself is so important, enjoying times of silence when we are not only in a quiet environment but in an internally quiet space of pure peace.

I regularly visit a monastery on the Isle of Wight and spend time just sitting in the chapel in peace and quiet. For me there is no place quite like this chapel. I have found here a sense that God is truly in this place. In Celtic Christianity it is believed that there are places that are known as 'thin places.' Places where heaven and earth meet. In these places the presence of God can truly be felt.

Psalm 46 tells us, "Be still and know that I am God".

Rev Trevor Goddard

## 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**.
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## Secret Santa's Christmas Lights Update

It was a cold but clear evening when I set off with my reindeers to make my holiday deliveries. It was lovely to see so many houses festooned with light and colour both inside and out.

Once again Spencer Road was awash with different coloured displays ranging from shooting stars, birds and santas.

Many houses had decorated their trees with lights and several adorned their windows and porches with varying displays of lights and decorations.

The Green on the Pebworth Estate was bright and welcoming.

West Court and Shelley Gardens provided a magnificent display for visitors and residents during the festive season.

A particular mention also goes to Norval Road with their fabulous exhibits.

37 Pasture Road caught my attention for it's nativity scene in their front porch together with their displays outside.

So many had made a great effort that it was really difficult to judge. However, after much deliberation, my helpers and I decided . . .

**1st 37 Pasture Road**

**2nd 19 Shelly Gardens**

**3rd 60 Norval Road**

A big thank you to everyone who decorated their homes so beautifully.

Wishing you all a healthy and happy 2023

- Secret Santa and his reindeers Ho! Ho! Ho!



(winners: see pg 3)



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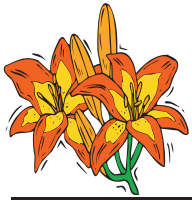
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Follow us on Facebook - Sudbury Court Horticultural Society

“To plant a garden is to believe in tomorrow”  
- Audrey Hepburn

. . . And with Spring around the corner, this is the perfect time to review your planting schedule for the year ahead. Reflect on what worked well and what didn't quite go to plan. Look through seed catalogues and research any new plants that you might like to try. For the society, we had no Chrysanthemums last year and we will

be seeking out advice on growing this species in the hope that we can have new entries worthy of judging.

If you have spare time to work in the garden, Ivy and hedges can be cut back but don't leave it too long and be sure to check for any nesting birds. Disturbing nesting birds is illegal, so do be mindful of our fine feathered friends.

No garden? No problem. House plants are a great option to add foliage in your life. Not only do house plants look great they are also beneficial to boosting wellbeing and reducing stress. There are many good suppliers in the area and online. If you are buying fully grown plants they can be expensive but with a little care and time modestly priced smaller plants can be nurtured and grown.

For those of you with more ecological ambitions for 2023, you are not alone. According to RHS reports, planet-friendly gardening is

on the rise as gardeners look for new ways to save water, encourage wildlife and find sustainable ways to improve soil. Peat free and seed free mulch is a good choice in this regard and can generally be located with a little research online. Apsley Farm is a good place to start.

We resumed our monthly meetings in January following the AGM where it was announced that Robert Smith will step back from active duties but will offer executive support in his new role as the society's Vice President, and fittingly Pat, Lynn, Christine, Susan, Diana, June, Valerie, and David were all made Honorary members for their continued support and help afforded to the society. We thank them for all the years they have contributed and long may it continue.

As we prepare for 2023 we would like to recruit some younger members to help in the setting up and packing away of tables and chairs at the shows. It would require you to be available for a few hours at the beginning and end of the day a few times a year. An ideal role for anyone who is fit, loves helping out, enjoys being around plants and meeting members of the community. We also have a crucial vacancy for Society Secretary, if you would like to volunteer for this role please contact me directly.

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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One way to navigate the current economic climate and the cost of living is by supporting each other and growing crops as a community to make meals go further. Without putting ourselves under pressure, let's grow what we grow best!

Essentially, if each of us grows two things, we grow collectively with the aim to share the produce with each other.

Gardens, allotments, balconies or window sills are perfect places to grow fruit, veg or herbs at different seasons. Some people may have more time, energy and experience to grow food than others. It's about getting in touch with like-minded people and leveraging each other's skills.

The key objective is sharing with other people. There are websites where you can share surplus food such as Olio (<https://olioex.com/>). The community garden has a WhatsApp group – if there is anything you would like to share or swap, i.e. seeds, as we start this year's growing cycle, send us an email with your mobile phone number and we'll add you to the group.

A few of our community gardening group are taking the Permaculture Design Course. Sessions, held at Byron Court Primary School. As part of the course, we are designing and planting up two green spaces/sites for the school. One space has a few raised beds with capacity for additional plants. The other space is pretty much a blank canvas. As part of the design, we are looking at climate and weather patterns that

may influence these sites and soil conditions. We can then use the designs we produce for the school as a template to design individual green spaces.

According to Susannah Hall our wonderful course leader: "Soil is a medium comprised of soil particles, organic matter, water, air and living organisms, all of which are important to the overall health of the soil and the plants that grow in it."

Our homework over the festive season was to conduct a soil test. It was a great collaborative effort. Taj kindly hosted us at her house. We took samples of two places in the garden which Taj is designing as part of the course. Shaping the soil into a 'ribbon' triggered some giggles – look closely at the photo and the content of the tray and you'll see why. One sample turned out to be clay loam and the other a silty clay loam, possibly as Taj had previously added sand in the place of the latter.

We shall keep you updated on our designs and hopefully share before and after photos of the green spaces we are designing later this year.

We hope the new year started well for you.

Best wishes,  
Eleri, Jo, Rishil and Iris

Check our website (see header)  
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# What is *Live-in Care*?

**Live-in Care** services is when a **CAREGiver** resides in your home to provide care and assistance. One of the significant advantages of a live-in **CAREGiver** is that it is a safe alternative to other types of care and offers peace of mind that someone is readily available should the need arise. **Live-In Care** works on a 10 hour average daily agreement with a 2 hour break - this can be covered by another Home Instead **CAREGiver** if needed.

**Live-in Care** is a safe and affordable alternative to a residential care home that gives you control over **your** care, bringing you consistent, one-to-one support in the comfort of your home.

## What is *Home Care*?

Home care or domiciliary care is where a **CAREGiver** will visit your home for a minimum of an hour a day, as little or as often as required. Home care is a great option should your loved one need additional help around the house, companionship, or other tasks that can be completed within the time the **CAREGiver** is visiting.

## Is *Live-in Care Safe*?

**Live-in care** is one of the safest options available. The risk of infection from outside your home is reduced when you have a **CAREGiver** reside with you. Other care options typically have multiple healthcare professionals coming in and out of the house.

Our most important priority is to keep you as safe and shielded as possible while enjoying a higher quality of life from being in the comfort of your home.

## *Live-in Care* Vs. Home Care

Living at home means staying in familiar surroundings and maintaining those daily routines that might not be possible in residential care.

The best way to get a complete understanding is by speaking with a member of our team who will happily go through all of your concerns and requirements to help you decide on the best solution for your loved one. Please call us on **0208 022 4590** to discuss the options.

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Dementia Care

Live in Care



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1-3pm—Art Group  
3-6pm—Library Open  
7.30—8.30pm Yoga (£7)

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# Kids' Page

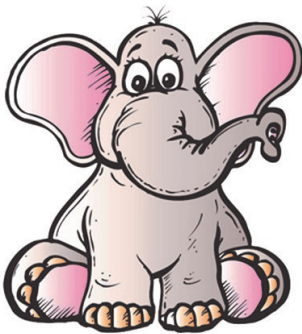


Hi,

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 one volcano say to the other?**  
I lava you!

**How do all the oceans say hello to each other?**  
They wave!

**Why are ghosts bad liars?**  
Because you can see right through them!

## Riddles

**Three men are in a boat. It capsized, but only two got their hair wet. Why?**  
One man had no hair!

**What has to be broken before you can use it?**  
An egg!

**What's really easy to get into but hard to get out of?**  
Trouble!

## Facts

- Asia is the largest continent on earth. This also means it has the largest population with over 4.46 billion people!

- Elephants are the only animal that can't jump.

- Cookie Monster isn't actually eating cookies on Sesame Street – they're actually painted rice cakes!

- Ketchup used to be sold as medicine. That's right; it was once thought to be a cure for indigestion.

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

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Format required:  
Pictures - JPEG (high res)  
Advert - JPEG (high res)  
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