

The Community Magazine for the
Sudbury Court and Pebworth Estates

March
2023

The Courier

93rd
Year



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The Courier



March 2023

Number 245 (1,085)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

While writing this message, I'm really looking forward to catching up with some familiar faces at the first community event of the year (that I know about anyway!) If there are other events that I don't know about, please do take a photo and let your neighbours know what's going on in these pages.

The main message this month, really, is 'Please support your community,' and especially by paying your membership subs—it's only £5 for your household, and it really helps us help you (pg 13).

We're really fortunate to have all sorts of events and activities on our doorstep—please share your experiences with us here. If you attend any of the concerts, or a show at East Lane Theatre (pg 9) why not write a few words and send to me so that I can pass it on for other neighbours to, hopefully, enjoy. Post-Covid, it's more important than ever to support our local groups—we'll really miss them if they don't make it through these tricky times.

Looking forward to hearing from you.

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



Crime Prevention Advice:

It's good to keep checking if there's anything else you can do to try and safeguard yourself and your property.

Burglary -

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing, along with shrubbery, is the first line of defence against an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all possible please try to get this open access gated off - most burglars gain access via the rear of a house.
- Please ensure that garden sheds are locked and that all garden implements are locked away as, frequently, these are used to break into houses.
- Consider getting an alarm system / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing a safe for your jewellery and valuables.

Vehicle Crime -

- do not keep valuables in your car; ideally leave your glove box open and do not leave any goods/property in the car.
- do not leave a sat nav holder on display and rub off all marks of sat navs from your windscreen.
- Be on the look out for tow vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a truck with a hoist and your neighbour is not present then you may be witnessing a theft so consider ringing the police - try to obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try to be aware of your surroundings when you are out and about, this is especially important if you're listening to an iPod or on your phone.
- Stay clear! - if you think you are being followed or that someone looks like they're up to no good, then cross the road or go into a shop/address - ring the police if necessary.

Bicycle Thefts -

- Ensure that you secure your bicycle with a substantial lock at all times and leave in a well-lit place.
- obtain your frame number and register your bicycle on www.BikeRegister.com or www.immobilise.com - this could assist police in recovering your bicycle if stolen.

Mobile Phones:

Things to do now that will help if your phone gets stolen

Secure your phone - Using your phone's security features to stop someone using your phone if it's stolen.

Your IMEI number - type `*#06#` on your phone keypad to access your IMEI; keep note of it somewhere other than on your phone. The IMEI can help track the phone down if it's lost or stolen.

Tracking app - Set up a tracking app on your phone so you can see where it is from another device like a laptop. Use it as soon as possible, before thieves have a chance to disable it.

Turn off message previews - so that thieves won't see any messages about reset or login codes when your phone is locked.

Make sure:

- you can still access your data
- your phone data is regularly being backed up, either automatically over wifi or by plugging into a computer
- there's somewhere else you can get access codes sent to (two-factor authentication codes) to access your data from another

device

- you keep important information like family and friends' phone numbers and passwords somewhere else secure, not just on your phone

Overview of offences 10th Jan—7th Feb:

Robbery: (i) Sudbury Court Road (in 60s odds) 19/01 2030hrs male had just exited Uber with luggage after coming from abroad, threatened with stabbing by two males on the street who stole his personal belongings.

Burglary Residential: (i) Watford Road (in 100s odds) 11/01 2125hrs two white males have garden-hopped into the back garden, thrown a plant pot through rear door to house, have got inside, gone upstairs and fled when they realised occupier inside; (ii) Stapenhill Road (in low odds) 07/12 – 13/01 shed of house broken into, unknown what has been taken if anything at all; (iii) St. Andrew's Ave (in 40s evens) 10/01 0601hrs – 13/01 2150hrs, entry forced by removing panel to rear door, house ransacked; (iv) Sudbury Hill Close (low odds) 29/01 2200hrs – 30/01 0600 shed of house broken into, bolt cutters used to cut lock.

Attempted burglary Residential: (i) Sudbury Court Road (in 40s evens) 30/01 1600hrs someone forced entry to the dwelling via prising the front door open with a screwdriver or similar implement, chain lock prevented further entry as occupier inside, suspect(s) fled.

Burglary Non Residential: (i) East Court (in 40s odds) 01/01/23 – 10/1 house under renovation, quantity of building tools, scaffold tower and materials stolen.

Theft of Motor Vehicle: (i) East Lane (near 210) 16/01 2000hrs – 17/01 0645hrs 2018 Mercedes Sprinter stolen without keys being taken; (ii) Nightingale Avenue 07/02 1000hrs – 1530hrs 2013 plate Honda 125 stolen.

Theft from Motor Vehicle: (i) Northwick Park Hospital 11/01 1300hrs – 11/01 1530hrs 2022 plate van broken into and tools stolen.

Vehicle interference: (i) Stapenhill Road (in low odds) 07/12 – 13/01 key lock damaged to 2011 Mercedes CLS350 in an attempt to get into the car perhaps to steal it or something inside.

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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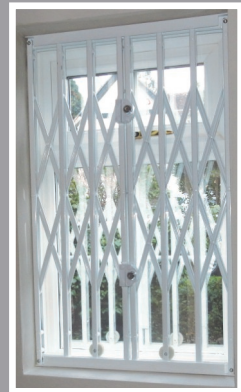
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Councillor's Comments

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

Firstly, Thank You to all residents for your support during this tiresome time of Potholes and Traffic Diversions.

We have reported all potholes, pavements and grass verges to the relevant Department for repair on our walkabout in January 2023.

I would like to encourage you all to download the Brent Love Clean Streets App to report any fly tipping or potholes in the area.

Public Works

January 2023 saw a lot of major traffic diversions due to burst pipes and potholes.

There have been many closures and repairs to roads in Brent due to the bad weather where freezing weather has caused burst pipes that resulted in major diversions and long traffic delays.

Thames Water Authority repairs are still underway, at time of writing, with diversions for local traffic.

A list of highway activities and a map of Brent road works and road closures is available at <https://one.network/uk/brent>

Cultural—What's On Spring 2023

The latest seasonal programme of free events from the Libraries, Arts and Heritage service is now available.

There are a wide range of events and workshops which includes a focus on:

- Cost of living
- Green neighbourhoods and the environment
- Employment information and support
- National themed events: International Women's Day and LGBTQ+
- Fixing factory – digital repairs and advice
- After school STEM learning
- Under-5s weekly early literacy fun learning
- Children and families holiday programming
- Launch of the Spine Festival, a spoken word and arts festival for children and families

Most events require booking at:

Brent Culture Service Events | Eventbrite

Referrals are open for our new Community Wellbeing programme

Brent Council is working in collaboration with Sufra NW London to trial the delivery of a new support model in the borough. The model will offer a range of holistic interventions aimed at tackling food insecurity, increasing community wellbeing and resilience, and providing wraparound support for residents through the ongoing cost of living crisis.

A £3.50 weekly membership fee will give members (and their families) access to a host of benefits and holistic support including:

- A weekly food shop worth approx £25
- Free hot meals at the Community Café and Kitchen
- Advice services, incl workshops and 1-1
- Other social and wellbeing activities, all in a warm community space

The space will also be open to the wider community, not just members, to access the daytime café at discounted prices and free, freshly cooked hot meals in the evening.

The Community Kitchen and Café will be based at Bridge Park Leisure Centre, Stonebridge and will be open between 12pm – 8pm on Mondays and Tuesdays.

ASB Nuisance and Crime Report

ASB Officers and the Metropolitan Police are working extremely hard to bring satisfaction to Residents. CCTV Cameras are capturing ASB and Crime disorder in Northwick Park Ward. Due to the hard work and determination of our teams, identifying suspects is made easy, due to CCTV Cameras.

COUNCILLOR'S SURGERY

4th March – 11am-1pm

Please note change of venue:
St Cuthbert's Church,
214 Carlton Avenue West, HAO 3QY

Advancing Foot Health Care

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

Over the past 25 years I have had the privilege to grow the Foot Comfort Centre into a progressive and comprehensive Foot & Ankle Centre, providing a range of cosmetic, conservative and surgical treatments including specialist and customised range of products.

10 years ago we launched our first Footcare Hygienist service and since then it has grown into a successful and popular service. During 2022, we have been developing a training program and in our 26th year, we will launch our Footcare Training Program.

Our pre-launch intake joined us in September, 2022 and as their theoretical training matures and they move into clinical practice, we will be looking for volunteers to help train a new generation of Footcare Hygienists.

So if you would like to take part, please contact us at help@footcomfortcentre.co.uk expressing your interest. Those taking part will benefit from FREE clinically supervised Hygienist Footcare and Hygienist Pedicure treatments.

We are proud to be leading the way in the advancement of foot health and footcare, and we look forward to continuing to support both our local customers and the service nationally.

Thanks for reading and on behalf of everyone at the Foot Comfort Centre we hope you have a great day, *Firoz*

For footcare tips visit our website www.footcomfortcentre.co.uk



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SCRA Update—Pareet Shah, Chair

I hope you are looking forward to Spring.

'Below is a brief summary of our committee meeting held on 1st February:

1. 2023 Membership Subscription

We voted to maintain the subscription at £5 per household. We would be grateful if you could please renew your memberships either using the subs envelopes (enclosed), or by setting up a Standing Order so that you don't need to remember each year! The subs are critical to support the SCRA and enable us to act on behalf of residents. A recent example of fees spent on behalf of residents, was to instruct a planning consultant to object to an inappropriate development on the Estate, so please do continue to support us.

2. Membership Secretary

After several years of valuable help, Nisha Gorasia has decided to step down as

Membership Secretary at the AGM. We would like to thank Nisha for her efforts. We are grateful that two existing committee members have offered to take over this role, Hardip Singh and Purnima Khatri.

3. Vehicle crashes on East Lane and Watford Road.

We contacted the council to raise concerns about the recent spike in crashes. These have caused serious damage to local infrastructure, and could have easily resulted in a fatality if a pedestrian had been struck by the drivers. We will review the council's response and update you with any further action.

4. Annual General Meeting

We have provisionally set Wednesday 17th May for the 2023 AGM. Please pencil in this date, details to follow next month



Getting out n about . . .

Harrow Philharmonic, celebrating European Masters: Monteverdi's Beatus Vir; Vivaldi's Magnificat; Haydn's Maria Theresa Mass.

Concert: Pinner Parish Church, HA5 3AA on **MARCH 25th**, tickets £15 (£12 concessions) under 19 free. Buy at the door. Book and info: 07947 024 156

www.harrowphilharmonic.co.uk All singers welcomed at our rehearsals at 7:45pm on Mondays, at Harrow High School, HA1 2JG

Thursday lunch-time concerts

St John's, Harrow

Thursday 2 March 12.30 pm: Nicola Tait (cello) and Mina Miletic (piano)

Thursday 16 March 12.30 pm: Niel du Preez (piano)

Thursday 30 March 12.30 pm: Dominika Rosiek (volin) and Miho Sanou (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

News from East Lane Theatre

We never sleep! Hot on the heels of our Harold Pinter double bill, we are holding a reading and auditions for the next production, Jeffery Archer's The Accused. There are loads of good parts, so why not at last come to the general reading, chat to one of us and find out more. Here are the key dates:

Reading: Monday 6th March, 7.30 pm

Auditions: Friday 10th March, 7.30 pm and Sunday 12th March, 7 pm

Rehearsals: Mondays and Thursdays, 7.30 pm start, first one Monday 20th March.....*Tuesday 11th April instead of Monday 10th in Easter week.*

Performances: Thurs. 25th – Sat. 27th May evenings, Sun. 28th matinee, then (2nd wk.) Thurs. 1st – Sat. 3rd June evenings (7 performances in all).

For more details- www.eastlanetheatre.co.uk

Harrow Harmony Spring Concert—book your tickets (See pg 20)

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As I write I have just reached the age of 60. To some of you reading this it will be a distant memory, and to others it will be an event yet to come. There are some good things about this milestone. If you live in London you get your free 60+ Oyster card and everyone 60+ gets free prescriptions. A valuable concession as the body does begin to need a lot more additional medicinal help. The wear and tear of life makes this increasingly important.

As we all get older, age affects our energy physically, mentally and spiritually. And we get reminded of our fragile nature.

What I have found in my own life, and in talking to many people in my role as vicar, is that anxiety becomes an increasing challenge. It is all to do with those energy levels I mentioned earlier, and our ability to do

several tasks at the same time. We lose the mental dexterity and need to learn how to make the right adjustments. I am often surprised when reading scripture how relevant it can be to each stage in our lives. In the Old Testament it reminds us to look back and remember our joys, be honest when we do not know the answer, and for us to keep our eyes on God trusting he knows the answer and will reveal it at the right time. In the New Testament of the Christian bible it encourages us in this way.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Philippians 4:6-7

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**.
- 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

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Membership Subs

You will find your Subscription Envelope included with this issue of The Courier. Please use this to pay your 2023 membership subscriptions.

Sudbury Court Residents' Association

Any Residents' Association is only as strong as it's membership. We are here to:

“maintain and strengthen the amenity, community spirit and character of the Sudbury Court and Pebworth Estates.”

We will need your support to ensure that we continue to hold the Council and any other parties to account with regards to issues and plans that might have an impact on the area, the environment or our residents. We also need you to please let us know as soon as you become aware of any such issues or plans, so we can address these.

Your subscription is just £5.00 per household per year.

You can also add a donation towards the SCRA, for example towards the **Sudbury Court and Pebworth Estates' Street Tree Campaign**. Planting one tree costs in the region of £250. As traffic increases, trees offer us some environmental protection against pollution, are a food source and habitat for wildlife, as well as offering us a 'feel good factor'. Please give as generously as you can, in order that we keep our streets 'leafy'!

Sudbury Court Horticultural Society

The Sudbury Court Horticultural Society 2023 membership is now open. Membership orders can be renewed or applied for as outlined below or in person at our plant sale. Note that Robert Smith is now retired as membership secretary.

Affiliated to the RHS, SCHS is a community of gardening & horticultural enthusiasts serving the Sudbury Court & Pebworth Estates. Managed by volunteers, this year we are planning to hold three outings, two horticultural shows, & one plant sale. To become a member, complete the SCRA envelope & send a record of payment & address/telephone number by email to schs.timm@gmail.com

Alternatively, simply visit the web address below to pay your subscription and donations www.eventbrite.co.uk/e/schs-2023-annual-household-membership-tickets-534494055107

Membership is great value at £3 per household, this year we hope to exceed 500 members through your generous support and promotion to friends, colleagues and neighbours.

Please pay NOW, before you forget! It will only take a moment.

IT COULDN'T BE EASIER

* Complete your name, address and postcode on the envelope provided, in BLOCK CAPITALS. If you are on email, please do also include these details, as it's easier to contact residents this way.

* SPECIFY what you are paying for, i.e.

- SCRA membership (plus donation, if relevant) and/or

- SCHS membership (plus donation, if relevant).

* INCLUDE payment—cheque (made payable to 'SCRA') or cash

* DELIVER it to one of the collection addresses on the envelope; some streets may have neighbours who collect envelopes on your behalf.

* One-off payment via **bank transfer** or annual **Standing Order** — we are trying to encourage people to set up an SO, as it means that they don't have to think about it every year, it just happens automatically. If this would work for you please make sure you use your house number and street name (e.g. 72 Spencer) as your reference (without your reference it will be impossible to allocate your membership to you!) Also—please send an email to:

membership@the-scra.co.uk

attaching a photo of your completed envelope or including your name, address and postcode, so we can correctly allocate your payment.

Bank details:

Barclays Bank

Sudbury Court Residents Association

Sort Code: 20-37-21

Account Number: 23291154

Data Protection Policy

By joining SCRA or SCHS you are deemed to agree that your personal membership information can be retained on one or more personal computers owned by members of the committees of SCRA and SCHS for the purpose of maintaining proper membership and financial records. This information will never knowingly be sold or passed on to third parties. You may occasionally be contacted if necessary.

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As the year quickly unfolds in front of us, the season's events have begun to take shape. Our year's schedule for outings, shows and sales is listed below. You may like to keep this page to hand for future reference. All events are planned to be at St.Cuthbert's church, unless otherwise stated, with fuller details being posted closer to each event.

Plant Sale, Saturday 13th May, the first of our events in 2023, the plant sale is the perfect opportunity to stock up on bedding plants and meet members in person. Order forms for discounted plants will shortly be made available to members. For enquiries or requests, please notify our *Trading Secretary, Jayshree at:*

schstradingsecretary@gmail.com

Beth Chatto Garden, Saturday 20 May, the first of our outings kindly organised by Lynn and Christine. Travelling to Beth Chatto gardens will take us to the east of Colchester. Beth Chatto OBE was an award winning plantswoman, author and lecturer. The garden began in 1960 where a disused wasteland has been transformed into a beautifully informal and enjoyable garden. We are finalising costs but expect tickets to be approximately £30pp. *Contact Christine:*

clawton13@btinternet.com 020 8904 7851
Or Lynn Dube dubefamily@gmail.com

Early Summer Horticultural Show, Saturday 10th June, orchestrated by Bernie Woodman, the Early Summer show will be an excellent opportunity to show Roses, among other horticultural classes, craft and cookery skills. As a reminder, these are formerly judged events by three officially approved horticultural judges.

Highgrove Garden, Saturday 17 June, two hours along the M4 will take us to Highgrove, King Charles III and The Queen Consorts garden and former home of Maurice Macmillan, son of Harold Macmillan. King Charles occupied Highgrove from 1980 and now has



many much loved and inspirational gardens and grounds to explore.

Hyde Hall, Saturday 5 August, is slated to be our RHS garden coach outing to Essex. In truth we are still planning this outing and will confirm additional details a little later in the year.

Autumn Horticultural Show, 23rd September, after a hopefully long and pleasant summer we will host our Autumn Show, the final event of the year. Always an enjoyable event where we look forward to seeing the finest horticulture our local members can share. Both show schedules are currently being compiled and will be distributed in due course. *For show enquiries please contact* Bernie.woodman@btinternet.com

Not forgetting there will most likely be the SCRA front garden competition to judge too, but before that, **2023 membership subscriptions are due for renewal.** Membership will be £3 per household and enables you to exhibit at our shows and receive invitations to our events. Please complete the SCRA envelope, or head to 'eventbrite' to make subscription or donation payments online (see link below.) It will also be possible to renew/join at the Plant Sale in person.

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

SCHS 2023 Annual Household Membership
www.eventbrite.co.uk/e/schs-2023-annual-household-membership-tickets-534494055107



Good Neighbours make Great Volunteers

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

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

secretary@the-scra.co.uk or contact the SCRA phone on **07933 958 166**

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Children Love Gardening ...

One of our primary aims is to encourage children to come and learn more about the natural world around them, so we have planned another great range of workshops for children for the coming year. If you have children or grandchildren why not bring them along? The sessions are great fun, interactive and (don't tell the kids) educational too. We do please ask that all children be accompanied by a parent or other caregiver at all times. Please also dress according to the weather conditions.

Our first session will be in April when we will be "Learning About Spring" - during this session we will be planting various seeds to discover how plants grow.

In May we will be "Learning About Bees" - looking at how these fabulous little creatures help us grow food by pollinating plants. We will also be planting seedlings.

The following month, June, we will "Learn About Flowers" - not just the ornamental ones but also ones on vegetables, as we learn all about how seeds form.

The rest of the programme of sessions are still to be confirmed, so please sign up to our mailing list via our website (see above) or subscribe to our Facebook or Instagram pages to see the latest news and dates.

The topics we are planning to cover in the following sessions will include "Planting Seeds for Autumn Salads" and we will also be harvesting and eating some delicious berries from the garden, which we will enjoy with pancakes. We will also be "Learning About Seed Dispersal" During this session we will also be building insect hotels and harvesting fruit to cook. Another workshop will see us "Learning About Autumn", when we prepare for winter, and consider what happens to all the insects during the winter. This theme continues when we "Learn What Happens to Plants in Winter", and discovering what is still available to harvest in the garden.

All sessions are expected to run from 10.30am until 1pm, and we strongly encourage participants to attend for the whole session to gain the most from the experience. All materials and equipment will be provided, but please note there may be a small charge to participate in the December session to cover materials. The sessions are suitable for children of all ages, there will be workshops tailored to the different age groups (5-8 years; 9-12 years; 13-16 years) as appropriate on the day.

For more information or to request a place on a workshop/s please email us.

We are also busy making plans for our Annual General Meeting, which we hope to hold at The Windermere Pub during the last week of March, please watch out for further information on this, everyone is most welcome.

Best wishes,
Eleri, Jo, Rishil and Iris

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

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Nutrition & Hydration

Eat little and often



Add to your food to increase energy without increasing portion size.

This is called fortifying food



Adding cheese to your mashed potato is not just tasty, it helps boost your calorie intake too.

Use milk powder to fortify milk, sauces and soup



Buy a tub of skimmed milk powder to use for fortified milk and in sauces or soup.

Have more protein



Add extra pieces of meat or tinned lentils into soups, casseroles, stews or pies.

Eat with others



Make meal preparation easier

Buy full-fat ready meals and snacks to heat in the microwave.



What is a *fortified diet*?

A fortified diet describes meals, snacks and drinks which have had additional high calorie and protein foods added to them, e.g. cream, milk and butter. This helps to prevent weight loss, improve energy intake and maximises the nutritional content of a dish so that every mouthful counts.



Use full fat milk/cream - make milkshakes or use in teas, coffees, soups and puddings.



Whisk 2-4 tablespoons of dried skimmed milk powder into a pint of milk.



Add butter, margarine, cream or cheese to dishes, e.g. potatoes.



Add cooked meat, fish, beans and other pulses to soups and sauces.



Add honey, chopped nuts or dried fruit to puddings, cereals or porridge.

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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)

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SATURDAYS:

11-11.45am Under 5s Story Telling & Rhyme
11.45—12.45 Arts & Crafts
12.15—1.30pm Chess
11am—3pm Library Open

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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)

Knock knock



Knock, knock
Who's there?
Butter.
Butter who?
Butter let me in or I'll freeze!

Knock, knock.
Who's there?
Who.
Who who?
What are you, an owl?

Knock, knock.
Who's there?
Roach.
Roach who?
Roach you a letter, and I'm putting it in your mailbox!

Knock, knock.
Who's there?
Beets.
Beets who?
Beets me!

Knock, knock.
Who's there?
Weekend.
Weekend who?
Weekend do anything we want!

Knock, knock.
Who's there?
Goat.
Goat who?
Goat to the door and find out!

Knock, knock.
Who's there?
You.
You who?
Yoo-hoo! Anybody home?

Knock, knock.
Who's there?
Leash.
Leash who?
Leash you could do is answer the doorbell!

Did you spot the deliberate spelling mistake? Did you spot the deliberate spelling mistake?

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