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Sudbury Court and Pebworth Estates

April
2023

The Courier

93rd
Year



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April 2023

Number 246 (1,086)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Spring is always welcome, and by the time you're looking forward to Easter you can start to think about outside spaces a bit more—so trees and flowers are featured a bit more than usual in the following pages.

On a personal note—it was so nice to see some familiar faces at the SNT event in February—faces I hadn't seen since before Covid times. I do hope that we can see more community get-togethers in the coming months—who's interested? Let me know.

If you didn't get around to paying your Membership Subs when you received your envelope last month, please do pay it now, while you're thinking about it. The SCRA can only continue to help with campaigns against development, etc, if people continue to pay their Subs—it's such a small price to pay for keeping this little corner a lovely place to live. I have to say, you don't know what you've got until it's gone—and I certainly miss the SCRA resource where I live now.

Keep 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



We had a get together at St Cuthberts in February, to meet up and connect with residents, as well as to drum up support for the Safer Neighbourhood Ward Panel.



We had invited a guest speaker at this meeting, former PC Ian Smellie, who had retired from the Metropolitan Police at the age of 67, my understanding is he had also served for 14 years in the police in Jamaica before joining the Metropolitan Police. He was a very entertaining speaker and his insights, having served in both forces, were very interesting and he kept the audience engaged.

What is a Ward Panel?

Ward Panels create a mechanism for local consultation and ensure that the work of each Police Safer Neighbourhood Team (SNT) maintains focus on resolving local problems by involving local people in the process of prioritising the concerns of the community.

Communities can also benefit from an increased understanding of Policing issues within the Ward which should also encourage the support and confidence in their local police (taken from Met Police Website).

If you are a local resident in the Northwick Park Ward catchment area and you are interested in joining your Ward Panel please contact us and we can pass your details to

Keith Perrin, who is the current Ward Panel chair.

Alerts:

I put out an alert on OWL on the 28/02/23 in relation to Possible Burglars / fraudsters who were posing as police calling door to door in Coniston Gardens NW9. I managed to confirm much later that these men were in fact genuine police officers and subsequently clarified this post on OWL. However, my advice within this post still stands re: possible police calling at your doorstep:

- if there is someone claiming to be a police officer at your door, do not permit them entry to your address unless you confirm that they are genuine and on a genuine enquiry.

Types of questions you should ask: – name, warrant number, the station and unit they are attached to, the nature of the enquiry, ask for CAD number or a crime number. With this information, don't call a number that the person gives you, ring police on 101 to confirm the information. If you believe that the person is suspicious and about to burgle an address/up to no good, ring 999.

Recently, on the resident's What's App group, a resident posted about cold callers in Woodfield Avenue using a vehicle with a non UK registration – they were canvassing for building/roofing work. I advised, as I always do, not to engage with cold callers. If you need work doing on your property contact local residents or acquaintances for recommendations on good tradespersons whose work has stood the test of time.

Vehicle Crime Prevention -

- 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 away vehicles, these are being used to steal cars from people's driveways - if you see someone load your neighbour's vehicle onto a tow truck/a truck with a hoist and your neighbour is not present then you may be witnessing a theft of your neighbour's car so consider ringing the police - try to obtain the registration number of the tow truck.

Overview of offences 7th Feb—7th Mar:

Burglary Non Residential: (i) Playgolf Watford Rd – 04/03 1230hrs shed on footprint burgled, gardening equipment stolen.

Burglary: (i) Sudbury Croft (in 50s odds) 28/02 2300hrs – 01/03 0230hrs door in shared accommodation forced and items of furniture damaged.

Attempted Burglary: (i) Carlton Avenue West (in 100s odds) 23/02 0317hrs RING doorbell footage of male who opened porch of house at this hour of the morning believed with intent to burgle/perhaps steal car.

Theft from motor vehicle: (i) Lothian Close – 22/02/23 2200hrs catalytic converter stolen by four men in balaclavas from 2015 LEXUS CT 200H, owner threatened by these men; (ii) The Fairway (evens in 10s) 13/02 1500hrs – 14/02 1210hrs – wallet and car jack stolen from 2021 Toyota Hybrid; (iii) Northwick Park Hospital 14/02 1225hrs – 1400hrs registration plates stolen from car; (iv) Dickens Court Byron Road 16/02 2200hrs – 17/02 0930hrs side door of 2018 plate Ford Transit forced open and tools stolen from inside; (v) Nathans Road (under 10 evens side) – 22/02 1930 – 22/02 2300hrs catalytic converter stolen from 2007 plate BMW 320i m; (vi) Aspen Drive (in 20s evens) 23/02 1750hrs – 01/03 0830hrs catalytic converter stolen from 2007 Honda Jazz.

Theft of Motor Vehicle: (i) Shelley Gardens (in 20s evens) 15/02 2000hrs – 16/02 0830hrs 2017 plate Jaguar XF stolen from driveway; (ii) Blockley Road (in 30s odds) 2100hrs 21/02 – 0700hrs 22/2 Lexus 2018 plate NX stolen.

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

OWL—Online Watch Link

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

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

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

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

020 87212 969 or 07920 233 752

northwickpark.snt@met.police.uk

Useful numbers:

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

For non-emergencies, ring **101**

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

Useful websites:

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

www.met.police.uk

www.homeoffice.gov.uk

www.cifas.org.uk

www.direct.gov.uk

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Councillor's Comments

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

LITTER PICKING GROUP

I recently met a member of a voluntary residents' group called the Harrow Litter Pickers - the group has 500 members who are regularly out collecting litter and reporting fly tipping. This member, who lives in our Ward, was picking up litter from The Green and also from the road where she lives. I find this to be a fantastic community-led initiative to help keep our ward cleaner. So I am looking for volunteers and an administrator/organiser for a new group to be established in our Northwick Park Ward. I will be supporting you and we can meet the Harrow Litter Pickers to learn about how their group functions. Please email me or call me if you're interested.

BRENT COUNCIL BUDGET

On 23 February the Budget 2023/2024 was agreed in full council meeting, summary of spending is as follows:

Children & adults

- £116.7m caring for 6,000+ elderly & vulnerable residents
- £70m on children's early help
- £44m to create 427 new school places for children with special educational needs
- £379m on Brent's 98% good & outstanding schools and settings

Environment & neighbourhoods

- £6.4m on improving 844 miles of road & pavement
- £700k on filling 10,000+ potholes
- £2.2m on maintaining 110 parks & open spaces
- £19.5m on collecting waste & recycling from 127,974 homes & sweeping our streets

Housing

- £140m to build new council homes, towards our 1,700 target by 2028
- £34m on repairs for existing council homes
- £5.8m on improving standards for those who rent privately

Health & wellbeing

- £23.4m on initiatives to protect the borough's health
- £3.6m to help residents look after their

wellbeing in our leisure centres

Resident support

- £3m more to help residents cope with rising costs
- £2m to tackle food poverty & support people at community hubs
- £32m on council tax relief for 27,000+ households
- + we'll provide free activities for 4,800 children during the holidays

Employment & skills

- £500k to help people find work through Brent Works
- £2.8m on Brent Start to boost residents' skills

We will also build on the success of the record-breaking Wembley Jobs Fair & encourage businesses to adopt the Good Work Standard.

Communities & culture

- £3m on Brent's Library service, welcoming 800,000+ visits per year
- £300k on cultural activities to build on the Brent Borough of Culture 2020 legacy
- £1.1m on local community projects to improve neighbourhoods

'Cost of Living Support from Brent

If you are struggling with food, bills or other household essentials, help is available through the Resident Support Fund.

For families, you can get help with childcare costs, including free school meals and school uniforms.

Find out more about Brent's cost of living support and how to access it at:

www.brent.gov.uk/cost-of-living-help-and-advice

COUNCILLOR'S SURGERY

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1st Saturday of the month May, July-2023

[Always 11am—1pm. Please note venue](#)

Meet Sara

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

This month, I'd like to introduce Sara Saccoccio, our trainee footcare Hygienist and one of our first and brightest students.

I have been living in London since 2007. I consider myself adventurous, creative, and resourceful, which has helped me in my daily life, especially as a busy mother. I love being active, participating in sports, and exploring the outdoors with my son and dog when I have the chance. I'm also a fan of puzzles and other activities that stimulate the mind because I believe a busy mind is a healthy mind.

My journey toward this career began unexpectedly when I visited Firoz as a patient. He noticed my interest and invited me to assist him. This confirmed my interest in foot care which has since grown into a passion.

My experience working alongside Firoz and his team has allowed me to appreciate the positive impact healthy feet and good posture can have on our quality of life.

Helping others overcome their daily struggles and improve comfort, mobility, and well-being

motivates me to become an excellent practitioner.

Working at the Foot Comfort Centre is an incredible experience. Firoz is a dedicated and knowledgeable Foot Specialist who is committed to his profession and patients. I appreciate the opportunity to learn from him and gain knowledge about other services we provide, such as biomechanical lab tests, orthotics, laser treatments, and more. The clinic's advanced techniques and in-house laboratory ensure a fast service for our patients, making it a fulfilling environment to work in.

So there you have it. We are now booking free training sessions with Sara for Hygienist Pedicures and Footcare and look forward to hearing from you.

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

Hi everyone,

I hope you all had a pleasant March and are looking forward to the Easter break.

Unfortunately, due to unforeseen circumstances we had to postpone the March committee meeting, and were unable to reschedule before this report was due for submission.

I will provide a committee update next month, however there are a couple of updates:

231 Watford Road (Mumbai Junction) Application ref 22/3260

The deadline for this has been extended to

31st May. We contacted the council to ascertain the reasoning behind this and were informed that it is to allow further time to consider the application.

AGM:

The 91st Annual General Meeting of the Sudbury Court Residents' Association is provisionally scheduled to be held at St Cuthbert's Church, 214 Carlton Avenue West on **Wednesday 17th May 2023** at 7.30pm.

Please come along at 7.15pm in order that we can make a start on time. All residents are invited!

Please note that the provisional date of our AGM and the proposed agenda below is subject to change—confirmation in next month's Courier

Proposed Agenda:

7.30pm: Start

7.35pm: SCRA Executive Committee Report/Summary

7.50pm: Councillor Comments

8.05pm: Barry Gardiner MP - TBC

8.15pm: Safer Neighbourhood Team - update

8.30pm: Break for refreshments

8.45pm: AGM business - Apologies - Minutes of 2022 AGM - Financial Reports 2022 - Election of Officers

9.20pm: Reverend Trevor Goddard - TBC

9.30pm: Any Other Business

9.45pm: Close SCRA—AGM

If you have anything to add to the agenda, please get in touch at your earliest opportunity before the meeting: secretary@the-scra.co.uk

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Need to know—Trees in Conservation Areas

Cutting down a tree or doing any pruning work within any designated Conservation Area requires notifying the Council six weeks in advance. This requirement arises out of Section 211 of the Town and Country Planning Act 1990, and the purpose is to give the Council time to assess the contribution the tree makes to the character of the Conservation Area and if the works would damage this.

Trees in a Conservation Area that are already protected by a Tree Preservation Order (TPO) are subject to the normal procedures and controls for any tree covered by such an Order.

How should the local authority deal with a section 211 notice?

In one of three ways. It may:

- make a Tree Preservation Order if justified in the interests of amenity, preferably within 6 weeks of the date of the notice;
- decide not to make an Order and inform the person who gave notice that the work can go ahead; or
- decide not to make an Order and allow the 6-week notice period to end, after which the proposed work may be done within 2 years of the date of the notice.

A section 211 notice is not, and should not be treated as, an application for consent under an Order. So the authority cannot:

- refuse consent; or
- grant consent subject to conditions.

How does the local authority decide whether a tree in a conservation area merits a Tree Preservation Order?

- The authority's main consideration should be the amenity value of the tree. In addition, authorities must pay special attention to the desirability of preserving or enhancing the character or appearance of the conservation area.
- Even if the tree's amenity value may merit an Order the authority can still decide that it would not be expedient to make one.
- What if work is done to trees in a conservation area, which are not protected by a Tree

Preservation Order, without a section 211 notice being submitted?

- Anyone who cuts down, uproots, tops, lops, wilfully destroys or wilfully damages a tree in a Conservation Area (if that tree is not already protected by an Order), or causes or permits such work, without giving a section 211 notice (or otherwise contravenes section 211 of the Town and Country Planning Act 1990) is guilty of an offence, unless an exception applies. The same penalties as those for contravening an Order apply.

Section 210 (2) of the Town and Country Planning Act 1990 provides that anyone found guilty of an offence is liable, if convicted in the magistrates' court, to a fine of up to £20,000. In serious cases a person may be committed for trial in the Crown Court and, if convicted, is liable to an unlimited fine. Exceptions include dead or dangerous trees or branches, works necessary to implement a planning permission, works undertaken by statutory undertakers or as part of highways operations or for national security purposes. If in doubt and to avoid any risk of prosecution you should always check with the local authority if you are unsure.

In the case of urgent works to trees, you should contact the local authority giving them 5 days' notice where possible. If for any reason this is not possible, take photographs and gather any other evidence you have that the tree(s) were dangerous, as the onus is on the land owner to be able to prove that the tree was dangerous before undertaking or instructing works to the tree.

When must replacement trees be planted?

If a tree in a Conservation Area is removed, uprooted or destroyed in contravention of section 211 of the Town and Country Planning Act 1990, the landowner has a duty to plant another tree of an appropriate size and species at the same place as soon as he or she reasonably can. The same duty applies if a tree in a conservation area is removed because it is dead or presents an immediate risk of serious harm. The duty attaches to subsequent owners of the land.

Ring a Bell?

*You're finding things are going wrong?
Delay no more, and come along.
Perhaps you're just not very well?
Here's our advice, -- pick up a bell!
Now, once you've got one in your hand
The tiredness goes, you're feeling grand.
Such therapy your sadness ends
And, what is more, you'll find new friends!!*



We are St. Mary's Handbell Ringers

We meet on Tuesdays, from 7 30pm to 9 15, in the Church hall at the side of St. Mary's church Harrow Hill.

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Further information from:

Jean Pearson 020 8907 0130 : Douglas Dodd 020 8863 6761



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Nudge, nudge, wink, wink say no more

I just found out the other day that the government has a Nudge Department. What a strange department! If you are a Monty Python fan it may remind you of the fictitious department called, "The Ministry of Silly Walks" and the sketch by Eric Idle called "nudge, nudge".

The reason the government has a Nudge Department is because psychologists point out that we all have harmful ideas and weaknesses that affect our behaviours in a costly and detrimental way. It may be pollution, alcohol, gambling, lack of activity, over consumption of sugar, or a poor diet in general. This is to name just a few areas that, if nudged in the right direction, will improve our lives and the lives of others significantly.

In the dictionary, the word nudge is described as a light touch or push. We all need a small nudge now and again to steer us in the right direction. I was talking in church recently about the word 'hear' in the Bible and how in Hebrew the word is Shema, which means both *hear* and *act*. 'What is the point of listening to something if you are not going to act on it?' the bible says.

One of Jesus's parables is called the house on the rock and it talks about two men, one who built his house on the sand and one who built his house on the rock. When trouble comes only the house on the rock stands firm. Jesus goes on to say anyone who does not put my words into action in their lives is like the man who built his house on sand.

Matthew 7:24-27

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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You will find your Subscription Envelope included with last month's 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.

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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.

DO IT NOW (PLEASE!)



Sudbury Court Horticultural Society



2023 PLANT SALE

10:00 - 12:00 Saturday 13th May

Join the SCHS team at St Cuthberts Church for our annual bedding plant, herb & vegetable sale. Discounted rates for members, public welcome. Pre order to secure your plants.

Place orders by 28th April by contacting Jayshree Pattni for an order form. We have over 40 plants to choose from, a selection of plant types are shown here.

Marigolds



Fuschia



Celery

Pick up your favourites or try something new to brighten up your garden and enter our shows. High quality plants and boxes ranging from £2.50 to £9. Tea and coffee available.



Alyssum



Gazania



Beans

Jayshree Pattni

schstradingsecretary@gmail.com



Scan QR code to renew your membership for 2023 or become a new member. Donations also gratefully received. OR Join on the day in person.



Recently and sadly the FEDERATION OF MIDDLESEX HORTICULTURE & ALLOTMENT SOCIETIES (FMHAS) ceased to operate. Citing dwindling numbers and an aging committee, the decision was taken to cease operations. We have enjoyed close relations with the society and were quite saddened to hear this. We wish FMHAS members well and are happy to extend our membership to residents, horticulturalists and gardeners from the FMHAS community.



A timely reminder that our SCHS membership for 2023 is now due. This year there are a number of ways to renew or join; the SCRA envelope, in person at the Plant Sale and Coffee Morning (13th May) or at one of our outings via a committee member. We are also trialling an online Eventbrite ticketing portal too. Simply scan the QR code on our plant sale advert to access the portal and follow a few simple steps to make your donation or membership selections. Membership is great value at £3 per household, which affords you invitations to our garden outings, events and helps keep the society ticking over. Donations are also gratefully received and put to good use.

In case you missed our posted order form, show schedule and email invitations, our **Annual Plant Sale and Coffee Morning** is due to take place on **Saturday May 13th at St Cuthbert's Church from 10.00 to 12.00**. Discounted bedding plants, herbs and vegetables will be available to members and it's open to the public too. Members can order through the order form or via Jayshree at schstradingsecretary@gmail.com

Further details and a selection of favourites are listed opposite. We very much look forward to seeing you there.

Looking ahead, if you are planning to enter the Early Summer & Rose show, June 10th, as we know you are, your roses can be presented in bloom, bowls, clusters, ramblers and scented categories. The SCHS show schedule can be obtained from Bernie.Woodman@btinternet.com

A variety of Horticultural classes such as roses, dahlia and other flowers are judged along with fruits and vegetables. There is also a wide range of craft, domestic cookery and photography categories which really showcase some great local talent. Whilst some of our community are specialised and brilliant horticulturists, many of our exhibitors are made up of local non-experts, families and children.

We are officially affiliated to the RHS and points gained can lead you to win a coveted RHS Banksian Medal or SCHS trophy. Every year the RHS provides a Banksian Medal to affiliated societies to award to the person who received the most prize money for certain classes at our Shows. John Harding was our 2022 Banksian Medal Winner, with an inspiring display of a wide range of dahlias.

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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Our Permaculture Design Certificate (PDC) Course is in full swing, having started back on the 1st of October last year. To date our trainees have completed 6 full days, held on Saturdays at Byron Court Primary School once a month, and attended 7 shorter evening sessions, again at the school. Alongside this they have all been completing assignments at home, working on building their design portfolios.

The PDC course covers permaculture ethics, ecological principles and design tools, methods and practical skills, which will all be applied to a very broad range of topics, for example retrofitting houses to reduce water usage, waste, and improving energy saving and efficiency - a hugely important topic in current times, as well as designing gardens and public spaces.

Our trainees are busy designing their own proposed projects, which range from their own gardens at home to community spaces, with many community projects being planned, which is really fabulous to see. These spaces will produce food, flowers, herbs and fruit, and also improve natural habitats and biodiversity. In addition to their own projects the trainees are also producing designs for several different areas of the school, focusing in one area on existing raised beds, and in another area on an underutilised strip of land.

So what is a typical Saturday on the course like? Every day is different and engaging, but some things follow a pattern. We are busy from 10am until 5pm, starting the day with setting up the room where we work, and refreshments - important as some people travel a long way to attend the

course. We get down to the training, with a break during the morning for more refreshments, and during this time we also start the preparation for lunch - we work communally to prepare and later to cook the delicious lunch, typically baked potatoes with fresh salads, cheese, dips and breads, with fruit as a dessert - fuelling our bodies well to enable us to concentrate on studying. Everyone helps with both preparing and cleaning up following lunch, and it is a hugely sociable time, when we get to know each other better.



We are not always to be found inside - we have also spent time outside measuring and observing the areas we are designing for the school, looking at the surrounding area - shadow from buildings, trees and other structures all need to be considered when drawing up our designs, as do

the predominant wind direction, the amount of sunlight, rainfall, slopes and soil type all need to be considered and factored into the design to produce a thriving garden.

It is noticeable at the end of the day how people linger to chat about what they have been studying and to continue to exchange ideas - even though it is a long day the enthusiasm of the trainees doesn't tire. We look forward to seeing all of their garden designs brought to life in the future.

Best wishes,
Eleri, Jo, Rishil and Iris

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

funded by Brent Council NCIL





What are your plans for *tomorrow*?

So you probably know where you're going on your holiday this year, maybe you've even booked for next year as well or you're saving up for your next big adventure. You may have already thought about retirement, that iconic move to the country or maybe you've always dreamed of moving abroad. Planning is a big part of life, whatever your age. Hopefully you have already made a will, it's not morbid to think and plan ahead like this, for it will happen to us all eventually.

Independence

We are living longer and stronger than ever before. Getting older doesn't mean we have to lose the independence that is so ingrained in us. With a bit of planning, sudden changes in our health need not mean enormous changes to where or how we live.

Some relish the opportunity to move to a care home or sheltered accommodation, but you might want to keep your independence and have additional help in your own *Home Instead*. It helps your loved ones enormously if they know what you would prefer, so don't let it get to a crisis point where decisions are rushed; plan ahead...

Don't shy away from the *conversation*

It's staggering to think that a third of adults are concerned about the physical health of their parents but yet 81% are reluctant to start a conversation about care (Home Instead survey of 1,500 adults). When did talking about care become such a taboo subject, we are all going to need some sort of care so make plans now!

For help supporting you and your family starting these conversations call **0208 022 4590** or email:

leena.lakhani@homeinstead.co.uk

Personal Care

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If there is extra demand the plan is to hold extra sessions for other age groups.

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3-6pm Library Open (Book Club every 1st Monday of month from 4-6pm)
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WEDNESDAYS:

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

Go to barhamlibrary.xyz to check some of our book stock

SATURDAYS:

11-11.45am Under 5s Story Telling & Rhyme
11.45—12.45 Arts & Crafts
12.15—1.30pm Chess
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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 do you call an alligator who solves mysteries?

An investigator!

Knock, knock.

Who's there?

Dozen.

Dozen who?

Dozen anyone want to let me in?

Which vegetable do sailors hate the most?

Leeks!

Why did the triangle feel sorry for the circle?

Because it's pointless!

riddles

What five-letter word becomes shorter when you add two letters to it?

Short

I am an odd number. Take away a letter and I become even. What number am I?

Seven

I am the beginning of everything, the end of everywhere. I'm the beginning of eternity, the end of time & space. What am I?

The letter E

facts

- Pillows have been found in ancient Egyptian tombs.

- The human heart beats 100,000 times a day, or 40 million times a year!

- Freshwater makes up less than 3% of the earth's water.

- A swordfish can swim as fast as a cheetah can run.

- Did you know that a butterfly weighs less than a paper clip?!

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

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