

The Community Magazine for the
Sudbury Court and Pebworth Estates

June
2023

The Courier

93rd
Year





one of many

SOLD

by Daniels this month
in the local area

There is a strong demand

Thinking of Selling or Letting?

Call for a free and no obligation market appraisal

Sales 020 8904 4888

Selected as the area's leading independent estate agents

daniels
danielsestateagents.co.uk

The Courier



June 2023

Number 248 (1,088)

The official publication of the Sudbury Court Residents' Association.

Chair: Pareet Shah, chair@the-scra.co.uk

Vice-Chair: Steve Maingot

Treasurer: Hiten Shah, treasurer@the-scra.co.uk

Secretary: Noura Abdul-Cader, secretary@the-scra.co.uk

Membership: Nisha Gorasia, membership@the-scra.co.uk

Courier Editor: Kaye James, editor@the-scra.co.uk

Courier Advertising: Kaye, advertising@the-scra.co.uk

SCRA Website: www.the-scra.co.uk

Dear Neighbours,

Hope you're all keeping well.

I feel like I'm coming out of a long hibernation—the weather hasn't really been conducive to spending lots of time outdoors. Hopefully that's about to change as we move into the summer months. If you find a local 'place to go' please do let us know so we can highlight for the benefit of other neighbours.

I'd like to take this opportunity to wish Saniya, one of our lovely Kids Page editors, a very happy 7th birthday, and thanks again to you and Faizan for keeping the jokes coming—I know how much people love them (not just the kids!) See pg 25 for our special joke of the month!

Unfortunately, your local councillors have decided not to contribute any further updates to The Courier—you will be receiving newsletters from them direct.

That's it from me for now,

Until next time,

Kaye

Our Regular Contributors:

	Page
Safer Neighbourhood Team	4-5,7
SCRA Update	9
St Cuthberts	13
Sudbury Court Horticultural Society	19
Northwick Park Community Garden	21
Friends of Barham	13
Kids' Page	25

Features:

Getting Out n About	11
Byron Court Summer Fair	13
15-minute Neighbourhood	15
Volunteers' Week	16
World Environment Day	17

Volunteers' Week

... Is now a good time to join your SCRA as a volunteer?

- maybe to organise a residents' get-together?
- Courier deliverer?

... We're always looking for a helping hand—get in touch with our secretary

If you don't have email and you would like to contact the SCRA, please call:

07933 958 166

(available weekdays 10am-2pm; 4-6pm, or send a text and we'll get back to you)

Northwick Park Safer Neighbourhood Team (SNT)

PCSO Charlie Charalambous 7271NW
PC Finn Kennedy 2621NW (author of this article)
PC Bahadur Ryatt
Acting Sergeant Steve Hicks



Dear Residents:

At the time of writing this article, I have just completed nearly a week of working down in central London to do with the Coronation. I was also staffing up the response team. I had no arrests down town and on the whole, between duties in The Mall, Trafalgar Square and in and around Leicester Square, what I experienced was fairly event-free and peaceful.

We have yet to get our new hats with the Metropolitan Police emblem changed from Queen Elizabeth II to King Charles III, I might see my retirement before this will happen!

New temporary team Sergeant:

Acting Sergeant Stephen Hicks is taking over as team sergeant on a temporary basis and until further notice, he will also be team supervisor for Preston and Sudbury teams. He is a very experienced officer and has come from a Safer Neighbourhood background, both as an officer and as a supervisor.

Crime Trends:

Both Northwick Park and Sudbury seem to be experiencing two crime types of note currently – namely scooters being stolen and cars being broken into for disability Blue Badges.

In relation to motorbikes or scooters, I would recommend always locking your bike, when unattended, to some permanent fixture such as a ground anchor when outside your home address or a street railing when parked up elsewhere. Better still, if you have a garage outside your home address please park it up indoors overnight.

Regarding protecting your car from it being

broken into for your Blue Badge, there are a variety of security protection devices to protect it from being stolen and, most likely, if a thief could see that your Blue Badge is protected by one of these then they would be less likely to try to break into your vehicle to steal it.

Burglaries:

As Summer is nearly upon us, some advice pertaining to burglaries as the weather gets warmer.

Please be cautious about leaving windows and doors open even while you are in the house, or doing work on your gardens – an opportunist thief / burglar might see an open house or garage door, and quickly gain access while you're not looking.

At night in Summertime, residents leaving their windows open for ventilation leave their house vulnerable to attack by burglar(s) who can climb up, get in through the open window while you are sleeping and burgle your house - you are none the wiser until you wake up and see perhaps your car and jewellery gone! It can and does happen. I am not trying to scare you, but please take appropriate security measures - if you have an alarm, set it on a partial set even at night time when you are at home. Also, ensure your windows have a lock on them so they can only be opened so far – that they cannot be opened enough that a small thin person can squeeze in. Please bear this in mind as Summer approaches.

Please, please can you keep your porch locked even if you are inside the house, if someone gains entry to your porch a passerby might think that they are the lawful occupier or they might be somewhat hidden from view – think about it, they could be inside your porch tampering with your front

door without anyone seeing them. Keep your porch door locked!!

Not within the past month, but in previous months, the types of premises being burgled are houses or blocks of flats under construction or renovation—burglars are breaking in with a view to stealing fixtures and building tools—and business premises. With this in mind can you please pay attention to properties near you that are being renovated/developed and local businesses as you pass by.

Visual indicators that are normally a sign that a house is unoccupied are, for example, – no car in the drive, house quiet and in darkness. If you are off on holidays please consider:

- lights and radio on timer switches
- ask a neighbour to park their car in your drive whilst you are away
- good locks on the windows and doors of your house
- good perimeter fencing – it is your first line of defence.
- Consider getting an alarm fitted.
- Ring style doorbells as well.

Reformed burglars have been surveyed about their tactics—most are opportunistic and look for signs; asked if they saw two houses – one with a fitted burglar alarm and the other without, notwithstanding other features then they would target the one without.

The Met Police website has a host of information on crime prevention, in relation to burglary also, please check it out.



Overview of offences 9th Apr—9th May

Robbery: (i) Sudbury Court Road near Elmwood Park 26/04 1800hrs victim a woman in her 30s was sat in believed Elmwood Park, two youth in dark clothing apparently showed her a knife and stole her mobile phone and iWatch

Theft of Motor Vehicle: (i) Norval Road (in 130s odds) 18/04 2300hrs – 19/04 0800hrs Honda 125 2020 plate motorcycle stolen believed without the keys; (ii) Peel Road (in 50s odds) 02/05/2023 0001hrs Honda 125 stolen subsequently found in Preston Park

Theft from Motor Vehicle: (i) Byron Road (in 10s evens) 18/04 2000hrs – 19/04 0630hrs 2017 plate Vauxhall Vivaro broken into and tools stolen;

Crime Prevention Advice:

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 to 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 in to houses.
- Consider getting an alarm / 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 an alarm system and a safe for your jewellery and valuables.

Look as young ...as you feel

Our facial rejuvenation treatments can achieve:

- * Skin rejuvenation
- * Fewer, softer facial lines
- * Reduced pigmentation
- * Radiant skin
- * A smooth, fresh complexion
- * Facial acne improvement

Ask about Botox®, dermal fillers and facial peels



Blue Court Dental Centre
201 Watford Road, Harrow HA1 3UA
Telephone: 020 8904 9440



SECURITY GATES 4 YOU LTD

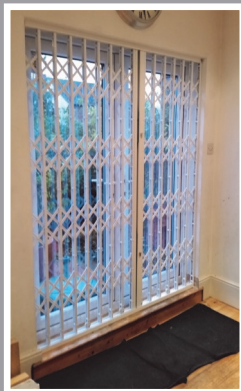
Manufacturers and Installers of High Security Gates and Grilles

Free quotations. Price Match guarantee. 10 year guarantee.

www.securitygates4you.co.uk info@securitygates4u.co.uk

Established
2005

Open 7 days
8am -9pm



0208 935 5921



Checkatrade.com
Where reputation matters

Unit 3, North Cavandish House, 391 Burnt Oak Broadway, Edgware HA8 5AW
Company No 08776774 VAT NO 266 6666 58

Northwick Park Safer Neighbourhood Team (SNT)

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 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 obtain the registration number of the tow truck.

Robbery -

- Stay alert! - try be aware of your surroundings when you are out and about, this is especially important if you listening to an iPod or on a mobile 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.

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.

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.

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

Reducing Pain: Improving Mobility

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

Today I would like to introduce our new Joint Injection Therapy service for those suffering from painful joints due to osteoarthritis.

We now offer Ostenil® injections which contain hyaluronic acid. This is a gel-like compound that compensates for the loss of cartilage and synovial fluid, the 'oil-like' substance which lubricates joints.

Ostenil® is injected into the joint space and will decrease pain, stiffness, and other symptoms associated with painful osteoarthritic joints. Joint injection therapy is suitable for any synovial joints in the body including foot, ankle, knee, hand, elbow, and jaw.

The synovial fluid in the joint capsule has four important functions:

1. It keeps the bones slightly apart, protecting their cartilage coverings from wear and tear.

Continued:

2. It absorbs shocks, again protecting the cartilage.
3. It lubricates the joint, helping it to work freely and easily.
4. It acts as a filter, letting nutrients reach the cartilage, but blocking the passage of harmful cells and substances.

To learn more about Ostenil® please call us on 020 8908 1425 or email us at help@footcomfortcentre.co.uk expressing your interest.

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
footcomfortcentre.co.uk



Foot Comfort Centre

Specialists in Foot, Heel & Ankle Pain

We welcome walk-in patients

www.footcomfortcentre.co.uk

Tel: 020 8908 1425

130 Llanover Road, Wembley
Middlesex HA9 7LT

Bus Route 245 

North Wembley Underground
& Overground station



SCRA Update - Pareet Shah, Chair

Hello everyone,

I hope you all enjoyed the bank holiday weekends in May, and managed to find time to relax with friends and family.

We had to reschedule our May meeting; it is now due to be held after the Courier print deadline. A summary of our meeting held in April is set out below' .

1—Unfortunately, we had to cancel the March meeting due to a power cut in some parts of the estate.

2—'Accounts – our Treasurer has had to step down due to family reasons, so this position is currently vacant. Paul Lorber very kindly agreed to look at the accounts and prepare a financial report for Committee review in advance of the AGM. The Committee is very grateful to him for stepping in at such short notice

3—Double Yellow Lines on the junction of Pasture and Stapenhill Roads. Residents had requested extension of the double yellow lines as visibility was very limited at this junction, being exacerbated by large, commercial vehicles being parked there. Following a consultation, the double yellow lines were extended in March. Feedback from residents

has been very positive and we are grateful to Brent Council for implementing this road safety measure.

4—Barham Park – we recently became aware that a new planning application has been submitted to redevelop the park keeper's cottages. This was initially withdrawn in 2021, and the committee is dismayed that this has been resubmitted, especially since restrictive covenants were in place to prevent such developments.

5—231 Watford Road (Mumbai Junction) – we do not have any further update on this at present

6—Security patrols – some residents contacted the committee to enquire about security patrols on the Sudbury Court Estate, similar to what residents have subscribed to on the Pebworth Estate. If any residents are keen to lead on this, please can they contact the committee.

7—There have been 2 further, serious road traffic collisions on East Lane and Watford Road this month (and it's only May 8th as I'm writing this!). We will keep up pressure on the council to reduce road danger in the area.

Are you looking for a local Accountant?

- Fixed fees agreed in advance
- Professionally qualified advice
- High in quality, low in cost

Joseph de Silva, FCA

07557 507887

020 3048 5707

joseph.desilva@aims.co.uk

AIMS
Accountants for Business

aims.co.uk/accountants/joseph-de-silva



HIGH QUALITY PAINTER & DECORATOR

* LAMINATED FLOORS FITTED * TILING

Free Estimates

DAVID PETER t/a O & D DECORATORS

07904 913443 Email: davidpeterdecor@gmail.com

LAWRENCE J MAGNIER

86 NATHANS ROAD, NORTH WEMBLEY

BLOCK PAVING • DRAINAGE
BRICKWORK • FOOTPATHS
PAVING & FENCING

GENERAL BUILDING WORKS

ESTIMATES FREE

PLEASE RING AFTER 5.00 pm

020 8904 4879



**PLUMBING &
HEATING
SERVICES**

- ◇ Central Heating
- ◇ Boiler Installations ◇ Kitchens
- ◇ Bathroom Suites ◇ Showers
- ◇ All work guaranteed



07831 544 538

0208 908 6021

No call out charge Mon-Fri 9am-5pm

City & Guilds Qualified—Corgi Registered

29 Woodcock Dell Ave, Kenton, HA3 0PW
email: info@j-anda.co.uk



- Boiler upgrades supplied and fitted
- Full central heating installations
- Mego-flo's to Power flushing
- Gas leaks & burst pipes
- Full bathroom installations
- All aspects of plumbing covered
- Landlord Certificates



07956 189 115

020 8902 3477

33 Tudor Court, North Wembley



Est. 1995

07837 345 811

Your Local Handyman

**All Interior and Exterior
household maintenance**

Specialise in Wall Paper hanging

Laminate and Hard Wood Flooring

Furniture and Flat-pack assembly

Jet-wash Drives and patios

Call Mr Mills for free estimate

Sacred Music for a Summer's Evening

Preparations are underway for Harrow Choral Society's Summer Concert, when the 80-strong choir will sing a programme of sacred music spanning the Baroque to the Romantic period under the baton of Music Director Sam Evans www.samevansmusic.net and accompanied by professional soloists and orchestra.



Date: Saturday 1st July 2023

Venue: St Alban's Church North Harrow HA2 7PF

Tickets: £16, £12 for Friends of HCS, £2 for under 18s

Online and further details: www.harrowchoral.org.uk

Phone: 07794 253463

Thursday lunch-time concerts at St John's, Harrow

Thursday 8 June, 12.30 pm: The Cygnus Piano Trio

Thursday 22 June, 12.30 pm: An-Ting Chang (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



The **Welsh Harp Environmental Education Centre**, managed by one of the country's leading waterways charities **Thames21** since 2016, is a busy hub for community and outdoor educational activities. The centre is located in a 15 acre woodland, with ponds, a stream, meadow, indoor teaching facilities and a car park. We provide outdoor learning and community volunteering opportunities at the centre. It is also a base for many of our waterway improvement projects taking place across north-west London.

If you are interested in booking a session at the centre, using it for venue hire, or if you want to get practically involved in your local environment then get in touch with us on the details below:

Address: Welsh Harp Environmental Education Centre, Birchen Grove, NW9 8RY

Contact: Edel Fingleton

Telephone: 07734 871 728 / 020 7248 7171

Email: welshharpcentre@thames21.org.uk

Website: www.thames21.org.uk

Travel Jet

All Your Travel Plans Made Easy

www.thetraveljet.com

Flights

Competitive Fares

Worldwide

Hotels

Quality Hotels

Worldwide

Packages

Flights Hotels

Transfers & Excursions

Call or email 0203 005 3238

sales@thetraveljet.com

Call us for great deals on flight and hotel packages



Crown House Business Centre 8 20 Park Royal London NW10 7PN

Travel Jet Ltd ATOL Registration 11905-Travel Trust Member Q7207

saintcuthberts

worship ♦ demonstrate ♦ equip

Carlton Ave West . 020 8904 8599 . www.stcuths.org



0208 904 8599

(9am-5pm

Tuesday,

Thursday, Friday)

Tate and Lion.

I was convinced that there was just a lion on the green tin of treacle made by Tate & Lyle. Recently though, I discovered that the picture on the tin is a picture of a dead lion with bees flying out of it along with the quote, "*out of the strong came forth sweetness*".

I was so surprised to discover this, because although I've seen this image since I was a child, I now realise I hadn't taken it in properly and had never really understood it. In my mind's eye it was a clear picture of a noble lion. I'm not the only one, and I know you will be going to your cupboard right now to check your tin of treacle, or golden syrup just as I did.

The picture comes from the story of Samson found in the book called Judges, which is in the Old Testament scriptures. In the story Samson kills a lion and, on returning to the

place where the lion has died, he finds that bees have made a hive inside the lion. Samson puts his hand inside the lion and takes some of the honey and eats it.

This book in the Old Testament tells of a horrendous time of evil and brutality in Israel's history. And it acts as a warning about how things can become if we forget about other people and God's call on us all to show justice and mercy. It contains this important quote: "In those days Israel had no king, and everyone did what was right in their own eyes".

But when our thinking is selfish, our words become selfish, which leads to harmful actions.

In contrast, Proverbs 16:24 says, "Kind words are like honey - sweet to the soul and healthy for the body."

Rev Trevor Goddard

Byron Court Primary School Summer Fair

Saturday 8th July 2023

1pm - 4pm

Spencer Road Entrance,
North Wembley
HA0 3SE

CASH ONLY

CASH ONLY

TUCK SHOP

Adults £1
Children Free

Tickets at the door
CASH ONLY PLEASE

Family & Friends Welcome

Raffle, Face Painting, Food stalls, BBQ,
Fun games, Music & much more

Please contact us if you would like to have a stall, sponsor us or volunteer
BCSA@live.co.uk



Independent Mortgage & Protection Advice

At LMP our mission is to deliver high quality mortgage advice in a fresh, modern way, removing as much of the stress and complication from the process as possible.



First time buyers
Home movers
Remortgages
Adverse credit
Financial protection
Family protection

📞 Simon Mehra 07766 030 401 ✉️ simon@londonmortgagepartners.co.uk
🌐 www.londonmortgagepartners.co.uk 📷 @londonmortgagepartners



**Admission
OPEN**

15-30 hours
FREE CHILDCARE



A HOME AWAY FROM HOME

- ★ Children cared for from 6 months to 5 years
- ★ Open between 8:00 to 18:00 – full and part time sessions
- ★ 15-30 HOURS – Free Childcare for 2, 3 and 4 years old
- ★ Qualified and experienced staff
- ★ Fresh meals prepared daily. Veg/Non-Veg/Halal
- ★ Large & well equipped outdoor play area



36 Sudbury Court Drive, Harrow
HAI 3TD TEL: 07561 404415
Email: info@scribbles-etc.co.uk | www.scribbles-etc.co.uk

15-minute Neighbourhood - Pareet Shah



What is it?

The 15-minute neighbourhood, sometimes referred to as the 15-minute city is an urban planning concept that has gained increasing prominence in recent years.

It was first proposed in 2016 by Professor Carlos Moreno with the basic principle that everything urban residents would need for their daily needs would be within a 15-minute walk or cycle ride from their homes.

This would include things like education, shopping, entertainment, healthcare and even employment.

If residents needed to travel beyond their local vicinity, they would be able to do so, but this would reduce the need to regularly travel further afield.

Is it a new concept?

In many respects it is not a new idea, for example, many parts of Brent have had local amenities for decades, but walking and especially cycling to access these is often undesirable due to excess traffic and the perceived danger this presents.

Many of us remember 'corner shops' that were within walking distance, but many have closed due to competition from supermarkets that have encouraged driving.

How can this combat climate change?

We are facing a climate crisis, with Brent declaring a climate emergency in July 2019. According to the United Nations Environment

Programme, cities account for 75% of carbon emissions, with transport being one of the largest contributors, in Brent transport accounts for 22% of all carbon emissions. Increasing walking and cycling, and less driving would significantly reduce carbon emissions. In Brent about a third of all trips are already made by walking and cycling and these could increase further.

Residents would still be able to drive if needed (eg blue-badge holders, or having the occasional car trip to collect bulky or heavy items), but walking and cycling would be prioritised for most local journeys.

What are the other benefits and are they popular?

There are numerous other benefits such as improved road safety due to fewer cars, reduced pollution and noise, increased community bonds and overall quality of life.

It would ultimately make the neighbourhoods much more pleasant and attractive places to live.

There has been some recent fear-mongering that these would result in 'Climate Lockdowns' where residents would be barred from leaving their area. This is total misinformation and a recent YouGov survey showed that having amenities like healthcare, schools and shops within a 15-minute walk are very popular. Cities like Paris and Barcelona have begun to implement city redesigns to match this concept, and this has proved successful.

Volunteers' Week - June 1st—7th



Volunteers Week is celebrated between 1st and 7th June every year. It is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make. The week also raises awareness about the benefits of becoming a volunteer and the diverse volunteering roles that are available.

As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem. There are many voluntary organisations in the UK that rely on volunteers to help others.

First established in 1984 by Volunteering

England, the event is now coordinated by NCVO (the National Council for Voluntary Organisations). During the week stories about volunteering are shared on social media and hundreds of celebrations and events take place.

Every Volunteers Week has a different theme which is designed to help organisations think about how they can successfully open up volunteering opportunities to all and increase diversity in their volunteer base and trustees.

Further information about Volunteers Week and information about becoming a volunteer can be found at www.volunteersweek.org

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

Judy Bonfanti FCCA, STEP Affiliate

judy.bonfanti@hotmail.com

07810 642 505

World Environment Day—June 5th

World Environment Day is commemorated every year on **June 5th**. The purpose of this day is to raise awareness about the environment and how to protect our planet.



On this day, people are encouraged to do something beneficial for the Earth. They can do it alone or with friends, the important thing is to take action to make our planet a better place.

World Environment Day is not a public holiday so businesses and shops will remain open.

What Is The Origin Story Behind This Day

The UN General Assembly discussed the importance of making people interact and care for the environment during the Stockholm Conference on the Human Environment in 1972.

It was also very important to educate people about issues such as deforestation, overpopulation, pollution, and climate change, and how they are affecting our environment. World Environment Day was established by keeping these in mind and bringing the importance of environmental preservation to the forefront.

The first World Environment Day was observed in 1974 with the theme "Only One Earth". It was observed annually since then with a different theme for every year that emphasizes the importance of protecting the environment and taking care of environmental issues.

The theme for 2023 is Solutions To Plastic Pollution.

Some of the popular themes were "Global Warming" in 1989, with activities held in Brussels, in 2007 the theme was "Melting Ice – a Hot Topic?" and celebrations were hosted by London.

How To Commemorate World Environment Day

Recycling is the easiest way you can help in helping the environment. It is something that most households and people around the world already do.

Recycling is as simple as separating normal trash, plastic, paper, and glass and putting them in their specific bins. However, doing this at home is not enough.

We should be aware of our trash when we are out and put it all in the respective places rather than scattering the roads.

One activity you can organise with friends and family is planting trees in your backyards.

Not only do trees absorb and filter pollutant gases, but homes with trees in their gardens cut air conditioning needs by 50%. This, in turn, helps to reduce carbon dioxide emissions.

Source:

www.calendarr.com

What will you do?

You might already be recycling, is there something extra you can do?

- Recycle more?
- Buy previously owned
- Re-consider buying of 'fast fashion'

If you have any top tips you'd like to share with your neighbours, please let me know and I'll share in future Couriers.

williams
DG Limited



windows
windows, doors & conservatories



From
**Conservation Area
compliant windows**
to
**state of the art
Bi-fold doors**

From concept to completion:
U.P.V.C., Aluminium or Timber-look
Windows, Doors,
Porches, Conservatories.



certass 



Family business since 1985
020 8428 5433

info@williams-windows.co.uk
www.williams-windows.co.uk





It will be tough for June to surpass the festivities of the King's Coronation in May, but with a warmer climate, the SCHS Early Summer and Rose Show, and our Summer Outing there is plenty to look forward to.

With categories for Roses, Flowers, Fruits and Vegetables there are lots of opportunities to exhibit something from your garden or allotment at our Early Summer and Rose Show, 10th June at St Cuthberts Church. Staging from 10:30 until 12:30, and judging from 13:00-14:30pm, with open public access from 15:00pm-16:45pm. There are also categories for Domestic, Handicraft, Photography and special opportunities for young people to show off their skills. For example, the Young People's category 77 calls for a vase of 'Bee or Butterfly Friendly' plants, and my favourite category 59 in Domestic invites exhibits for Victoria Sponge! You might win a prize or become highly commended but most importantly it's a great chance to engage with members and neighbours. Please mail if you would like further details.

If you enjoy taking time out from the hustle and bustle of city life, then you will love our outing to Savill Garden, 17th June. In the heart of Windsor Great Park, and part of The

Crown Estate, Savill Garden boasts 35-acres of gardens, woodland and seasonal displays. Commissioned by George V and created by Eric Savill in 1932, this special place has delighted nature lovers, photographers, friends and families for many years. See picture. Fee £30, with last payments being taken on the 10th June. Contact Lynn dubefamily@gmail.com or Christine, clawton13@btinternet.com Look forward to seeing you on the day.

No matter what you're growing in your garden this June, there are a few key tips to keep in mind. First, make sure to keep your plants well-watered and fertilised, as this will help them grow strong and healthy. Second, pay attention to the amount of sunlight your plants are getting, as too much or too little can be quite harmful. So grab your gloves and your trowel, and get ready to enjoy the rewards of a summer spent in the garden.

Looking ahead, don't forget the SCRA front garden competition will take place mid to late August, keep your eye out for SCRA notices, and finally our AGM will take place 28th October.

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

Belgrave Sew Creative

Room 202, 10 Courtenay Road,
East Lane Business Park, Wembley HA9 7ND

We design, make and fit made-to-measure

Curtains, Pelmetts, Cushions;
Roman, Cascade, Roller, metal /
wood Venetian, Pleated blinds etc.

Professionally made by us in our workroom, we
also supply fabrics, tracks and poles to order.

Call: Mertis 07712123783

mertisbel57@gmail.com
www.belgravesewcreative.com

G. V. ELECTRICAL SERVICES

for all types of electrical work



- REWIRING
- EXTRA ADD-ONS
- MODIFICATIONS

Free Estimates



020 8904 7923

Mobile: 07947 595 112

ROOFING

ALL NEW ROOFS ▪ FLAT ROOFS

ALL TILES ▪ SLATES

LEADWORK ▪ U.P.V.C. FACIAS

GUTTERING ▪ REPAIRS

All Work Guaranteed

For free estimates call:

07940 908 596

DANIEL'S DEN

At St Cuthberts

Craft Songs Stories Fun

Every Tuesday 9.30—11.30am

(term time)

St Cuthbert's Church Hall

If you're interested in volunteering
to help at sessions,

Please call in and see the session leader

office@danielsden.org.uk

020 8908 6986

07984 042 777

D & M & Son

BUILDERS & DECORATORS

FREE ESTIMATES - No job too big or too small

Insurance Work Undertaken

Tel: 020 8966 9140

Mob: 07977 840 123

Complete Building and Decorating Service

Kitchens & Bathrooms fitted

Electrical, Plumbing, Tiling & Plastering

New Roofs / Repairs / Guttering replaced

UPVC Facia Boards / Soffits fitted

Garage / flat roofs replaced in 3 layer Torch Felt

Windowbays replaced in Lead & Felt

Fencing replaced in Panels & Featheredge

R & J Services

Home Improvements

- ♦ Extensions ♦ Roofing ♦ Flooring
- ♦ Fitted Kitchens & Bathrooms ♦ Tiling
- ♦ Plumbing & Electrics ♦ Refurbishments
- ♦ Decorations ♦ Disabled Adaptations
- ♦ Carpentry & Joinery

The One Stop Solution
from Concept to Completion

For information please contact

Randolph on: 07743 140 937

info@randjservices.co.uk

www.randjservices.co.uk

Northwick Park Community Garden

www.northwickparkcommunitygarden.com

info@northwickparkcommunitygarden.com



Children's Workshops

On Sunday the 23rd of April we were delighted to welcome a super group of enthusiastic children, and their families, to the community garden for the first of our Children's Workshops, where we will explore the garden through the seasons.

The first workshop was all about learning about the Spring, and growing plants from seed. The session was led by Susannah Hall, our fabulous Permaculture Garden Designer, who is also one of the facilitators on our Permaculture Design Certificate (PDC) Course, and she was ably assisted by some of the wonderful students from the course, along with our fabulous regular gardening volunteers.

The second workshop was on 14th May where we learned about bees/hoverflies, etc, as well as how to plant seedlings.

We still have six more sessions of the workshops to go, with the next one on Sunday 11th of June where we will learn about flowers, and how seeds form.

For a full list of workshops take a look at our website (see above) and if you would like your child/children to attend then contact us with your names, child's age and a contact telephone number. Workshops are free, and all materials will be provided, along with snacks. Timing is 10.30am until 1.30pm.

As Jagruti told us following the first workshop "Jovan (6 years) and Bella (3.6 years) had such a wonderful time and learnt a bit more about plants and nature".



Best wishes, & happy gardening,
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

Home Help

Companionship

Dementia Care

Live in Care



Home Instead Wembley
0208 022 4590
homeinstead.co.uk/wembley



Each Home Instead® franchise office is independently owned and operated. Copyright: © Home Instead 2022.

Friends of Barham Library



With the better weather finally here it is a good time to recharge both your body and your brain. . . Yoga, Pilates . . . You can also borrow a book on all sorts of subjects or interests to keep your brain active too.

MONDAYS:

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

WEDNESDAYS:

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

SATURDAYS:

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

SUNDAYS:

10-11 Pilates for over 40s (men & Women) (£8)

OUR SHOP IS OPEN

At Sudbury Town Station
Tuesday 2—5pm
Saturday 1—4pm

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

For more info, please contact:

Paul Lorber 07917 094 239
barhamlibrary@hotmail.co.uk

Creating & maintaining natural smiles

- Quality care for all the family
- Full range of cosmetic treatments
- Facial rejuvenation using Botox®
- Early, late & Saturday appointments
- Highly experienced, friendly team
- New patients always welcome

Call us now on **020 8904 9440**



Blue Court Dental Centre
201 Watford Road, Harrow
Middlesex HA1 3UA



ARMSTRONG & ARMSTRONG ROOFING

SERVICING SUDBURY COURT ESTATE FOR OVER 30 YEARS

- ♦ FLAT ROOF SPECIALISTS
- ♦ UPVC SOFFITS & FASCIAS
- ♦ GUTTERING, VALLEYS, STACKS
- ♦ HIGH PERFORMANCE POLYESTER & LIQUID SYSTEMS/OVERLAY
- ♦ FULL ROOFING SERVICES
- ♦ ALL WORK GUARANTEED

Which?
Trusted trader

FOR A FREE NO OBLIGATION QUOTE CALL 0208 868 4045

Visit our website & check out our customer reviews.

www.flatroofingsystems.com

SUDBURY COURT MAINTENANCE

- Gardening • Tree Cutting • Fencing
- Pressure Washing - Patios & Driveways
- Garden Clearance • Rubbish Removal
- All General Cleaning • Gutter Clearing
- Window, Carpet & Upholstery Cleaning
 - Roof repairs • Light Removals
 - Handyman • Decorator
- Large van for house removals, clearance and deliveries

Call: 020 8904 8734 or 07932 300642



Safeclean

The furnishing care specialists from **GUARDSMAN**
www.safeclean.co.uk

Professional Cleaning of Carpets, Upholstery, Curtains & Leather.

Independently Owned & Operated by Robert Loomes

**Specialist in Stain & Odour Removal Recommended
by Leading Furnishers Throughout the U.K.**

Guardsman Anti-Stain Protection With a 5 Year Guarantee

- Domestic & Commercial •
- Guaranteed No Shrinkage •
- Free Estimate & Advice •

**All Work Fully
Insured and
Guaranteed**

FREE PHONE 0800 328 6017

67 Lankers Drive, Harrow HA2 7PA. Email: robertloomes@safecleanharrow.co.uk www.safecleanharrow.co.uk

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 7)

jokes

Why did the cookie go to the hospital?

Because he felt crummy.



Why does a seagull fly over the sea?

Because if it flew over the bay, it would be a baygull.

Why did an old man fall in a well?

Because he couldn't see that well!

joke of the month!

What goes Clomp, Clomp, Clomp, Squish?

An elephant with a wet boot!



This is Reggie's very favourite joke. He is 2.5 years old and loves hearing the jokes from this page when he visits his grandparents.

riddles

You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
The match

A man dies of old age on his 25th birthday. How is this possible?
He was born on February 29th.

I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
Your breath

facts

- Winston Churchill, the British Prime Minister during World War Two, worked for many years to overcome a speech impediment.
- The snout of a star-nosed mole is 6 times more sensitive than a human hand.
- The Liberty Hotel in Boston, USA was once a prison!

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

**SCISSORS**
HAIRDRESSERS
YOUR LOCAL SALON
IN WINDERMERE AVENUE
(NEXT TO SOUTH KENTON STATION)
Busy and Friendly Unisex Salon

Experienced Stylists
Competitive Prices - Free Advice
Try us for a Set, Blow-dry,
Cut, Colour, Perm or Highlights.
020 8904 1488

ADVERTISER FINDER

	Page		Page
Accountant	9	Home Improvement	10,20,24
Boilers/Heating, Plumbing	10	Legal Services	15,27
Building Services	10,20	Mortgage Advice	14
Cleaning Services	20	Painter/Decorator	20
Dentist (private)	6,23	Pre-school	14,20
Electrical Services	20	Property Maintenance	10
Estate Agent	2,28	Roofing, Gutters	24
Estate Planning/Wills	16,27	Security Gates	6
Foot Care	8	Soft furnishings	20
Hair, Health & Beauty	6,23,25	Travel	12
Handyman	10,20	Window cleaner	24
Home Carers	22	Windows, bi-fold	18

Thank you for supporting our advertisers
They make this magazine possible

Next Copy Deadline

The Courier is published monthly.
Copy, advertisements and remittances for the
July issue should be received by

4th June 2023

Format required:
Pictures - JPEG (high res)
Advert - JPEG (high res)
Editorial—MS Word

Please mention

The Courier

When contacting them.

If they do a good job, recommend
them to a friend / neighbour

ADVERTISING

Advertising rates and Terms & Conditions
are available from:
advertising@the-scra.co.uk

All advertisements are accepted in good
faith and no responsibility is taken by the
producers of this magazine for claims
made by advertisers. Readers must satisfy
themselves as to the suitability of any
contractor or supplier they engage. No
recommendations are made or implied.
Neither The Courier nor the SCRA can
become involved in any disputes between
advertisers and their clients.

* **Articles** are from third parties and do not necessarily reflect the views and opinions of the Committee. As such, the Editor and Committee will not accept responsibility or liability for any such material.

* **The Editor** reserves the right not to publish all or part of any material submitted for publication. The Editor/Committee's decision is final

* **All rights reserved.** No part of the publication may be reproduced in any form, without the prior consent of the Editor

* **Produced and published** by the Sudbury Court Residents' Association.

* **Printed** by Mail Boxes etc (01895 630 436)



AL Law

-Associates-

Specialist in Family and Children Law
a local, friendly and approachable law firm can offer you a free initial 20 minute consultation.



Family Law



Children Law



Public Law



Wills, Trusts &
Probate Law



Civil Litigation

Free Legal Advice

- Family
- Children
- Public Law/Care Proceedings
- Wills, Trusts and Probate
- Lasting Powers of Attorney
- Civil Litigation
- Commissioners of Oath

We reserve the right to withdraw our offer of a free initial 20 minute consultation without notice.

Contracted with the Legal Aid Agency



Dudley House 31 Lower Road Harrow HA2 0DE

020 3794 8280 | 07985 434593

✉ info@al-lawassociates.com

Review from a very happy BUYER about our honest work for the SELLER



5 Star Review

By: 'Jonathan' Apr 23,2023

Branch: Harrow, 14 Peterborough Road

Sales (as a Buyer)

Postcode: HA1

As a property developer, I am in a unique position to review Empire Chase, because I have dealt with a number of agents, and having now purchased a property from them I can say that I would choose them to sell a property for me. They are honest and transparent and spent hours in conversation with me to achieve the best price for the seller, whilst still being reasonable and amenable to my position, which kept me onboard during a challenging market.

Please get in touch for a Free Valuation



Empire Chase Estate Agents

14 Peterborough Road, Harrow, HA1 2BQ

0208 4227722, 07890285162

info@empirechase.co.uk

www.empirechase.co.uk