

The Community Magazine for the
Sudbury Court and Pebworth Estates

May
2023

The Courier

93rd
Year



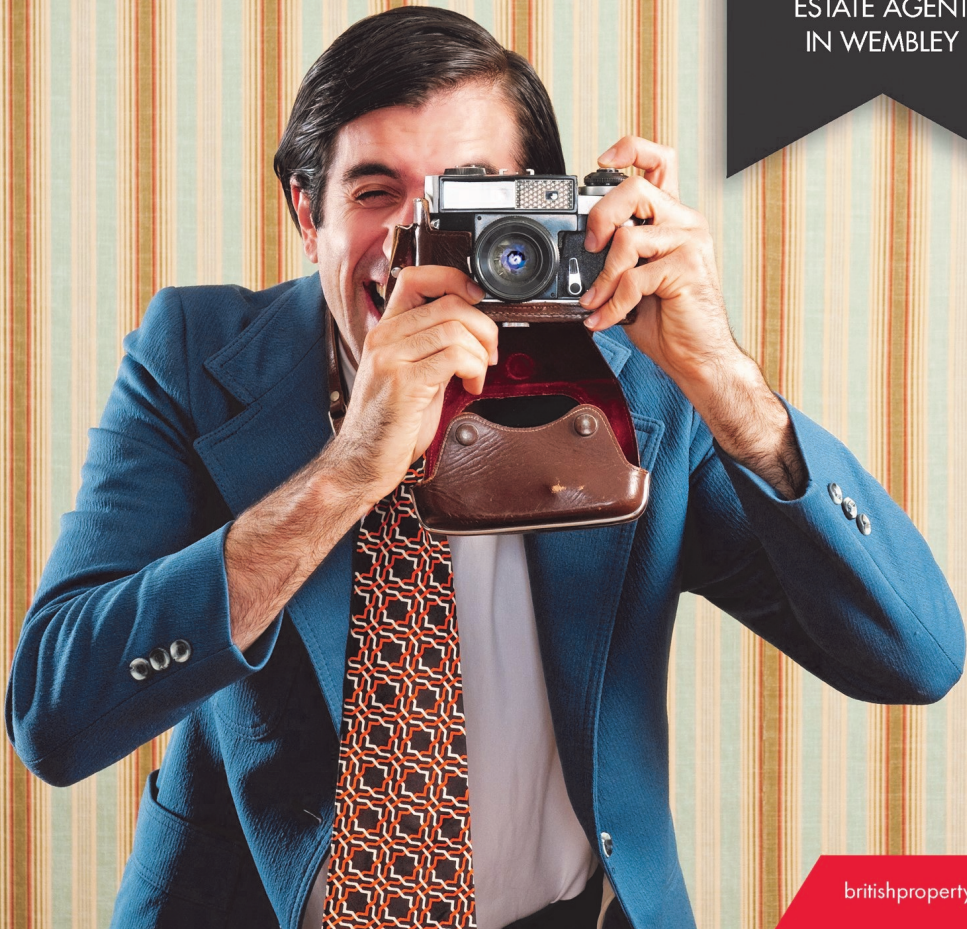
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The Courier



May 2023

Number 247 (1,087)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all keeping well.

This is the month of Bank Holidays and a Coronation, if you're organising any street parties or neighbour get-togethers, please do send in some stories and pictures—it would be lovely to share how people are connecting.

You can also connect with neighbours and your SCRA Executive Committee at the AGM on Wednesday 17th at 7.30pm. To remain connected with your community is so important, and supporting your Residents' Association enables a stronger voice when trying to maintain the local amenity in the face of increasing road safety issues and planning applications.

Hope to see you out and about.

Until next time,

Kaye

Our Regular Contributors:

Safer Neighbourhood Team

St Cuthberts

Sudbury Court Horticultural Society

Northwick Park Community Garden

Friends of Barham

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SCRA Exec Committee Summary Report

7,9,11

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 are having another get together with residents to drum up support for the Safer Neighbourhood Ward Panel and the date for it is the 24th of May, at St. Cuthbert's Church Carlton Avenue West – see below re what a ward panel is. We have been struggling for residents' support of the Ward Panel since Covid, so please do consider attending so that you can have some input in your local area.

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 are interested in joining, then please contact us and we can pass your details to Keith Perrin, who is the Ward Panel chair.

What's App Alert:

On 04/04/2023 or thereabouts there was an alert put out on the What'sApp group in relation to a spate of burglaries. The following was that alert for those who aren't on these What'sApp groups:

"Since 28/03/23 there is currently a series of burglaries and aggravated burglaries occurring across the North West area of London (Brent, Harrow, Barnet, Ealing) where the suspects have shown an increasing level of force being used involving crowbars, knives, and screwdrivers. In the most recent cases the victims have been sprayed or threatened with noxious substances. The suspects are

all described as white male approx. F510 – 600 slim build, with LONDON accents, wearing dark clothing and balaclavas or a scarf to cover their faces. The suspects appear to be targeting cash, jewellery, and gold. In most cases they are forcing entry through the rear of the property. The time tends to be around 9pm, pre British Summertime. Can residents please consider putting their alarm on a partial set even when they are in the house, ensure that doors are locked with secure locks even when they are in the house. If there is a break in whilst you are in the house, ring police immediately on 999 and try to exit the house to a neighbouring address and alerts neighbours."

If you want to join your local What'sApp Crime Alert group and/or Neighbourhood group then please contact us on the email address below and we will pass your details on to the residents who are the Administrators of those groups.

Reports of Dangerous Dogs Allegations in previous month:

Within the past month there have been a number of reports involving dogs either attacking humans or other animals.

Dog owners are reminded that they should have control of their dogs at all times, both in public and private settings, despite it not being law to keep a dog on a lead, except where there are local byelaws.

A dog owner should not allow their dog to attack any human or another animal, whether it be another dog or another animal. You may be committing offences under the Dangerous Dogs Act if your dog is involved in an attack— your dog could be seized and destroyed and you end up with a criminal conviction. Please be careful and be a responsible dog owner.

If you are involved in a dog attack as a victim then please try to obtain as much detail of the dog responsible for the attack and that of its owner or who is supposed to be looking after it. The name of the dog, breed, sex and all the details of the owner of both dog and the person with the dog, take a photo if safe to do so without putting yourself at risk of assault. If you wish police involvement or feel that there is a risk to the public call police immediately on 999 in an emergency situation and 101 when it isn't an emergency.

Overview of offences 7th MAR—9th APR:

Burglary Residential: (i) Watford Road (in 140s odds) 25/03 1930hrs – 2200hrs entry forced to house via side window, cash, jewellery and laptop stolen.

Attempted Burglary Residential: (i) Shelley Gardens (in 30s odds) 22/03 0335 -0400hrs, discovered activation on Ring doorbell which showed white male trying to gain access to occupiers house and neighbouring house.

Burglary Non Residential: (i) Northwick Park Hospital 20/03 0900 – 1500hrs headphones and wallet stolen from doctors office.

Theft of Motor Vehicle: (i) Oldborough Road (low odds) 07/03 0830 – 07/03 1400hrs, black Merc Amg 2021 plate stolen; (ii) Elms Lane (in 100s evens) 21/03 2300hrs – 22/03 0800hrs 2021 Lexus Rxl 450 believed keyless theft stolen; (iii) Willow Way 24/11 – 31/03 2005 Yamaha 125 stolen from outside a house; (iv) Byron Road (in 10s evens) 31/03 2000hrs – 01/04 0950hrs 2020 BMW 520D stolen from driveway, keyless theft.

Theft from Motor Vehicle: (i) Black Horse Pub car park Harrow Road 07/03 1800 – 07/03 2100hrs, car broken into and laptop and various personal items stolen; (ii) The Fairway (in 130s odds) 14/03 1500hrs – 15/03 1300hrs 2007 Ford Fiesta entered and documentation stolen, doors unlocked.

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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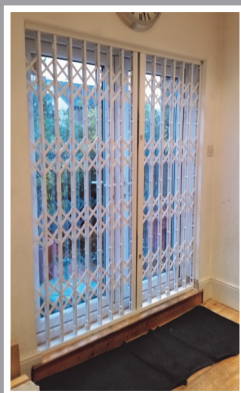
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SCRA Executive Summary Report 2022/23

Executive Committee

Over the past year, your SCRA Executive Committee has been working hard to protect our Estate from the negative impact of proposed developments, make sure that resident views are represented on a variety of matters and look into ways to make our streets safer and less congested.

It was wonderful to see residents taking part in our Front Garden Competition last summer and our Christmas Lights Competition over Christmas, with beautiful floral and light displays brightening up our Estate on both occasions.

All residents are invited to the 91st Annual General Meeting of the Sudbury Court Residents' Association, which is 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. We look forward to seeing you there.

Estate Traffic & Road Safety

Unfortunately, we received reports of several collisions occurring in our area this past year:

- A child was knocked into by a vehicle outside Byron Court Primary School.

- The school crossing patrol lady (aka 'Lollipop Lady') was struck by a car driver who failed to stop whilst she was assisting children to cross at the zebra crossing outside Wembley High Technology College.

Fortunately, neither victim was seriously injured.

- A moped rider was reportedly involved in a collision with a car driver near Wembley High Technology College, with emergency services in attendance.

- A driver collided with the Belisha Beacon at the pedestrian island of the zebra crossing outside Wembley High Technology College.

- There was a spike in drivers crashing into street furniture (crossing call button assembly, railings, sign posts) and even a front wall on Watford Road.

- There was a crash on Pasture Road, with a car overturning.

We've received reports of speeding by local residents on Pebworth Road and surrounding

roads.

Numerous residents contacted us with concerns about these incidents due to the dangers posed and the repair costs incurred, which are often borne by the taxpayer. We are discussing these issues with our Councillors and SNT to look at causes and potential solutions. Please drive safely on our roads, and keep them safe for your neighbours – pedestrians, cyclists and children.

Byron Court School Streets

We were informed that Brent Council was looking to re-consult on the same trial School Street scheme that was initially proposed in 2020. The aim of this is to improve the safety of children at Byron Court Primary School as well as improving air quality around the school. Other similar schemes in Brent and elsewhere in London have been successful and School Streets schemes are well supported by evidence. The scheme bans access for 'school run' traffic during the morning drop-off and afternoon pick-up, but maintains access for other drivers (eg residents, disabled pupils and emergency vehicles). Detailed information will be distributed if/when Brent Council open the consultation.

Proposed Developments

- *17 Shelley Gardens*: A planning application was submitted to convert this house into two separate flats. Many residents raised concerns about this and the SCRA submitted an objection, as the proposed development was likely to breach Brent's Local Plan and Cross-over Policy, negatively impact the local amenity and exacerbate parking issues in the area. We were pleased to confirm that the application was refused.

- *231 Watford Road (Mumbai Junction), Application Ref 22/3260*: We became aware from third parties last summer that Fruition Properties – the developer behind the previous bid to redevelop the Mumbai Junction site – was planning to submit a revised application after they claimed to have been working with local community groups. We had not previously heard of this and were not aware which local groups, if any, they engaged with.

Rolling back to Pre-Covid...

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

As a result of Covid, energy price rises and an NHS failing to provide routine elective care due to overwhelming emergency care, 2023 is going to be a tough year for all of us.

To help our clients and anyone seeking affordable footcare in these challenging times, I have sat down with my team of professionals to formulate and bring you the following packages:

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Footcare Training School

As you know from our previous article we have also established a Footcare Training School at our centre and are offering free Medical Pedicures with our students, subject to availability.

At the Foot Comfort Centre, we continually strive to improve the range and quality of our services, recognising the needs and challenges facing our community, and are committed to providing essential services that are affordable and accessible to all.

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 Exec summary 2022/23

An engagement exhibition of their new plans was held at St Cuthbert's in July.

The planning application for a residential development at this site was then resubmitted last autumn. The SCRA prepared an objection and also considered appointing a right to light consultant to help with our comments on the application. We are extremely grateful to the volunteers who distributed leaflets to the entire area at such short notice, raising awareness and encouraging people to comment on the proposals at this local landmark. We would also like to thank the residents who took the time to offer their feedback to Brent Planning.

The deadline for deciding on this application has been extended to 31st May 2023. We contacted Brent Council to ascertain the reasoning behind this and were informed that it is to allow further time to consider the application.

Northwick Park Hospital / Watford Road works

Plans were submitted for junction changes on Watford Road and widening of the Northwick Park Spine Road and work has since begun on this, which are scheduled to take a year or so to complete. Plans are available on the Brent Council website. This has caused some disruption in the local area, so residents are recommended to allow extra time for journeys or consider travelling at a different time or route, or even using an alternative mode of transport if possible.

Nuisance Complaints

- There were more complaints of noise disturbance from loud parties last summer. Councillors, SNT and Brent Nuisance Control Team worked together to try and resolve these incidents.

- There were also several complaints regarding bonfires in the area. Much of Brent is an Air Quality Management Area (AQMA), including large parts of our estates. Although garden bonfires are not banned, they are strongly discouraged by the council and repeat smoke disturbance may be investigated by the council.

Further information is available on Brent Council's website:

www.brent.gov.uk/nuisance-crime-and-community-safety/noise-and-nuisance.

Residents are reminded to please be considerate of their neighbours.

Inconsiderate Parking

We continue to receive an increasing number of inconsiderate parking complaints, including in respect of vans, lorries, vehicles on the school run and construction vehicles around the Estate. Issues include obstructed driveways, damaged pavements, wrecked grass verges, poor visibility - especially at junctions, and the potential to block emergency vehicles.

Some junctions on the Estate have recently had double yellow lines extended. These were requested by residents due to concerns about safety, visibility and obstructive parking.

We encourage residents to report suspected parking contraventions to Brent Council for enforcement (020 8937 4995).

Benches

Numerous benches on the Estate were showing signs of deterioration and we asked Councillors to investigate repair or replacement as appropriate. We were delighted when Brent Council agreed to fund the replacement of the three deteriorated benches on The Fairway. We understand that the previous benches were installed when the Estate was originally built which, if true, means they were approximately 100 years old and earned a well-deserved retirement!

Volunteers

The SCRA has been grateful to have the assistance of several pupils at Wembley High Technology College who have been helping with distribution of The Courier as well as administrative tasks such as taking meeting minutes. It has been a pleasure to see many of our younger residents get involved in this way.

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SCRA Update Exec summary 2022/23

The SCRA Committee looks forward to continuing to work steadfastly alongside residents, our Ward Councillors and our Safer Neighbourhood Team to ensure that our Estate continues to be a safe, green and well maintained place to live.

Please do use the email contact addresses (pg 3) should you have any concerns or suggestions you would like to bring to our attention. You can also follow us on our Twitter account @SudburyCourtRA.

AGM Agenda, Wednesday 17th May:

- 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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(9am-5pm

Tuesday,

Thursday, Friday)

I was recently invited to the Royal Opera House to see the premiere of Tannhäuser - a Wagner opera, first performed in 1845. I was surprised at how much I enjoyed this four-hour long opera and the venue. It was my first visit to the Royal Opera House in Covent Garden. I had walked by this amazing building for many years and never gone in. What a fabulous opera house! I now have a poster of the building on my wall. The opera in a nutshell, is about love, failure and redemption - redemption after everybody around you tells you there is no forgiveness. No forgiveness from close friends, from society, from government, and no spiritual redemption as administered by the church. The pope is in this story. The pope says,

"As this staff in my hand, no more shall bear fresh leaves, from the hot fires of hell, salvation never shall bloom for thee."

This is a curse rather than the blessing, which

Tannhäuser seeks. But the opera ends with a divine sign. The Pope's staff bursts into new life and reveals there is redemption and salvation for Tannhäuser after all.

Like my experience of the opera house, do we believe that some places are not for us? Do we ever pass a church and say that's not a place for me? Or when we think of God, do we believe we are not included in his plan and included in his divine love for the world? When I was first a curate my training vicar said that he only had one sermon, which was that God loves us and he wants us to believe that we are included. When we realise that we are included we can then believe in God in a new way and begin to fully understand his love for us.

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. Isaiah 40: 31

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.
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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.

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May is with us - the perfect time of year to start really enjoying the outdoors and getting some energising gardening underway. And what better way to kick your planting off than collecting your orders from our annual plant sale and coffee morning:

Saturday May 13th
St Cuthbert's Church
10am to 12.00.

Discounted bedding plants, herbs and vegetables will be available to members. We encourage non-members to come too, there is usually something for everyone. Please contact Jayshree: schstradingsecretary@gmail.com if you have any queries, or would like to volunteer a few hours on Friday early evening and/or Saturday to help receive and layout the plants as well as organise the church. Don't forget, if you prefer to renew or become a member in person this is a great event to do so.

Saturday May 20th will see us embark on our first coach trip of the year. Lynn and Christine have arranged for us to go to the Beth Chatto garden just east of Colchester. Beth Chatto, OBE, was an award winning plants woman, author and lecturer. With her team, Beth transformed the waste land into various informal gardens comprising the Gravel Garden (See Picture), Water Garden, Reservoir Garden, Woodland Garden and Scree Garden. 7.5 acres of sustainable planting in challenging growing conditions to inspire any gardener or plant lover. Tickets available from Lynn (dubefamily@gmail.com), or Christine (clawton13@btinternet.com, 020 890447851) at £30 per person. We look forward to seeing you on the day.



When planting, remember that soil quality can make the difference to the quality of your plants, applying garden compost or well-rotted manure really helps soil structure. It improves drainage in heavy clay soils, of which we have plenty. Hoeing regularly to keep down weeds is also advised this time of year, as it will frustrate them from freely propagating. Slugs and aphids are common pests. Head online to learn more, there are lots of solutions out there. Last month, Naomi recommended to smear Vaseline around the middle of your fruit tree trunks as a safe and effective way to prevent bugs climbing up the tree.

Finally, our 2023 show and events schedule was delivered early April, by Jayshree, Sonal, Carol, Jay, Bharti, Naomi and Gayatri. Many thanks to them for helping to complete this essential part of the society. If you would like a copy or to become a member of the Sudbury Court Horticultural Society, affiliated to the Royal Horticultural Society, please contact Tim Manson.

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

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Northwick Park Community Garden

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On Tuesday 28th of April we held our Annual General Meeting and seed swap at The Windermere Pub. It was fabulous to see so many people - lots of old friends and some lovely new people too.

We started the evening with the seed swap, which was as popular as ever, giving people the chance to share excess seeds which they had, while at the same time picking up some others which they wanted to grow - saving seeds from going to waste and some money too..

We then moved on to the business part of the evening, enjoying a slide show presentation from Iris which gave a rundown of all our activities during the last year, some wonderful memories. We then had a presentation on our finances from our treasurer Eleri. Next followed a discussion on fundraising, with some great ideas from the floor - watch out for details of a plant & cake sale, quiz, and a paint and sip party over the coming year. To be certain not to miss these events please consider signing up for our mailing list via our website www.northwickparkcommunitygarden.com and follow our social media accounts on Instagram and Facebook.

We also heard from Susannah Hall, our permaculture design expert, who gave details of the children's workshop programme starting in April, which will take place on a Sunday morning from 10.30am until 1.30pm - the workshops are free of charge, and are suitable for children aged 5-13. (see below)

If you would like your child to attend the workshops please register by email: workshops@northwickparkcommunitygarden.com and let us know their name, age and a contact telephone number for you in case of last minute changes to the schedule. All children must be accompanied by an adult.

Finally we heard a request from Geraldine Auerbach who has been in charge of the volunteer team taking care of the plants in the platform gardens at Northwick Park Tube Station and others, she has requested that the Community Garden take this project under our wing, and we would love to have some more volunteers to help with this, so please get in touch if you are interested in helping.

Best wishes,
Eleri, Jo, Rishil and Iris

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

"See the garden through the year" - A series of sessions for children and families:

Sunday 23rd April

Learning about spring • growing some seeds

Sunday 14th May

Learning about bees/hoverflies etc • Planting seedlings

Sunday 11th June

Learning about flowers • How do seeds form?

Sunday 16th July

Planting seeds for autumn salads • harvesting/eating berries with pancakes • Hapazome

Sunday 10th September

Learning about seed dispersal • building insect hotels out of wood • harvesting fruit to cook

Sunday 8th October

Learning about autumn • preparing for winter • what happens to the insects over winter?

Sunday 12th November

Learning about what happens to plants in winter • what is still available to harvest?

Sunday 3rd December

Natural dye session making presents for Christmas





ENJOY THE SUNSHINE!

Here Comes the Sun...

The summer sun is upon us and with the sunshine comes the risk of dehydration. Barbecues, beach trips, garden parties and picnics are what make summer so much fun and with the easing of restrictions, we may all get to enjoy these activities again this summer. However, it is important to note that too much outdoor time can also lead to dehydration which for some senior individuals can be a common cause of hospitalisation. Apart from drinking regularly there are other steps to prevent dehydration.

Tip 1: Wear Breathable clothing

Tight synthetic materials can make you perspire a lot – wear light breathable layers such as cotton fabrics and linen.

Tip 2: Increase fluid intake

Drink as much as you can when it is extremely hot. Drink, water, tea and juice. Try squash in water if you do not like drinking water to encourage you to drink regularly.

Tip 3: Foods hydrate too

Leafy greens, celery, berries, melon, cucumber, tomatoes and apples can be added to the summer diet. These foods can be very refreshing.

Tip 4: Medication Review

Certain medications can increase the risk of dehydration and sensitivity to the sun – talk to your GP or pharmacists about any concerns.

Tip 5: Always use Sunscreen

It is really important whenever you are outside in the sunshine that you wear Sunscreen, our skin can be delicate, so we need to protect it from burning, even when it is overcast.

Tip 6: Stay Indoors during the hottest hours

The sun is more intense during the middle of the day, between 12pm-3pm so avoid being outside during these times. Do any outdoor activities such as gardening, shopping and walking in the mornings or early evenings.

Help your loved ones, friends and elderly neighbours stay safe and sun-happy!

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We are fundraising to make this happen. As part of this we are selling some good 2nd hand PCs donated to us by a Wembley College. Contact us for more details or see our shop on eBay (friendsofbarhamlibrary)

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)

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
11am—3pm Library Open

SUNDAYS:

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

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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

Why did the farmer tiptoe across the farm?

He didnt want to wake the bulldozer!

What cat lives in the ocean?

An octo-puss!

What do birds say on Halloween?

Trick or tweet.

Why is the obtuse angle always so sad?

It's never right!

riddles

A man who was outside in the rain didn't get any of his hair wet.

How is this possible?

He was bald.

What has legs but doesn't walk?

A table.

I'm found in socks, scarves and mittens; and often in the paws of playful kittens.

What am I?

Yarn.

facts

- In February 2011, NASA launched the first humanlike robot into space, which was called Robonaut 2.

- Spadefoot toads smell like peanut butter.

- Pixar brought Buzz Lightyear and Woody to life in *Toy Story* (1995), the first computer-animated feature-length film.

- Less than 45 years ago, you could pay for things with a \$10,000 note!

Did you spot the deliberate spelling mistake? Didn't should be 'didn't'.

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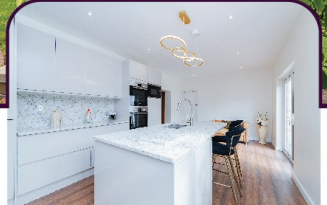


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