

The Community Magazine for the
Sudbury Court and Pebworth Estates

August
2023

The Courier

93rd
Year



Photo: Helga Pokrovskia



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August 2023
Number 250 (1,090)

The official publication of the Sudbury Court Residents' Association.

Chair: Pareet Shah, chair@the-scra.co.uk
Vice-Chair: Steve Maingot
Treasurer: treasurer@the-scra.co.uk
Secretary: Noura Abdul-Cader, secretary@the-scra.co.uk
Membership: Hardip Singh, 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 was really saddened to hear the news about 'Aunty Anne' (see pg 13) I only met her a couple of times, but what a force of nature! And what an impact she had on her little corner of this community, as well as the Memory Cafe.

Thinking about Aunty Anne's impact prompted me to share the poem on pg 17—the importance of the 'little things' we can do for others, I'm sure she would agree.

Get in touch if you have any local stories, neighbours who are having an impact in your little corner, events that you attend locally that you can share. I look forward to hearing from you.

That's it from me for now,

Until next time,

Kaye

Our Regular Contributors:

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Cover photo:

Our keen gardening resident, Meena, has sent me this lovely photo of her Lotus flower—as you can see it's continuing to thrive under her watchful eye and tender care. She asked Helga to take this photo so that she could share it with us.

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



If you read the crime figures below you can see that we have only had one burglary and no robberies reported to us within the preceding month, the burglary isn't actually on our patch as Northwick Avenue isn't part of our remit since the ward boundary change.

The crime figures, or lack of, are really very good and I would like to say I know why, I honestly don't but maybe it is in some small part due to the vigilance of the residents in the area?

In any case, as summer continues please be cautious about leaving windows and doors opened even while you are in the house, or doing work on your gardens – an opportunist thief / burglar might see an open door or garage door, and access your house or garage while you aren't about/looking.

Residents leaving their windows open at night time for ventilation could be burgled by so called creeping burglar(s) who can climb up, get in through the open window while you are sleeping. This has happened in previous Summers so please be aware and take the appropriate security measures - if you have an alarm, set it on a partial set even at night time when you are in the house. Also, ensure your windows have a lock on them so they can only be opened so much – that they cannot be opened so far that a small thin person can get in.

Also, can you keep your porch locked even if you are inside the house, if someone is in your porch a passer-by might think that they are the lawful occupier and they are 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!!

If you go away on holiday and your house

is unoccupied it may be vulnerable to being burgled. Visual indicators that a house is unoccupied are no car in the drive/ house in darkness. Reformed burglars have been surveyed about their tactics and 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. Also, 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 is also a given – it is your first line of defence. Ring style doorbells are advisable as well.

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

Fatal Collision – Sudbury Court Drive:

9/6/2023: there was a fatal road traffic collision on Sudbury Court Drive between a car and a moped. Sadly, a young man died in the collision. This is subject to police investigation, however, I know that a number of residents have approached me about the layout of the Sudbury Court Drive and the gaps in the carriageway between the up section (John Lyon roundabout to Greenford Road) and the down section.

Ultimately, the change in the carriageway layout will be a council and highways department matter. I am liaising with our traffic department to see if the police can give any endorsement to this appeal by the residents to get the gaps closed.

Vehicle nuisance and ASB:

The SNT have received a number of complaints from local residents to do with

vehicles with modified exhausts, loud exhausts with kicks, racing in and around the Sudbury Court Estate and the park at night time. We are following up on the information in relation to the vehicles involved and sending warning letters with a view to prosecution. We are also liaising with the council and the parks department in relation to potentially installing temporary cameras and trying to get the park gate closed at night time/in the evening.

If we catch such nuisance vehicles or have evidence of them acting recklessly or being a nuisance then we will apply the full extent of the law in order to stop their activities and maintain the peace in the area. The drivers of vehicles can be issued warnings under the Anti-social behaviour legislation if they use their vehicle in a specific manner thereby causing anti-social behaviour – reckless or inconsiderate manner or off road driving. If, having been warned, the driver or vehicle is involved in a recurrence within a specific time frame then they can have their vehicle seized.

Please report, with evidence, any vehicles involved.

What has your team been up to?

13/06 I arrested a male following a complaint that this man had been sexually

harassing a disabled woman. This is subject to an investigation and the male is on bail, he has been bailed out of this area whilst the investigation is ongoing.

14/06 whilst still topping and tailing with regard to the above case, I popped out to get lunch at Wenzels in Sudbury. On parking up my police car, I noticed a very thin gaunt young man loitering on the private stair case as you enter the service alleyway behind Wenzels. I was unhappy with his account of being there, he gave a name that was initially not coming up on our database. I was still unhappy with what he was saying and his insistence that he had never been arrested. Finally, the information he gave me told me his previous address and I then managed to find out his name, I found that he was wanted for an aggravated burglary of an address in Wembley. I arrested him, he was charged and remanded to court.

18/06 shortly after 4pm: PC Ryatt another colleague and I were driving up Blackbird Hill towards Wembley. We saw a group of masked youths near the BP, opposite the Church on Chalkhill Road. We had to U-turn by which time the group was running off in different directions, We managed to stop one of the youths and discovered, under a car that he was seen coming from, was a 34cm bladed machete-style knife. PC Ryatt arrested this youth who is currently on bail whilst further investigation takes place.

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Though we looked around the area to see if there were other discarded weapons, nothing else was found. In the subsequent days, another machete was found on the grounds of the church, though I along with other officers had searched around there when the incident happened.

In the past year, I have been involved in three knife arrests—for me this is alarming—all involving young men, 16 years old.

Please be careful when you are out and about, and speak to your young sons, in particular, about the danger posed by those carrying knives.

In addition, to these incidents, your team has had some leave period.

Other issues your team are working on is the closure of another believed brothel in the area; ongoing issues of disturbance involving a woman with mental health issues in a block of flats – trying to get her support and treatment; ongoing issues of disturbance in another block involving a woman with drug addiction issues who is having a lot of addict visitors who are stealing residents' parcels.

We are still working on the group of youths who are suspected to be involved in drug dealing on East Lane and trespassing in private blocks of flats and causing a nuisance.

Overview of offences 6th Jun—10th Jul:

Burglary: (i) Northwick Avenue (in 20s odds) 3/07 1315hrs – 07/07 1430hrs, forced entry via the front door whilst victim was away on holiday, house ransacked – cash and jewellery stolen.

Theft of Motor Vehicle: (i) Amery Road (in 30s odds) 22/06 2130hrs – 23/06 0630hrs, 2022 plate Lexus RXL stolen, it is believed keys were in a Faraday pouch; (ii) Paxford Road (in 100s odds) 30/06 0215hrs 2020 plate Land Rover Evoque stolen.

Theft from Motor Vehicle: (i) Kenton Road (in 50s odds) 1206 1900 – 13/06 0730, registration plates stolen from car. Even though this is not on Northwick Park ward since the boundary change, this still comes up on our crime figures publication. (ii) Peel Road (in

50s odds) 09/07 0630hrs spare wheel stolen from underneath 2022 plate VW Crafter, silver Vauxhall involved.

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 OWL to send alerts to residents about local crimes and other info 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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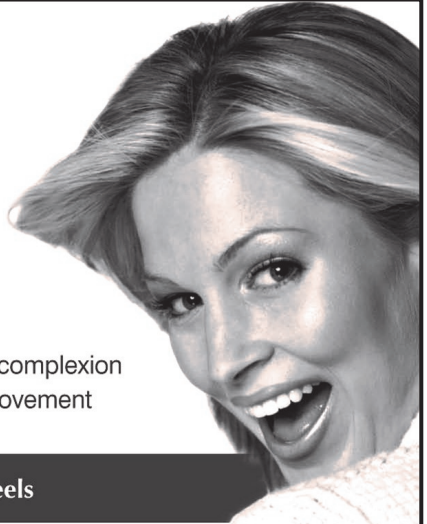
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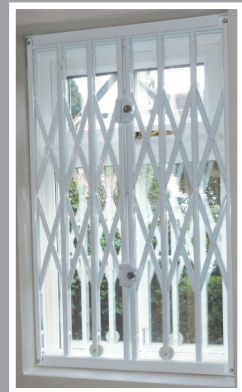
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SCRA—AGM Update - Pareet Shah, Chair

Hello everyone,

Summer is here! I hope you all manage to enjoy the sunshine and get some rest and relaxation over the coming weeks.

The committee met on 11th July and discussed several issues of interest to residents:

1. Mumbai Junction planning application.

Just before our committee meeting, we learnt that this locally unpopular planning application which had been due to be discussed by the council's planning committee the following day (12th July) had been deferred to a future date. No reason has been given for this deferral at time of writing—we will update you when we learn more about this.

2. Fatal road collision.

Many of you may be aware that, tragically, there was a fatal road collision on Sudbury Court Drive in June. A motorcycle rider collided with a car driver and sadly died from

their injuries. The circumstances surrounding this incident are not yet available to the public, however, once they are known we hope to meet with the council to look at measures to prevent such an incident from recurring.

3. Front garden competition.

The Sudbury Court Horticultural Society committee have again kindly volunteered to judge the front garden competition this summer. They plan to visit nominated gardens on 13th August. There will be prizes for 1st, 2nd and 3rd best gardens. If you would like to nominate your own or another resident's garden, please email SCHS Chair, Tim Manson on tim.manson.london@gmail.com

4. Barham Park Cottages development.

This controversial planning application was approved on 12th June, to much local disappointment. The committee is supporting residents to pursue other avenues to stop this development and more details will be shared in due course.



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News from East Lane Theatre- your local live theatre

After another successful season, we are now on a Summer break. Our Autumn production will be the popular psychological thriller “Gaslight”, and there will be more details about this in the next edition.

But at East Lane, we never sleep. Traditionally we use the Summer break to do all sorts of odd jobs in the theatre, and this year will be no exception.

So, as always, don't forget to pop in for a coffee and a chat to find out more about us any Sunday between 10 and 12 (the coffee goes on at 11). We are a really friendly group and we welcome anybody, with or without experience, who is interested in amateur theatre , onstage or offstage.

Check us out on www.eastlanetheatre.org.uk

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

Until 14 September we have weekly summer concerts at 12.30 pm.

Admission **free**: collection on the way out to cover expenses.

St John's Church, Greenhill, Harrow (corner of Station Road and Sheepcote Road).

Details: www.harrowsummertime.co.uk



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There will be family fun activities and entertainment held across Brent throughout the year.

Explore the Wembley Art Trail

In partnership with Artists in Residence we have introduced a new two-mile public gallery of art and culture that takes you on a tour of all things Wembley. On the 30-minute trail you will uncover a range of football themed artwork followed by colourful art installations and light displays in Ealing Road celebrating our local South Asian community.

You can explore the trail on your mobile device by downloading a map. There are also interactive guides for each phase of the trail to find out more about the artwork and the businesses featured

www.brent.gov.uk/neighbourhoods-and-communities/culture-splash

Keep checking for other local events, many are accessible and free, and go and join in.



A service for everyone...

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

Following on from my previous article today I would like to summarise the range of services we offer and invite you to send us feedback on how we may evolve further to meet your needs.

FOOTCARE PACKAGES PROVIDED BY OUR HYGIENISTS

Nail Cutting Service £30

Includes treatment of normal and diseased or disfigured nails.

Footcare Hygienist £45

Includes treatment of nails, callous, corns and hard skin.

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£85 - Senior Specialist

Session includes assessment, diagnosis, treatment planning and treatment of nails, callous, corns and hard skin.

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Home Visit £85

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

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Farewell to 'Aunty Anne'

Anne Victoria Gander, one of the oldest residents living on the Sudbury Court Estate, died on 23 June 2023.

At 97 years old Anne, had lived here since 1976 and was well known to many as "Aunty Anne".

This name was used by all the school children who attended Byron Court School when she worked there. Anne would help children with their reading, spelling and writing free of charge.

Anne would sit on the garden wall or the steps going up to her front door and chat with old and young passing by.

A devout church goer, Anne was very popular with her neighbours. She helped with the organising and taking part in activities for the

senior citizens of our estate for many years. When the previous Vicar, Reverend Steve, introduced the idea of a Memory Café at St Cuthberts, Anne took on the responsibility of not only organising the games, sing song sessions etc. but took on the responsibility of running the show.

Anne wrote poetry (see below) and words flowed out of her very easily. Instead of sending cards to friends and family, she would pen a poem specially for them which even the poet laureates perhaps have difficulty doing.

Anne's funeral was well attended and tributes were paid by various people. She will be missed by all of us and we join in sending our condolences to her daughter, Jane Edwards and son, John Gander. May she rest in peace.

Sukaram Chopra

Memory Café

If you're feeling empty, out of sorts, and feeling bad,

Make your way to the Memory Café,
'cos soon you won't feel sad,
There'll be someone there to greet you,
with luck it might be me,
Soon you'll be sitting with others,
drinkin' a nice cup of tea,
Then just sit and listen or join in with the rest,
P'raps a bit of gentle exercise,
whichever you like best
Then p'raps the quiz will have started,
it's surprising how much you know,
Then it's Memory's singing group,
and soon it's time to go.

So please come and visit us,
you won't rue the day,
'Cos when you walk into Memory Café,
we chase the blues away.

The Met Police Choir

The police came round to St Cuths last night,
A whole force- not just one or two,
They stood in a group, to make themselves heard,
They were super those PC's in blue.

The Met Choir were there, to show how you sound,
If you happen to have a good voice,
They sang Les Miserables, Disney and Hymns,
Our Memory Café helped them rejoice.

But that's not the end, there was food to partake,
Our catering friends showed us how,
With sandwiches, wraps, fresh fruit and cake
They really should take a bow.

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I love Technology and what it can do. We see massive advances in the technology we have around us: phones, computers, cars and watches etc and we have hope for the future that science and technology will solve some of the world's biggest problems - from global warming to healthcare.

I love my Apple watch. It monitors my activity. When I first began to wear it, I was obsessed with completing "the rings" - a feature that identifies if you have done a sufficient amount of activity each day, encouraging you to take small steps to maintain a healthy lifestyle. I must admit, I am not as successful at completing "my rings" these days. It also has a heart and blood oxygen monitor, fall detection and can remind me to take my tablets, which is very helpful as I'm getting older and becoming more forgetful!

Sadly, technology is no panacea and ends

up creating its own problems, now seen in addiction, stress, and social isolation. This is evident when we step on the bus or train and see everybody staring continuously at their phone screens. What I have found in life is, there's nothing quite like meeting together, encouraging each other through the face-to-face conversations we have and the friendships we share in person. We all need reminding of the importance of being present for each other. We are valuable to others and to God. Sometimes it's good to give our tech a rest and be still, quiet and just listen. We might be surprised by what we hear.

Rev Trevor Goddard

The heavens declare the glory of God; the skies proclaim the work of his hands.² Day after day they pour forth speech; night after night they reveal knowledge. Their voice¹ goes out into all the earth... Psalm 19 v1-4



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Poetry Corner



Never Underestimate The Little Things

For years, I used a certain mug for my morning cup of tea.
One that someone bought me as a present once.

They probably forgot they'd even given it to me.

I once listened to a song on repeat for days
because I fell in love with it after someone told me it was their favourite.

They probably forgot they'd even told me that.

I once had an outfit that I wore over and over
After someone stopped me in the street to compliment me on it.

They probably forgot they'd even done that.

They probably forgot.
But I didn't.

I remembered it all, to the point where the mug and the song and the outfit
became little things in my life that brought me great joy.

So never underestimate the little things you do every day.
The seemingly trivial, forgettable things.

Because, whilst they might be trivial and forgettable to you,
I can almost guarantee that for someone else...

they could be entirely
the opposite.

*Becky Hemsley 2023
Talking to the Wild*

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Greetings from The Savill Garden!

Amidst the captivating beauty of nature, I am reminded of the tranquillity and serenity that gardens offer. During our society's visit in late June, we had the pleasure of immersing ourselves in the meticulously designed landscapes of The Savill Garden. Located within the picturesque Windsor Great Park, the gardens boast a spacious garden centre, with meandering waterways, verdant lawns, majestic trees, charming shrubs, and a heavily scented Rose garden. Within an hour's drive from Sudbury Court, The Savill Garden provides the perfect setting for a highly recommended serene and rejuvenating day out.

Looking forward, you might like to mark your calendars for the 5th of August when we will embark on our Summer outing to the prestigious RHS Hyde Hall. This year the excursion is timed to coincide with the RHS Garden Hyde Hall Flower Show, which takes place from 2nd to 6th August 2023. Prepare to be dazzled by the magnificent flower displays, expert exhibitors, and refreshing food offerings. As you explore the garden, you'll be captivated by its full summer glory, with highlights including the Dry Garden, the Herbaceous Border, and vibrant displays in the Floral Fantasia garden. While it may be getting closer to the event, there is hopefully still a chance to secure your tickets! Please keep in mind that SCHS society membership is required for garden entry. Becoming a member is easy, email or call me for more details. With out-going tickets at just £20 per person, this event promises to be a memorable day out for the whole family.

As autumn approaches, we eagerly anticipate our society's Autumn Show, which will take place on September 23rd at St. Cuthbert's Church. We hope your



gardening endeavours are flourishing, and we look forward to witnessing your exhibits, artworks, craft and cookery at the show. For those unfamiliar with the format, the show consists of three phases. Exhibitors should first register their creations and artfully stage them for judging from 10:30am. In the early afternoon, judging takes place, and the class winners are announced. At approximately 3 pm, the exhibits are open to the public, providing exhibitors with the opportunity to mingle with fellow enthusiasts and share in the joy of horticulture. We look forward to seeing you on the day. Show schedules, listing the shows categories, can be provided digitally if you would like a copy.

Finally, our society is only made possible by the dedication of its volunteers. If you'd like to learn a little, lend a hand or take on a more involved role behind the scenes, we warmly welcome your enquiries. Join our community and help us build a vibrant horticultural culture for the families of Sudbury Court and its surrounding areas.

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

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July was a wonderful month for potential new opportunities and connections for the Community Garden and the volunteers and graduates of our Permaculture Design Course which finished at the end of May.

We were active participants at the Permaculture Festival at the beautiful Cecil Sharp House on 2nd July. The roles between us included organising, staffing the marketplace on the plant and information stalls, and speaking about living well in small spaces. The cost of a stall at the festival is just a couple of cakes which are sold on the cake stall to raise funds

Permaculture is not just about gardening and growing but also about sustainability and earth care. In the marketplace we also ran a micro workshop for attendees to naturally dye their own silk scarf using botanical dyes which complemented the fascinating talk that day by Zoe Burt and Jahmale on sustainable and creative ways to refashion clothing.

We were able to talk to so many interesting people many of who we had met the previous year including Calthorpe Community Garden, Josiah Braithwaite Community Garden and Hackney Herbal. We now feel that we are strongly embedded in the Permaculture network and community. Look out for next year's festival which we will advertise on our social media.

The following day we participated in an RHS afternoon discussion about the benefits of volunteering. This information will lead to a resource area for community groups on their website. It was lovely to hear from so many people who were involved in community gardening groups, and cake was often an answer in many situations. It took place



at the Hampton Court Flower Show, and we were privileged to be able to arrive early and explore the show a day before it opened to the public. The standout plant for us was Eryngium (Sea Holly) "Big Blue" as it was always smothered in Honeybees and the standout garden was designed by Carol Klein whose principles were to work with nature and to use swathes of plants. We had also been invited to consider

submitting a design for an allotment so took the opportunity to look at this year's fabulous allotment gardens and talk to the designers . . . Watch this space it seemed very possible!



Best wishes, & happy gardening,
Eleri, Jo, Rishil and Iris

[Check our website](#) (see header)
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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**

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Friends of Barham Library



Rain or Shine our Community Library continues to be open to serve local people on:

Monday and Wednesday 3 to 6p.m.

Saturday 11 to 3p.m.

Saturdays are busy with activities for children starting with Story Telling & Rhyme for the under 5s from 11 to 11:45a.m.

We also help people to keep fit and healthy through sessions of:

YOGA – on Monday at 7pm and Wednesday at 7:30p.m. at £7 per 1 hour session.

PILATES – on Sunday at 10a.m. (suitable for men & women over 40) - £8 per 1 hour session

LIBRARY SHOP inside Sudbury Town Station

We sell surplus books, CDs, DVDs and other items here to raise funds for the Library. We also sell on Ebay at [friendsofbarhamlibrary](http://friendsofbarhamlibrary.com) on eBay

The Shop is usually open on:

Tuesdays 10a.m. to 12 and again 2 to 5p.m

Thursday 10a.m. to 12

Saturday 1pm to 4p.m.

We need more volunteers to increase our open hours. Please get in touch if you can help.

For more information on any of the above please phone me on 07917094239 or mail barhamlibrary@hotmail.co.uk

All the best
Paul Lorber

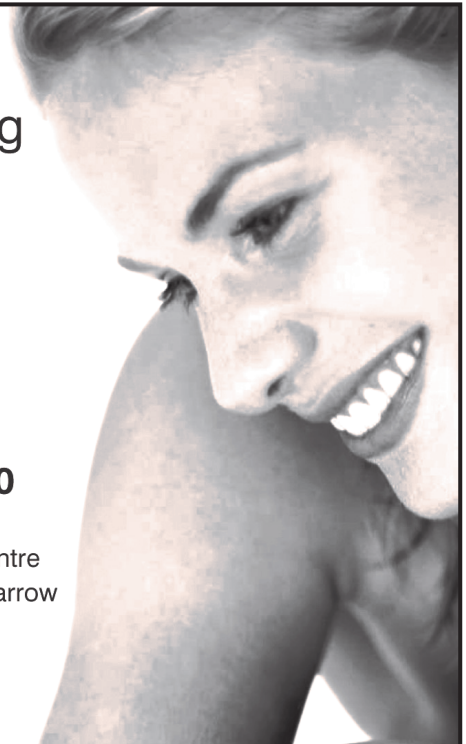
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Kids' Page



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 7)



jokes

Why did the cell phone get glasses?
Because she lost all her contacts.

Why can't you give Elsa a balloon?
Because she will let it go!

Why was it so breezy at the football game?
The stadium was packed with fans.

What's the best way to throw a party on Venus?
Just planet.

riddles

It runs having no feet and it roars having no mouth.

Waves

What goes up but never comes back down?

Your age.

I have cities, but no houses. I have forests, but no trees. I have water, but no fish. What am I?

A map.

facts

- Jupiter is the fastest-spinning planet in the solar system (it only takes about 10 hours to complete a full rotation on its axis).

- The Guinness World Record for the longest breath held under water is held by Budimir Šobat. The 56-year-old man from Croatia held his breath underwater for 24 minutes and 37.36 seconds!

- The Great Wall of China is the longest man-made structure in the world, with a total length of about 13170.7 mi or 21196.18 km.

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

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