

The Community Magazine for the  
Sudbury Court and Pebworth Estates

September  
2023

*The Courier*

93rd  
Year



Photo: Pradeep Luther



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# The Courier



September 2023  
Number 251 (1,091)

## The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're keeping well.

Here we are in September—and your Courier has a bit of a musical feel to it. How lucky that we have such choice on our doorsteps—and many of the concerts are free. If you go along, please do send me a little review, to encourage other residents to go and participate.

A little shout-out to Pradeep for this month's cover photo, taken at the Northwick Park Community Garden. Pradeep has been featured previously, including a short article about taking up photography as a hobby. If you'd like to have your photo featured on the cover, get yourself out and about with your camera or your smart phone and send it through to me by email on the above address. If you have a hobby that you'd like to share with everyone, send me a little story about it—you might find you have some fellow-enthusiasts just around the corner.

That's it from me for now; looking forward to hearing from you.

Until next time,

*Kaye*

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If you don't have email and you would like to contact the SCRA, please call:  
**07933 958 166**  
(available weekdays 10am-2pm; 4-6pm, or send a text and we'll get back to you)



# Northwick Park Safer Neighbourhood Team (SNT)

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



**Burglars arrested:** Sunday July 16<sup>th</sup> – burglary at an address on Oldborough Road (in 20s odds) at about 1500hrs.

At about this time, a resident on this road heard loud banging on his front door and, as he wasn't expecting anyone he didn't answer, instead looked out from an upstairs window. He saw a group of young men—they put masks on and jumped over to the back garden, accessed his garage which he had left open as he had been doing work in it. The resident rang 999. The group have then tried to gain entry to his house, at which point they saw him and fled over a number of gardens. Two youths, believed to be from this group, were apprehended sometime later on the Sudbury Court Estate after a police pursuit, involving police dogs.

Believed linked to this is a report from a resident of Audrey Gardens at 1420hrs who saw some youths looking through their neighbour's porch: when quizzed by this witness they said that there was something wrong with the neighbour's guttering and then went off towards Abbots Drive.

These incidents serve to highlight that burglars often knock at the front door/porch to see if there is anyone at home before they then go on to try to burgle.

Unfortunately, the two arrested youths have had to be bailed on 17/07/23 pending further investigation.

**Car thief arrested:** Tuesday August 1st at about 0325hrs a resident of Paxford Road rang 999 reporting that someone was trying to steal a car: a Lexus. Four males involved.

Fortunately, there were available police units and police cars made their way. On East Lane one police unit heading to Paxford Road passed a Lexus car which turned into Tesco on East Lane, possibly to evade police

There was a male in the driver's seat of the stolen Lexus, who was then arrested. He was subsequently interviewed, charged with a number of offences including Theft of Motor Vehicle, Going Equipped and driving offences. He was remanded in custody to court and remanded for trial. The other three from the group are outstanding. The Lexus was a 2020 plate Nx 300h F Sport.

18/05 at 0230hrs a 2016 Mercedes AMG C 63 was stolen from Priory Crescent, the car remains outstanding. On the 30/07 at 0342hrs the same resident had seen suspected thieves on mopeds snooping around this area of his road believed with the intent to steal his replacement car. Please be aware and please ring 999 if you believe someone is about to steal a car.

05/08 at 0344hrs a masked white man with a backpack and another male entered the driveway of an address in Pebworth Road. The male with the backpack was seen using a scanner near the house, the other male managed to get into the 2018 Mercedes parked on the drive, fortunately in this instance, the males didn't manage to steal the car.

Please be aware if you have a new keyless entry car; please keep your key in a Faraday Pouch, use a substantial steering/crook lock at all times when parked unattended, consider installing a gate on your driveway.

**Rogue Builders:** Late July, a resident witnessed an interaction between some male builders and the occupiers of an address in the Sudbury Court Estate and rang police about the men, suspecting them to be rogue builders.

Police attended the address and following enquiries with the occupants confirmed that the working practices of this group were indeed rogue in nature. The occupier was advised



advised accordingly. It was confirmed with the occupant that these “builders” who were contracted to do some work on the chimney had been found through a website. Remember the old adage – paper never refuses ink! In other words, don’t believe everything you read.

If you need some work done on your property, please ask friends, family or neighbours for recommendations of builders who have personally worked for them and that their work has stood the test of time. Most reputable builders have a huge wait list so be prepared to wait.

**Vehicle nuisance and ASB:** We have received a number of complaints from local residents concerning 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/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 timeframe then they can have their

vehicle seized. Please report, with evidence, any vehicles involved.

### **What has your team been up to?**

We are working on a number of ongoing issues including ASB in relation to drug dealing (East Lane), a suspected crack house (Perrin Road) and a brothel in a road off East Lane, being some of the issues that we are busy with currently.

23/07 whilst on patrol in Rushout Avenue, I saw a male who I knew to be wanted for a burglary. The male, a drug addict, was arrested by PC Ryatt for this burglary. He is currently on remand awaiting sentencing for this offence.

### **Ongoing Issues:**

**Parking Scam:** In the Wembley Central and Ealing Road area a number of elderly residents have been scammed by males with hand card readers, or being walked to cash-points, for being “fined for illegal parking”. The males involved in this can look quite presentable but will not have a uniform like local authority enforcement officers.

DO NOT give them your card details or cash.

If you receive a legitimate fine for parking illegally, an Enforcement Notice will be put on your vehicle windscreen for you to pay at a later date or appeal the fine— e.g. if it is a Brent Council or local authority fine, the notice will include full and clear information on how to pay or appeal your fine within a number of days— it will never involve immediate payment to a person.

In previous years, a resident was scammed in this manner when he parked in a Cash and Carry car park near Sainsbury’s Kenton Road.

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## 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.

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**For more information visit: [www.personalestateplanning.co.uk](http://www.personalestateplanning.co.uk)**

Judy Bonfanti FCCA, STEP Affiliate

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## Theft of and from vehicles:

There are ongoing reports of high value cars being stolen late at night or in the wee hours by thieves using specialist equipment, radio frequency scanners and the like. To combat this it is advisable that you keep your key in a Faraday pouch and also put a good steering lock on your car.

From time to time and within the past month a resident has contacted us regarding their CCTV that picked up a thief trying door handles of cars in the middle of the night – from my experience these sort of opportunistic thieves that roam around on foot in the middle of the night tend to be people with addiction issues and are looking for an open door in the hope of finding anything to sell (sunglasses in glove compartment) or some loose change. To combat this please keep your car clear of anything of value and leave your glove compartment open and empty of anything of value.

Please be aware that Blue Badges are highly sought after so, when not in a restricted area, it is advisable that you don't leave it visible in your car or in your car at all if possible.

### Overview of offences 10/07/23—07/08/23:

*Burglary:* (i) Oldborough Road (in 20s odds) 16/07 1450hrs as detailed above.

*Theft of Motor Vehicle:* (i) Byron Rd (in 10s evens) 13/07 0001hrs – 1450hrs 2018 Honda 125 stolen; (ii) Byron Road Garden Court 19/07 2330hrs – 20/07 0500hrs Suzuki Uz 125 stolen; (iii) Paxford Road (in 30s evens) 01/08 0325hrs Lexus stolen – details above in main section.

*Attempted Theft of Motor Vehicle:* (i) The Fairway (low odds) 21/07 1835hrs two males in a white Ford Mondeo apparently trying to open doors of a 2017 plate Prius, believed in an attempt to steal the car.

*Theft from Motor Vehicle:* (i) Sudbury Court Road (in 30s odds) 11/07 2100hrs – 12/07 0500hrs items stolen from a 2006 Astra, no damaged caused, believed car not locked; (ii) Littleton Road (in 30s evens) 13/07 1400hrs – 14/07 2100hrs registration plate stolen from 2018 BMW car.

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](http://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](http://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](mailto: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](mailto: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](http://www.met.police.uk)

[www.homeoffice.gov.uk](http://www.homeoffice.gov.uk)

[www.cifas.org.uk](http://www.cifas.org.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)





## Good Neighbours make Great Volunteers

Stand-in Courier deliverers for occasional holiday support; SCRA event organisers—occasional help to deliver information to neighbours . . . Get in touch and support your community.

[secretary@the-scra.co.uk](mailto:secretary@the-scra.co.uk)

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# SCRA— Update - Pareet Shah, Chair

Hello everyone.

Writing at the beginning of August, Summer has been a bit of a washout so far, I hope we get to enjoy some better weather for September.

We don't have a committee meeting in August, so it's been a relatively quiet month for us, but I just wanted to update you on the Mumbai Junction planning application.

The delayed planning committee meeting was held this evening (9<sup>th</sup> August). Reports

indicate that there was a lengthy and heated debated at the meeting.

A majority of the planning committee voted against the application, but the relevant officer and committee chair disagreed with them, and a decision was made to defer the decision, most likely at the next meeting.

We will update our residents in due course.

. . . Watch this space!

## Raise Your Voice in Song

### Harrow Choral Society Open Workshop

The choir welcomes all singers to a special choral workshop at its usual rehearsal venue of St Alban's Church, North Harrow, led by Music Director and professional baritone Sam Evans. Sam will work on a selection of tuneful pieces on the theme of 'Songs of the British Isles' including traditional Scottish, Welsh and Irish songs and jazz-inspired settings of Shakespeare's Songs and Sonnets by George Shearing.

New singers are also most welcome to come along to the choir's first rehearsal of the new season on Monday, 11<sup>th</sup> September at 7.45

Saturday 23rd September 2023  
St Alban's Church Nth Harrow HA2 7PF  
10am - 3pm

£5 for members, £10 for non-members  
Further details: [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk)  
Phone: 07794 253463

Next Concert:  
Autumn Concert - Saturday 21st October-  
please visit [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk)

### Harrow Philharmonic Choir

Our 2023/24 season rehearsals start on Monday, 11th September at 7:45  
Harrow High School, Gayton Road,  
HA1 2LS

All singers are welcome to join us, particularly young singers! If interested please contact Kathryn Sweet at 0208 866 0382 or [www.harrowphil.co.uk](http://www.harrowphil.co.uk)

Our first concert this session will be on December 2nd, 7:30 at Pinner Parish Church.

We will be singing the John Rutter, Magnificat, Vaughan Williams, Fantasia on Christmas Carols and and Handel's Messiah.

A wonderful program!  
Please come!!



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Our words can have an amazing effect. They can be creative, challenging, informative and encouraging. But they can also be damaging, hurtful and destructive. When we are talking to people the same words can be taken in many ways and we can easily read into people's words what we want to.

I came across this quote recently: 'The same sun that softens the wax also hardens the clay.' It was explaining why Jesus spoke in parables. The disciples came to Jesus and said to him, 'Why do you speak in parables?' and Jesus said to them, 'Some people listen to me and the parables I share, and will understand what they are about. Their hearts will be softened and they will be encouraged. But others will not have a clue what I am talking about. This is because they are not on the same wavelength. They

are not interested in what I have to say. In fact, they are hostile to what I am saying and my words just harden their hearts and make them angry.' Of course, I'm paraphrasing Jesus' words here. But if you think back to when you were a teenager you will remember exactly what it felt like not to be able to hear what adults were saying to you positively. How hard it can be to truly hear.

The bible tells us in the Genesis story that God spoke and creation came into being, emphasising the true power of God's word in our world. Perhaps it is not words that are our problem. It is having a humble, sincere, and quiet heart that has the power to listen. When we listen, we cannot only hear but we can also see.

Genesis 1: 3 And God said, "Let there be light," and there was light.

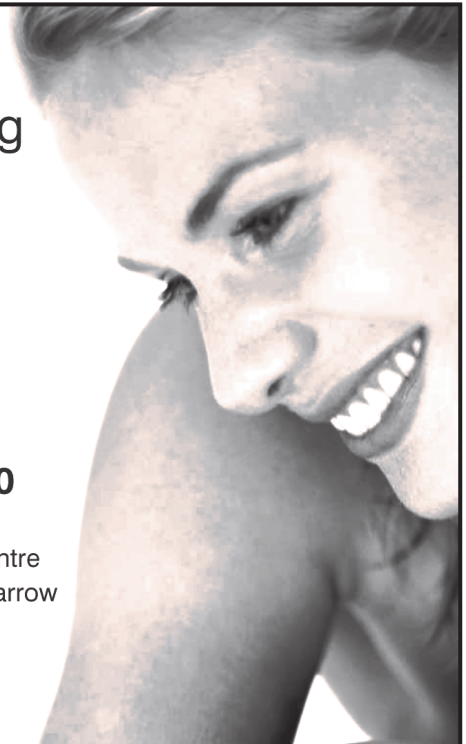
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## SATURDAY 14 OCTOBER 2.00PM THE DRUM, BRENT CIVIC CENTRE

Join musicians from the Royal Philharmonic Orchestra for a playful, interactive introduction to orchestral music!

Featuring 25 musicians and internationally renowned presenter Tim Steiner performing a range of music in ways you've never imagined, this event is specially designed for people who may find traditional concerts challenging to attend, including adults and children with learning disabilities, movement disorders, sensory impairments, autistic spectrum disorder, dementia and other neurological conditions, or those with young children or babies.

Including interactive elements, close-up experiences of the musicians, BSL interpretation, Makaton singalong, and gentle sensory elements, this performance is Relaxed, so attendees are welcome to enjoy the concert without worry. There will be opportunities to sing, dance, move about or just listen as preferred, and 'chill out' spaces will be available for anyone needing some quiet time before re-entering the auditorium. At the end of the concert, optional post-concert activities will invite you to try your hand at a range of musical activities, led by the RPO musicians themselves.

### Need to know:

Timeline for the day:

1.15pm – 1.40pm: Sensory Introduction for audiences with sensory impairments (please book these as add-ons when registering your tickets for the main event)

1.40pm – 2.00pm: Auditorium doors open, audience take seats



2.00pm – c.2.50pm: Performance in Auditorium. Audiences are welcome to leave and return as required during the performance.

2.50pm – 3.20pm: Optional post-concert activities in smaller audience groups

Audience members with vision or hearing impairments who would benefit from familiarisation visits are invited to join members of the Orchestra for a short (c20min) pre-concert sensory introduction from 1.15pm. Please book this as an 'add on' after you have put your tickets in the basket.

Seating will be spaced out between groups to allow for easy movement within your group, with your choice of floor seats (mats will be provided) or chairs. See the seating chart and example photographs on the RPO website for more information, and please select which type of seating your group prefers when registering for tickets.

Social stories introducing the venue and the show will be shared in advance of performances to bookers via email.

Specific seats or spaces will be allocated on arrival, but the seating type you select when booking will be available.

*To book your tickets:*

[www.rpo.co.uk/whats-on](http://www.rpo.co.uk/whats-on)

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

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

Details: [harrowsummertime.co.uk](http://harrowsummertime.co.uk)

Thursday 21 September, 12.30 pm: Clare Deniz (cello) and Yoon Seok Shin (piano)

Details: [www.stjohnsharrow.org](http://www.stjohnsharrow.org)

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

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



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# Sudbury Court Horticultural Society

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Facebook - Sudbury Court Horticultural Society UK

It's September and with our excellent RHS Hyde Hall coach outing behind us, we're thrilled to invite you to be a part of our Autumn Show where we eagerly anticipate the display of your impressive horticultural (flower, fruit and vegetable) exhibits, floral arrangements, artworks, photography, crafts, delectable culinary delights and children's entries. The show will take place at St. Cuthbert's Church on **23rd September**, and we're sincerely looking forward to your presence as we gather to celebrate the remarkable talents within our community.

If you haven't exhibited before, the show comprises three phases: Exhibitors register their entries by 9pm on Thursday 21st September and, on the day, artfully stage them in the morning ready for judging early afternoon. After judging is complete (approx. 3pm) the church will be open to the public, providing you with the opportunity to view the exhibits on display and mingle with fellow enthusiasts and share in the joy of horticulture. If you're interested, or haven't got a copy, we would be happy to provide digital copies of our show schedule which lists the categories for Roses, Dahlia, Flowers, Fruit and Vegetables and all the other classes in greater detail.

Email:

Tim Manson for a show schedule;  
Bernie Woodma to submit your entries  
[bernie.woodman@btinternet.com](mailto:bernie.woodman@btinternet.com)

If exploring private gardens is your thing, The National Gardening Society is a wonderful initiative that combines gardening enthusiasm with charitable efforts. Since its inception in 1927, the Society has opened up exceptional private gardens to the public, raising funds for district nursing. With access to over 3,500 stunning private gardens throughout England, Wales, Northern Ireland, and the Channel Islands, this initiative continues to make a significant impact on nursing and health charities through admissions, teas



and cake sales. More information can be found on their website, [ngs.org.uk](http://ngs.org.uk). Among the garden listings, you'll find Reveley Lodge in Elstree and a few gardens in Harrow, where viewings can be arranged by appointment with a modest entrance fee in early September.

Additionally, we wanted to highlight the fantastic initiative of free garden visits for schools by the Royal Horticultural Society (RHS). Children have the chance to engage in practical horticulture, art, and science activities. Visits can be organized by schools themselves or led by experienced Education Officers based at RHS sites. To find out more, visit the RHS website to access the application forms.

As a reminder, the Sudbury Court Horticultural Society thrives because of its relationship to the SCRA, its membership and the dedication of its volunteers. If you're interested in learning more about horticulture, lending a hand, or taking on a role behind the scenes, we warmly welcome your enquiries and participation.

We're also clearly thrilled about the Autumn Show and all the incredible activities and opportunities surrounding horticulture and craft. Mark your calendars, spread the word, and let's make this event a memorable one together! See you there...

Tim Manson, SCHS Chair  
[schs.timm@gmail.com](mailto:schs.timm@gmail.com)

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We had a fabulous time at our Family Workshop in July, which was held in the garden. Guided by our permaculture expert Susannah Hall, with assistance from members of the recent Permaculture Design Certificate (PDC) Course and some of our fabulous regular volunteers, we were introduced to the fascinating art of Hapazome, a type of eco printing, in which flowers, leaves etc are imprinted onto material by use of pressure - in our case using hammers. As you can imagine this was not only educational for the children present, who were learning about the different flowers and other plants in the garden, but they then got to whack the living daylight out of the designs they had made! Everyone produced beautiful, individual pieces, which they took home to enjoy. It was lovely to see some new faces as well as regular attendees, so don't forget that if you would like to attend future events, please email us at the workshop email address (see above) with your names, ages, and a contact telephone number in case we need to make any last minute changes to the scheduled events.

The upcoming workshops are:

**Sunday 10th September 10.30 - 1.30**

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

**Sunday 8th October 10.30 - 1.30**

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

**Sunday 12th November 10.30 - 1.30**

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

**Sunday 3rd December** Time tbc

Natural dye session making presents for Christmas

Workshops, with the exception of the December one for which there will be a charge, are free to attend, and all materials are included. You may attend whichever appeal to you, we just ask you to please register in advance so we know how many to expect, and have enough materials etc, and we do ask that you try to arrive at the scheduled start time, which is generally 10.30am, and will be confirmed on our social media channels, so make sure to follow us on Instagram and/or Facebook. Please do remember to dress according to the weather, this summer wet weather gear has been a must!

While the rainy weather may not be very enjoyable for us, the fruit bushes and trees in the garden have been loving it, and it is wonderful to see lots of plums, apples, medlars, mulberries, Japanese wineberries, chokeberries etc all looking delicious. If you haven't been over to the garden recently it is worth taking a walk to see what is thriving there. It is funny to think that not very long ago the area was simply a piece of grass, where there is now so much abundance and diversity.

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

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

funded by Brent Council NCIL



# Nutrition & Hydration

Eat little and often



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

This is called fortifying food



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

Use milk powder to fortify milk, sauces and soup



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

Have more protein



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

Eat with others



Make meal preparation easier



## What is a *fortified diet*?

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



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



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



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



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



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

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# Friends of Barham Library



## COMPUTERS FOR SALE

We have a number of Dell and HP desktops for sale. They are great workhorses and details of different types can be found on our ebay site:

[ebay.co.uk/usr/friendsofbarhamlibrary](http://ebay.co.uk/usr/friendsofbarhamlibrary)

We also have a number HP Elite 8300 Windows 10 desktops with 4GB ram and 500GB hard drives. The boxes are just £30 if picked up but we can also sell the full package with a basic monitor, keyboard, mouse and leads for £60.

## LIBRARY OPENING TIMES

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. followed by Chess at around 12:30.

**KEEP FIT & HEALTHY** sessions continue:

**YOGA** – on Monday at 7pm and Wednesday at 7:30pm - £7 1 hour.

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

'Sport in Mind' is sponsoring FREE Pilates sessions on Tuesdays at 12 o'clock for anyone with recent experience of stress or who feels it would help their mental wellbeing. Just pop in on Tuesday 10 minutes before the start to find out more.

**LIBRARY SHOP** inside Sudbury Town Station (Station Approach entrance)

We sell surplus books, CDs, DVDs, Records and other items here to raise funds for the Library; also our ebay site

Usually open:

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

Thursday 10a.m. to 12

Saturday 1pm to 4p.m.

We are recruiting Volunteers to help extend our shop opening hours. Experience is not required - just a bit of common sense and friendly approach to our customers & other volunteers.

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



**What's the king of all school supplies?  
The ruler.**

**What do you learn at witch school?  
Spelling!**

**Why did the M&M want to go to school?  
Because it wanted to be a Smartie!**

**Why did the boy eat his homework?  
Because his teacher said it was a piece of cake!**

## facts

- The Shishi High School located in Chengdu, China, established in 194 AD, is the world's oldest school.

- A school in the Philippines is made entirely of recycled drink bottles. The school named Bottle School is one of its kind in Asia. It took about 9,000 bottles and dozens of volunteers to build the structure.

- The City Montessori School (CMS) in India is the world's largest school. There are currently more than 56,000 students attending the school on a daily basis.

- In Bangladesh, there are no fewer than 100 boat schools! In Bangladesh, annual flooding can disrupt school for hundreds of thousands of students and in some areas, roads are impassable during the rainy season when rivers rise as much as four metres, or 12 feet.

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

# ADVERTISER FINDER

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## Next Copy Deadline

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

**4th September 2023**

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

Please mention

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

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

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

# Is it time for a Full Body MOT...

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

I'm thrilled to announce a new addition to our range of services at our Centre.

This service, called 'Total Health Check,' has been designed to deliver a holistic medical health assessment, ensuring an extensive review of your body from head to toe.

This bespoke service is a thorough medical inventory, incorporating over 18 separate check-ups. It ranges from routine yet crucial assessments like blood pressure monitoring and blood tests to more specific evaluations such as for diabetes. The Total Health Check further includes an ECG, providing vital insights into your heart's health.

Furthermore, it investigates your neuromuscular system and stress levels, promoting a comprehensive understanding of your physiological and psychological well-being.

We wouldn't hesitate to regularly service our cars, ensuring they are in the best possible condition. We

routinely maintain our boilers and other household items, recognising their importance in our daily lives. Yet, how often do we pause and consider the need for similar maintenance and care for ourselves?

Therefore, isn't it high time you invested in a Full Body MOT? This check-up is not only a proactive measure for maintaining your health but also offers a comprehensive view of your medical history and its implications on your present and future health.

By addressing potential concerns early on, this could significantly improve your overall quality of life. Our Total Health Check is designed to provide a detailed exploration of your physical and mental well-being designed to empower you with knowledge and peace of mind.

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](http://www.footcomfortcentre.co.uk)



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