

The Community Magazine for the
Sudbury Court and Pebworth Estates

November
2023

The Courier

93rd
Year



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The Courier



November 2023
Number 253 (1,093)

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 keeping well.

Often, as I bring The Courier together, with everyone's contributions landing in my email inbox, a theme will strike me—and this month it happens to be 'connection'.

The SNT write about being more aware, which strikes me as a connection to your surroundings; Rev Trevor brings our attention to the connection of family, people and places, illustrated by a poem; a local resident sent in her thoughts on The Power of Human Connection which I hope you find interesting.

You could also say that our other contributors bring to your attention our connection with our community, gardens and local resources—I include our local businesses in that connection, as they provide services to you while also supporting this very publication.

How could you add to the connections made in this community?

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



Autumn/Winter Advice:

Burglaries are most likely to occur in the hours of darkness when residents are at work. Keep your house alarms on and lock those porch doors, keep a car on your driveway and a radio on in the house near the front door. Burglars frequently knock on the resident's door to see if they are in, so please be aware of this especially if you are not expecting any callers.

If you believe someone is about to break into a house please ring 999.

Your mobile phone

Around this time last year there were a couple of males that were going around on bicycles stealing mobile phones. They tended to target commuters in the vicinity of tube stations and bus stops.

Be aware of your surroundings as you commute to and from work. Do not keep your phone in your hands as you walk, and don't have your music so loud that you become less aware of your surroundings.

Near Wembley High Road, and around the Arena, there have been robberies involving males on Lime bikes. Please note: if you hear Lime bikes make a loud clicking sound, this indicates that they are not paid for and, therefore, effectively stolen - so be cautious around persons using these bikes when they make this clicking sound – robbers using Lime bikes to commit robbery won't have paid for their use.

When out and about generally, please be careful about taking your mobile out. If someone asks you the time do not take your mobile out – this is a common ploy that robbers use in order to get someone to take out their phone so they can snatch it. If they take it from you they will threaten you to unlock it so they can use it/sell it on.

Avoidance of potentially dangerous situations and awareness of your surroundings generally is advised at all times to mitigate

the risks of being targeted or confronted by robbers who are threatening to assault you. If you are in such a situation, your safety is always paramount and I would urge you not to fight in any way in case any of the robbers have weapons. Try to take a mental note of as many details as possible—the description of the robbers themselves including clothing, direction of travel; ensure that you have the IMEI of your mobile phone recorded, preferably on immobile.com; have 'Find My Phone' app installed on your phone so that the police could possibly track it if stolen. Ring police as soon as possible on 999 if you are the victim of a robbery/attempted robbery as there might be a chance that police can deploy officers to search for the robbers.

Selling items

Please be careful about hosting any would-be buyers at your address after advertising items for sale. Within the past month a resident had jewellery stolen after having a would-be buyer around to his address. It is not advisable to invite would-be buyers into your home, especially if you are alone.

Items outside your property

Within the past month, a resident had a set of filing cabinets stolen from the side driveway of their house, a white van was involved. Obviously, you should be able to leave items on your driveway or in your garden, however, there are opportunistic thieves roving around who might steal your bicycle etc left outside that can be carried away easily. Again, it is advisable not to leave items that can be easily taken unlocked on your driveway.

Continuing Advice re Crime Trends

Parking Scam:

Please be aware – This occurs when an elderly resident has parked in an area that

may be subject to parking restrictions, and is approached by males pretending to be parking enforcement officers with debit/credit card readers or being walked to cashpoints after being told they were being “fined” for parking illegally. Under no circumstances should anyone give their card or cash in these circumstances. The males involved in this can look quite presentable but will not have a uniform like local authority enforcement officers.

If you have received a legitimate fine then an enforcement Penalty Charge Notice will be put on your vehicle windscreen; if it is a Brent Council or local authority fine then the full information will be on there as regards payment of the fine, it will absolutely never involve immediate payment in cash or by card.

Previously this scam has occurred in a Cash and Carry car park near Sainsbury’s Kenton Road, the area near Butlers Green in Sudbury and Tenterden Sports Ground car park off Preston Road. Also in the Wembley Central and Ealing Road areas.

Cash point Thieves:

Please be cautious when using cashpoints, particularly if you are an elderly person.

Often those involved will try to act like a Good Samaritan claiming that the cashpoint doesn’t work, coming close to you and distracting you after they have watched you input your PIN. Whilst you are distracted they, or a second person will take your card. Before you realise they are gone. Once

your card is stolen, the thieves involved will go on to use your card at a nearby ATM to max out the withdrawal before you manage to cancel the card.

My advice: if there are people around the cash point, ensure there is sufficient space between you and the person behind or to the side of you; cover the keypad with your hand as you enter your PIN—if someone talks to you whilst you are using the machine or taps you on your shoulder that they are trying to distract you and steal your card.

Thefts of and from vehicles:

There are ongoing reports of high value cars being stolen overnight by thieves using specialist equipment/scanners and the like. Please 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 thieves that roam around on foot in the middle of the night trying a series of door handles in the hope of finding one open tend to be people with addiction issues and they do this activity to find anything to sell e.g. sunglasses in glove compartment, and 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.

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- An estimated 70,000 people per year have to sell their homes to **pay for care**.
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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.

For more information visit: www.personalestateplanning.co.uk

Judy Bonfanti FCCA, STEP Affiliate

judy.bonfanti@hotmail.com

07810 642 505

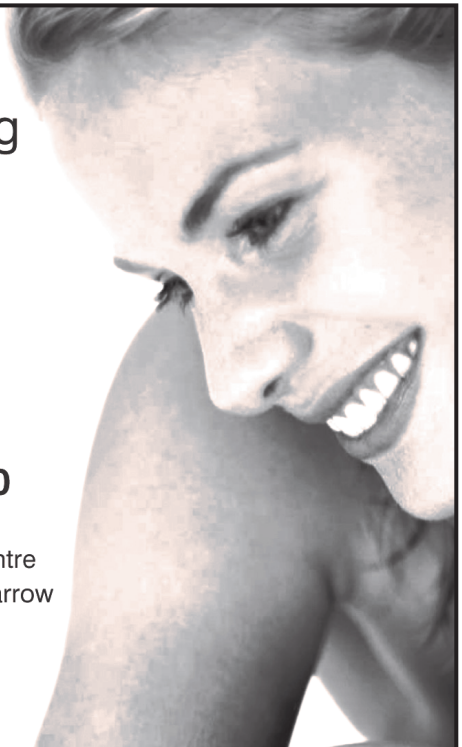
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Please be aware that Blue Badges are still highly sought after so, at night time and when not in a restricted area, it is advisable that you don't leave it visible in your car or in your car at all.

Overview of offences 7th Sept—7th Oct:

Robbery: Northwick Park near Northwick Park tube station – 09/09 1425hrs victim approached by male with a knife demanding his watch, when victim gave it to him he threw it back at him stating that he thought it was a Rolex, suspect then ran away.

Burglary Residential: Norval Road (in 120s evens) 15/09 2045hrs - 15/09 2359hrs attempts to get into house via levering the front porch door, forced side door to garden, attempted to get into kitchen door of house, forced entry to garage – no property stolen from garage.

Attempted Burglary Residential: Sudbury Court Drive (in 110s odds) 28/09 2140hrs house owner heard noises outside and seen male trying to get access to side gate, on being shouted at by her has fled in an awaiting silver estate car.

Theft of Motor Vehicle: (i) East Lane (in 210s evens) 11/09 2100hrs – 12/09 0700hrs 2016 plate BMW X5 stolen from driveway; (ii) Byron Road – 14/09 last seen 1323hrs 2019 Mitsubishi outlander stolen; (iii) Sudbury Court Road (60s odds) 23/09 1815hrs 24/09—0130hrs 2022 plate Lexus RX 450H TAKUMI stolen believed without keys; (iv) Priory Hill (in 10s odds) 25/09 1800hrs – 26/09 0700hrs 2017 plate BMW 330E stolen without the keys.

Attempted Theft of Motor Vehicle: (i) Bengeworth Road (odd lows) 26/09 0300hrs two men captured on CCTV with signal capture device manage to gain entry to Mercedes car, unsuccessful in stealing it; (ii) Blockley Road (in 70s odds) 28/09 0048hrs two males with masks on and scanner equipment trying to steal victims car (no further details recorded).

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-scr.a.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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SCRA Committee— Update - Pareet Shah, Chair

Meeting held 4th October, summary:

1. Proposed safety scheme for Sudbury Court Drive

Following the tragic fatality earlier this year, Brent Council proposed to close the two gaps in the central reservations and ban U-Turns at the southern end near Heritage View. We support the proposals as this will reduce the scope for future collisions. This area has been plagued with speeding and has been a site for Community Road Watch in the past with potential for future serious collisions. One option would be to use bollards to close that gap to maintain an informal pedestrian crossing. Currently anyone wishing to walk safely from Kenelm Close to Mulgrave Road must walk all the way down to the northern end of Sudbury Court Drive and then back up again. This causes huge inconvenience, and the current situation is major severance for pedestrians. We appreciate that these proposals may inconvenience some drivers in the area, but we feel that the safety aspects outweigh those concerns.

2. Barham Park and Buildings

On 29th September, Keith Perrin attended a meeting - on the SCRA's behalf - of the two Friends of Barham Park groups with regard to the Barham Park planning application. Initially, the meeting was mired in suspicion, however, by the end of the meeting there was consensus that the Barham Park groups and residents should work together for a better future for Barham Park. We believe there was little or no appetite for redevelopment of the Barham buildings and there was concern about the Covenants and their worth and

who profits. It was agreed to meet again to find a direction of travel and how the new group will function and hear the voice of residents. Keith has kindly agreed to continue representing our views on this important local issue. Contact him for further information.

3. The Courier advertising

As residents we are extremely fortunate to have The Courier compiled, printed and distributed every month. The magazine is completely self-financing and relies on advertising revenue to cover its costs. If you run a business, especially locally, please consider advertising in the magazine. Your support would be highly appreciated by all our residents and in turn your profile would be raised locally. If you would like further information please contact Kaye on advertising@the-scra.co.uk

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A favourite poem

I wonder if you have a favourite Poem. A member of my church who recently passed away had a favourite poem, written by W B Yeats, 'The Lake Isle of Innisfree.' It was a poem that she shared with her children when they were young. This poem holds a deep meaning for them and it is an important memory and connection with their late mother.

This is a beautiful poem and in just over 100 words it speaks to us about the importance of our physical, spiritual and intellectual need - mind, body and soul. Although not in that order.

The poem is broken down into three stanzas. In these few verses it lays out all we need to live a contented and peaceful life. Starting with the desire of travelling to the isle in search of a simple place, shelter and food,

it then talks of finding peace, time and beauty, an inner peace, sanctuary, and serenity in the heart of the natural world.

But as we read the final verse we see repeated the very first line "I will arise and go now". Even though he may be standing on the grey pavement of the city, in his mind he is immersed in nature in his homeland, the place he was born, being transformed by his imagination. Yeats had an amazing connection with his early years and home.

The connections we make with the people, places and the faith that we hold, keep us rooted in the "deep heart's core."

Jesus said, "Connect with me" when he said, "Come to me, all you who are weary and burdened, and I will give you rest." *Matthew 11:28 NIV*

Rev Trevor Goddard

The Lake Isle of Innisfree

by W B Yeats

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.





Out n About—Book Early

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

Thursday 2 November, 12.30 pm: Felicity Vincent (cello) and George Ireland (piano)

Thursday 16 November, 12.30 pm: Ivan Hovorun (piano)

Thursday 30 November, 12.30 pm: The Nonesuch Orchestra

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.stjohnsharrow.org

Harrow Philharmonic Choir continues rehearsing on Mondays, 7:30 at Harrow High School, Gayton Road, for our concert on **December 2nd** at Pinner Parish Church. Singing The Magnificat by John Rutter, Handel's Christmas Chorus's from The Messiah and Ralph Vaughan Williams Fantasia on Christmas Carols. Our Carol Concert will be at St. John's Church, Harrow on **December 16th**.

All are welcome to join us. www.harrowphil.co.uk

Christmas Celebration - A Festival of Music for Choir and Audience

Harrow Choral Society is returning to Harrow School's prestigious Speech Room for its festive concert of carols, readings, brass ensemble performances and audience participation carols.

We are delighted to be welcoming back Tim Bentinck (David Archer in The Archers) as our Guest Reader, all music will be conducted by our Music Director, Sam Evans

www.samevansmusic.net and accompanied by composer Paul Ayres www.paulayres.net

Saturday 16th December 5:30pm Harrow School Speech Room, Harrow-on-the-Hill, HA1 3HP

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The Power of Human Connection—Sajjal Chauhan

Connecting with others and embracing the human spirit feels even more important to address during this isolating time in society.

The negative impact of covid lockdowns as well as a newly emerging pandemic of loneliness and accelerated mental health conditions compels me to draw upon the old values of society and bring them to the forefront of present day living. Moving beyond technological, scientific and medical advancements where concepts and theories often confine us into boxes, and instead, embracing the true essence of our human spirit. Self-awareness and responsibility allow connections to be more positive creating a greater sense of community spirit and adding more value to life.

To connect with another means to associate or link in some way. Whether this is positive or negative, the connection has the ability to influence attitudes, beliefs and behaviours.

Harnessing the power of positive connections can enhance wellbeing by encouraging happier, more joyful, emotions. Feelings of being loved and accepted improves one's self confidence and sense of worth. An exchange of conversation, physical touch or the act of giving contribute to different modes of connecting. Non-verbal cues and body language are just as important as the tangible aspects of communication as these influence the overall interaction experience. Quite often the mere presence of another person through their 'aura' or 'energy' can uplift a connection and add value to an experience.

There is no denying that the essence of communication has changed as technological development has led to perceived 'easier' forms of communication through virtual platforms. Easier does not necessarily mean better. The intangible aspects of communication are often taken out of these modes, therefore diluting the experience.

The utilisation of phones and TV provides a distraction whilst we are amongst others therefore separating one another and creating barriers to connecting. Misconstrued



media bias can influence our beliefs and often given us a false idea as to how we should behave – the idea that we should be independent and self-sufficient rather than rely on others. However, there is within us a natural tendency to tap into one another's innate spirit of being allowing us to feel more safe, supported and resilient.

Through eons of civilisation all aspects of interactions were embraced by the physical presence of one another as families, friends and societies in general were more united. Positive circumstances of life were easily shared through a collective experience leading to positive emotion and happy memories. The sharing of negative experiences such as grief, would lighten the load, lessen the pain and make it easier to deal with and heal and, as the saying goes, 'a problem shared is a problem halved'.

Support was provided through sharing and the 'act of giving' redirected the attention from oneself to another - this was often a way of life and provided regular antidotes to difficulties. Unfortunately, busy modern day living has refocused our attention so that there is much less time made for others. Giving up one's time is something of a commodity. Yet it is well known that selfless acts or doing something for someone else brings profound benefits as a sense of purpose can be restored. Just to be around other people

(Cont'd on page 19)

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Sudbury Court Horticultural Society

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Facebook - Sudbury Court Horticultural Society UK

It was a pleasure to gather and celebrate our year's accomplishments at our Annual General Meeting (AGM) last month. What a whirlwind of a year it has been! From three memorable coach trips to a successful plant sale and two fantastic shows, our society has been awash with activity. More importantly, we welcomed a significant number of new members, and it's particularly heartening to witness growing interest and participation from children as well. Additionally, the generous donations we received this year played a pivotal role in keeping our society's financial balance steady, and we are sincerely grateful for that.



Looking ahead, we will announce next year's schedule soon, but we have an exciting plan on the horizon – the creation of an SCHS website. If you possess expertise in website design and management, we warmly invite you to get in touch with us.

While November signals a slowdown in gardening activities, it presents an opportune moment for essential tasks. Consider pruning deciduous trees and shrubs to remove dead or diseased branches and shape your plants for optimal air circulation. Remember to exercise caution and avoid pruning spring-flowering shrubs to preserve next year's blossoms.

As the temperatures begin to dip, it's recommended to safeguard your sensitive plants from frost. Utilise fleece or horticultural fleece as a protective shield, and relocate potted plants to sheltered spots or greenhouses to provide them with the extra warmth they need.

Recently, Stephens Gardens in Finchley came to our attention. Stephens House and Gardens, a Grade II listed house with expansive landscaped gardens, was generously gifted by Henry Charles 'Inky' Stephens of the Stephens' Ink Company for the enjoyment of the public. Dating back to 1882, the Gardens offer a diverse landscape featuring a unique arboretum, a captivating rockery, a serene bog garden, expansive park areas for recreation, and wooded trails for leisurely strolls. If you have the opportunity to visit, please share your experiences and photographs.

You can find Stephens House and Gardens, and a sculpture of Spike Milligan at 17 East End Road, Finchley, London, N3 3QE. For specific details, visit their official website.

www.stephenshouseandgardens.com/

In case you were curious, while our society carries the name Sudbury Court Horticultural Society, we extend a warm welcome to members from all areas in Brent, with greater participation from local areas including Kenton, Northwick Park, Pebworth Road, Sudbury, and Wembley. Noteworthy streets with a strong representation in our membership include Abbots Drive, Carlton Avenue West, Norval Road, and The Fairway. If you wish to join the society, please feel free to reach out to us via email.

Lastly, remember that gardening is not only a fulfilling hobby but also an excellent way to stay active and healthy. Happy Gardening!

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

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Northwick Park Community Garden

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workshops@northwickparkcommunitygarden.com



The monthly weekend family workshops are coming towards an end and our final workshop in December will be a natural dyeing workshop. Make sure you follow our social media for more information on how to register.

The garden volunteers have been busy weeding and mulching the garden and keeping the grass away from the beds. We ran out of mulch very quickly as the beds hadn't been fully mulched for a couple of years and really benefitted from the top up. While we waited for some more the volunteers came up with the idea of using tree branches that were stacked around the park to create an attractive natural barrier for some of the beds and hopefully a great hiding space for insects.



As we reached the Autumn equinox the plants in the garden seemed to be settling into the winter dormancy. However, there were still plenty of herbs on offer such as thyme, sage, and rosemary. We know from experience that these continue to provide over the winter months.



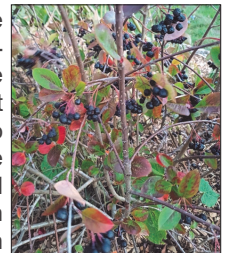
There was still plenty of fruit available too and although the apples had gone, we still had some bright orange crab apples to admire. Crab apples are fully edible and have the same health benefits of apples. Although you

may not want to eat them raw you can cook them in the same way as apples as apple butter or jelly. The small trees are also an important early source of pollen for bees and a source of food for birds that overwinter.



Other available fruit could be found on the Autumn Olives (Eleagnus Umbrellata) which we grow at the edges of the garden to provide a windbreak. The shrubs fruited well and were covered with lots of little red berries (they are officially drupes – stone fruit) that are both sweet and yet sharp. Lovely for a snack on a dog walk with the added benefit of being a superfood as they provide vitamins A, C and E and essential fatty acids. You can cook them up as jam or use them as a substitute for tomatoes. The additional benefit of the plants is that they act as a nitrogen fixer that helps fertilization by contributing nitrogen to the soil which plants need for photosynthesis. This means that we don't have to resort to chemical fertilisers.

We have a love hate relationship with chokeberries (Aronia) that are theoretically edible but dry out your mouth so why bother? They are high in antioxidants and a lot of recent research identifies the health benefits that they can potentially bring to many health conditions.



Hopefully we have inspired you to investigate some of these plants with many additional benefits.

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

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Friends of Barham Library



When Brent Council planned to and ultimately closed the original Barham Park Library in 2011, despite mass local protests, a few local people formed Friends of Barham Library (FOBL) .

For years we ran a pop up library in the Wembley area until we succeeded in getting back into the Barham Park buildings in October 2016. We have been running the Community Library in our current premises (not the original library) ever since.

Sadly the new Brent Council plans show a café/restaurant in the part of the building we occupy. Brent Council Leadership agreed proposals that would see all the community users of Barham Park kicked out and replaced by commercial enterprises such as hotel rooms, shops, restaurant and offices.

None of this is in keeping with the Titus Barham bequest. The former owner of Express Dairies donated his home and gardens for the “recreation of the public” on his death

in 1937.

The Brent Council ideas are, of course, nonsense but while they waste money and time on them the Park and its Buildings continue to be run down and neglected.

A group of us have therefore formed Friends of Barham Park. The objective is to:

- Campaign for essential repairs to the Buildings and the Park
- Honour the Titus Barham bequest by ensuring that the Park & Buildings continue to be used for recreation.
- Act as the voice of local people in defence of Barham Park

Please join as a Supporter by confirming your support with your name and address to:

friendsofbarhampark@gmail.com or in writing to FoBP, c/o Daniels Estate Agents, 438 High Road Wembley HA9 6AH

Thank You for your continuing support

All the best

Paul Lorber

The Power of Human Connection—Saijal Chauhan

(Cont'd from page 13)

can be enough to provide a distraction and interrupt negative thought patterns and habits so that dwelling on issues or problems lessens.

The relationship between food and bringing people together has been evident in all cultures, where cooking and collective eating is an important part of daily life. Historically, sitting around the table eating and talking has been the nexus of family interaction as it encourages the sharing of time and space whilst sharing the love of food therefore creating meaningful connections.

Recent studies have shown that there are health benefits to eating together as it gives an opportunity to share stories and positive feelings leading to improved digestion and dietary intake, especially for adolescents as

better eating habits are promoted. Unfortunately, today's lifestyles and isolated living has reduced this important societal trait, removing a fundamental foundation to connection.



We need to create and embrace positive connections in order to restore unity within society. The essence of life is made up of who and how we love one another and by cultivating the spirit of life through these connections, the fullness of being human can be experienced. Long term fulfilment and happiness can be attained by investing in these powerful connections which can form the backbone to more supportive communities, providing an environment for people to feel safe and valued.

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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 did the pirate say when he turned 80?

Aye matey! (Hint: try saying it in a pirate's voice)

What animal is always at a baseball game?

A bat

What is a ghost's nose full of?

Boo-gers

What's a cat's favourite magazine?

A cat-alogue

And a HUGE thank you once again to Dr Mala who sent these hilarious jokes in to us:

What did the judge say when the skunk walked in the court room?

Odour in the court!

When does Friday come before Thursday?

In the dictionary!

riddle

I sometimes run, but I cannot walk. What am I?

Your nose

Cats have four, bugs have four, but school has six. What are they?

Letters

What has many rings but no fingers?

A telephone

riddle of the month

Sam's parents have three kids. Their names are Huey, Dewey, and ____?

Sam!



facts

- In 1300, The Aztecs mixed cacao seeds with chillies to make a frothy, spicy drink.

- Maria Theresa, Queen of France from 1660 to 1683, appointed a royal hot chocolate maker to her court.

- The Cube Stormer II solved a Rubik's Cube in 5.7 seconds in 2011—the fastest time yet.

- A former President of Ukraine was poisoned and lived.

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

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Be Well with *Dementia*

Dementia is progressive and is caused when the brain is damaged by diseases such as Alzheimer's or strokes. Each person will experience dementia in their own way, but common symptoms can include memory loss, difficulty concentrating and confusion.

Here at Home Instead, we're experts in providing dementia care at home, helping people live well at home in the place they know and love. We know from experience looking after our clients with dementia doesn't mean you can't live a healthy, happy life.

Top Tips to Stay Well

1. Routine really helps a person with dementia to feel more in control so try to keep regular weekly activities – a social meet up or a regular exercise class or activity. A regular bedtime routine can help to get a good night's sleep.
2. Be open and talk – anxiety is very common with dementia so if possible, encourage your loved one to open up about how they are feeling and offer reassurances.

3. Keep health in check – if you have any concerns about your health, don't hesitate to get in touch with your GP.

With Home Instead Wembley, it is possible to help our Clients to remain in their own home as independently as possible whilst living with Dementia. If you would like to find out more about how Home Instead Wembley can support your loved one, please contact us **0208 022 4590**.

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