

The Community Magazine for the
Sudbury Court and Pebworth Estates

October
2023

The Courier

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October 2023
Number 252 (1,092)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're keeping well.

The blue skies of autumn, the mists and 'mellow fruitfulness' - how can you not love it?

There are a few autumnal tips throughout this month, from Crime Prevention to Fireworks, Trick n Treating and in the garden—hope you find something useful.

It's good to see that there's renewed mission to revitalise the Pavilion for community use by a local resident—check out pg 13, and if you support this, please consider signing the petition.

What are other residents up to? Spread the word through The Courier by letting me know (see above email address)

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



The year is marching on and so here is some pertinent advice pertaining to the Autumn months – namely fireworks.

I am not a fan of fireworks at all, my dog was scared out of his wits of them, and the litter that is left behind when they are set off is another story. Personally, I think that they should only be in the hands of professionals. There are extra patrols by the police on the lead up to events that have association with an increased use of fireworks such as Halloween, Diwali, Guy Fawkes—so be aware. Here is the law in regard to them, taken from the Met Police website:

Everyone should be able to enjoy fireworks safely, whether at an organised display or in their back garden. Here you'll find out the law around using fireworks as well as how to stay safe, and report those using fireworks in a dangerous or threatening way.

Fireworks and the law

What time can fireworks be used?

Fireworks can be used in the UK any time from 7am to 11pm.

Exceptions are:

Bonfire night: 7am to midnight

New Year's Eve, Diwali and Chinese New Year: 7am to 1am the following day

Categories of fireworks:

category one: 'Throwdown fireworks' including firecrackers, bangers and party poppers

categories two and three: 'Adult fireworks' available in shops

category four: Professional display fireworks available from specialist suppliers

Who can use fireworks?

According to [The Fireworks Regulations 2004](#) and [The Pyrotechnic Articles \(Safety\) Regulations 2015](#):

- anyone over 18 can buy, carry or use category one, two and three fireworks
- anyone over 16 can only buy, carry or use category one fireworks
- anyone over 12 can buy Christmas crackers
- only licensed professionals can buy, carry and use category 4 fireworks
- unless part of an organised event by licensed professionals, fireworks cannot be used on the street or in a public place
- it's an offence to throw or set off any firework (including sparklers and category 1 fireworks) in or into any highway, street, thoroughfare or public space

What is the impact of firework misuse?

Used irresponsibly, fireworks can cause damage to property and do significant harm to people and animals. Not only is there a danger from fireworks exploding, they can also pose a serious fire risk as well.

This is why members of the public may only use fireworks on private property, such as their back gardens, and only licensed professionals can use them in public places.

What you can do:

If a local retailer is selling 'Adult fireworks' to people under 18, please report it to your local [Trading Standards](#).

If children are setting off fireworks in your area, our first advice is to ask them politely

to stop. It's possible they're unaware that they are breaking the law. If you know their parents, perhaps ask them to intervene.

Other Autumn Advice - Burglaries:

Burglaries tend to increase in the Autumn and Winter months, with residents being back at work and the daylight being reduced.

Burglary prevention tips:

- Ensure that your perimeter fence/wall, your house doors and windows are fit for purpose. Boundary walls and fencing along with shrubbery is the first line of defence to an intruder and should be good enough to keep a potential burglar out. A lot of houses in the Sudbury Court Estate have a shared driveway with easy access to the rear, if at all please try to get this open access gated off - most burglars gain access via the rear of a house.
- Please ensure that garden sheds are locked and that all garden implements are locked away as frequently these are used to break in to houses.
- Consider getting an alarm / alarm box fitted, CCTV cameras or dummy ones.
- Keep your car keys hidden and not on/in the cabinet near your front door.
- Make sure to secure your side gates when you go out and ensure that your garden fence or wall is durable and designed for purpose - to keep out intruders!
- Consider installing an alarm system and a safe for your jewellery and valuables.

High Value Theft of Car Scam:

I am aware of a couple of residents who

recently had their cars stolen in the night after having some respectable looking prospective buyers around during the daytime. The victims have had their high value cars for sale and have hosted some prospective buyers around to their address and shown them the car. In this interaction, it would appear that the 'prospective buyer' has swapped the car key for the vehicle up for sale to a duplicate looking key and they or their associates have returned during the night with the key and stolen the car.

What has your team been up to?

It's always hard to quantify exactly what you have been doing when it comes to writing this article as, in the SNT, we do a variety of roles and work tasks.

So in any case, PC Ryatt had quite a bit of leave in August and returned for our mandatory work days, which is the Carnival Week-end. I didn't work the Carnival this year but did some ASB patrols in Harlesden and had an arrest in relation to a male who I had seen the previous week in a car in the Chalkhill Estate – this male is suspected of persistently driving his car uninsured and without a licence. On the 28/08 when I saw him behind the wheel of the same car in Harlesden, he was processed for these offences and was subsequently arrested by me for assault when he threw a full can of soft drink at me. His car was seized and he is currently under investigation for this assault.

19/09—I went to investigate reports of a drunk male on a doorstep in Oldborough Rd, this ended up being a lot more than this and subsequently ended up with the male getting arrested for assault and other offences.

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I have also been processing a number of prisoners in the past month, notably a male who I circulated as wanted for a shoplifting in a local shop, this male is currently on bail and will be charged for this offence in due course. The male tested positive for presence of Cocaine and Opiates on his arrest.

PCSO Charalambous has attended a number of neighbour disputes in the preceding months and would like a mention re the importance for mutual respect between neighbours and the importance of neighbourly relations. Particularly, in relation to noise: keeping it at a respectable level, and also the importance of respecting and abiding by the terms of their freehold/leasehold in relation to the boundary and shared driveway issues.

Overview of offences 7th Aug—11th Sep:

Burglary Non Dwelling: (i) Tulshi House Church Gardens 19/08 0100hrs window of communal room damaged and TV stolen, update that a match has been found in relation to forensics so the burglar will be arrested.

Attempted Burglary Non Dwelling: (i) Elmwood Court, Elms Lane 27/07 1800hrs – 08/08 2000hrs, attempt to break in to lock up garage.

Theft of Motor Vehicle: (i) Watford Road (in low 200s evens) 08/08 0253hrs, suspects have entered driveway of house and stolen 2015 Range Rover Vogue, keyless theft; (ii) Hill Road (in low evens) 09/08 1900hrs – 10/08 0800hrs, 2016 BMW 118i stolen without keys.

Attempted Theft of Motor Vehicle: (i) Norval Road (in 50s evens) 11/08 0205hrs attempt to take 2022 plate Bentayga.

Theft from motor vehicle: (i) Pasture Road (in 10s evens) 27/08 1700hrs – 28/08 0700hrs number plates stolen from 2014 plate Golf; (ii) Northwick Park Hospital 21/08 1200hrs -1500hrs equipment stolen from 2015 plate from Transit, lock drilled out; (iii) Northwick Park Hospital 28/08 1600hrs – 28/08 1815hrs peddle of electric moped stolen.

The reporting methods: **999 for an emergency situation** – immediate risk to personal safety or that of property, if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume). **101 for a non-emergency situation** where a crime has been committed and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – www.met.police.uk

OWL—Online Watch Link

We use 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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SCRA Committee— Update - Pareet Shah, Chair

What an unusual summer we've had. Much of August was wet, even a little chilly at times, and I'm writing this in the midst of a heatwave in the 2nd week of September!

We had our first meeting after a summer break, here's a summary:

1. Mumbai Junction redevelopment.

The council Planning Committee decision on this application was deferred in August. The next Planning Committee meeting has been postponed until October so hopefully a decision will be made then.

Keith Perrin has submitted additional planning comments on the website, which it is hoped will strengthen the case against this application. We would like to thank him and the other numerous residents who have worked tirelessly on this.

2. Sudbury Court Drive fatality.

Following the tragic incident earlier this year, we understand the council is looking at preventative measures—possibly by placing turning restrictions through the central reservation. A review has been recommended by the Metropolitan Police. We would consider this and may support such a proposal as we don't want to see another fatality here.

3. East Lane crash.



On the afternoon of 9th September, a car driver crashed into the pedestrian crossing immediately outside of Wembley High Technical College. We hope that no one was seriously injured and we have not received reports of any. The damage to the crossing

furniture was quite significant, resulting in East Lane being closed for several hours. This not only inconvenienced anyone driving here, but also buses were diverted, causing much disruption.

This is the 3rd time this year that a driver has collided with this crossing and it is particularly alarming considering the close proximity to such a large school. I have asked our councillors and officers to investigate and look at solutions to mitigate the risk of future incidents.



4. Footpath along Watford Road.

I have been contacted by residents raising concerns about the overgrown hedges and brambles along the eastern side of this shared use path, primarily along the stretch bordering the golf course. This is causing an obstruction for pedestrians and cyclists alike, and the thorns are a risk of eye injury, especially to children.

This path has become busier recently due to the other side being closed due to the roadworks. This has been reported to the council using their online tool, FixMyStreet:

<https://report.brent.gov.uk/>

This is a very useful site, and I would encourage residents to use this method. If you don't have access to technology, please let our councillors know and they should be able to help.

I have also reported this to our councillors, and hope for a swift resolution.

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In August, while over on the Isle of Wight for a summer holiday with my wife, I was given the present of an 'Escape Room' experience for six people for my birthday. We set out to the Purple Escape Room together with our adult nieces and nephew; I was surprised at just how much fun it was. We worked together really well, solving the many puzzles which secured our escape! There is something very rewarding about achieving something together, the camaraderie and how it binds us together.

Escaping is really about finding freedom. I wonder as you read this, whether you enjoy, or long for, any sense of freedom in life?

When we read through the stories in the Christian bible they tell of how we human beings can entrap ourselves with all the wrong ideas about life and how easily

ambitions can become selfish and greedy. We can also get trapped in the belief that we must make it on our own - the biblical stories concluding that it is together and with God that we find true freedom.

It certainly is an interesting read, where Jesus presents himself as the escape route for everyone - whether trapped by others or by themselves. This is his mission statement:

"The Spirit of the Lord God is upon me, Because the Lord has anointed me to bring good news to the afflicted; He has sent me to bind up the broken hearted, to proclaim liberty to captives and freedom to prisoners." Isaiah 61:1

May we all experience liberty from what can trap us and find what gives our life true freedom.

Rev Trevor Goddard

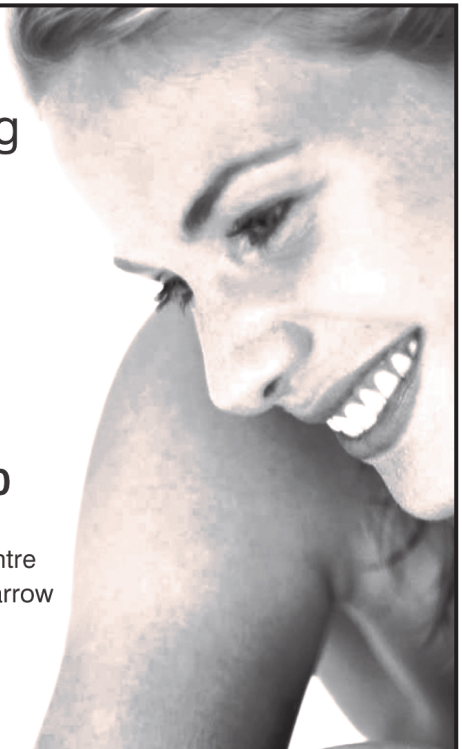
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Concerts, Tricks and Treats

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All singers are welcome to join us, particularly young people. If interested please contact Kathryn Sweet at 0208 866 0382 or www.harrowphil.co.uk

Our first concert this will be December 2nd at Pinner Parish Church.

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

A wonderful program! Please come!!

Harrow Choral Society's Autumn Concert 'Songs of the Spirit'

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Top tips for Trick or Treating—
so that everyone has a good time.

1. Dress up! - have fun making some costumes to impress your neighbours
2. Mind your manners—a please and a thank you goes a long way
3. Know where to knock—only knock where you see a clue that someone is joining in—if there's a light on in the porch, pumpkin or other Halloween decorations.
4. Don't snatch—politely take one treat!
5. Don't keep knocking—if someone's not playing along, leave them in peace

6. Tricks don't really mean tricks—you're more likely to win friends with a 'sorry to bother you.'

7. Take rubbish home with you—please!

8. Give as you would receive—if you'd like to join in by giving but don't want to answer your door, leave some treats on your doorstep.

9. Don't discriminate—some children are younger than they look

10. When to switch off—hopefully around 8.30, or before if you've run out of treats to give, turn off your light to let tricksters know.



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The Pavilion for the Community



We need your help to revitalise the Northwick Park Sports Pavilion, to create a vibrant community hub for better social integration of the diverse groups within our local area.

I'm a resident of the Sudbury Court Estate and founder of a new not-for-profit social enterprise. That means we don't have shareholders, don't pay dividends to anyone and all our profits will be reinvested back into this project.

More than 1000 people can pass through or visit the park on a busy day. None of those have anywhere to change, shower, use a toilet or just sit, have coffee and chat together.

While disused sports pavilions may be low down the list of priorities, given the desperate state of the NHS, the social care system, our sewage-filled rivers and soaring demand for food banks, these are also dark times for our parks, which have been devastated by lack of sufficient funding and resources. Local authorities in England are spending £330m less a year on parks in real terms than they were a decade ago.

Our urban parks are the last vestiges of truly free public spaces, offering robust support for our mental as well as physical health, they offer us solace through solitude as well as joyful social space without an obligation to buy anything.



Please sign our petition to show your support.

Go to www.change.org and search for [Revitalise the Northwick Park Sports Pavilion](#).

Sign and share the link as widely as you can. Once we have 2,000 signatures, I'll submit a proposal to Brent Council to allow us to lease the building and provide changing rooms, spaces for various activities for all age groups and a café with toilets, including disabled and baby changing facilities.

I've emailed Barry Gardiner MP and Dawn Butler MP to request a meeting. I'll also be meeting with the SCRA, other local groups and businesses to discuss my plans.

It's our mission to bring the pavilion back to life, creating an exciting vibrant community hub together.

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As the gardening season draws to a close, our gardens slowly take on a quieter, more subdued beauty. For many, this might seem like the end of the gardening calendar, but for the enthusiasts among us, October offers an excellent opportunity to prepare for both the winter and the promise of spring.



Now is the time for carefully pruning hedges, refreshing hanging baskets with autumn and winter friendly plants such as pansies; and tending to ponds and birdbaths. The final trim of the lawn signals a brief respite from regular mowing. Leaving fallen leaves provides a cosy shelter and vital protection for local wildlife, whilst seed heads left intact can be a wonderful source of nourishment for our fine feathered friends throughout the winter months.

October is also the perfect time to plant spring-flowering bulbs like crocuses, daffodils, and tulips, ensuring a breathtaking display in months to come. Tulips can be planted at least three times the depth of the bulb, pointed end up and around 5cm apart.

Herbaceous perennials can also find their new homes in well-prepared borders, while tall rose bushes can benefit from some

careful pruning to shield them from potential winter damage and ready them for new growth in the spring. It's also an ideal time for the repositioning of trees and shrubs within the garden but do check if the new location is suitable.

Lastly, mark your calendars for the Sudbury Court Horticultural Society's Annual General Meeting (AGM) scheduled for **Saturday, October 28th**, at 15:00, to be held at St. Cuthbert's Church. If you wish to include any agenda items, kindly notify us by October 15th. We will distribute the agenda via email to members prior to the event. In addition to recapping the year's accomplishments and offering insights into next year's plans, we will be awarding society winners cups and distributing prize monies. Sudbury Court Horticultural Society is a not for profit organisation working to foster not only our gardens and gardening skills but also our sense of community. Our AGM is a convivial gathering, and we extend a warm invitation to all our members to join us.

"Nothing Gold Can Stay"

Robert Frost, 1923

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

Tim Manson, SCHS Chair
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Volunteers are at the heart of the community garden, without them it would not exist at all, and certainly would not be thriving. The garden was started by a small band of volunteers. They had the initial germ of an idea to start the garden, but this dream has been made a reality because of the involvement of many wonderful volunteers.

We began with a series of Permacultures, one day or half day events which bring together a large group of volunteers from both within the local community and also from around London, as we advertised with Permacult London, where our garden designers Susannah Hall and Kayode Olafimihan are leaders. The Permacult model is one of reciprocity, with many people helping on other projects so that, after helping at 3 sessions, they can then request help with a project of their own, anything from a makeover of their own garden or allotment, to larger scale projects like a new community garden!

The beating heart of our group is the regular band of fabulous volunteers who, on a weekly basis, volunteer their time and skills. Ranging in age and previous levels of gardening knowledge wonderful people like Liz, Peter, Feli, Iris, Sarah, Patricia, Teresa and Taj—to name a few—are to be found hard at work many Sunday mornings, or at various times during the week as they schedule.

Now don't for one moment think that these guys have lots of time on their hands, quite the contrary, they are people with busy lives, jobs, families and many other interests, but they make time for volunteering at the garden as they see what a huge asset it is for everyone, and because they get so much satisfaction from seeing how the garden flourishes due to all their hard work. There is also a social element to the gardening sessions, as they tend to bring along a hot drink to enjoy when they take a break, and very often someone will have baked something delicious to share. It is through these quiet moments chatting among the trees, shrubs and flowers that they tend that friendships are made.

If you can make the time to volunteer in the garden, and help to improve the area you live in, perhaps learn new skills or share the skills you have, and meet some wonderful people in the process, then please email us at the above address - we would love to have you as part of the team.

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

Check our website (see header)
 Facebook, Instagram, YouTube

funded by Brent Council NCIL





Top tips for supporting people living with dementia

1. The first 3 important rules of dementia care are; **don't argue, don't argue** and yes you've guessed, **don't argue** – this is especially important at stressful times.
2. Maintain **familiar routines** where possible.
3. Give time to rest, **be quiet and relax** - have designated quiet spaces with less stimulation available.
4. Ask visitors to **stagger their arrivals** - large groups can be overwhelming and the person living with dementia may find it difficult to engage in conversation - one-to-one chats can be much better (especially if the person has hearing or sight loss too).
5. **Keep it simple** - provide food and drink that is familiar and in small quantities – lots of food can be visually overwhelming and off-putting.
6. **Use music** – www.playlistforlife.org.uk has some great resources and you can involve the whole family in creating personal playlists.
7. **Get outside** and go for a walk - there are wildlife spotter sheets available to download www.wildlifewatch.org.uk/activities.
8. **Focus on the positives** and what you can do together rather than what you can't (and don't make it a memory test e.g. "who am i?" or "can you remember who gave you that gift?").
9. **Look after the carers** – check in with those loved ones who are carers, make sure they aren't running themselves ragged, make them a cup of tea, offer to sit with the person they look after while they take a break.

Remember - Help is always available

Personal Care	Home Help	Companionship	Dementia Care	Live in Care
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Friends of Barham Library



Saturdays are busy with activities for children starting with Story Telling & Rhyme for the under 5s from 11 to 11:45am followed by Chess at around 12:30.

LIBRARY SHOP inside Sudbury Town Station (Station Approach entrance)

We sell surplus books, CDs, DVDs, Records and other items to raise funds for the Library.

We also sell on Ebay

@ [friendsofbarhamlibrary](https://www.facebook.com/friendsofbarhamlibrary)

The bright sparks running Brent Council closed the Barham Park Council Library in 2013. Now they are considering plans to close OUR Barham Community Library and replace it with something that generates more income. The suggestions include a "Hotel and Supermarket".

In the mean time our volunteers keep going, providing a service to local people:

LIBRARY OPENING TIMES

Monday and Wednesday 3 to 6pm

Saturday 11 to 3pm

Tuesdays 10am to 12 and again 2 to 5pm

Thursday 10am to 12

Saturday 1pm to 4pm

Our space is also used for much much more:

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Yoga – Mon 7p/m; Weds 7:30pm

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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 monster plays tricks on Halloween?
Prank-enstein

What do frogs order at fast-food restaurants?
French flies!

What room does a ghost not need?
A living room

What fruit do scarecrows love the most?
Straw-berries

What do birds say on Halloween?
Trick or tweet

Our favourite Halloween Joke
What is a monster's favourite dessert?
I scream.

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



Why shouldn't you write with a broken pencil?
Because it's pointless.

What did the policeman say to his belly button?
You are under a vest!



riddle

Two fathers and two sons spent the day fishing, and caught 3 fish. This was enough for each of them to have one fish. How is this possible?

There were only 3 people fishing. There was one father, his son, and his son's son. This means there were 2 fathers and 2 sons, since one of them is a father and a son.

facts

- Rumour has it that England's Hampton Court Palace is haunted by the ghost of an executed queen. Neighbours claim to hear her screams, and during two separate tours of the palace on the same night, two visitors fainted at exactly the same spot.

- A man gave away 50,000 disposable cameras and offered \$2 million for evidence of Nessie (the Loch Ness Monster)

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

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4th October 2023

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Advert - JPEG (high res)
Editorial—MS Word

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