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Sudbury Court and Pebworth Estates

January
2024

The Courier

94th
Year



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The Courier



January 2024
Number 2545(1,095)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Happy Happy 2024 to us all

The 94th year of The Courier! I wonder if one of our older residents knows when the original newsletter became a multi-page magazine, as it is today? I'd love to hear from you.

As new years always bring thoughts of resolutions and trying to commit to 'things to do' differently—are there things that you can think of that we can do as a community? We would love to hear from you.

And I'd like to take this opportunity to say a belated Happy Birthday to Faizan, one of our intrepid Kids' Page editors—who is always on the lookout for hilarious jokes to keep us laughing out loud! Thanks Faizan—hope you had a great birthday.

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



Wishing you a happy and crime free 2024.

In the past month, your team has been heavily deployed on security patrols elsewhere within the Northwest London Area due to ongoing tensions in the Middle East. Whenever possible we have also been carrying out marked and unmarked patrols in the Northwick Park ward area and dealing with a number of local matters, investigations and criminal case files.

Theft of and from Motor Vehicles

As you can see from the crime figures below we continue to have residents' cars tampered with and entered with a view to stealing from it or stealing the car itself.

14/11/23, in the evening, a male thief was witnessed by members of the public in West Court trying the door handles of a number of vehicles as he scouted the street. He was seen to enter and search some vehicles, stealing from one. He was apprehended by a number of people and, on police arrival, he was arrested.

When a potential thief tries a door handle in order to try to gain entry to a vehicle in order to steal from it, it is a criminal offence called Vehicle Interference.

In this instance, the male could have been arrested for each and every vehicle he has tried to gain entry to. Similarly, each vehicle that he stole from is another offence called Theft from Motor Vehicle.

So, subject to a statement from the owner of each vehicle, a person can be charged with Vehicle Interference and Theft from Motor Vehicle, as the case may be.

Then, if a conviction ensues, it is in the hands of the Court how best to deal with the

offender and his offending, taking into account the sentencing guidelines.

I have known persistent offenders to get a custodial sentencing and have to attend mandatory drug assessment programs as a result of their prosecution.

In any case, as a result of the arrest on the 14/11/23, I understand very few residents wished to give statements to police in relation to their vehicles being interfered with, citing that they hadn't suffered any loss.

Please bear in mind that, generally, the more offences that an offender is charged with and found guilty of, the more the serious the Court view it. I know that it might be a bit of a nuisance, so to speak, to give a statement to police and the possibility of having to go to Court, but that is the judicial system we have.

To combat this type of theft from your vehicle, please keep your vehicle clear of anything of value and leave your glove compartment open and empty of anything of value.

As you can also see from the crime figures, high value newish cars are still being targeted at night time in keyless thefts – Littleton Road being one such recent instance of this. To try to combat this it is advisable that you keep your key fob in a Faraday pouch and also put a good steering lock on your car when parked up.

Overview of offences 6th Nov—6th of Dec:

Burglary Residential: (i) Elms Lane (in 50s evens) 28/11 0001hrs – 28/11 1550hrs lower panel of UPVC door removed from rear access door to house, not known if anything taken from within; (ii) Spencer Road (in 30s odds) 16/10 – 29/11 window next to

back door smashed, entry gained, jewellery stolen.

Theft of Motor Vehicle:

(i) Littleton Road (low odds) 08/11 2200hrs – 9/11 0700hrs Mercedes 2019 plate Gle 350, believed keyless theft (ii) Peel Road (in 10s odds) 12/11 0200hrs – 0434hrs 2015 Honda 125 moped stolen (iii) Peel Road (in 10s odds) 12/11 0200hrs – 0300hrs 2016 Honda 110 moped stolen (iv) Priory Hill (low odds) 30/11 1820hrs steering lock cut off 2006 Ford Transit, suspects seen as they drove off; (v) Shelley Gardens (in 30s odds) 01/12 2300hrs – 02/12 0800hrs 2020 plate Lexus stolen from driveway in keyless theft.

Theft from Motor Vehicle:

(i) West Court (low odds) 14/11 1826hrs unlocked van entered and loose change and other items stolen (see above) (ii) Holt Road 14/11 1830hrs approx. male entered unlocked 2016 plate Mercedes car in driveway of house, stealing loose change from within; (iii) Sudbury Court Drive (120s odds) 14/11 1300hrs – 2000hrs registration plates stolen from 2012 plate Toyota Auris; (iv) Northwick Park Hospital 21/11 - 22/11 construction site entered and surveying equipment stolen from 2020 plate vehicle; (v) Holt Road (low odds) 28/11 1700hrs – 29/11 0714hrs forced entry to 2022 Citroen Van, tools and equipment within targeted; (vi) Nathans Road (in 30s odds) 28/11 2130hrs – 29/11 0715hrs lock of 2005 plate van drilled out, believed attempt to get tools, not known exactly if anything taken (vii) Holt Road (10s odds) 30/11 0200hrs – 0600hrs forced entry to 2017 plate Vivaro van and tools stolen, van was on the driveway of the house when this happened.

Please do join the WhatsApp group for your road/area to receive or send alerts about what's going on as it's happening.

NB—please be careful about apprehending anyone, especially if you're on your own.

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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My Favourite Walk

Another one of my doorstep favourites is Fryent Country Park which covers 103 hectares of rolling fields and small wooded areas—this is what the traditional Middlesex countryside would have looked like before the growing needs of a thriving capital city.

Barn Hill, the highest point, rises to 86m and is capped and gives you quite a view of Wembley.



... And look how close we are, a good view of Northwick Park Hospital (below)



You can wander from the views through the woods to the rolling fields.



A designated nature reserve, it is also used by local conservation volunteer groups like Friends of Fryent Park and the Barn Hill Conservation Group, as well as recreation use.

You might even find some ponies grazing.



The park is classed as metropolitan open land and is a wildlife site of metropolitan importance.

If you visit, please do send us some pictures and tell us what you found there.

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SCRA Committee— Update - Pareet Shah, Chair

Happy New Year!

I hope you all had a wonderful Christmas and are looking forward to 2024!

Due to a slightly earlier than usual copy deadline because of Christmas, I am writing this before our December committee meeting, so will update on committee matters next month.

There are a couple of things that I'd like to inform residents about:

1. Mumbai Junction – despite a huge number of objections from residents, Brent Planning Committee approved the redevelopment of this local, historic site. We are not only sad to see the matter conclude in this way, but are also saddened at the future loss of this popular restaurant and concerned about the implications the redevelopment will have for our Estate.'

2. Northwick Park Swamp – recently Proyers Path and the surrounding field has been repeatedly, severely flooded. Often it is so extensive that one cannot even bypass the path on the fields. This is a key transport link for school pupils, hospital staff and anyone wishing to reach Northwick Park Station for their commute. In addition, it's frequented by dog walkers, children learning to cycle away from motor traffic and those out for their daily

exercise. The flooding has made this route impassable at times, with many residents reporting that they either had to turn back, or brave the waters to reach their destination, but with footwear and clothes ruined. I am particularly grateful to resident Rayshum Al-Ain Khan who emailed us about this. Rayshum had contacted the council on several occasions raising concerns about this issue and requesting a resolution. The Council informed the resident that they suspected that the contractors that installed the ground-source heat pump at the pavilion severed the lateral field drains which connect the main drain running parallel to the footpath, exacerbating the flooding. If this is the case, this appears wholly unacceptable as only a few years ago, new drains were installed along the path. With the new development in the Northwick Park site we are concerned about the impact on our already strained infrastructure and issues such as this will become more frequent. We will contact our councillors and the relevant officers to investigate this, but I also encourage residents, especially those who use the path, to also raise this via email or in person with our councillors until it is investigated and resolved. The photos kindly provided by Rayshum highlight how bad the situation has become!



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Happy New Year

Do you remember the album "Me Myself I" by Joan Armatrading?



It came out in 1980, 44 years ago. Nearly all of the verses start with "I wanna". She then shares all the things she wants to do and the life she wants to have.

Joan Armatrading was 73 in December and one of her ambitions, one of her "I wanna's", was to write a symphony and hear it played by an Orchestra. Joan's first Symphony was performed for the first time on the 24th of November 2023, just before her 73rd birthday. A group of us had the pleasure of going to listen to the first performance of her symphony being played at the Queen Elizabeth Hall on the South Bank, by the Chineke orchestra, which is a fantastic orchestra made up of black and ethnically diverse musicians.

As the year starts new again, I wonder what ideas you have?

What 'I wanna's' you have in your mind about what you would like to do this year?

As a vicar, I come across many people who have huge ambitions, who have travelled around the world, who have large, impressive homes and are very wealthy, but the happiest people I have found are those who put their energies into loving and serving others. I am constantly inspired by our volunteers at our Memory Café. Their contentment, as they give so much to others, each week is such an inspiration.

Jesus says if you 'wanna' find your life, you must give it away.

So, if you want to do something new in 2024, I can recommend the contentment that comes from serving others.

Rev Trevor Goddard

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Apology to Residents



On behalf of Councillor Collymore and Councillor Bajwa:

Please accept the Council's Apologies, for the disturbance and anti social behaviour that occurred during the Diwali Festival.

Please see the following letter from the Nuisance Control Team.

"Our Nuisance Control Team acknowledge your concern about fireworks in Brent.

It is in fact illegal to use fireworks in the street after 11pm. However, the following celebratory extensions apply:

5 November - to 12.00 midnight

Diwali - to 1.00am

New Year - to 1.00am on 1st January

Chinese New Year - to 1.00am on the following day

Police officers have the power to charge individuals with offences. Anyone experiencing a prolonged night of disturbance caused by illegal firework use can report to the police online.

Brent Council will investigate complaints of statutory noise nuisance against a neighbour regularly setting off fireworks on their property. A Nuisance Incident Diary is available through our webpages. We decide what action to take based on the scale of the

problem, how frequently it happens, who is affected by the nuisance and how. One-off or infrequent incidents will be logged for monitoring, but no further action will be taken.

Anti-social behaviour tools and powers can be considered by our Community Safety Team where fireworks misuse is part of a wider anti-social behaviour problem. Enforcement interventions could include acceptable behaviour contracts (ABCs), Anti-social behaviour injunctions (ASBIs), dispersal notices, Community Protection Warnings and Community Protection Notices.

Firework displays organised or approved by Brent Council are subject to public safety, and health and safety considerations. There is no requirement to apply for a licence for domestic firework use.

We have notified the Neighbourhood Manager for Sudbury of your report about families leaving rubbish such as empty fireworks boxes on the street.

For wider national changes to the law on firework usage we would suggest you petition your local MP.

Principal Nuisance Control Officer
Resident Services"



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As the new year dawns, we trust you have enjoyed some quality time and wonderful moments with family and friends.

Beyond the anticipation of spring and the routine annual cleaning and servicing of gardening tools, January presents the perfect opportunity to lay the groundwork for the upcoming season.

Take a reflective stroll through your horticultural adventures. Identify your thriving plants, serendipitous successes and note areas that could benefit from improvement.

When evaluating the layout of your garden or allotment, and choosing your plants:

- factor in sunlight exposure, water accessibility, and aesthetic balance.
- Keep in view that we are also experiencing hotter and drier summers.
- Creating a Planting Calendar to stay on track with indoor and outdoor planting and our show dates is a great way to keep an eye on your planting activities.

Whether it's enhancing the aesthetic appeal, growing specific plants, or attracting more pollinators, clear or even loose goals will help guide your season. Consider trying new varieties or introducing plants that attract beneficial insects. Now is the perfect time to browse seed catalogues and order seeds for the upcoming growing season. You can also buy summer plants, herbs and vegetables at our Plant Sale in May.

As for SCHS 2024 events, our key dates are listed below and, as usual, we will be holding three coach outings too.

| | |
|------------------------|-----------------------|
| Plant Sale | 11 th May |
| Early Summer Rose Show | 15 th June |
| Autumn Show | 21 st Sept |
| Annual General Meeting | 26 th Oct |



For vegetable gardening, plan crop rotations to maintain soil health, build a balanced nutrient profile and reduce the risk of pests and diseases. For those with fruit trees, and weather permitting, January is an opportune time for pruning. Remove dead or diseased branches to encourage healthy growth and enhance fruit production.

If you're feeling a little foggy or need a creative boost, try taking some time in greenery. Beyond the physical, mood boosting and visual joy of horticulture, according to scientific research in the field of environmental neuroscience, as we spend time in nature and gardening we're actually nurturing cognitive wellbeing too. Studies find that having your hands in soil and immersing yourself in natural surroundings contribute to heightened mental sharpness, improved learning capacity, memory and enhanced creativity. One study found that after just 40 seconds looking out across a green landscape fewer mistakes were made, than if respondents had looked across a concrete scene.

Some great reasons to get out into nature.

Best of wishes for the New Year, and may all your personal and gardening aspirations come to full fruition in 2024. Happy Planning!

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

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As the winter came in suddenly after a prolonged and glorious Autumn full of copper and gold leaves, we spent November medlar picking.

Our community garden has two trees that fruited for the first time this year and provided us with a heavy crop.

Remember to pick medlars in November when they still feel very hard and then 'blet' them before eating. To blet, lay them out on a tray until they soften, or put them in a freezer for a few days. They become almost rotten-looking and the taste is similar to stewed apples or toffee apples. They won't last long in that stage, so are turned into a jam or a fruit cheese if you use the pulp.



Our thoughtful volunteer Patricia picked some medlars a week before our November's children's workshop so that the attendees could taste them.

We had a planting session at the workshop because it's the perfect time of the year to add more bulbs to the garden. We planted Muscari, Dutch Iris, Crocus, Snowdrops, and Alliums. We also waited until Autumn to plant some perennials that Jo got for us after the May Chelsea flower show, which included some aquilegia and perennial geraniums.



Autumn is a great time to plant perennials because the ground is still warm and easier to dig than in the spring, giving the plant a chance to settle in before winter and establish itself. We added more wild garlic because it didn't do so well when we planted it in the Spring. We also planted an Asiatic fig (pictured) gifted to us by a friend, which does wonderfully in her garden. It's a heavy cropper and has been given its own place in the garden. We will have to remember to water it regularly to ensure we get a delicious and bountiful crop. There's so much to look forward to in the year ahead.



We wish you a happy and healthy New Year.

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

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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 11) and Saniya Zaidi (aged 7)

Happy New Year!

jokes

What does the Easter Bunny say on New Year's Day?

Hoppy New Year!

What was the caterpillar's New Year's resolution?

To turn over a new leaf.

Where do maths teachers go on holiday?

Times Square (New York)

What does a ghost say on January 1st?

Happy Boo Year!

THANK YOU Dr Mala for sending us more hilarious jokes:



Why is England the wettest country?

Because the queen reigned there for years.

What do you call a man with no nose and no body?

Nobody nose.

What did the digital clock say to the grandfather clock?

Look grandpa, no hands !



riddles

What has many keys but can't open a single lock?

A piano

What 3 numbers give the same result when multiplied and added together?

1, 2, and 3 ($1 + 2 + 3 = 6$ and $1 \times 2 \times 3 = 6$)

What is in seasons, seconds, centuries, and minutes but not in decades, years, or days?

The letter N

A rooster is sitting on the roof of a barn facing west. If it laid an egg, would the egg roll to the north or to the south?

It's impossible — roosters don't lay eggs!

facts

- The first female tennis players wore floor length dresses.

- In a huge cave beneath Louisville, Kentucky, USA, there's an extreme bike park as big as 6 football fields.

- The tiny male dancing frog sticks out its leg and waves its foot to attract a mate.

- Some dogs' noses turn black to pink in cold weather!

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

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What is *Live-in Care*?

The benefits of Live-in Care

Live-in care enables you to remain in your beloved home while receiving support from a dedicated Care Professional – somebody who becomes part of your family. Live-in care can also be a more affordable alternative to hourly care and residential care.

If you do not require 24-7 care, but instead need someone to be available on and off through-out the day to help with your daily living activities, then our hourly care options provide the support needed while allowing for personal space and without the additional costs of having someone there constantly.

At night a live-in Care Professional may also be on hand for emergencies as well as providing the peace of mind that you are not at home alone.

Why choose Live-in Care at home?

For many people who receive care, having continuity of both the environment and Care Professionals is hugely important. When family and friends don't live nearby or are unable to visit regularly, live-in care ensures an older loved one is not lonely or isolated and can continue living well.

Live-in care is highly personalised and helps somebody live on their terms with a routine designed around them providing meaning and purpose, not just stopping them from counting down the hours until the next care visit but also to feel stimulated and engaged.

Who does Live-in Care benefit?

Live-in care is flexible, meaning that there are a range of situations and conditions it can support. It's companionship-led, so Care Professionals

aren't just on hand to help with daily tasks, but to share the activities that make life more enjoyable. Respite or short-term care can give a family carer a much-needed break. It can also provide additional support when needs are greater, for example post-hospital discharge. Specialist live-in care helps people living with conditions such as Dementia, Alzheimer's, or Parkinsons. It gives them a personalised plan designed around their own needs, which doesn't only provide care by the hour but also additional support if and when needed. Live in palliative and end of life care can even help to meet complex needs and provide dignity at the most difficult of times.

If you would like to discuss live in care and hourly care, please call us on **0208 022 4590** to discuss the options available.

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