

# HILLINGDON people

News from your council  
November/December 2022

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



**Investing in new  
leisure facilities**

**Building homes  
for local people**

## Countdown to Christmas



HILLINGDON  
LONDON



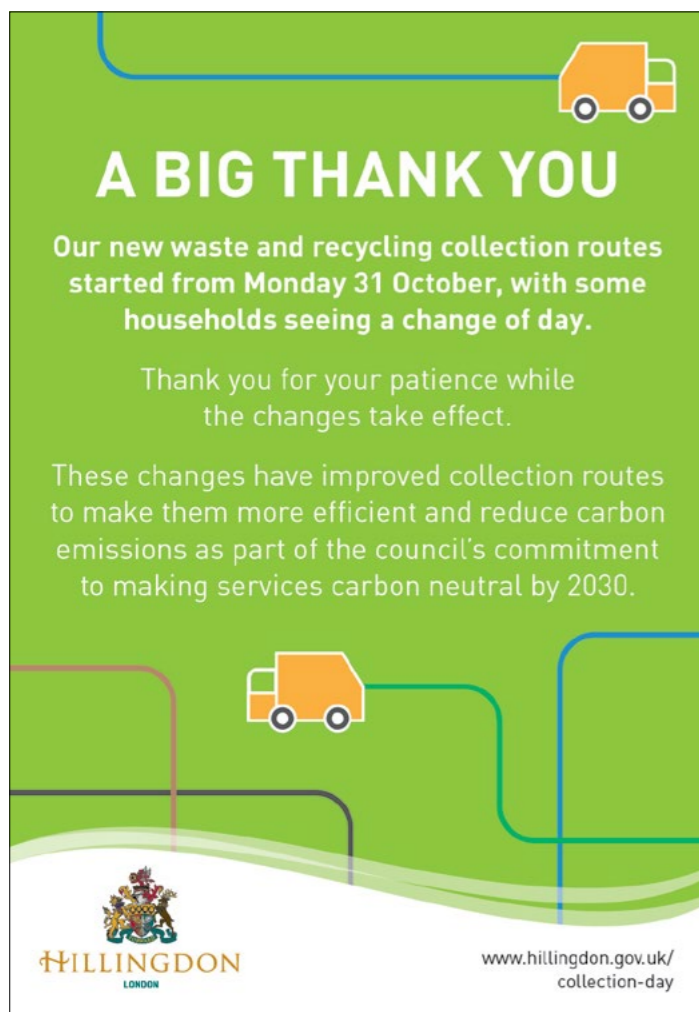


# Primary school admissions

Do you have a child born between **1 September 2018 and 31 August 2019?**  
If so, you must apply for a school place by **15 January 2023**

For more information, key dates, how to apply and advice, visit [www.hillingdon.gov.uk/schooladmissions](http://www.hillingdon.gov.uk/schooladmissions) or call 01895 556644

**HILLINGDON LONDON**  
[www.hillingdon.gov.uk/schooladmissions](http://www.hillingdon.gov.uk/schooladmissions)



## A BIG THANK YOU

Our new waste and recycling collection routes started from Monday 31 October, with some households seeing a change of day.

Thank you for your patience while the changes take effect.

These changes have improved collection routes to make them more efficient and reduce carbon emissions as part of the council's commitment to making services carbon neutral by 2030.

**HILLINGDON LONDON**  
[www.hillingdon.gov.uk/collection-day](http://www.hillingdon.gov.uk/collection-day)

## We are recruiting

**Come and join our great teams in putting residents first**

Search the latest jobs at [www.hillingdon.gov.uk/jobs](http://www.hillingdon.gov.uk/jobs)



**HILLINGDON LONDON**  
[www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

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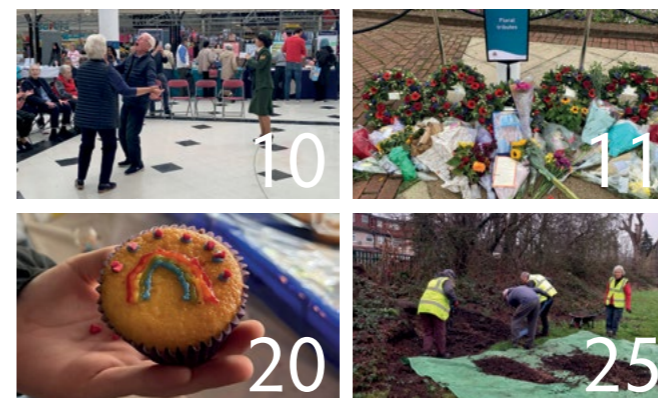
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COVER PHOTO: STAFF AND GARDENEERS WITH THE CHRISTMAS TREES AVAILABLE TO PURCHASE FROM DECEMBER AT THE RURAL ACTIVITIES GARDEN CENTRE IN YIEWSLEY.



Advertising deadline for next edition: **Friday 25 November**

### Editorial and advertising enquiries

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**After reading, please recycle this magazine**

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**For a copy in large print or as an audio version call 01895 556903**

Welcome



The council and the borough mourned the passing of Her Majesty the Queen in September with great sadness. Her Majesty was a constant throughout our lives, providing a shared sense of stability and reassurance, and we are grateful for her unwavering duty and her upholding the highest standard of public leadership. Through her life's work she became one of the greatest leaders and icons the world has ever known. The Queen made a number of official visits to Hillingdon during her reign. Each was accompanied by a sense of anticipation, excitement and above all a pride that we will continue to cherish. It was heartening to see the hundreds of residents who gathered along the route from RAF Northolt as the borough and our Mayor welcomed the Queen back to London on her final journey to Buckingham Palace, the local presence at our two-minute silence following the state funeral and those who lined the funeral route. This display showed the unity that Her Majesty brought across generations, cultures and beliefs. You can read more about this on page 11.

It would be remiss of me not to reference the ongoing economic pressures that households and businesses are facing due to the unprecedented rises in inflation and interest rates. We are dealing with a constantly moving target and the council is doing all that it can to support residents during these challenging times.

We are continuing to administer financial support on behalf of the government and help low-income households via our own discretionary schemes. You can find out more about these on page 22.

Maintaining our sound financial management, we continue to deliver our transformation programme enabling the council to operate more efficiently and reduce running costs while minimising the cost impact on households.

We remain committed to putting residents first by preserving core frontline services but some of these will be delivered in more digital, modernised and efficient ways. Tough decisions will need to be made, but rest assured we will make these with due regard to the best interests of our widest community of residents and keep council tax as low as possible.

Finally, the countdown to Christmas has begun and the council is pleased to once again offer a range of activities and initiatives to spread festive cheer. This includes light displays across Hillingdon, the annual pantomime at the Compass Theatre, Uxbridge Christmas market, festive arts and crafts activities and performances at our libraries, free parking during some weekends in December and Christmas trees will be available to purchase at the Rural Activities Garden Centre. Find out more on page 16.

Have a Merry Christmas and a Happy New Year.



Cllr Ian Edwards  
LEADER OF THE COUNCIL

## Reusing and recycling raises money for local good cause

Local people have helped raise £20,000 for Harlington Hospice by supporting the council's popular waste weekends initiative at West Drayton.

On Saturday 1 October, the Mayor of Hillingdon, Cllr Becky Haggar was presented with a cheque to deliver to the hospice and met the staff who manage the site.

Weekly waste weekends are held at the pop-up civic amenity site in Tavistock Road, which is run by Powerday on



**WASTE WEEKENDS**  
The Mayor receives a £20,000 cheque for Harlington Hospice

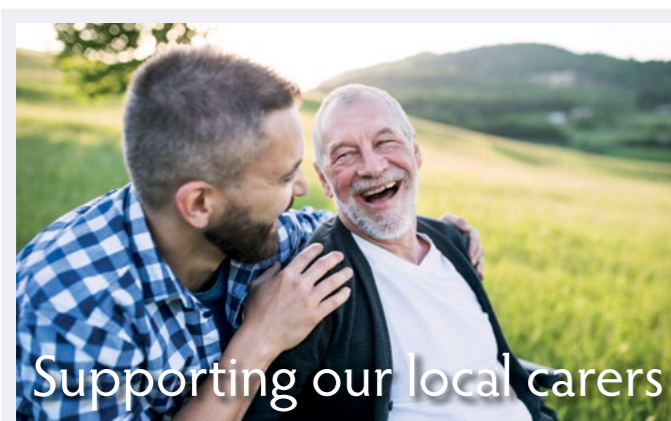
the council's behalf. The Powerday charity shop on site allows unwanted items of good quality to

be put on display and picked up by someone else to be reused and given a new lease of life.

Everything from children's toys, bicycles, scooters, chairs, tables as well as a range of quality household items are available. Local people are encouraged to make a small donation and drop off any unwanted reusable items each time they visit.

The waste disposal facility is open to Hillingdon residents with a HillingdonFirst card or a driving licence and a household bill.

Find out more at [www.hillingdon.gov.uk/waste-weekends](http://www.hillingdon.gov.uk/waste-weekends).



We understand that being a carer can be both rewarding and challenging, and sometimes those who give their time to support others also need help and assistance.

The council and Hillingdon Carers Partnership work closely to support unpaid carers in the borough.

Perhaps you or someone you know recently became a carer to a family member or close friend? If so, a wide range of services are available to help you find the right help to support you in your caring role.

Hillingdon Carers Partnership is led by Carers Trust Hillingdon which helps signpost local people to the specialist support that's available from local and national charities, as well as the council's social services team, other

council departments and appropriate health services.

Specialist support includes providing information on the benefits and financial help available, access to training specific to the person's care needs, details of the respite care on offer, and information and activities on how carers can look after their health and wellbeing.

For more information about Carers Trust Hillingdon, visit [www.carerstrusthillingdon.org](http://www.carerstrusthillingdon.org), call 01895 811206 or email [office@carerstrusthillingdon.org](mailto:office@carerstrusthillingdon.org).

For further details on social care, visit [www.hillingdon.gov.uk/socialcare](http://www.hillingdon.gov.uk/socialcare) and [www.hillingdon.gov.uk/carers](http://www.hillingdon.gov.uk/carers), email [socialcaredirect@hillingdon.gov.uk](mailto:socialcaredirect@hillingdon.gov.uk) or call 01895 556633 (Monday to Friday, 8am to 6pm).



SOURCE: TRANSPORT FOR LONDON

## Free and accessible community transport service for residents

Dial-a-Ride is a free, door-to-door transport service provided by Transport for London (TfL) for older and disabled residents who can't always use public transport.

It can be used for a variety of local trips, including visits to the shops, family and friends, as well as attending other social activities.

Additionally, residents can use it for GP or dentist and some other medical appointments where no other form of door-to-door transport is available. However, the service can't be used for hospital appointments, trips to day centres or school transport.

Passengers will often travel with other customers going to a variety of places as it's a shared bus service.

TfL's service operates between 7am and 10pm, seven days a week and residents can request one advance booking any day of the week, up to seven days ahead of travel.

Residents must be a member to use the scheme. To find out more, visit [www.hillingdon.gov.uk/dial-a-ride](http://www.hillingdon.gov.uk/dial-a-ride) or [tfl.gov.uk/modes/dial-a-ride/](http://tfl.gov.uk/modes/dial-a-ride/).

Download the council's A to B guide to find out about the other accessible transport options available at [www.hillingdon.gov.uk/accessible-transport-guide](http://www.hillingdon.gov.uk/accessible-transport-guide).

## Brand-new adult education centre in Uxbridge officially opens

On Wednesday 19 October, the Mayor of Hillingdon, Cllr Becky Haggar and Cllr Susan O'Brien, Cabinet Member for Children, Families and Education attended a ribbon-cutting ceremony to mark the official opening of the council's new £875,000 state-of-the-art adult education centre in the heart of Uxbridge.

The new centre has been repositioned at the council's Civic Centre and replaces Brookfield Adult Learning Centre. The refurbishment was opened in September in time for the new academic year and is adjacent to the Uxbridge Family Hub.

It boasts five 50 square metre teaching classrooms, a multi-purpose workshop



**STATE-OF-THE-ART**  
Uxbridge Adult Education Centre opens

classroom (for arts, crafts and floristry), office space and toilets. A dedicated and fully accessible entrance has been created and there are also additional facilities, including a cookery room for up to eight students.

The move coincides with the council renaming the

service – 'Learn Hillingdon – Adult Community Education' and hundreds of courses are available for day, evening and weekend study for adults over 19 years of age.

Courses are delivered in a blended way, featuring a mix of classroom teaching and online learning to

give students flexible options for study.

Cllr O'Brien said: "We're really proud of our new Uxbridge centre, we have a fantastic range of courses on offer to suit residents of all ages and abilities. In addition, the space and facilities lends itself to an excellent learning environment.

"If you want to change your career, find a job, learn a skill, discover a new interest, boost your confidence or independence, and meet people then why not take a look at the hundreds of courses we have on offer?"

Find out more about the courses available at [www.hillingdon.gov.uk/adultlearning](http://www.hillingdon.gov.uk/adultlearning).

## Now's the time to nominate the borough's unsung heroes

The council's Hillingdon Community Awards have officially opened and now it's your chance to say thank you and nominate an individual or team who has gone above and beyond to make a difference to you and your community.

There are thousands of unsung heroes who work tirelessly behind the scenes to make the borough an even more special place to

live, work and visit. It could be something as simple as helping someone with their shopping, delivering food or volunteering with a local organisation or even befriending, caring, or saving someone's life.

Launched last year, the awards celebrate the very best of Hillingdon and they are open to both volunteers and the wider community.

If you know someone or a team that deserves recognition for making a difference, nominate them today by filling in a short form explaining what they do at [www.hillingdon.gov.uk/community-awards](http://www.hillingdon.gov.uk/community-awards). Nominations are open until Friday 6 January.

Winners will be announced in February and invited to an awards ceremony in the spring.



### Leader of the Council, Cllr Ian Edwards,

said: "I'm delighted that our annual community awards are once again open for nominations.

"During the past few years, we've witnessed the truly remarkable work of many individuals and community groups and these awards are an opportunity for us to recognise their achievements, tell their stories and celebrate the difference they've made to our borough."

You can read about last year's Community Award winners at [www.hillingdon.gov.uk/community-awards-winners](http://www.hillingdon.gov.uk/community-awards-winners).



**UNSUNG HEROES**  
Last year's Community Award winners



During the summer residents, partners, businesses and community groups had their say on the council's draft vision and priorities for the next four years which outline its ongoing commitment to putting residents first.

The Council Strategy 2022 to 2026 was also considered by the council's select committees and last month Cabinet considered all feedback and reviewed the final draft.

In total, 354 local people, community groups and businesses took part in the consultation and responded positively to the council's vision of putting residents first, and its ambition statement for residents that Hillingdon is a safe, inclusive, more digital borough with a strong economy.

There was also strong support for the council's five commitments to residents; Safe and Strong Communities; Thriving, Healthy Households;

A Green and Sustainable Borough; A Thriving Economy and A Digital-Enabled, Modern, Well-Run Council.

**Leader of the Council, Cllr Ian Edwards**, said: "I'd like to thank everyone who took part in the consultation and for providing us with useful feedback which has helped to strengthen our new strategy.

"This document sets out our course for the next four years and provides us with an overarching framework for council policy, business planning and performance management.

"We remain committed to providing local people with strong leadership, sound financial management as well as ensuring that we transform how we work to sustain our high-quality core services and facilities."

The draft strategy is being presented for adoption to Full Council on Thursday 17 November.

## Making it simpler to contact us

Last month, new high tech digital technology was introduced to make it simpler, quicker and as effortless as possible for you to engage with the council.

A brand-new voice automation system started to be rolled out in the council's contact centre.

The facility, used by many commercial organisations, integrates with the council's website and your personal MyAccount which allows you to view and check the status of reports and requests in one place, and offers you a more modern contact experience avoiding the need to wait in call queues.

Speech recognition software connects callers to online forms and information from the council's website and in turn frees up customer service agents so that they can spend time resolving more difficult enquiries and those where speaking to an agent is necessary.

The first queries to be answered in this way focus on some of our most frequent questions and reports. The system can tell you what your waste and recycling collection day is and signpost you to the missed waste and recycling

collection day report form and the form for tenants wanting to report a non-emergency repair.

During the coming months, more services will be automated and web chat functionality included on the council's website as part of the council's strategy to maximise the use of digital platforms for the benefit of residents.

**Cllr Douglas Mills, Cabinet Member for Corporate Services**, said: "This exciting new transformation project provides more modern and digitally enabled services at a time when more people want to transact with us in this way.

"It will also help the council to be more efficient as digital communications and transactions cost much less than calls. While we will make sure that those who need to still call us for some processes can, I would like to encourage residents to support our digital ambitions by doing things online and if you haven't signed up for a MyAccount then why not try it out today?"

To date, 102,605 residents have signed up for a MyAccount – to register visit [www.hillingdon.gov.uk/myaccount](http://www.hillingdon.gov.uk/myaccount).

## Domestic abuse support

While Christmas is a time of joy for many of us, the festivities can create a lot of stress, financial worries, and relationship worries.

Don't wait until the situation at home escalates and please report any concerns or issues to the police or other organisations that are there to help.

Domestic abuse can include all or some of the

following: psychological, emotional, physical, sexual, financial as well as coercive control.

Violence and abuse can begin at any stage of a relationship and can continue after the relationship has ended. It is a pattern of controlling and aggressive behaviour that is intentional and calculated to exercise power and control within a relationship.

You'll find information on how to recognise the signs at [www.hillingdon.gov.uk/abuse](http://www.hillingdon.gov.uk/abuse) and a comprehensive list of organisations that can provide help and support.

**Cllr Jane Palmer, Cabinet Member for Health and Social Care**, said: "If you or someone you know is experiencing any form of domestic abuse, please seek help and advice from a professional.

"Organisations are on hand to help you access

the practical and emotional support you need to safely rebuild your life."

The council's Hillingdon Domestic Abuse Advisory Service can be contacted by calling 07874 620954 or emailing [HDAAS@hillingdon.gov.uk](mailto:HDAAS@hillingdon.gov.uk).

In an emergency, always call 999. If it's not an emergency and you'd prefer to remain anonymous, contact CrimeStoppers free of charge on 0800 555 111.

## Caterer receives hefty fine after listeria found in sandwiches

A sandwich business and its owner that seriously breached food hygiene regulations have been ordered to pay more than £60,000 following a successful prosecution by the council's food health and safety team.

At Uxbridge Magistrates' Court on Tuesday 13 September, Perfect Bite Limited, of Wallingford Road, Uxbridge was ordered to pay a fine of £37,500, a victim surcharge of £181 and £11,767 in legal costs. Its



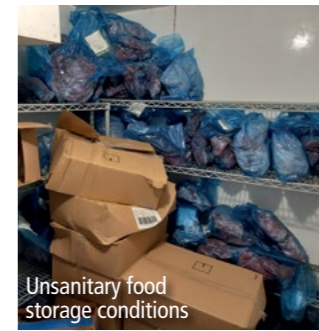
Dirty container

owner Muhammed Akram was also ordered to pay legal costs of £11,767, together with a victim surcharge of £128 and received a 16-week prison sentence, suspended for 18 months. Akram must also complete 100 hours of unpaid work as part of his sentence.

Perfect Bite and Akram, as its owner, were found guilty of failing to put in place, implement and maintain proper food hygiene procedures.

At the hearing, Akram was banned from running a food business again, after his company was found to have significant food hygiene failings which led to listeria being discovered in samples taken from chicken, egg and sausage sandwiches.

Perfect Bite, which produced and



Unsanitary food storage conditions

distributed sandwiches to independent convenience stores across London, was investigated by the council between July 2021 and February 2022 and judged to have a "chaotic" food safety management system that saw frozen chicken left to thaw in fridges for up to three weeks and labelled with incorrect 'use by' dates.

Many out-of-date sandwich fillers were given an extended shelf life – of up to 19 days on one occasion – and food

containers and cleaning equipment were unclean.

The court heard that Hillingdon's inspectors found no evidence of any hygiene training among staff and basic measures such as temperature checks were not being carried out correctly.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services**, said: "Had it not been for the diligent work of our food safety team thoroughly investigating the business and building a case against Akram, it was only a matter of time before a member of the public became seriously ill (or worse) from eating food produced by Perfect Bite."

Following the hearing, the council's environmental health officers will visit the business to check that hygiene standards have improved.

## New measures tackle anti-social parking near Ruislip Lido

New enforcement controls to protect residents living near Ruislip Lido from anti-social parking have proved successful, following their introduction this summer.

The new measures also included the pilot scheme for the council's new 'virtual permit' scheme, which removes the need for displaying paper permits.

In warm summer weather, the lido attracts vast numbers of visitors, many who park in residential roads and often in an anti-social manner, blocking driveways or causing an obstruction. The new parking management scheme covers nine roads, increasing the overall number of restricted roads around Ruislip Lido to 16, with a further four car parks also enforceable.

Since the introduction of the new scheme in May

this year, a total of 1,748 Penalty Charge Notices (PCNs) have been issued around the Lido and 60 vehicles have also been removed by a tow truck.

During the same period, more than 1,800 people have used the new overflow pay and display car park introduced at Breakspear Crematorium during peak times to cater for increased demand for legitimate parking places.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services**, said: "Ruislip Lido is a very popular attraction and with that comes issues with visitors parking in nearby residential roads, particularly in the summer months when those numbers can be very high.

"We introduced these new enforcement measures to give residents some respite from chaotic and often



anti-social roadside parking that they regularly have had to endure, especially in the school holidays.

"These figures show that enforcement was needed and also highlight that our temporary overflow parking provision is also being well-used."

The council's new virtual permit scheme has been subsequently rolled out

borough-wide, offering more convenience and flexibility for residents.

Once payment for a parking permit is received, the permit will become active from its start date and paper permits are no longer required to be displayed in your vehicle.

To find out more, visit [www.hillingdon.gov.uk/parking-permits](http://www.hillingdon.gov.uk/parking-permits).

## Five more council car parks awarded for safety measures

Inspectors have accredited another five council-owned car parks with Park Mark Safer Parking awards following an inspection in August.

This brings the total number of car parks in the borough with accreditation to 31.

The Park Mark Safer Parking scheme, which is run by the British Parking Association on behalf of the Association of Chief Police Officers, is a national standard for UK car parks that have low crime and measures in place to ensure the safety of people and vehicles. Assessors work

with the police to carry out an annual rigorous inspection regime.

The new sites are: Rockingham Recreation Ground Car Park, Uxbridge; Botwell Green Sports and Leisure Centre Car Park, Central Avenue, Hayes; Hillingdon Sports and Leisure Complex, Uxbridge; the Civic Hall, Hayes; and Highgrove Pool and Fitness Centre, Ruislip.

To find out more about parking in the borough, visit [www.hillingdon.gov.uk/car-park-map](http://www.hillingdon.gov.uk/car-park-map). You can find out more about the Park Mark Safer Parking awards at [www.britishparking.co.uk](http://www.britishparking.co.uk).



## Stamping out tenancy fraud

The council's counter fraud team, working closely with housing services, investigates hundreds of claims of tenancy fraud across the borough and in the last year alone, the team has recovered 62 council properties which have now been relet to residents in genuine need.

The council takes tenancy fraud seriously, not only because it's the unlawful occupation of council housing, which carries a sentence of up to two years in jail or an unlimited fine, but also because it deprives legitimate applicants of a home, and results in them staying in costly temporary accommodation.

Tenancy fraud occurs when a tenant provides false information to gain a property, sublets the property to someone else, doesn't declare a change of circumstances or does

not use the property as their only or main home.

**Cllr Martin Goddard, Cabinet Member for Finance**, said: "Tenancy fraud costs councils hundreds of thousands of pounds each year and denies eligible residents access to suitable accommodation.

"We will follow up all reports of alleged tenancy fraud and if we have strong evidence that someone has committed tenancy fraud, we will take steps to recover the property."

If you suspect tenancy fraud is taking place, report it online at [www.hillingdon.gov.uk/report-fraud](http://www.hillingdon.gov.uk/report-fraud), by calling 0800 389 8313 (Monday to Friday 9am to 5pm), by emailing [fraud@hillingdon.gov.uk](mailto:fraud@hillingdon.gov.uk) or sending a letter to the Counter Fraud Manager, 2N, Civic Centre, High Street, Uxbridge, UB8 1UW.

## New signs installed to protect motorists and pedestrians

Eight new Vehicle Activated Signs (VAS) have been installed by the council on roads most likely to be affected by HS2.

The VAS devices – financed by the HS2 Road Safety Fund – have been fitted on local roads after the council introduced new speed limits.

This will encourage road safety and improve traffic flow while HS2 work continues.

The electric road signs flash messages and warnings triggered by vehicles travelling above the speed

limit. They may also warn drivers of approaching hazards and specific road safety problems.

As part of the council's efforts to promote road safety, transport and highways teams have worked hard to ensure residents are disrupted as little as possible by HS2's works. The work follows petitions from concerned residents about speeding vehicles in the local area.

To date, signs have been fitted on roads including Rickmansworth Road close to Mount Vernon Hospital,

Northwood Road, Ducks Hill Road, Church Hill High Street (Harefield), Breakspear Road North, and Moorhall Road.

Further devices are in the process of being prepared in readiness for power supplies to be connected.

**Cllr Jonathan Bianco, Deputy Leader and Cabinet Member for Property, Highways and Transport**, said: "The VAS measures are designed to improve road safety and reduce some of the traffic disruption caused by HS2 in our borough.



"Residents can be assured that our transport and highways teams continue to work tirelessly to ensure that traffic can flow freely and around the local areas."

## Hillingdon's HAF scheme helps young refugees take to the stage

A group of young refugees and asylum seekers from countries including Afghanistan, Vietnam, and Somaliland made their UK stage debut at the Compass Theatre in Ickenham on Friday 2 September, performing *Footsteps*, a play they devised themselves while attending the council's Holiday Activity and Food (HAF) Programme during the summer holidays.

The 16 cast members worked with Compass Collective (who work in partnership with the Red Cross), to develop, rehearse and perform their play in just eight days. Although none of them had met each other before joining HAF and many had limited English skills, all were word-perfect when they performed in front of an invited audience, including

the Deputy Mayor, Cllr Shehryar Ahmad Wallana.

**Nineteen-year-old Asio Osman**, said: "My English was so slow and the Red Cross told me about these acting classes.

"It's inspired me, my confidence is better, and I've made lots of friends.

"The first time I arrived in the UK, it was very hard for me, I didn't know anyone. I had no family. It's hard for us when English is not your first

language. Now I want to help other young people who are feeling the same."

**Fazila Maliky, aged 19**, said: "I came from Afghanistan one year ago. My English was bad, and my confidence was very low. Through the Red Cross group, I meet lots of young people and my English and my confidence have improved.

"This is the first time I've performed but now I love

acting. I find it so fun, to put yourself into another role, to play something you are not."

**Cllr Susan O'Brien, Cabinet Member for Children, Families and Education**, said: "Watching *Footsteps* was a really moving experience, it acknowledged the challenges these young people have faced leaving their homes and families to come to the UK. But it also made me optimistic about their future and assured me that our support continues to change young people's lives. I was amazed they managed to pull together such a professional performance in a short period of time."

The HAF scheme provides healthy food and fun activities to children and young people in receipt of benefits-related free school meals during the school holidays. Read more about this on page 23.



**CENTRE STAGE**  
Young refugees perform at the Compass Theatre

## Restoration works gather momentum at Hayes historic park

Since construction commenced on site in March, works are continuing at pace to transform Cranford Park into a thriving visitor attraction for future generations of residents to enjoy.

The first phase completed at the end of September and concentrated on the old cellars which were cleared of rubble and its vaulted roof reinforced

to guard against damage from construction above.

Foundations for the café have now been laid on the walls of the former house and the shell of the building's stairwell/lift shaft is now complete.

The café building will also house interactive panels and areas which have been designed to bring Cranford Park's unique and rich heritage to life for visitors. Electricians have mapped

out the electrical layout for these features and in the next few months they will test the lighting levels.

The Environment Agency has given permission for a cable bridge to be installed over the River Crane so that electricity can be brought on to the site. In October, vegetation and scrub were removed from the riverbanks to facilitate access and ecologists oversaw the works to protect the park's reptiles and badgers.

Now that the bat roosting season is over, works to the stables are well underway. These include repairing the roof, treating and repairing its timber beams and panelling as well as reinstating the ceiling.

Other highlights completed recently include repointing and repairing the front of the stables, the 'haha' (a sunken trench which acted as a boundary to the

park without interrupting the view), the kitchen garden wall, and several of the park's entrance walls.

**Cllr Jonathan Bianco, Deputy Leader and Cabinet Member for Property, Highways and Transport**, said: "Works are progressing well at Cranford Park and the project is really beginning to take shape.

"I'm looking forward to next spring and being able to welcome residents and visitors to this wonderful attraction."

Supported by the National Lottery Heritage Fund and National Highways, the overall budget for the scheme is approximately £4 million and the works are due to finish in spring 2023.

For more information about Cranford Park, visit [www.hillingdon.gov.uk/cranfordpark](http://www.hillingdon.gov.uk/cranfordpark).



**NEW FOUNDATIONS**  
The concrete slab for the café, kitchen, toilets and staircase

# Support on offer at International Day of the Older Person event

On Tuesday 27 September, the council marked this annual awareness day by highlighting some of the challenges associated with getting older and opportunities available to residents.

The event took place at The Pavilions shopping centre in Uxbridge and featured more than 33 stalls providing information, advice and details of support for older people in the borough. Stallholders included Age UK Hillingdon, Carers Trust Hillingdon and the Alzheimer's Society.

More than 150 visitors attended, taking part in a range of activities including a walking football session, chair-based exercise by the U3A, and a Desi Dance taster by ABC dance.

There were performances from Nik the Singer and Nicky Fisher, plus a floristry taster run by the team at Learn Hillingdon, the council's adult and community education service.

Additionally, there were heritage walks led by Paul Davidson from the council's Archives and Museums Service. These started in Uxbridge High Street and took participants around key historical sites between The Greenway and the Swan & Bottle pub.



Christine and Reg Thompson, and Anne Bransfield

**The Mayor of Hillingdon, Cllr Becky Haggart**, was also in attendance, welcomed visitors and got involved in the various activities. She said: "I was delighted to attend such a fantastic event.

"Having so many stallholders from local charities and organisations present was a great way for us to show residents the vast range of support available."

Among the many people enjoying the activities were **Christine and Reg Thompson from Uxbridge**. Christine said: "It has been fantastic to come here and meet people from other Alzheimer's and dementia groups. Reg loves

being active, and he enjoyed the walking football session. We could not manage without the help of Hillingdon Council, and today is one example of this."

**Anne Bransfield, aged 75 from Hillingdon**, was also there to enjoy herself. "It is lovely to meet people from the local community. I loved the activities and information available. I am incredibly grateful for today."

One of the exhibitors leading events was **Mick Geraghty**, who helped found Uxbridge Amblers Walking Football Club. He said: "Days like today are about fun, fitness, and friendship. One of the aims of our club is to deliver reminiscence sessions for various dementia groups in Hillingdon. Today was a taster of what we do, and hopefully, it has encouraged some residents to join us."

**Harj Dhandra of Hillingdon, Harrow, and Brent Age UK**, said: "We are here to help and advise our older residents about how to save and gain extra money, which is vital because of the current cost of living crisis. This includes benefits checks. It's been great to see people's surprise when they learn what they are entitled to; for example, those receiving Pension Credit are eligible for a free TV Licence."

Find out more about activities and resources for older people by visiting [www.hillingdon.gov.uk/olderpeople](http://www.hillingdon.gov.uk/olderpeople).

## Support for people affected by dementia

Free groups for residents and carers living with dementia take place at many of our libraries.

These informal and friendly groups are a great way to meet others also living with the condition in a relaxed setting. Examples of the activities include reminiscence sessions, chair exercise classes, bingo, art, and music.

Additionally, various weekly free sporting activities are available, including golf and walking football.

For more information and to book, visit [www.hillingdon.gov.uk/dementia-activities](http://www.hillingdon.gov.uk/dementia-activities), email [sdurner@hillingdon.gov.uk](mailto:sdurner@hillingdon.gov.uk) or call 01895 277137.



Uxbridge Amblers Walking Football Club

# Remembering Her Majesty The Queen's life and legacy

Following the sad passing of Her Majesty Queen Elizabeth II in September, *Hillingdon People* reflects on how communities paid tribute to her remarkable reign and looks back on her connections with the borough.

In June, communities across Hillingdon came together to celebrate the Queen's Platinum Jubilee. It's hard to believe that just three months later the borough united once again in grief to mourn Her Majesty's death on Thursday 8 September.

During the period of national mourning that followed, all council meetings and events were cancelled until after Her Majesty's funeral.

As a mark of respect, the Union Flag flew at half-mast at the Civic Centre and Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge and at the Polish Air Force Memorial in Ruislip.

A book of condolence opened at the Civic Centre and space was made available on the forecourt for people to leave floral tributes.

Residents came to the steps of the Civic Centre on Sunday 11 September, as the Mayor of Hillingdon, Cllr Becky Haggart delivered a proclamation reading to formally announce the new Sovereign, His Majesty King Charles III.

When Her Majesty's coffin made its final journey from RAF Northolt to Buckingham Palace on Tuesday 13 September, the Mayor of Hillingdon joined officials on the runway to



**GOLDEN JUBILEE**  
The Queen meets well-wishers in Uxbridge High Street in 2002

welcome her back to London. The council's highways and street cleansing teams were also on hand to ensure that everything went smoothly as the funeral cortege made its way into the capital.

On Monday 19 September, the day of Her Majesty's funeral, the Mayor of Hillingdon, led a short ceremony on the forecourt of the Civic Centre for residents, council staff and visitors to come together to mourn and remember Her Majesty.

## Highlights of Her Majesty's visits to Hillingdon

The Queen made several visits to Hillingdon during her remarkable 70-year reign.

The first took place in 1941 when, as Princess Elizabeth, she visited the Battle of Britain Bunker with her father King George VI and her sister Princess Margaret.



**Cllr Ian Edwards, Leader of the Council**, said: "Our enormous sadness at the death of Her Majesty was shared by residents and employees across Hillingdon.

"Over the decades we were privileged to welcome the Queen to our borough many times, and we are grateful to Her Majesty for the dedication which she has shown this country during her reign."

At the age of 25, Princess Elizabeth and Prince Philip embarked on an international royal tour where they received the sad news that King George VI had passed away. On 7 February 1952, the former Princess Elizabeth flew back from Kenya into Heathrow Airport where she took her first steps on UK soil as Queen Elizabeth II.

The Queen held a long association with Heathrow Airport, having opened the new Terminal 1 in April 1969 and T5 in March 2008. In June 2014, she re-opened Terminal 2, which was renamed The Queen's Terminal.

A highlight of Hillingdon's long tradition of street parties took place in 1977 when communities celebrated the Queen's Silver Jubilee of 25 years on the throne.

During her Golden Jubilee in June 2002, Her Majesty visited Uxbridge to unveil the statue "Anticipation" by sculptor Anita Laffen. She returned in May 2006 to open the Hillingdon House Farm athletics complex and presented medals to young athletes.

Later that day, she visited the One Stop Shop Community Hub in Hayes and watched a performance by a choir and theatre group before walking along Station Road to meet residents.



## Investing in leisure facilities

Residents can now enjoy new and improved facilities at Hillingdon Sports and Leisure Complex and Highgrove Pool and Fitness Centre thanks to a £1.5 million investment by the council. *Hillingdon People* takes a tour of the new facilities to find out more.

**W**orks to Hillingdon Sports and Leisure Complex (HSLC) in Uxbridge and Highgrove Pool and Fitness Centre in Ruislip completed this autumn.

Highgrove Pool and Fitness Centre's gym was last refurbished in 2011 and HSLC's gym was updated in 2017. Facilities at both locations have now been redesigned, upgraded and refurbished to provide modern equipment and surroundings for you to get fit, whatever your age or ability. HSLC received a £527,000 upgrade and the upper gym's new layout with dedicated cardio, activation and stretch training zones have been specially designed to help you achieve your fitness goals.

The lower gym area has been extended by joining the old group cycle studio and health rooms to make a much larger gym space. It now houses the latest Technogym plate-loaded strength equipment which is designed to help give you a full body workout. Equipment includes chest, leg and shoulder press machines along with a full range of

dumbbells, barbells and benches to complement your workout.

If you enjoy cycling, why not try out the centre's new group cycle studio which has fantastic views of the outdoor pool? It has new flooring, air conditioning and LED feature lighting to enhance your group cycle experience even more.

For team sports lovers, new flooring and line markings will allow

you to play sports like badminton, basketball, netball, or football.

And the former crèche has undergone a complete refurbishment transforming it into a new activity room, to help with the expansion of HSLC's fitness class programme. It can also be hired for birthday parties, events and meetings.

Highgrove Pool and Fitness Centre received a £1 million investment



### NEW FACILITIES

Cllr Lavery tours HSLC's new facilities and greets leisure centre and council staff



and enhancements include a new, dedicated training area complete with a fitness frame designed to help strengthen your core muscles.

New state-of-the-art Technogym equipment has been installed throughout the gym and includes climbing machines and treadmills designed to help improve your strength, agility and speed.

Other highlights include a fully refurbished main studio, upgraded changing areas and a new and improved group cycle studio with brand new bikes. Cycling is a great way to burn calories and

body fat while strengthening your heart, lungs and muscles.

After your workout, a new poolside sauna and steam room cabins have been installed to help you relax and unwind.

**Keely Shelton, Partnerships Manager**, said: "As a charitable social enterprise, Better exists to improve the lives of local communities – getting more people more physically active.

"These latest upgrades will increase the attractiveness of the venues we run in partnership with Hillingdon Council and which are among some of the best public facilities in the capital."

### Cllr Eddie Lavery, Cabinet Member for Residents' Services

said: "This significant investment in new facilities for our leisure centres in Uxbridge and Ruislip demonstrates our ongoing commitment to helping local people improve their fitness, health and wellbeing.

"There's something for everyone, regardless of age and ability, and I encourage residents to visit and try out these fantastic new amenities."



### New leisure facilities on the way for West Drayton

Construction is well underway for the council's new leisure centre on the corner of Harmondsworth Road and Rowleys Place in West Drayton.

The centre's foundations have now been dug and concrete poured for the 25-metre swimming pool, training pool and splash zone.

As well as state-of-the-art swimming facilities, the new leisure centre which is set to open in spring/summer 2024, will include a gym and health suite, soft play area, youth zone, climbing wall, café, terrace and even a rooftop 3G turf football pitch.



Cllr Lavery, Cllr Edwards and Cllr Bianco visit the site to see progress

### Try out your new gym

Residents can try out their new-look Highgrove Pool and Fitness Centre and Hillingdon Sports and Leisure Complex gyms for just £14 for 14 days.

Simply visit your local centre and a member of the team will show you around the new fitness areas and activate your 14-day pass. The offer is available until Wednesday 30 November and terms and conditions apply.

**BETTER**

Find out more at [www.better.org.uk/highgrove](http://www.better.org.uk/highgrove) and [www.better.org.uk/hslc](http://www.better.org.uk/hslc)

# Building and investing in high-quality homes for local people

This autumn, several housing schemes have been delivered or are underway creating new properties for Hillingdon residents. The council's flagship regeneration scheme for Hayes is also gaining momentum and will deliver more than 700 new homes for the area.

In October, the council celebrated the completion of two very different housing projects, in Cowley and Hayes, respectively.

The development off Moorfield Road, Cowley, followed the demolition of five storage units – part of a block containing flats and ground floor shops – to create five new three-bedroom terraced homes for rent in Cuthbert Lane.

The brick-built terraced homes have an internal space of 88 square metres and have each been finished to a high standard. The new homes include a front garden, a parking space with charging points for an electric vehicle and private back gardens with storage sheds.

The new development retained the four shop fronts on Moorfield Road, and their rear storage units, which have been leased from the council by the retailers. The new homes are close to the Grand Union Canal, Yiewsley Recreation Ground and are within easy access of Uxbridge town centre.



**NEW PROPERTIES**  
Cllr Jonathan Bianco and Cllr Eddie Lavery outside the new homes in Cuthbert Lane

In Beechwood Avenue, Hayes, a large six-bedroom home that had previously been vacant has been given a full refurbishment and repurposed to help address homelessness in the borough.

The overhaul began in May this year and was completed in late September and included completely

new plumbing and electrics, new windows, doors and flooring and a full set of white goods.

The home will now be leased to Trinity Homeless Projects – a charity which provides day services and supported housing in Hillingdon and neighbouring Slough.

## Putting residents first with Hillingdon First

In April 2018, the council set up Hillingdon First Limited to enable the authority to build high-quality homes for sale or let creating a sustainable revenue stream to help fund future homes for local people, as well as council services.

In January 2021, the first Hillingdon First development of 31 high-specification flats (15 one-bed, 14 two-bed and two three-bed) completed on a site adjacent to South Ruislip Library on Victoria Road.

## St Helen's Close, Cowley

St Helen's Close in Cowley is the council's second Hillingdon First development and five new homes (four two-bed and one three-bed) completed in the autumn.

The close is located within easy reach of local shops, schools, Cowley Recreation Ground, Brunel University and has bus links to West Drayton train station, Hillingdon Hospital and Uxbridge town centre.



## Construction starts on climate-friendly housing scheme for Hayes

Work has begun on a new climate-conscious housing development in Hayes delivering 34 modern homes.

Planning approval for the Maple and Poplar development, off Maple Road, was granted in 2018 and is the site of the former day care centre and care home, which were demolished later that year.

The site formerly housed two buildings; the Maple Day Care Centre which was decommissioned in 2015 and the Poplar Care Home, decommissioned the following year, after both became unfit for purpose.

The council is now breathing new life into the area, with a high-quality development delivering much-needed social housing.

The new homes are being built in two blocks of 17, around a central car park. This will have capacity for 34 vehicles and will include eight parking bays with chargers for electric



Cllrs Lavery, Edwards and Bianco with members of the team from Neilcott Construction Ltd

vehicles (EVs) and a further eight spaces earmarked for additional EV use to meet any future demand.

The build will include the installation of large, underground 'attenuation crates' – these will be installed underneath the permeable tarmac surface of the car park to absorb surges of surface water following heavy rainfall and prevent flash-flooding. These are a key component of the site's sustainable urban drainage (SuDS) measures.

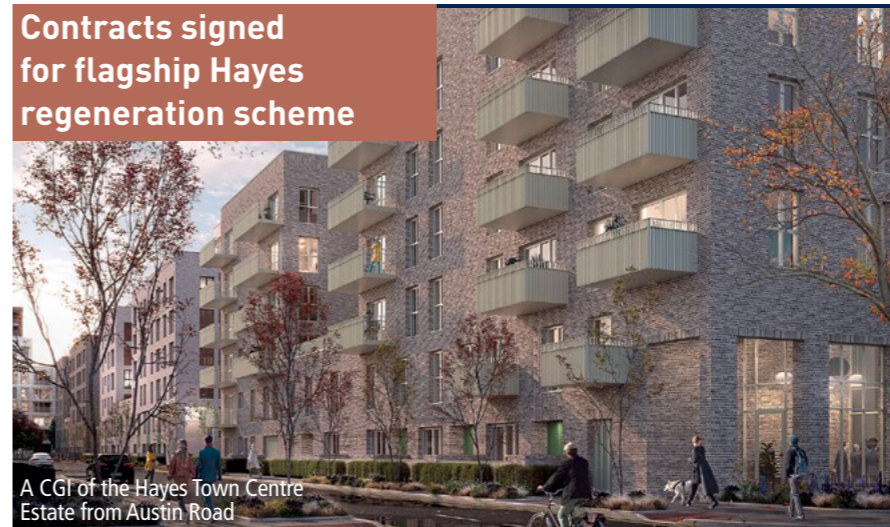
SuDS are special measures installed in urban environments to reduce

flash-flooding and prevent overloading of local sewer systems, usually by storing water and releasing it slowly. These often include attenuation crates, or rain gardens.

Further environmental features include solar panels on the roof. The development also features landscaped gardens, a two-tier covered bike store and motorcycle parking.

Work on the southern block is now underway and scheduled for completion in summer 2023, with work on the northern block to run concurrently.

## Contracts signed for flagship Hayes regeneration scheme



A CGI of the Hayes Town Centre Estate from Austin Road

In September, the council and Higgins Partnerships entered into contracts to deliver a flagship regeneration scheme for Hayes.

The redevelopment of Hayes Town Centre and Avondale Drive Estates has commenced and will

deliver around 740 new homes (50 per cent for sale and 50 per cent affordable) as well as a range of apartments and family-sized houses.

Other highlights of the scheme include attractive, high-quality public spaces, a new community

centre and better links to parks, the high street and the canal. There will also be opportunities for local people to secure apprenticeships, training and jobs throughout the development's construction.

Residents on the estates backed the redevelopment in a ballot held in May 2021, when 94 per cent of eligible voters came out in favour at Avondale Drive, with 85 per cent turnout, and 79 per cent in favour on Hayes Town Centre Estate, with a 90 per cent turnout.

The council's planning committee approved the masterplans for both estates in March this year following extensive consultation with residents on the designs.

**Declan Higgins, Partnerships Director at Higgins Partnerships,** said: "We are delighted to be working in partnership with Hillingdon Council to deliver high-quality sustainable homes across these exciting sites and throughout the wider borough.

"As well as creating places people are proud to call their home, we will be working with the local community to provide training and employment opportunities for those wishing to start a career in the industry."

## Cllr Jonathan Bianco, Deputy Leader and Cabinet Member for Property, Highways and Transport, said:

"We're committed to building new homes, maximising the number of affordable properties as well as improving and modernising our existing council stock.

"We're also pleased that our new developments are delivering much-needed affordable homes in a sustainable way. Our Maple and Poplar development is an example of how we're future-proofing the borough against climate change and reflecting the move to more sustainable living"



# COUNTDOWN TO CHRISTMAS

During November and December, the council will be spreading festive cheer to delight residents of all ages. Highlights include seasonal productions, library activities, light switch-on events and free parking.

## Visit your local lighting display and start the festivities

From late November, you won't have to venture far to get into the Christmas spirit, as the council is investing £186,000 on sparkling displays and Christmas trees in 28 locations across all 21 wards.

Four community-led schemes will also be supported by the borough, which will see lights and events hosted by the Ickenham Festival, Northwood Hills Residents' Association, Ruislip

Manor Chamber of Commerce and Northwood Residents' Association.

Uxbridge Civic Centre's Christmas light switch-on event takes place on Thursday 24 November at 5.45pm.

Other Christmas light switch-on events are taking place in November and December and further details will be available via our social media channels and on the council's website at [www.hillingdon.gov.uk/christmas](http://www.hillingdon.gov.uk/christmas).

## Christmas markets return

Uxbridge town centre's Christmas market will be back this year between Wednesday 16 November and Saturday 24 December. Traditional wooden chalets will offer a range of bespoke gifts, seasonal delicacies and mulled wine.

The Duck Pond Christmas Market at Manor Farm in Ruislip returns on Sundays 4 and 18 December, from 10am to 3pm, showcasing a fine selection of delicious seasonal produce and handcrafted items from local businesses. Find out more at [www.duckpondmarket.com](http://www.duckpondmarket.com).

## Tree-mendous selection at the RAGC

The Rural Activities Garden Centre (RAGC) on West Drayton Road in Yiewsley will once again be selling real Christmas trees from Thursday 1 December.

The centre will have a wide selection of Nordman non-drop cut trees and a range of homegrown potted trees, wreaths and other decorative accessories for sale.

## Jingle all the way at your local library

Hillingdon libraries will be holding a variety of activities and events for residents of all ages, from Christmas arts and crafts sessions to festive performances.

Highlights include a 'How to write a panto' family event which is being held in conjunction with the Beck Theatre at Oak Farm Library on Monday 5 December at 4pm. Come along and learn how to craft an entertaining script and about the importance of timing and comic characters.

If you'd like to listen to festive tunes with a special twist, Ruislip Belles and Beaux Hand Bell Ringing Group will be performing a selection of popular classics at South Ruislip's coffee morning on Friday 9 December at 10.30am.

Northwood Library is holding a special arts and craft session for young residents with early onset dementia on Thursday 1 December at 10am.

Santa Storytime sessions are taking place at Ruislip Manor Library on Monday 12 December at 2.15pm and Tuesday 13 December at 11am to delight younger residents.

Children aged seven to 11 are invited to come along to West Drayton Library on Tuesday 20 December, from 10am to 11am, and make the perfect illuminated hand-crafted Christmas cards for their friends and family.

For a full list of activities, visit [www.hillingdon.gov.uk/christmas](http://www.hillingdon.gov.uk/christmas)

## Christmas fun for all the family at the Compass Theatre

This Christmas will once again see a range of seasonal events and productions hosted at the Compass Theatre, including the chance to meet Santa at *The Santa Show*. This one-act musical stage play is suitable for children aged two and above and every child will receive a small gift after the show.

Don't miss out on going to the ball this December, as *Cinderella* the pantomime comes to town. Produced

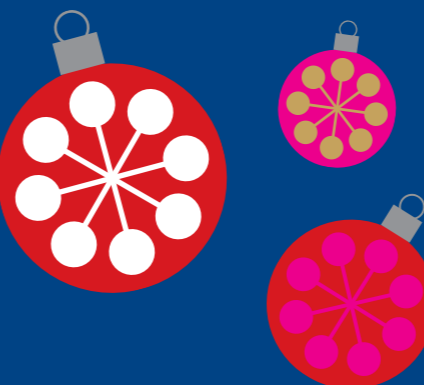
by long-term production partner DK Productions Limited and written by and starring Ickenham's favourite panto dame, Niall Hemingway as the Fairy Godmother, it's sure to be a magical show full of laughter, song and audience participation.

For more information and tickets, visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call the box office on 01895 250615

**Leader of the Council, Cllr Ian Edwards,** said: "I'm delighted that an action-packed calendar of festive fun is returning to Hillingdon. I do hope that you get a chance to experience our library and theatre events as well as our Christmas markets.

"Once again, I'd encourage you to shop locally and make the most of our free parking – businesses are really relying on your support at this time of year.

"Finally, I wish you all a very Merry Christmas and I hope that 2023 is a happy, healthy and successful year for you and your loved ones."



## Park for free this Christmas

To ensure your Christmas shopping experience is an enjoyable one and at the same time supporting the borough's high streets and businesses, the council will once again provide free parking on some weekends during the festive period.

Residents can use their HillingdonFirst card to enjoy this offer in our council-owned car parks and on-street parking bays on:

- Saturday 10 and Sunday 11 December
- Saturday 17 and Sunday 18 December
- Saturday 24 December.

Remember to take your card with you and follow the instructions on the pay and display machines when getting your ticket to make sure no charge is applied.

Our HillingdonFirst card also offers discounts at a range of local businesses, which can help reduce the cost of Christmas shopping. For more information and to apply for a card, visit [www.hillingdon.gov.uk/hillingdonfirst](http://www.hillingdon.gov.uk/hillingdonfirst).

## Festive guide to refuse and recycling in Hillingdon

During Christmas and New Year, most households generate more waste than usual – and a lot of it could potentially be recycled or reused.

Here are a few tips from Hillingdon's waste and recycling service on how you can protect the environment and have a greener Christmas:

### Dry recycling

You can recycle cards, wrapping paper, books, magazines, catalogues, cardboard, paper, tin cans, glass bottles, jars, cartons, plastic bags, trays and bottles. Unfortunately, glitter and foil cannot be recycled, so any wrapping paper or Christmas cards with glitter or foil on them must go into your general waste.

### Food waste

Food waste can be recycled by houses and maisonettes with private gardens in the borough using the free kitchen caddy and liners provided

### Reducing plastic use

As well as recycling more, we can all do our bit to reduce the amount of plastic we use.

Here are a few of Friends of the Earth's tips for a plastic-free Christmas:

### Edible decorations

What's better than pretty Christmas decorations? Pretty delicious ones that you can eat. Why not hang home-baked Christmas cookies from the tree?

### Eco Christmas crackers

Can you even remember the plastic gifts that came out of last year's crackers? Christmas crackers don't have to be bad.

### Christmas and New Year waste and recycling collections

To minimise disruption to waste and recycling collections over the Christmas and New Year period, we will be working on Tuesday 27 December, Saturday 31 December and Monday 2 January. This will mean there will be no change to your collection day in the week commencing Monday 2 January.

Normal collection day	Revised collection day
Monday 26 December (Bank Holiday)	Tuesday 27 December
Tuesday 27 December (Bank Holiday)	Wednesday 28 December
Wednesday 28 December	Thursday 29 December
Thursday 29 December	Friday 30 December
Friday 30 December	Saturday 31 December

by the council. Before throwing out leftovers, why not consider creating a new dish or perhaps freezing them?

### Christmas trees

You can recycle your Christmas tree with our usual garden waste collections in January. The tree, like your other waste and recycling bags and caddies, should be visible to crews and placed at the edge of the property boundary on the day of your collection.

If you live in a flat, call 01895 556000 to request collection between Monday 9 and Sunday 22 January. Trees should be placed next to your bin store or collection point for waste and not blocking access to bins.

All decorations and pots must be removed and trees taller than six feet must be cut in half. Artificial trees should be taken to Harefield Civic Amenity Site, our West Drayton waste weekends, or a collection arranged through the council's bulky waste collection service.

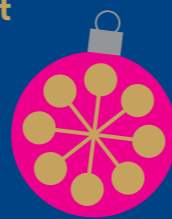
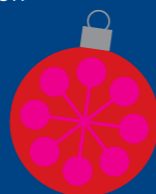
You can get ones made from recycled materials and you can also make your own – search for cracker snaps and other materials from hobby and craft suppliers.

### Christmas dinner with all the trimmings

For plastic-free veg and some of the best deals, head to your local market or independent grocer. Just remember to take your own bags. You can get meat without plastic too. Visit your local butchers with your own containers.

For more tips on how you can have a greener Christmas, visit [friendsoftheearth.uk](http://friendsoftheearth.uk).

For more information on waste and recycling, visit [www.hillingdon.gov.uk/rubbishandrecycling](http://www.hillingdon.gov.uk/rubbishandrecycling)



# Blooming marvellous – more green awards for Hillingdon

Once again, the borough has been recognised for the very high standard of its parks and green spaces and residents' horticultural skills were celebrated at a special event.



Rosedale Park



Moorhall Recreation Ground



Rockingham Recreation Ground



Hillingdon House Farm

## Four more Green Flags raised in Hillingdon's parks

Green Flags were raised this October in four more Hillingdon parks as the council was once again recognised for its outstanding parks and open spaces.

Cllr Eddie Lavery, Cabinet Member for Residents' Services was joined by the Mayor of Hillingdon, Cllr Becky Haggar, to raise the new flags in Rosedale Park (Hayes), Moorhall Recreation Ground (Harefield), Rockingham Recreation Ground (Uxbridge) and Hillingdon House Farm (Uxbridge).

With the four new additions, the borough's new total for Green Flag stands at 67 (66 of which are

maintained by the council). This is the most flags held by any local authority in the country for the tenth year running.

The annual Green Flag Award scheme recognises accessible green spaces and is the national standard for public parks. To be awarded a Green Flag, parks and green spaces must meet strict criteria that show them to be welcoming, community-orientated, friendly to the environment, well-managed and clean.

For more information on the awards and a full list of Green Flag sites in the borough, visit [www.hillingdon.gov.uk/greenflagaward](http://www.hillingdon.gov.uk/greenflagaward)



## Friends of Eastcote House Gardens scoop top awards

The council would like to offer its congratulations to the Friends of Eastcote House Gardens, who have won several awards in this year's London In Bloom Competition.

While the council didn't enter the competition this year, the Friends of Eastcote House Gardens submitted its own entry, and the volunteer group, who help look after the council-owned house and grounds, including its stunning walled garden, received top honours in several categories, including:

- Gold in the 'Our community' award
- Gold in the 'Park of year' award
- Gold (and category winner) in the 'Walled garden' award
- Level 5 (outstanding) in the 'It's your neighbourhood' award.

The dedicated group also received the Royal Horticultural Society's National Certificate of Distinction.

Find out more about London In Bloom at [londoninbloom.co.uk](http://londoninbloom.co.uk)

## Green-fingered gardeners celebrated

The council's annual free-to-enter horticultural competitions, Hillingdon in Bloom and Autumn Show returned this year.



## Hillingdon in Bloom 2022



Best Platinum Jubilee display

Residents submitted more than 53 entries across Hillingdon in Bloom's 10 categories.

The most popular categories were best residential garden and best hanging basket display, and the judges Cllr Lavery and Stuart Hunt, Head of Green Spaces, Sports and Culture were impressed by the high standard of entries.

**Green-fingered residents, Aileen Fernandes and Caetano Gonsalves, from West Drayton,** were joint winners in the best window box display category (pictured above), as well as coming second in the best hanging basket and third in the best residential garden categories.

Aileen said: "I've always been inspired by the wonderful plants from my home country Goa and my favourite flowers are begonias, dahlias and roses.

"I've entered Hillingdon in Bloom for the past five years and I enjoy gardening as I find it very relaxing, and it really helped me during the pandemic.

"It makes me very proud when I see how much joy my garden brings to others, and I love to give away the flowers that I grow as gifts."

To mark their achievements, last month the first, second and third place prize winners were invited to a special afternoon tea in the Mayor's Parlour at the Civic Centre, Uxbridge.

A full list of winners is available at [www.hillingdon.gov.uk/bloom](http://www.hillingdon.gov.uk/bloom).

## Autumn Show 2022

Following the death of Her Majesty the Queen, and subsequent 10 days of official mourning, the 2022 Autumn Show which had been due to take place in the Great Barn at Manor Farm in Ruislip was cancelled.

Among the other challenges faced by the borough's most green-fingered residents was one of the warmest summers on record and drought conditions following record low rainfalls.

However, the growers rallied brilliantly, and this year's event had

a total of 43 entrants, who between them submitted some 471 exhibits across 57 different categories.

Popular produce included tomatoes, apples, squashes as well as wealth of jams and chutneys.

Following the cancellation of the judging, the hard work of the various entrants was instead marked with a special afternoon tea where they joined the Hillingdon in Bloom entrants in the Mayor's Parlour to celebrate their achievements.

The first prize winners for the categories were as follows:

- **Best first-time entrant**  
Shino Thomas and Shallet Shino
- **Best window box display**  
Aileen Fernandes and Caetano Gonsalves; Brenda Gardner (joint winners)
- **Best Platinum Jubilee display**  
Janet Stephenson
- **Best hanging basket**  
Maria José Mendonça Bello
- **Best balcony display**  
Aloka Ghosh; Sandra Karunasinghe Herath (joint winners)
- **Best residential garden display**  
Maria José Mendonça Bello
- **Best Park and Bloom display**  
Janet Stephenson
- **Best novelty garden display**  
Jawaria Arif
- **Best business establishment display**  
The Woodman Pub, Ruislip

**Cllr Lavery** said: "We're extremely lucky to live in a borough with such an abundance of parks and open spaces. But their exceptional quality is not down to luck, but rather the hard work of our green spaces team and the many volunteers and 'Friends' groups we work closely with to keep them looking so good.

"Each year through our horticultural competitions we encourage residents to maintain their fitness by keeping active outdoors while learning new gardening skills. Once again, the standard of entries was exceptionally high, and I'd like to thank everyone who took part for helping to keep our borough looking green and colourful."

# Working together to foster fantastic futures for children

One of Hillingdon's fantastic foster carers shares her positive experience of caring for teenagers, and the council celebrates the achievements of children in care and the work of one of its social workers.

## Nicky's fostering journey

**Ruislip resident, Nicky Perkins aged 57**, began fostering in 2016 after being encouraged to by a parent at the school where she worked as a teaching assistant.

Since then, she has cared for children, aged between 12 to 18-years-old, mostly on a short-term basis, as well as providing respite care. Part of Nicky's role is also helping to recruit prospective carers by speaking at council information events about what it's like to foster with Hillingdon.

We met Nicky (and her dog Scooby) at her home to find out about what's involved in becoming registered and the challenges and many highlights that fostering can bring.

She said: "I live with my mum and my son, Charlie, so when I first got interested in fostering it was really important to keep them involved in the whole process too. The three of us went along to an information event to hear all about it and after that I put forward my interest.

"Once you say you're interested, the council contacts you and does an initial check. Then you get a visit

at home from a social worker and then there are lots more checks."

After registration, the next step was for Nicky to determine the type of fostering she wanted to do.

"You have to be honest with yourself and the fostering team about what you can offer. If you have commitments that mean you won't be able to do a long journey to school with your foster child, for instance, then you need to tell them.

"I decided that the best option for me would be to offer short-term and respite care for children."

Although most of the children Nicky cares for stay for a short time, there was one notable exception.

She said: "My last short-term placement ended up being over a year and it was the most wonderful experience. The young man came to me when he was 16. As an asylum seeker, he was placed in a care home for a while before he came and then he stayed until he was 18.

"Now he's in his first year at Brunel University and he's loving life."

After eight years, Nicky is still enthusiastic about fostering and



Nicky Perkins with Scooby

grateful for the support she's had from the fostering team.

She said: "My social worker is my biggest advocate, she's so supportive. She tells me what sort of training I should go on and she reminds me that you can't take offence at anything. At the end of the day, it's the welfare of the child that counts.

"You have to remember that these kids, they've been through a journey. You're taking them out of a situation they shouldn't have been in and giving them a chance to lead as normal a life as possible.

"Even if you've had a bad week, the rewards of fostering are off the scale."

work with both children and foster carers, as well as free membership to the Fostering Network.

Find out more about the support and benefits we provide at [www.hillingdon.gov.uk/fostering-benefits](http://www.hillingdon.gov.uk/fostering-benefits).

You can find out more about fostering at our next free online information event on Tuesday 13 December, from 2pm to 3pm. To register to attend and ask any questions before, email [fosteringrecruitment@hillingdon.gov.uk](mailto:fosteringrecruitment@hillingdon.gov.uk) or call 0800 7831298.

## Support for foster carers

If Nicky's story has inspired you to look into becoming a foster carer with Hillingdon Council, but you are worried that the rising cost of living might make it difficult, here's a summary of the support you can expect to receive.

- The average time it takes between initial application to registration is six to eight months.
- We provide our foster carers with a weekly allowance of £368.48 to £432.60 – depending on the age of the child – which is

higher than the government's minimum allowance.

- We will also provide equipment you may need to get started, depending on the ages of the children you wish to foster.
- In addition to financial help, Hillingdon offers excellent free training and development opportunities and a range of support to all our foster carers, including a personal supervising social worker and a dedicated team of clinical psychologists that

## Celebrating children in care

The Kids in Care Awards (KICA) took place on Sunday 9 October at Stockley Marquee at Stockley Park Golf Club and was a chance to recognise the many and varied achievements of some amazing young Hillingdon residents.

The afternoon ceremony to honour children and young people in care saw 117 children and young people receive awards from the Mayor of Hillingdon, Cllr Becky Haggar. They were nominated by the people who play an important role in their lives, such as foster carers, personal advisers, teachers, and independent reviewing officers.

As well as receiving awards, the children and young people also enjoyed delicious street food and made full use of the wide range of fun activities on offer, including a bouncy castle, NERF gun zone and photo booth.

**Sunny, aged 22**, said: "Thanks for the event and opportunity. It was great to see a different group of people and I had a wonderful time. Thanks a lot to the council for the support and love, as well as their hardworking social service."

**Cllr Susan O'Brien, Cabinet Member for Children, Families and Education**, who was among the special guests, said: "It was a wonderful afternoon. It was lovely to be able to present all the fantastic children and young people with their awards and to hear from their carers and teachers on what

they have achieved. Every year our children in care amaze us with their successes and this year was no exception. They should all be very proud of themselves; they really are a credit to Hillingdon."



## Social worker honoured

On Thursday 6 October, one of the council's social workers, Kelly Johns, won best children and families social worker award at the prestigious National Children & Young People Awards.

She was awarded the top prize in her category at the national ceremony, which took place at Birmingham's International Convention Centre (ICC).

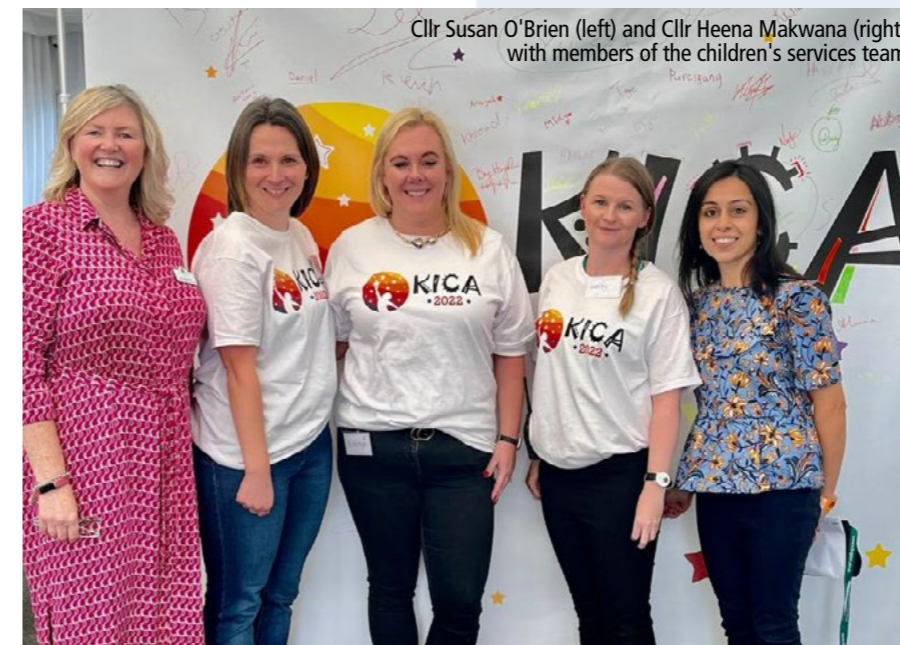
Kelly joined Hillingdon in 2011 as a support worker, before going on to become a social worker. She was nominated by her colleagues in the adolescent team who said the "incredible passion and insight" she brings to her role had helped countless young people in the borough progress and thrive.



Kelly Johns with her award

Speaking just after the ceremony, Kelly was full of praise for both her colleagues and the young people she supports: "I am really honoured to have been nominated for this award, and to have won it.

"I really love what I do. I've met and worked with some truly inspiring young people who've brought me so much joy over the years, so being awarded for it is the icing on the cake really!"



Cllr Susan O'Brien (left) and Cllr Heena Makwana (right) with members of the children's services team



To find out more about fostering and how you could make a difference, visit [www.hillingdon.gov.uk/fostering](http://www.hillingdon.gov.uk/fostering)

# Support with the cost of living

We understand the pressures residents are facing with the price of everyday essentials and energy bills increasing. *Hillingdon People* highlights some of the support available through the government's Help for Households scheme as well as some locally delivered initiatives.

In October, the government introduced a new Energy Price Guarantee. This will cap the unit cost of electricity and gas for the next six months, from 1 October 2022. The Energy Price Guarantee will be reviewed again next April. In addition, from October households will also receive £400 off energy bills. This automatic, non-repayable discount will be applied in six instalments between October 2022 and March 2023 to help households through winter.

There's no need to apply for the scheme and you will not be asked for your bank details. If you get a message telling you that you need to apply, or asking for your bank or credit card details, this could be a scam. You can report messages you think are suspicious. Find out more at [helpforhouseholds.campaign.gov.uk/help-with-your-bills](https://helpforhouseholds.campaign.gov.uk/help-with-your-bills).

## Cost of Living Payment

Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year.

This will be made automatically in two instalments, a £326 payment was made in the summer and another £324 payment will be made between 8 and 23 November. This is in addition to the £400 discount on energy bills. Find out more at [helpforhouseholds.campaign.gov.uk/housing-support](https://helpforhouseholds.campaign.gov.uk/housing-support).

## Disability Cost of Living Payment

This winter, people who are paid certain disability benefits are eligible for an automatic one-off £150 payment. The payment will help disabled people with the rising cost of living acknowledging the higher disability-related costs they often face, such as care and mobility needs.

This is in addition to the £650 Cost of Living Payment for disabled people who also receive means-tested



benefits. Find out more at [www.gov.uk/guidance/cost-of-living-payment](https://www.gov.uk/guidance/cost-of-living-payment).

## Pensioner Cost of Living Payment

In the winter months, pensioners can also get between £100 and £300 to help pay heating bills. Find out more at [www.gov.uk/winter-fuel-payment](https://www.gov.uk/winter-fuel-payment) or telephone 0800 731 0160.

## Council tax energy rebate

The council administered the council tax energy rebate scheme on behalf of the government to help residents with energy bills.

In September, local people who live in a home in council tax bands A to D, received a one-off payment of



£150 to help with energy bills which does not need to be paid back.

In addition, the government asked local authorities to establish a discretionary scheme to help those households which do not qualify for the main energy rebate payment scheme.

Hillingdon's discretionary scheme targeted low-income households by making additional payments for households in Council Tax bands A to D and E to H where they were receiving on 1 April 2022 a council tax reduction support payment, all occupants were students, the sole occupant was severely mentally impaired or a Disability Band Reduction was applied to the property.

Hillingdon has been allocated £1.12 million and the discretionary scheme will run until Wednesday 30 November 2022 or until the funds have been fully allocated, if earlier.

Find out more at [www.hillingdon.gov.uk/council-tax-energy-rebate](https://www.hillingdon.gov.uk/council-tax-energy-rebate).

## Household Support Fund

From April to September 2022, the council administered the government's Household Support Fund to support low-income households through the winter months with food and utility costs.

In total, 5,589 households received help with their energy and water bills, and 12,226 eligible children received food vouchers.

In May, the government announced a new Household Support Fund, and the council has been allocated £2.07 million for the winter period, 1 October 2022 to 31 March 2023.

This new scheme provides residents on a low-income with additional financial assistance to help meet the cost of food, energy, water bills and other essentials.

To make sure this support reaches the people who need it most, we have published full details and the eligibility criteria for the Household Support Fund on our website [www.hillingdon.gov.uk/household-support-grant](https://www.hillingdon.gov.uk/household-support-grant).

## Support for council tenants

If you are a council tenant and struggling financially, our welfare reform and tenancy support team can help. Our team will carry out a welfare benefit health check to make sure you are receiving the benefits you are entitled to. Get in touch with us by emailing [housingsupportworkerteam@hillingdon.gov.uk](mailto:housingsupportworkerteam@hillingdon.gov.uk).

## Free childcare and early education

If you are receiving the qualifying benefits, your two-year-old can access 15 hours of early education for free each week. There are also benefits available for three and four-year-olds. Find out more at [www.hillingdon.gov.uk/freechildcare](https://www.hillingdon.gov.uk/freechildcare).

## Free school meals

If you have children up to the age of 19 in full-time education at a Hillingdon school and receive certain benefits, you may be eligible for free school meals.

### Cllr Goddard, Cabinet Member for Finance, said:

"We are committing to doing everything we can to shield local people from the worst effects of this cost of living crisis.

"There's a range of government and council support available to help individuals and families, so please visit our dedicated webpage to find out more."



To find out if your child qualifies, visit our website at [www.hillingdon.gov.uk/schoolmeals](https://www.hillingdon.gov.uk/schoolmeals). All enquiries relating to benefits-related free school meals should be directed to your child's school.

## Holiday Activities and Food (HAF) Programme

Our HAF programme is open to school-aged children (Reception to Year 11) who receive benefits-related free school meals.

Through our programme of healthy food and fun activities, children and young people can develop new skills and take part in creative and physical activities. Details of our December programme is available on our website at [www.hillingdon.gov.uk/haf](https://www.hillingdon.gov.uk/haf).

## Energy-saving advice

In partnership with Brunel University, we're sharing guidance, support, and tips to help reduce your energy consumption and hopefully save you money too.

Here are a few things which you might want to consider:

### Turn your heating down

- Each degree you cut your home thermostat will result in a four per cent reduction in your energy consumption.
- When indoors, try to keep your living room temperature at a maximum of 21°C (70°F) and other rooms at 18°C (64°F).

### Switch off your appliances

- Your phone, tablet or TV still use energy on standby. Unplug them when not in use.

### Use a microwave

- You'll save on energy costs because microwaves are quicker than an oven or stove.

## Mental health support

Financial pressures can affect everyone differently. There are a number of organisations that are there to support you.

### Central and North West London

Central and North West London (CNWL) NHS Foundation Trust provides a wide range of services across Hillingdon. You will need to be referred by your GP to access the services available. Find out more at [www.cnwl.nhs.uk/services/mental-health-services](https://www.cnwl.nhs.uk/services/mental-health-services).

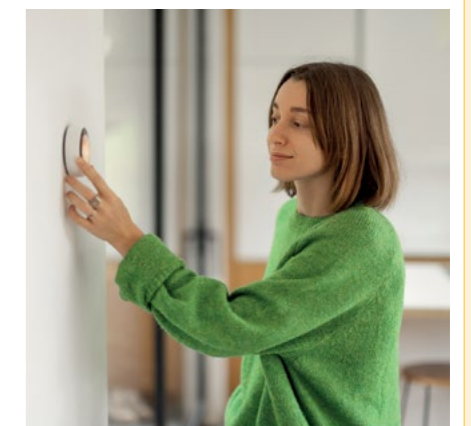
### Hillingdon Samaritans

If you or someone you know is struggling the Samaritans are there to support you. Call 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org) or visit [www.samaritans.org/branches/uxbridge](https://www.samaritans.org/branches/uxbridge).

## External organisations

Several expert external organisations can provide you with information and advice about benefits, debt, and welfare. Please visit [www.hillingdon.gov.uk/cost-of-living](https://www.hillingdon.gov.uk/cost-of-living) for more information.

Find out more about the range of support that's available at [www.hillingdon.gov.uk/cost-of-living](https://www.hillingdon.gov.uk/cost-of-living)



## Cleaning clothes

- Only wash 'full loads' and use a lower heat setting.
- Tumble driers are energy intensive, so consider this before using yours too often.

On their own, these changes may seem small, but collectively they can make a significant difference.

For more energy-saving tips, visit [www.hillingdon.gov.uk/energy-saving-tips](https://www.hillingdon.gov.uk/energy-saving-tips).

## Update from the Neighbourhoods Superintendent

The tragic passing of Her Majesty Queen Elizabeth in September was a time of mourning and reflection for us all across Hillingdon's police teams. It was also a time where we needed to ensure we continued to deliver a service to the community whilst supporting security arrangements for Her Majesty's funeral. The demands on our police officers during this period were exceptional, but I'm proud to say that through their resilience and commitment to their work we were able to carry on providing a quality service to Hillingdon.

As the evenings start getting darker, I want to remind you of the need to ensure your valuables are kept safe in the house, that your home is safeguarded, and the outside of your property is secured, where possible. Some of our key advice includes:

- ensuring doors and windows are kept closed and locked

- keeping valuables out of sight
- removing mail or deliveries from your doorstep
- locking garages and sheds
- locking side or back gates.

If you see someone who you think could be looking to burgle properties, please follow the advice below:

- Do not challenge them. Call the police on 999.
- Make a note of what they look like, any vehicles and if they're carrying anything.

For more advice, please visit [www.met.police.uk/burglary](http://www.met.police.uk/burglary).

Violence against women and girls is a key priority for us in Hillingdon. Recently, my officers conducted 35 dedicated patrols of hotspot areas in the borough which included providing reassurance and practical crime prevention advice. If you would like to report any streets,

alleyways, parks or other locations where you feel unsafe you can do so at [www.police.uk/streetsafe](http://www.police.uk/streetsafe). Once we receive the details, we will review the information and look to see where the opportunities are to work with partners to make improvements.

We will continue to strive to bring offenders to justice, reduce crime and improve the quality of life for all of Hillingdon's communities and your continued support to help us do this is very much valued.

**Superintendent Anthony Bennett**  
Neighbourhoods Superintendent  
West Area BCU

## Staying well this winter

This year it's more important than ever for people at risk to get their free flu vaccine and COVID-19 booster when they are invited by the NHS. The best time to get vaccinated is in the autumn, before the cold temperatures start.

Find out more and how to book at [www.nwlondonics.nhs.uk/winter](http://www.nwlondonics.nhs.uk/winter) or speak to your local pharmacy or GP practice. School-aged children will be offered the nasal spray flu vaccine at school.

The flu spreads from person to person – even amongst those not showing symptoms. The vaccine is the best protection for you and those around you.

The table below gives an overview on who is eligible for the free flu and COVID-19 vaccinations.



Group	Flu vaccine	COVID-19 autumn booster
All adults aged 50+	✓	✓
Carers and healthcare staff	✓	✓
Pregnant women	✓	✓
People aged four to 49 with clinical risk	✓	✓
Immunosuppressed	✓	✓
Children aged two to 10	✓	✗



### Protect your child from polio

All children aged one to nine years in London are being offered a polio vaccination.

For some children this may be an extra dose of polio vaccine, on top of their routine vaccinations. In other children it may just bring them up to date.

The NHS will contact parents when it's time for their child's polio booster or catch-up vaccination. Find out more at [www.nhs.uk/polio](http://www.nhs.uk/polio).

## A cleaner, greener Hillingdon

The council continues to move at pace towards its target of being carbon neutral by 2030, with swathes of projects taking place aimed at greening the borough through planting trees and reducing emissions.

In Hayes, one street is getting a green makeover to help make it safer and more pleasant.

The works in North Hyde Road will be funded following a successful bid to the Greater London Authority (GLA) as part of Transport for London's Green and Healthy Streets programme.

The planned changes are earmarked to include improved footpaths to make walking and cycling easier, as well as planting new trees and the installation of a pedestrian crossing.

The area is already a site of significant investment and development, and these additional improvements will help make the environment safer, greener and more appealing, while also helping improve local air quality.

The council received £172,000 of funding from the GLA which is to be put towards the first phase of the works (the improvements will be delivered in three phases). The works associated with the first phase are currently in the detailed design stage, with surveys underway to determine the most suitable locations for the new trees.

### Thousands of young trees planted in South Ruislip park

A major planting project got underway in Spider Park, South Ruislip, this winter to benefit local wildlife.



Planting and supporting a tree in Spider Park

The Spider Park Wildlife Corridor is a project funded by the GLA through its 'Rewild London' scheme and will convert two hectares of ordinary grassland into a richly biodiverse haven.

The scheme includes planting 8,000 young trees, called 'whips', as well as pollarding some of the existing willow trees – a centuries-old practice involving cutting back the branches or trunk, to encourage new growth – and also the creation of wildflower meadows.

This will create a foliage-rich environment where a broad range of plant, insect, bird and mammal species will thrive.

### Cllr Eddie Lavery, Cabinet Member for Residents' Services, said:

"We pride ourselves on having a borough with plenty of greenery, but in the face of the climate emergency there's no room for complacency.

"That's why we're planting more trees in streets, parks and open spaces throughout the borough as we look to protect it for future generations to enjoy and provide pleasant, green places for the people and wildlife that live here now."

### Volunteers help create water meadow in Uxbridge

Residents helped to turn Elephant Park into a vital waterway for wildlife thanks to a community planting day this autumn.

The helpers joined the council on Tuesday 27 September to sow seeds from a range of wildflowers along the banks of the newly-exposed waterway.

Together, around 1,000 small plants of native species such as water mint, purple loosestrife, forget-me-not and yellow flag were planted in the bank, along with 7kg of wildflower seeds, which will ensure that pollinating insects have a wealth of foraging opportunities come the spring.

### Mayor pledges to match fund tree planting scheme

The council's work with the charity-led tree sponsorship scheme Trees for Streets continues to grow across the borough, with the project receiving a boost from the Mayor of London this autumn.

The Mayor has pledged that for every tree sponsored privately through Trees for Streets before the end of March 2023, he will plant one tree in a priority location in the borough.

To date, some 29 trees have been sponsored by residents to be planted in our trees and parks, helping clean the air, provide homes for wildlife and making the borough look pleasant.

To sponsor a tree, visit [www.hillingdon.gov.uk/sponsor-a-tree](http://www.hillingdon.gov.uk/sponsor-a-tree).



Sowing wildflowers in Elephant Park

## An update from the London Fire Brigade

Hello, my name is Claiton Murray and, in June, I became London Fire Brigade's Borough Commander for Hillingdon.

I have served at Hillingdon Fire Station in a previous role, and I am honoured to be serving this fantastic borough once again. I will be working extremely hard to ensure that I and all the firefighters who work in the borough, make Hillingdon a safer place to live, work and visit.

Last month was a very sad time for us all, as we laid to rest Her Majesty Queen Elizabeth II. From the moment it was announced that Her Majesty would be returning to London via RAF Northolt, plans and preparations were put in place to ensure London Fire Brigade supported the farewell that took place. This included some of your local stations standing by ready to respond along the route, as Her Majesty travelled through the borough.

I am very proud of the work that crews from Hillingdon carried out this summer. The record temperatures we experienced brought major challenges. Your firefighters worked tirelessly in difficult conditions to bring multiple fires under control and to ensure that residents remained safe, and businesses continued to operate.

The autumn and winter months are now upon us, and although we ask you to consider fire safety all year round, there are additional risks that we face during these coming months. Fireworks, bonfires and the use of candles all increase the risk of fires breaking out if the right precautions are not put in place. Please ensure you place candles in suitable holders and away from curtains, never leave cooking unattended, and enjoy fireworks and bonfires safely and responsibly.

Take a look at our Home Fire Safety Checker, which allows you to carry out a fire safety check of your home quickly and easily. It's simple and practical – giving you specific advice for your family and your home. It's available on our website at [www.london-fire.gov.uk/hfsc](http://www.london-fire.gov.uk/hfsc).

Be safe and I wish you and your loved ones a wonderful festive period.

Claiton Murray  
Borough  
Commander  
for Hillingdon



## New clothes for Christmas?

Remember to recycle your old ones.

We're working with TRAIID to help you easily recycle your textiles for free with collections at times that are convenient to you.

Book a free collection

Visit [www.traid.org.uk/clothes-donations/wlwa](http://www.traid.org.uk/clothes-donations/wlwa)

Call 020 8733 2595

Email [reuse@traid.org.uk](mailto:reuse@traid.org.uk)



TRAID is a UK registered charity number 297489



[www.hillingdon.gov.uk/textile-recycling](http://www.hillingdon.gov.uk/textile-recycling)

## Become a Parent Champion and support local families

Parenting can be hugely rewarding but also brings challenges with it. *Hillingdon People* learns more about the work of the charity Brilliant Parents which supports residents as they journey through parenthood and finds out how you can volunteer as a Parent Champion.

Being a parent is a responsibility full of joy but it can also be hard and demanding. Sometimes it can feel like parenting is a battle rather than an adventure. During those difficult moments it can be hard to know where to turn for help and guidance. That's where Brilliant Parents come in.

The organisation has been working with the council since 2017, running parenting courses and seminars in schools to support families across the borough.

Each class aims to make daily life a little less about conflict and more about fun. The aim is to teach techniques to help parents break

negative cycles, whether you have an emotional toddler or a complex teen.

Meave Darroux, CEO of Brilliant Parents, said: "We understand parents and we give them a safe space to self-reflect and discuss the challenges they are having with their children. By gently giving them the tools they require, they can increase their confidence and competence with their parenting skills."

"Seeking parent support is a strength and not a weakness and we welcome all parents who reside in Hillingdon, both those who self-refer as well as those who come to us via a referral made by a professional such as social worker, teacher, or health visitor."

Cllr Susan O'Brien, Cabinet Member for Children, Families and Education, said:

"We're delighted to continue to partner with Brilliant Parents to provide this essential service to support parents and carers."

"I'd like to thank our Parent Champions who use their experience and knowledge to help residents when they need it the most. If you feel local families could benefit from your experiences, I would really encourage you to volunteer with this worthwhile organisation."

For Hillingdon residents wishing to access the service, you can connect with Brilliant Parents by calling 020 3490 7007 or via their website at [www.brilliantparents.org](http://www.brilliantparents.org) where you can self-refer

### Volunteer with Brilliant Parents

If you would like to empower the parents (or carers) of a Hillingdon child or young person, the organisation is recruiting volunteers for their Parent Champion network.

The scheme is an excellent opportunity to offer peer-to-peer community-based support for parents or carers of children aged 10 to 18. Sometimes mums, dads and carers just want a safe space to talk without judgement. Others would like guidance or to discuss a particular issue. You could be that understanding person to help give them that much-needed support.

The work includes weekly check-ins via phone and Zoom calls. Most importantly, Parent Champions are volunteers who understand local and cultural needs and are expertly trained by the charity to offer non-judgemental support.

Sarah Rust, Volunteer Programme Manager at Brilliant Parents, said: "Our Building Resilient Families programme offers support

through the Parent Champion network to Hillingdon parents of children aged 10 to 18 years who are at risk of child criminal exploitation, child sexual exploitation or are entering the youth justice system.

"By volunteering you will gain valuable and transferable skills for life and work through our training. Our team has compassion and understanding for parents in potentially isolating situations and find much fulfilment providing support to the families they are matched with."

Hillingdon resident and Parent Champion volunteer, Noor Miah, said: "It's a comfort for parents to know there are other people out there who have had similar experiences. Being a



Brilliant Parents Hillingdon volunteer, Anisa El-Mehadoui

Brilliant Parent volunteer makes you aware of other organisations and the support and provisions they provide. It's also been such a good platform for me as a volunteer to go on to further work opportunities."

If you are interested in finding out more information about training as a Parent Champion, please call Sarah on 07495 024449 for an informal chat or visit their website.

# HILLINGDON WHAT'S ON?



## CHRISTMAS

### Woodland Centre at Ruislip Lido

**Friday 18 November to Wednesday 21 December**  
Arts, crafts, woodland activities and walks. Christmas activities throughout December.

**For booking and more information, call Diana on 07736 974497 or Lucy on 07961 157215.**  
Ruislip Lido

### Southlands Christmas Market

**Saturday 3 December, 11am to 4pm**  
You'll find handcrafted Christmas items under one roof, from festive decorations, cards, jewellery, food hampers and much more. You'll find plenty to eat and drink if you get hungry and thirsty. Santa will be there, too!

**Southlands Arts Centre**

### Hillingdon Choral Society

**Saturday 3 December, 7.30pm**  
Start the festive season early with the Hillingdon Choral Society, who will perform Benjamin Britten's *A Ceremony of Carols*, John Rutter's *Gloria*, and a selection of carols.  
**Cost: £15 for adults and £3 for children at the door.**  
**To book your tickets in advance, email [hillingdonchoralsociety@gmail.com](mailto:hillingdonchoralsociety@gmail.com) or call 07941 601966.**  
**Ickenham United Reformed Church**

## THEATRE

### Agatha Crusty and the Pantomime Murders

**Thursday 17 and Friday 18 November, 7.30pm**  
**Saturday 19 November, 7pm (cabaret seating)**  
The Harefield Amateur Dramatic Society returns to present *Agatha Crusty and the Pantomime Murders*. Agatha Crusty (not a

misspelling) has turned up again just in time for this Christmas pantomime. But who keeps killing off the cast? You'll have to come along and find out!  
**Cost: £10. Concessions £8.50 (Thursday only).**  
**For bookings and information, call 01895 253346 or 07989 876024.**  
**Email [janscurr@hotmail.com](mailto:janscurr@hotmail.com).**  
**St Mary's Church Hall**

### CLICKRukiga Winter Fundraiser Concert

**Saturday 19 November, 8pm to 10pm**  
Enjoy the Harrow Apollo Male Choir as it performs a medley of songs spanning five decades, including show tunes, light opera and popular music.  
**Cost: £10. Limited tickets available for this event.**  
**Tickets are available from St. Giles Church, the United Reformed Church, AVK i-Care opticians and Bikewise in Ickenham.**  
**For more information, call Derek Hughes on 07793 727259 or email [dereknmarie@hotmail.com](mailto:dereknmarie@hotmail.com).**  
**United Reformed Church**

### White Christmas

**Monday 21 November, 11am**  
Movies are a powerful way to reconnect with our memories and other people. Some cinemas are unfortunately not always accessible to people with dementia. This yuletide, the Beck Theatre is screening the classic movie *White Christmas*, starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera-Ellen. This fun-filled, musical extravaganza is a perfect way to start the festive season in a friendly and sensitive setting for residents with dementia.  
**Cost: £4.**  
**For more information, call 0343 310 0044 or book your tickets at [becktheatre.org.uk](http://becktheatre.org.uk).**  
**Beck Theatre**

Hillingdon has an exciting array of activities to keep you and the family entertained during the winter months of November and December. Find out about more events which are happening locally at [discover.hillingdon.gov.uk/events](http://discover.hillingdon.gov.uk/events).

### Christmas with The Boys from Jersey

**Wednesday 7 December, 7.30pm**  
Celebrate the music of Frankie Valli and The Four Seasons at the Beck Theatre. Trust us, you'll be *Beggin'* for more! If that isn't enough, the show will be followed by a three-course dinner and party.  
**Cost £45 or £50 for the after-show DJ.**  
**For more information, call 0343 310 0044 or book your tickets at [becktheatre.org.uk](http://becktheatre.org.uk).**  
**Beck Theatre**

### Christmas Comedy Cracker

**Thursday 8 December, 7.30pm**  
Enjoy an evening of fun and laughter to help get you into the spirit of Christmas. Make sure to bring your appetite to tackle the delicious two-course festive meal. Dancing until late.  
**Cost: £27.50 with a two-course dinner.**  
**Book your tickets at [becktheatre.org.uk](http://becktheatre.org.uk) or call 0343 310 0044.**  
**Beck Theatre**

### Cinderella

**Friday 9 to 31 December.**  
**Show times vary, so please contact the Beck Theatre for more information.**  
The Beck Theatre presents this hilarious family pantomime with tons of slapstick comedy and stunning musical numbers.  
**Cost: £28 to £32.**  
**Concessions: a £2 discount for schools and groups for off-peak shows.**  
**Book tickets at [becktheatre.org.uk](http://becktheatre.org.uk) or call 0343 310 0044.**  
**Beck Theatre**



Harrow Choral Society

### Uxbridge Choral Society

**Saturday 10 December, 3.30pm**  
The festive season gets into full swing with the Uxbridge Choral Society. Indulge yourself with traditional Christmas carols, all beautifully served with mulled wine and mince pies.  
**Cost: £12. Children under 16 are free.**  
**Tickets are available at the door or via the choir website at [www.uxbridgechoralsociety.org.uk](http://www.uxbridgechoralsociety.org.uk).**  
**St Margaret's Church**



Band of the Royal Air Force Regiment

### Band of the Royal Air Force Regiment

**Thursday 15 December, 7.30pm**  
Don't miss the Band of the Royal Air Force Regiment, who will be performing their third show of the 2022 Esprit De Corps concert series.  
**Book your tickets at [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Manor Farm**

### Christmas Celebration

**Saturday 17 December, 7.30pm**  
The Harrow Choral Society is returning to Harrow School's prestigious Speech Room for a festive concert of carols, readings, brass ensemble performances and audience participation carols. Jane Asher

will be the guest reader on the evening, with music conducted by Sam Evans, accompanied by composer Paul Ayres.  
**Cost: Tickets £18. Free to under-18s (ticket required).**  
**For more information and to book your ticket, visit [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk) or email [boxoffice@harrowchoral.org.uk](mailto:boxoffice@harrowchoral.org.uk).**  
**Harrow School**

### Neil Sands' Christmas Memories

**Monday 19 December, 2.30pm**  
Neil Sands returns to the Beck Theatre with a spectacular spirit-lifting, and heart-warming afternoon of festive music.  
**Cost: £17.50.**  
**Concessions £16.50.**  
**Book your tickets at [becktheatre.org.uk](http://becktheatre.org.uk) or call 0343 310 0044.**  
**Beck Theatre**

## EXERCISE

### Young at Heart Yoga

**Tuesday and Wednesday mornings, 10am to 11.30am**  
Nobody is too old for Yoga. Young at Heart Yoga will help you improve your fitness goals, no matter your age. Come and try Loretta's friendly classes for yourself – all abilities are welcome.  
**Cost: £54 for six weeks.**  
**For more information, call Loretta on 020 8845 7873 or email [shape.tone@blueyonder.co.uk](mailto:shape.tone@blueyonder.co.uk).**  
**Oak Farm Library**



**Let's talk about men's health**  
**Thursday 17 November, 10am to 2pm**  
Run in partnership with MyHealth Hillingdon, come and have a FREE health check or blood pressure check. Get health advice and information from professionals, and hear about local facilities, support and programmes available for you and your family.  
**Find out more at [discover.hillingdon.gov.uk/mens-health](http://discover.hillingdon.gov.uk/mens-health)**  
**Uxbridge Library**

### Gentle Yoga

**Wednesdays 10am to 11am and Fridays 9.30am to 10.30am**  
Discover the benefits of Yoga and breath awareness to increase your sense of mental and physical wellbeing. You'll also find it incredibly relaxing. All levels and ages welcome.  
**Cost: £8 per class.**  
**For more information, call Chloe on 07715 384748 or email [hello@chloesnowdonyoga.co.uk](mailto:hello@chloesnowdonyoga.co.uk).**  
**Deane Park Hall**



### Tea dance

**Monday 12 December, 1pm to 3pm**  
Learn various dance styles, such as the waltz, quickstep and ballroom. Doors open at 12.30pm and light refreshments are served. Tickets are free, but pre-booking is required for dances.  
**Cost: Free.**  
**Book online at [www.hillingdon.gov.uk/dances](http://www.hillingdon.gov.uk/dances) using your Hillingdon First card or via our contact centre on 01895 556688.**  
**Middlesex Suite at Uxbridge Civic Centre**

### Lego Club at Northwood Hills Library

**Saturday 26 November, 10.30am to midday**  
Build creations with Lego bricks in our themed sessions. Open to five to 11-year-olds during term-time only.  
**Cost: Free.**  
**To book, email [northwoodhills-library@hillingdon.gov.uk](mailto:northwoodhills-library@hillingdon.gov.uk).**  
**Northwood Hills Library**

### Cuppa Cocoa Crochet Circle

**Wednesday 30 November, 10am to 11.30am**  
Bring your own knitting or crochet project and join us in the library for a chat, to share ideas or work on a shared project. We also offer the opportunity for beginners to learn some crochet basics.  
**Cost: Free.**  
**To book your place, email [charville-library@hillingdon.gov.uk](mailto:charville-library@hillingdon.gov.uk).**  
**Charville Library**

### Autism and ADHD Parents/Carers' Support Group

**Thursday 8 December, 10.30am to 11.30am**  
Join our informal group to share experiences and thoughts about undiagnosed and diagnosed children with autism, ADHD and/or learning needs.  
**Cost: Free.**  
**To book a place, email [northwoodhills-library@hillingdon.gov.uk](mailto:northwoodhills-library@hillingdon.gov.uk).**  
**Northwood Hills Library**

## VENUES

**Beck Theatre**  
Grange Road, Hayes, UB3 2UE

**Charville Library**  
Bury Avenue, Hayes, UB4 8LF

**Deane Park Hall**  
Long Drive, South Ruislip, HA4 0HS

**Harrow School**  
5 High Street, Harrow, HA1 3HP

**Hillingdon Sports and Leisure Complex**  
Gatting Way, Uxbridge, UB8 1ES

**Manor Farm**  
Bury Street, Ruislip, HA4 7SU

**Northwood Hills Library**  
Potter Street, Northwood, HA6 1QQ

**Oak Farm Library**  
Sutton Court Road, Uxbridge, UB10 9PB

**Ruislip Lido**  
Reservoir Road, Ruislip, HA4 7TY

**Southlands Arts Centre**  
75 The Green, West Drayton, UB7 7PW

**St Margaret's Church**  
52A Windsor Street, Uxbridge, UB8 1AB

**St Mary's Church Hall**  
High Street, Harefield, UB9 6BX

**United Reformed Church**  
Swakeleys Road, Ickenham, UB10 8BE

**Uxbridge Civic Centre**  
High Street, Uxbridge, UB8 1UW

**Uxbridge Library**  
High Street, Uxbridge, UB8 1HD

If you wish to publicise an event, please email details to [hillingdonpeople@hillingdon.gov.uk](mailto:hillingdonpeople@hillingdon.gov.uk) or send to Hillingdon People, 3S/05 Civic Centre, High Street, Uxbridge, UB8 1UW. Events are selected at the editor's discretion.

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**Hillingdon's war memorials register**

We are updating our war memorial register, which will be available on our website, together with photos, maps and other details.

If you are aware of a war memorial that you think is not so well known, please get in touch by emailing [@specialevents@hillington.gov.uk](mailto:specialevnts@hillington.gov.uk) and our Archives and Museums service will check to see if it is eligible for inclusion in the register.

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[www.hillingdon.gov.uk/war-memorials](http://www.hillingdon.gov.uk/war-memorials)

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