

HILLINGDON people

News from your council
September/October 2022

www.hillingdon.gov.uk

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Join our Zero
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WW2 exhibition



HILLINGDON
LONDON



MORE FLAGS



NEW APP



DANCES RETURN

Struggling with your energy bills?



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Our Green Doctors can help you:

- Save money on your energy bills
- Claim your Warm Home Discount
- Tackle energy or water debt
- Get information about smart meters

The call is free

THE SERVICE IS FREE

The control you need



Your smart meter's in-home display

Smart meter can help you keep a closer eye on your energy use:

- ✔ Smart meters and the in-home display tell you how much energy you're using. That can help you decide when to turn the heating up, or turn the TV off stand-by.
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Contact your energy supplier to find out if you can get a smart meter installed.
Consumer action required. Eligibility may vary.

Green Doctors are part of Groundwork London, a charity that helps people stay warm, save money and use less energy.

Find out more at london.greendoctors.org.uk

Groundwork London - Charity No 1121105



Secondary School Admissions

Do you have a child born between **1 September 2011 and 31 August 2012?**
If so, you must apply for a school place by **31 October 2022**

For more information, key dates, how to apply and advice, visit www.hillingdon.gov.uk/schooladmissions or call 01895 556644




www.hillingdon.gov.uk

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COVER PHOTO: A LEARN HILLINGDON STUDENT AND TUTOR



Advertising deadline for next edition:
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Welcome



Welcome to the September/October edition of *Hillingdon People*. As we move into autumn, economic uncertainty continues with the rising costs of living. We understand that people are struggling with these increases and that this is worryingly projected to worsen in the winter months.

To support Hillingdon households during these challenging times, we are offering a range of initiatives and programmes, from administering the financial support provided by government, to helping low-income households via our own discretionary schemes.

Details of these schemes can be found on our website, they include the energy bill discount, cost of living payments, winter fuel payments, council tax rebate, Household Support Fund, free school meal vouchers, the Holiday Activities and Food Programme and contact details for local support groups who can provide information and advice on benefits, debt and welfare support. You can find out more by visiting www.hillingdon.gov.uk/cost-of-living.

As mentioned last time, given the increased rate of inflation, the council is also having to reconsider how it can operate more efficiently to cut running costs. Our transformation programme has started to identify further savings, which will continue to put residents first by ensuring we sustain high quality services and facilities by providing these in different ways.

As you may have seen in our draft council strategy, which sets out our vision and priorities for the next four years, our ambition is to be more digitally enabled. We will be investing in systems and processes, as digital communication and transactions cost much less than, for example, telephone calls. While we will make sure that those who need to still call us can, we will be encouraging residents to support our digital ambitions by doing things online.

In this edition, you can read about some of our new digital services. We will be introducing PayByPhone parking later in the year, we have a range of services on offer within our digital library and our library app even allows you to manage your library loans yourself.

It's fantastic to see some of the recent successful enforcement prosecutions following investigations from our planning and trading standards teams. We will always take action, when people and businesses operate outside the law and put the safety of residents at risk.

Finally, as announced on page 5, the council remains committed to re-providing a high quality, water sports and outdoor activity centre for the borough following the closure of Hillingdon Outdoor Activities Centre (HOAC) in Harefield. Subject to the necessary planning approvals, the council has identified a potential site at Broadwater Lake, also in Harefield, for its relocation.

Cllr Ian Edwards
LEADER OF THE COUNCIL

Council to close its three early years centres

Despite attempts to improve the financial sustainability of the centres in Uxbridge, Nestles Avenue and South Ruislip it has not been possible for them to continue operating without a subsidy from council taxpayers of £532,000 per year, about £5,000 per child enrolled. More than 98 per cent of childcare places in the

borough are provided outside of the council's scheme and local vacancies with these other providers will ensure that no child should be without a place. Parents, carers and staff have been sent letters by the council detailing the next steps and available support, including contact details for the council's Families Information Service who will support

them to find alternative childcare places. **Leader of Hillingdon Council, Cllr Ian Edwards,** said: "I recognise and regret the anxiety and difficulty that this decision will cause parents and carers with children attending the centres, and to our staff. "From the moment the decision was taken we have been in communication with parents, carers and staff and we will do what we can to help them through this difficult change."

"The cost of living crisis is impacting on us all and I empathise with the frustrations of those affected and understand that this is likely to have financial consequences for them. However, we simply could not go on subsidising this service, particularly as the vast majority of children in local childcare are not using this service, but their parents or carers are paying for it through their council tax."

Working hard to minimise disruption from HS2 works

The council's highways team has been working hard to ensure Hillingdon's residents and visitors are disrupted as little as possible by HS2's works in the north of the borough. Officers have campaigned for the works, many which involve road closures and traffic lights, to be shortened in duration wherever possible, to help keep traffic flowing.

The team has met fortnightly with HS2 to ensure the council's position has been taken into consideration ahead of each strand of work commencing and to ensure residents' journeys are impacted as little as possible. The works for Ickenham Road (West Ruislip Tube Station) have been completed, and HS2 was working on reinstatement of the central reservation, which was expected to have been completed as *Hillingdon People* went to press. The council pushed for the works to include reinstatement of the whole works area, rather than a patch repair.



HS2 ROAD CLOSURE On Bridgewater Road

For the works on Station Approach/Long Drive (South Ruislip Tube Station), the council is hoping to have negotiated for the original 19-weeks planned duration for the works to be reduced to just six weeks and is waiting on confirmation from HS2. A reduction has also been secured for West End Road in Ruislip, where the four-way temporary traffic lights will be in place for four weeks, rather than six months. And on nearby

Bridgewater Road, the full closure on each side of the railway bridge will help to facilitate sewer lining work. It will be in place until March 2023 and will help prevent the road being used as a rat-run. HS2 has just confirmed with the council details of its plans for Harvil Road, which will involve multi-way traffic lights and road closures at two locations; near Skip Lane junction and near to the Dogs Trust. These will take place over 18 months.

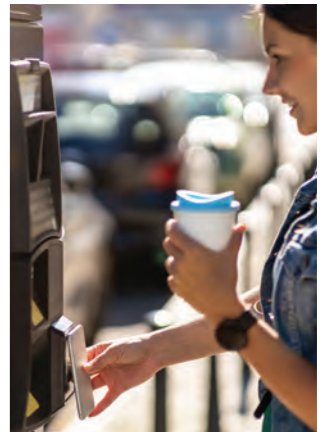
Leader of the Council, Cllr Ian Edwards, said: "Residents can be assured officers have worked tirelessly on their behalf to limit the disruption HS2's works have had, and will continue to have, for residents and visitors in the north of our borough. "It is essential that traffic can flow freely to and through Hillingdon and so I thank our team for its diligence and hard work in keeping residents' needs at the forefront of their conversations with HS2."

Pay by phone parking payment option to launch in Hillingdon

Paying for parking will soon become easier than ever with our new parking payment option. The council has agreed a four-year contract with PayByPhone to ensure residents and visitors can have the versatility and convenience of being able to pay for their parking on the go. The new partnership was confirmed in the summer, with the system set to go live in the autumn. The cashless payment option gives motorists the ability to pay for parking using their mobile phone or by going online, without having to buy a ticket from a pay and display machine. With so many people

now using their phones to perform essential and daily tasks, it makes sense for parking payments to be just as accessible too and it's more efficient in the long run for the council. Cash payments are still possible at the borough's pay and display machines for those still wishing to use that method and HillingdonFirst cardholders will still get their parking discount using PayByPhone. Through PayByPhone users can even get reminders when their parking is about to run out or extend their stay from wherever they are, so you can avoid the need to run back to the machine to avoid a fine.

Currently around 40 per cent of payments at the borough's on and off-street pay and display machines are by card, rather than cash. This is expected to increase significantly with the new service. Cardholders will need to be able to read the number on their HillingdonFirst card to use the PayByPhone system and we know this number can wear off over time with use. If you need to order a replacement card, or your first HillingdonFirst card, visit www.hillingdon.gov.uk/hillingdonfirst. **Cllr Eddie Lavery, Cabinet Member for Residents' Services,** said: "Our new cashless parking payment option reflects



the fact that more and more people are relying on mobile phones for daily tasks and want to carry out transactions digitally. "The new system will give motorists far more flexibility on how they pay for and top-up their parking, making the process much easier."

Four more green spaces awarded Green Flag status



OUTSTANDING GREEN SPACE Hillingdon House Farm

The council has once again been recognised for its outstanding parks and open spaces, after four more have received prestigious Green Flag Awards. The awards – which celebrate the most beautiful and well-managed outdoor spaces nationally and internationally – were given to Rosedale Park in Hayes, Moorhall Recreation Ground in Harefield, Rockingham Recreation Ground in Uxbridge and Hillingdon House Farm in Uxbridge. The new additions bring the borough's total to 67 awards (66 of which are maintained by the council)

– this is the most flags held by any local authority for the tenth year running. **Leader of the Council, Cllr Ian Edwards,** said: "We're committed to making Hillingdon a greener, cleaner and healthier borough for everyone and we're delighted that our investment in our parks and green spaces has been recognised by the prestigious Green Flag Awards." For more information on the awards and a full list of sites in Hillingdon, visit www.hillingdon.gov.uk/greenspaces.

New outdoor centre plans

A new high quality, water sports and outdoor activity centre at Broadwater Lake in Harefield is being proposed by the council. In October 2020, Hillingdon Outdoor Activities Centre (HOAC) was forced to temporarily close to accommodate the HS2 project and the council lobbied HS2 Ltd to secure funds for the centre's relocation. The proposed facility, which has the working title of the Hillingdon Water Sports and Activity Centre (HWSAC) would not only be the new home of HOAC but also the borough's primary location for a range of pursuits, including water sports, such as kayaking, rowing and sailing and outdoor activities, including camping, zip wire, high ropes, angling and wildlife conservation. Situated within the Colne Valley, which has

been designated as an area of special and scientific interest, HWSAC is also intended to be a carbon neutral site that protects and enhances the biodiversity and ecological significance of its surroundings. The proposed development will include a solar energy system and the hope is that HWSAC will be able to export the energy generated to power nearby homes and businesses. The project, which has been devised in partnership with HS2, is still very much in the pre-planning stage and is still subject to several approvals. Residents will have a chance to give their feedback on the proposals via a public consultation. If approved, the council hopes that the new centre will open in 2024.

Council to revise its plans for new homes in Yiewsley

In August, the council withdrew plans for 100 new homes and a modern new library in Yiewsley, so that concerns from residents can be addressed in a revised and improved planning application.

The plans to develop the Otterfield Road site (former Yiewsley pool site) and the Falling Lane site (Yiewsley Library and car park land) had been subject to local objections.

The new application is expected to be submitted this autumn. Residents will have the opportunity to comment on the revised plans, which provides a chance for the council to present the specifics of the development and enables residents to give their feedback, prior to the formal re-submission.

The majority of Yiewsley Recreation Ground was designated Metropolitan Open Land. There is no intention to build on any of this designated land, which includes a football pitch, children's play area and is one of the council's Green Flag sites.

As part of the revised proposals, the council intends to deliver improvements in the park funded by money from developers. The details of those improvements will be shaped by feedback from residents during the consultation period.

Under the proposals, a new library will be built on the Otterfield Road site, providing

modern facilities, including retractable bookshelves which will allow the floor space to be more functional and opened up for events.

The Falling Lane housing site will offer residents private and communal amenity space and the Otterfield Road site will feature a community garden and children's play area.

Residents will be able to have their say as part of the formal consultation, which as *Hillingdon People* went to print was set to go live in mid-September at www.hillingdon.gov.uk/consultation.

Cllr Eddie Lavery, Cabinet Member for Residents' Services, said: "We are determined to deliver a development that creates vitally-needed, quality housing, while also preserving and enhancing the local leisure offer for residents.

"We've read and understand some of the concerns residents raised about the original application and have withdrawn it so we can revise and improve it.

"The proposed new development, along with a brand-new leisure centre in nearby West Drayton, is an opportunity to bring a revitalised leisure offer to the area and we're confident when the new proposals are submitted, residents will feel it is something they can support."

Brand new open-air fitness facility for West Drayton



OPEN AIR FITNESS at The Closes in West Drayton

A new outdoor gym has been installed at The Closes thanks to the council's popular Chrysalis scheme.

The facility, which replaces the previous worn-down gym, was formally opened on Tuesday 26 July by the Mayor of Hillingdon, Cllr Becky Haggar, her Escort, Ellie May Haggar and Cllr Eddie Lavery, Cabinet Member for Residents' Services.

The new gym is situated at the northern end of the recreation ground and was installed in May/June at a cost of £40,000.

Highlights include a TRX pole, plyometric platforms, push up bar, inclusive hand bike, cycle bike and double leg press.

As well as refurbishing the outdoor gym at The Closes, the council has installed four new gyms since the start of the year, bringing the borough's total to 37.

Each year, £1 million is spent on Chrysalis projects across the borough.

Find out more about proposing an improvement in your area by visiting, www.hillingdon.gov.uk/chrysalis.

Christmas card design competition

Following the success of our 2021 Christmas card competition, we are once again asking residents of all ages to get creative for a chance for your design to be featured on our corporate cards.

All you need to do is submit a festive image related to the borough and winners will be selected by Leader of the Council, Cllr Ian Edwards in November.

To enter, please supply your image as either a jpeg or pdf attachment (not embedded in the body of an email); the image can be either portrait or landscape but must be high-resolution (at least 300dpi and 216mm by 154mm in



size) and only one entry per person is permitted. Remember to consider how your design will look when scanned, as glitter and some other collage materials can lose their effect.

Email your entry to christmascardcomp@hillingdon.gov.uk by 5pm on Friday 4 November 2022. For more information, visit www.hillingdon.gov.uk/christmas-card.

Appeal dismissed to build homes at Swakeleys House

A planning inspector has thrown out an appeal by a developer to build 47 one-bedroom homes in the grounds of Grade I Listed Swakeleys House in Ickenham.

In June, the inspector took into account the strong case put forward by the council and local residents, including Ickenham Residents' Association, before dismissing the appeal from CES Properties Ltd.

In February 2021, the developers submitted a prior approval application to convert Harrington House – a two-storey former office building in the grounds of Swakeleys House.

The application drew numerous letters of

objection from local residents and more than 130 signatures across two petitions. The council refused planning consent in April 2021, as it felt the prior approval process – which allows conversion of vacant offices to housing without full planning permission being required – can't apply to buildings within the curtilage of a listed building.

The planning appeal was heard in November 2021 and was well attended by concerned residents, with Ickenham Residents' Association stressing the importance of the house and its grounds. The property's heritage dates back to the 17th Century and it is considered one



of the borough's most iconic buildings.

The inspector's decision was made on Thursday 23 June, in the council's favour.

Leader of the Council, Cllr Ian Edwards, said: "This is an excellent result for people of Ickenham and the whole borough.

"I'm delighted the planning inspector has

agreed with our view, that this development would be entirely inappropriate in the grounds of a Grade I listed building, particularly one of such significant historic value.

"We thank residents for their invaluable and robust input, which has helped ensure the continued protection of this important part of the borough's history."

Couple fined after using home as car sales showroom



NUISANCE NEIGHBOURS residential property being used as a car sales showroom

A husband and wife have been fined £6,500 after ignoring a planning enforcement notice ordering them not to use their Uxbridge home as a car sales showroom and garage.

Ajay and Reshmi Prasad, of Goulds Green, were sentenced together at Isleworth Crown Court on Wednesday 29 June, after admitting failing to comply with a planning enforcement notice issued at an earlier magistrates' court hearing.

The court was told how an investigation by the council had found that

there had been a material change of use of the pair's home from a residential property to land used for car sales, repairs and vehicle storage.

The pair first came to the council's attention in early 2017 after complaints from residents that more than 20 cars were being parked at the front and rear of the detached home and appeared to be being used for car sales, the court heard.

Use of the land for this would require planning permission which had not

been sought, and council officers investigating in March 2017 found nine cars parked in the driveway, with more to the rear and two parked on the road immediately outside.

A planning contravention notice was served that month, however the complaints continued into 2018. The council proceeded to issue an enforcement notice in September 2018, requiring the use of the land for car sales, storage and repairs to cease immediately.

The notice was served against the pair, and the company they were found to be directors of, Harlington Auto Car Sales and Service Ltd. They appealed the enforcement notice but the appeal was dismissed in October 2018.

The court heard further investigations in October 2019, December 2020 and June 2021 all showed

continued illegal use of the home and the notice had been ignored, leading to the council pursuing a prosecution.

Ajay Prasad was fined £6,000, ordered to pay £2,070.50 costs and £190 victim surcharge. Reshmi Prasad was fined £500, ordered to pay £2,000 costs and £190 victim surcharge.

Cllr Eddie Lavery, Cabinet Member for Residents' Services, said: "This is another brilliant result following a strong investigation from our planning enforcement team.

"This couple's business has caused years of annoyance and disruption to the lives of their neighbours and they've shown scant regard for authority when they've been told to stop.

"We won't relent in taking to task those who flout the law in Hillingdon."

New fire doors installed

More than 4,000 new fire doors of the highest quality have been installed throughout the borough as part of a major project across the council's housing stock.

The rollout of the fire doors replacement programme is part of the council's work to ensure its housing is of the best quality for residents, providing them both safety and security.

The installations began back in early 2017, focusing on the borough's tower blocks, before then moving to the council's sheltered housing schemes later that year.

Currently work is ongoing on low and medium rise buildings, with this part of the project more than halfway complete, and to date a total of 4,388 doors have been installed in communal areas and front entrance doors to dwellings.

Not all fire doors are equal in their testing and compliance with various approved building regulations. The



specification of door has been chosen by the council in line with the latest recommendations.

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

"The safety of residents is paramount and a responsibility we do not take lightly.

"Our replacement fire doors programme is a long-term project that will give long-term peace of mind for residents that homes in our borough are meeting the highest possible safety standards.

Hayes car dealership fined

A Hayes car dealership has been fined almost £60,000 for misleading customers by selling cars deliberately listed as being ULEZ compliant when they weren't.

Elite Automotive Ltd, trading as Hilton Car Supermarket of 1-3 Uxbridge Road, admitted 12 counts of breaching regulations 9 and 13 of the Consumer Protection from Unfair Trading Regulations 2008, at Uxbridge Magistrates' Court on Wednesday 29 June.

The fine comes following an investigation by the council's trading standards team after being alerted by a customer who had bought a car they had been assured by Elite Automotive complied with the Ultra Low Emissions Zone (ULEZ).

The customer had bought the vehicle specifically to commute to a London workplace subject to the ULEZ restrictions where non-compliant, more polluting vehicles, are subject to a £12.50 charge per day.

The court heard that in using the car, the customer accrued £240 in charges. He returned the car for a refund and was also refunded £120 of the charges.

The council's investigations in February and March 2020 revealed a further five vehicles listed on the company's website as being 'ULEZ free' and 'free from ULEZ charge'.

The court was told in November 2020 the customer then found the car he had bought advertised on the Elite Automotive website and once again had been listed as ULEZ compliant, so made a further complaint to the council.

Following this, council officers found a further 14 vehicles listed inaccurately on the Elite Automotive website.

Elite Automotive, trading as Hilton Car Supermarket, was fined a total of £58,825 for the breaches and further ordered to pay court costs of £5,348, £1,120 compensation to the customer and a victim surcharge of £190.



Social housing to benefit from high-speed internet

Even more homes in Hillingdon are set to benefit from high-speed internet connections after the council agreed a new partnership with broadband provider, Hyperoptic.

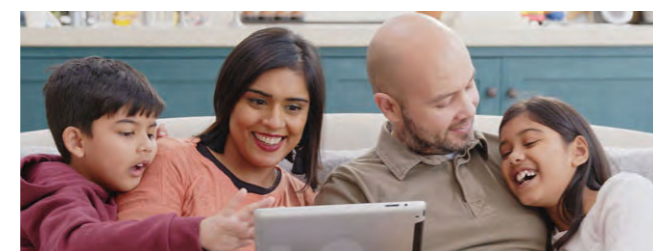
Through the new agreement, thousands of the council's social housing properties will be hooked up to Hyperoptic's full fibre connections, ensuring everyone has access to fast, reliable internet.

The new partnership is the latest step by the council in addressing digital

inequality to bring the best-possible connections for residents and businesses as more and more people rely on digital services for their day-to-day activities and the council embraces technological developments to deliver services quicker and more efficiently.

Work on the digital rollout is scheduled to begin in the north of the borough with hundreds of homes earmarked for the upgrade.

Hyperoptic's social tariffs include a 'Fair Fibre Plan,'



which enables people on specific means-tested benefits to get access to discounted rates on its monthly rolling packages.

Cllr Douglas Mills, Cabinet Member for Corporate Services, said: "Our new partnership with Hyperoptic is another step

forward in the council's ambition to make Hillingdon among the capital's best-connected boroughs.

"As more and more day-to-day services are delivered digitally, it's vital we make available to residents the fastest, best connectivity."

Hillingdon athletes honoured by Mayor in July

The Mayor of Hillingdon, Cllr Becky Haggar, hosted an awards ceremony in July to acknowledge the achievements of some of the borough's young athletes who took part in this year's London Youth Games (LYG).

Ten of the participating teams, as well as team coaches and parents, attended the evening on Tuesday 12 July in the Mayor's Parlour at the Civic Centre where the Mayor presented the young people with positive affirmations from sporting legends such as Muhammed Ali and Jessica Ennis-Hill in recognition of their achievements.

The 2022 games started with a Cross Country event at Parliament Hill where male and female athletes competed at different



WINNERS Aquathlon and swimming athletes honoured by the Mayor

distances. The Hillingdon team entered for all distances, with the female squad finishing twenty-eighth and the male squad finishing sixteenth out of 33 competing boroughs. Nicole McGovern achieved individual Gold in the U17 female and Abdirahim Hamud claimed Bronze in the U17 male events.

Other highlights included the girls football team finishing fifth out of 25 boroughs and the BMX squad placing eleventh out of 20 boroughs, with individuals achieving gold and silver medals. Aquathlon and swimming were hugely competitive within the boroughs and Hillingdon entered a team of 20 athletes to the event

at the Olympic Park, finishing ninth out of 21 boroughs with a Bronze medal for Isabelle Stone.

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "Around 600 of our young people took part in this year's games and they should be extremely proud of themselves.

"It's been another successful year for Hillingdon at the LYG and I encourage any young residents who might be interested in representing Hillingdon at next year's games to get in touch."

If you live or go to school in Hillingdon and have children aged between seven and 17 who would like to take part in next year's Youth Games, find out more at www.hillingdon.gov.uk/youth-games.

Taste of the subcontinent now on offer at Haste Hill

Haste Hill Public Golf Course is renowned for being one of the prettiest in the area, offering a brilliant experience for golfers of all abilities and backgrounds.

So, the council is delighted to announce that its flagship course now has an equally brilliant new caterer, offering a range of

Indian and English cuisine, to reflect the course's broad range of visitors.

Inspired by the post-colonial era 'sports clubs' and 'gymkhana' culture of Mumbai, Bombay Chow Brasserie opened for business in April and is already wowing golfers and visitors alike with its delicious

fare, a mix of Indian, Anglo-Indian and English cuisines.

For those early tee times, tuck into bacon baps, or a full English breakfast. Or for the real Bombay Chow experience, try the Kejrival eggs invented at the Willingdon sports club of Bombay, Parsi Akuri (spicy scrambled eggs) on toast, or the masala omelette.

During the daytime, snack on a club sandwich, or Anglo-Indian fish fingers, exotic curries, or succulent grills like duck and fowl kebabs, venison boti and chicken chops.

A range of drinks from beers and spirits to cocktails and soft drinks is on offer so golfers can relax and socialise in true Indian sports club style.

Bombay Chow would like to offer all readers a 10 per cent discount on their food bill for the month



(ends Friday 14 October). All you need to do is mention reading the offer in *Hillingdon People*.

Bombay Chow Brasserie has a 120-seat lounge and dining area, verandah terrace seating 45 guests and a private function room. To book, call 020 3336 7545 or visit www.bombaychow.co.uk.

Booking a tee time to play at Haste Hill couldn't be simpler, you can book 24 hours a day, seven days in advance, online by visiting www.hillingdon.gov.uk/golf.



WORLD CUISINE Cllr Eddie Lavery and the Mayor of Hillingdon meet council staff and the Bombay Chow team

Bursary scheme nurtures our young people's talent

In 2020, the council introduced the Tashan Daniel Award in memory of Tashan who had a passion for competitive sport and sprinting. *Hillingdon People* met six young people who are realising their ambitions in sport and culture thanks to the initiative.



The Tashan Daniel Award was created in memory of young resident Tashan Daniel, aged 20 from Hillingdon, who was tragically killed in an unprovoked attack at Hillingdon Underground station in September 2019.

Tashan was a keen photographer, footballer and athlete with ambitions of competing in the Olympic Games as a world-class sprinter. During the past two years, the council has awarded funding to 15 young residents to support their aspirations in sport, culture and education.

The bursary award scheme is open to Hillingdon residents up to the age of 21 and provides funding of up to £2,000 per successful applicant, per year.

In July, the judging panel consisting of Tashan's father, Chandy Daniel; Cllr Jane Palmer, Cabinet Member for Health and Social Care; and Priscilla Simpson, the council's Sport and Physical Activity Manager met to review the 31 applications submitted this year for the award.

Oceanna Daniel said: "As Tashan's sister I feel honoured and proud to announce the bursary in honour of Tashan."

"Tashan was an ambitious young man who had many aspirations including making it into the Olympics. He worked hard and was always motivated to excel in everything that he did."

"The Tashan Daniel award recognises those who are ambitious, motivated and courageous which we have strongly recognised in the applicants rewarded."

This year six young people received funding to pursue their ambitions in sport and culture and here are six of their stories.



Casey Jones
Young fencing champion
Casey Jones, aged 15 from Northwood, is the number one player for under-15s in Britain and has participated in many tournaments across the world.

He has been awarded £2,000 to pay for fencing equipment and other expenses associated with competing.

Casey said: "Being a recipient of the Tashan Daniel award will allow me to pursue my dream of qualifying for the Olympics, without having to worry about some of the expenses associated with it."

"Tashan's legacy will go on forever. He has also inspired me to keep pushing my own fight as a member of the Hillingdon Youth Council, and project lead for knife crime and county lines, to keep raising awareness and keep taking knives off our streets."

Dancing her way to success
Grace Dowling, aged 15 from Ruislip, has danced since she was three years old. She regularly competes in national competitions, as well as taking accredited dance lessons and exams.

Grace dedicates her life to dance and trains seven days a week. Her dream is to become a dancer or dance teacher.

She was awarded £850 from the bursary which she will use to pay for training fees, dance equipment and clothing.

Grace said: "I have recently just finished competing in the All England Dance Finals with my dance school."

"Our Character Group won gold and was asked to take part in the Gala. I was so proud of this achievement."

"This funding will help me continue training and my future in dance."

"Thank you to Hillingdon Council and the Tashan Daniel Award for choosing me to help me fulfil my dream in dancing."



Grace Dowling

Inspiring hockey journey

Ben Lazarevic, aged 17 from Uxbridge, has been involved in hockey for many years and has even competed at the London Youth Games. Ben attends sixth form at Vyners School and has set up an after-school hockey club to coach others.

He has been awarded £790 from the bursary and the funds will be used to pay for coaching qualifications, equipment and indoor hockey boards to coach the next generation of players.



Ben Lazarevic

Making a splash

Bailey Sapsed, aged 15 from Ickenham, excels in water polo and has been selected to play for the London Regional Academy and the national squad for his age group.

His dad, Rob, sadly passed away from a rare form of leukaemia in May 2021. He had been a national level swimmer and supported Bailey by taking him to his various training sessions and was exceptionally proud that his son was following in his footsteps.

Bailey has been awarded £670 from the Tashan Daniel Award to pay for a residential water polo camp and training fees.



Bailey Sapsed

Ben said: "I feel very grateful to have received this award, it will enable me to become a qualified hockey coach. I feel privileged to have been given the opportunity to develop young hockey players in the local area, in the sport I love."

"I feel sport isn't only about developing yourself, but it is also about giving back, as other coaches have done for me."

He said: "I am really grateful to have been awarded some funding towards my water polo camp fees and training for the coming year."

"I play water polo for the Hillingdon Penguins here in Uxbridge. I also play at regional level for London and for the national squad. I am very passionate about the sport and am hoping to improve and progress further this year."

"The funding I receive will enable me to participate in valuable training so that I can play to the best of my ability. Many thanks to the Tashan Daniel Award team."

High-flying gymnast

Aisha Hibah Ali, aged 13 from Uxbridge, is a budding young athlete and has trained with FuturityUk Ltd for the past five years.

She has found that gymnastics has helped to give her new-found confidence and time to focus on herself. Aisha hopes to take her skills in gymnastics to the next level and wants to move on to squad classes in the near future.



Aisha Hibah Ali

Aisha has been awarded £1,511 from the fund and this will be used to pay for membership of the British Gymnastics Association, clothing, summer camps, training and qualifications.

She said: "As a young person pursuing my passions, the Tashan Daniel Award has given my aspirations in gymnastics a sense of independence."

"This award has also given me the responsibility to remember Tashan Daniel as a talented athlete. I am now not only pursuing my own passions, but I feel that I and all the other award receivers are sharing the ideologies of Tashan Daniel."



Billy Stubbings

A passion for performing

Billy Stubbings, aged 16 from Harefield, has a passion for theatre and the performing arts. Since the age of 12, he has been heavily involved in school theatre productions.

One of 10 children, his parents do their best to support Billy's aspirations, but with a large family to support it can sometimes be difficult to find the funds.

Billy has been awarded £1,500 from the award to pay for performing arts, singing, acting and dance classes.

He said: "I am very thankful for this funding because it is allowing me to continue my studies in creative arts and performing arts."

"It has also taken a huge financial pressure off my mum who has supported me with my performances and studies the best she could."

"This funding will enhance my performing CV so I would have more chance of performing at the West End one day."

Cllr Palmer said: "We are really proud that this bursary has been running for two years and some truly inspirational young people are benefiting and realising their ambitions in sport, culture and education."

"Tashan was a keen sportsman with a passion to compete in the Olympic Games as a world-class sprinter, and we're delighted that this tribute to him is making such a difference in our communities."

Find out more at www.hillingdon.gov.uk/tashan-daniel-award

Help protect the environment and bin less, recycle more

This Recycle Week (Monday 19 to Sunday 25 September) we're encouraging you to think about how you can waste less, recycle more and recycle correctly to help tackle climate change. We're also launching our first Zero Waste Challenge and hosting a special Reuse and Repair event.

Now in its nineteenth year, Recycle Week is a celebration of recycling across the country. Each year it has a different theme and this year's is 'Let's Get Real' to inspire people to get real about recycling by challenging myths and helping residents to improve recycling behaviours.

In Hillingdon, we are committed to offering residents free, weekly and easy-to-use waste and recycling collections, including general waste and dry mixed, food and garden waste recycling. We also offer a free textile home collection scheme.

We would like to say a huge thank you to those playing their part in recycling, recycling correctly, reusing items and reducing their general waste. In just a year you've managed to reduce the borough's general waste by more than 2,000 tonnes and an additional 1,000 tonnes of recycling has been collected. You have also helped us to recycle nearly 3,000 tonnes of food waste during the first year of food being collected separately from garden waste.

This is fantastic news but we want to continue to see rising rates to meet our green, sustainable and carbon neutral commitments.

So, let's continue prioritising reusing and recycling and only purchase what you need ahead of disposing items in general waste.

Sometimes throwing things away is unavoidable but remember it's important to dispose of your waste correctly. When the wrong items are mixed with your recycling, this can affect the sorting and recycling process, causing items that would otherwise have been recycled to be treated as waste, which then has an additional cost to the council, residents and the environment.

To find out more about our waste and recycling collections, visit www.hillingdon.gov.uk/recycling

Take part in the Zero Waste Challenge



From Monday 19 September, you can register to take part in the council's first Zero Waste Challenge.

The challenge will run until Sunday 16 October, and you will receive a weekly email with recycling tips and the link to a short survey to complete to track your progress.

This is an opportunity for you to think about your consumption and how much waste you produce each week.

Prizes to be won

Everyone who completes the four-week challenge, and fills in all of the weekly feedback surveys, will be automatically entered into a prize draw.

The prize includes a set of bamboo cutlery, stainless steel water bottle, reusable coffee cup, and natural bristle wooden dish brush and replacement head.

Get started today

Here are some quick and easy things you can do to help start your zero waste journey.

Food waste collections – have you registered?

If you live in a house, sign up to the council's free food waste recycling service to recycle your food waste at home. It's simple to do and you get a free indoor kitchen caddy, outside caddy, and you can also register for automatic food waste

bag deliveries. Your recycled food waste is turned into energy and fertiliser. Keeping your food waste out of your general waste also means that foxes aren't attracted to ripping open your black sacks on collection days. We're already trialling this service in some flats and will be expanding to more residents in the near future.

Do you use reusable bags?

Buy a reusable shopping bag and take it with you when you shop, this will save you money in the long run and reduce plastic waste.

Why not carry out a waste audit in your home?

Take a look around your home at what currently fills up your recycling bag, black sack and food waste caddy. Not all waste is avoidable but what you will probably find is that some things could have been. For example, single use packaging, food waste and other avoidable waste.

Do you know about other recycling initiatives?

As well as the council's recycling services, there are a range of other initiatives, such as TerraCycle and Podback that provide recycling services for items such as medication blister packs, coffee pods, crisp packets and much more. For more information, visit www.terracycle.com and www.podback.org.

To learn more about the Zero Waste Challenge and register, visit www.hillingdon.gov.uk/zero-waste

Join us at our Reuse and Repair Day

To coincide with Recycle Week, on Saturday 24 September the council's waste and recycling team will be holding a free reuse and repair event at Botwell Green Sports and Leisure Centre between 10am and 2pm.

You can learn tips and tricks to extend the life of your bike, clothes and electricals. There is no charge to attend the event, but if you would like to bring an item of clothing or an electrical item for repair please make sure to book your space on our website to avoid any disappointment.

including sewing buttons back on to clothes, repairing holes, patching and alterations. TRAIID will also be collecting textiles and small electricals on the day for anyone wanting to recycle these.



Meet the Recycling Roadshow team:

Our recycling team will be on hand to answer any waste and recycling questions you may have and provide information about our waste and recycling services.



Dr Bike: Get a free basic bike repair. They will check your bike, give you advice, make minor adjustments and fit some basic replacement parts if they have them.



TRAIID: Our textiles recycling partner, TRAIID, will be holding small workshops on how to repair textiles to extend their life,



Hillingdon Friends of the Earth and the Restart Project:

Have you got a radio, lamp or other small electrical item which is no longer working? Rather than replacing it, book a slot to come and see one of our volunteers, all of whom are qualified technicians and they will try to repair your item.

For more information, visit www.hillingdon.gov.uk/repair-day

Cllr Eddie Lavery, Cabinet Member for Residents' Services,

said: "Thank you to everyone who has helped us make such excellent progress in reducing the amount of general waste and increasing recycling across the borough.

"We remain committed to providing high quality, convenient and effective waste and recycling services for residents and protecting the environment.

"Keep up the good work if you're already recycling and maybe our Zero Waste Challenge and our Reuse and Repair Day will give you some more ideas on how you can take your efforts further. For those who aren't currently recycling, why not give our collections a go this Recycle Week? Small changes to your everyday life can make a big difference."

TAKE NOTE! New collection days coming soon

To help us reduce our carbon emissions, some of our waste and recycling collection days are set to change this autumn.

We'll communicate this well before the change so you can check if you will be affected, and if so, what your new day is.



Hillingdon's young people enjoy our summer holiday activities

Our jam-packed Fiesta, Holiday Activity and Food programme and annual Playday proved as popular as ever this year with hundreds of children and young people taking part in the courses and activities.

Throughout July and August, children enjoyed dozens of activities including a 'clowning around' workshop, a paediatric first aid course, sports such as basketball, tennis, netball and cricket, a musical theatre week, and street magic as part of our annual Fiesta initiative.

Fiesta has been running in Hillingdon for 19 years and courses are offered to children and young people in years 1 to 13 who live or are educated in Hillingdon at various venues across the borough. The low-cost activities are designed to encourage younger residents to try something new, make new friends and keep active during the school holidays.

Harinisria in Year 5, said: "I took part in the cricket programme at Hayes Cricket Club and it was fun. I also made new friends. I have learnt how to play cricket and when I go home, I can now play with my dad."



Some of the children taking part in the Summer Fun sessions at Fountains Mill Young People's Centre in Uxbridge shared how much they enjoyed the activities.

Ana in Year 1, said: "What I liked about this year is that we made friends and did cooking. The best part was that we get to play outside."

Abinaya in Year 4, said: "I liked being at this holiday camp because it's fun and I get support and support with others."



Playday 2022

In addition to Fiesta, the council's popular Playday returned to Hillingdon Athletics Stadium in Uxbridge on Wednesday 3 August for an eighth year.

Playday marks the national day of play and free activities for under-5s and primary school aged children included bouncy castles, soft play, cycling, BMX sessions, a puppet show with street theatre based around the story of *Pinocchio*, storytime at the mobile library, arts and crafts, glitter tattoos, and water play.

In total, there were more than 20 different activities on offer and this year, approximately 3,000 children, mums, dads and carers came along.

Tania from Yeading attended with her son aged three and her daughter aged 10. She said: "What an amazing event for all the children to enjoy. My family and I had a great day. It was lovely seeing the community together. It was very well organised – thank you so much and we can't wait to return next year."

Kristie from Harefield attended with her daughter aged four. She said: "My daughter and I had a great time at Playday and loved the variety of fun things to do. Thanks to the council for organising this!"

Sarah from Hillingdon attended with her two daughters aged six and 13 and two sons aged three and 11. She said: "My children had a great day enjoying all the things to do at Playday. There were activities for all ages and it was lovely to see so many people taking part."

Supporting families during the holidays

The council also offered a range of free activities for children aged between four and 16 (18 for those with special educational needs) who are eligible for benefits-related free school meals, as part of the government's Holiday Activity and Food (HAF) Programme.

As well as offering free places on the council's Fiesta programme, the HAF programme provided more than 5,000 week-long places for children and young people across 25 additional local providers.

The initiative gave attendees the opportunity to develop new skills, take part in creative and physical activities, learn about food and cooking, as well as enjoying a free and nutritious meal each day.

Highlights included a basketball summer camp run by Way2Work for eight to 16-year-olds at Harlington Sports Centre where young people were coached by elite trainers who shared tips and techniques on how to play the game more competitively and effectively. Many new friendships were formed and young people learnt the importance of teamwork.

Skipz Productions organised a beach-themed drama, dance and singing programme for children aged four to 11 at Harlington School. Children took part in scripting a short beach-themed play and learnt how to perfect their vocal techniques while singing summer and beach-themed songs. There were also beach-themed arts and crafts activities, including fingerprint flamingos, ice cream crafts and sandcastle making.

Young people interested in getting active in the great outdoors enjoyed the Canoe Sports Trust's action-packed programme. This introduced young people to a range of paddlesports, including kayaking, canoeing, improvised rafting, canoe polo and an expedition to the Colne Valley and on the last day an 'It's a Knockout' splash session on a giant water inflatable.



Here's what parents had to say:

"It's a great programme, with lots of choice of activities and I'm so grateful for programmes local to where we live."

"This project is amazing, there are so many activities. It really helps me as we wouldn't be able to afford to pay for these activities so my children wouldn't have been able to go but now they do get the chance to do these things thanks to the free HAF place."

"My children love the Role Models programme and are waking up in the early hours of the morning asking if it's time to go yet!"

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

said: "Summer holidays are an exciting time for children and young people, but we know times are really challenging for families at the moment.

"We're really proud of our annual Fiesta programme and Playday events and we're delighted that so many young people enjoyed the exciting variety of courses and activities that Hillingdon has to offer.

"We're committed to ensuring that children eligible for free school meals don't miss out and our HAF programme provided them with enjoyable fun, educational and stimulating experiences."



Learn Hillingdon

Adult Community Education



Learn Hillingdon: offering more courses and opportunities to lifelong learners

Our adult education service has got a new name and a new, state-of-the-art venue for the start of this academic year. Find out what's on offer and about two residents' experiences of learning with us.

It's been an exciting summer for adult learning in Hillingdon. In July the service changed its name to Learn Hillingdon – Adult Community Education and got the green light and £875,000, to create a brand-new purpose-built education centre in the heart of Uxbridge.

Then, in July, 55-year-old Joanne Matthews from Harefield, was awarded the 'Return to Learning' prize, in the national annual Festival of Learning Awards, having gained qualifications in English, maths, computing and health

and social care, with the help of the council's adult education team.

Now the Learn Hillingdon team is ready and waiting to welcome a new cohort of learners to begin their journeys of self-improvement for the new academic year 2022/23.

Learn Hillingdon – what's on offer
Learn Hillingdon continues to provide varied and exciting opportunities for adults to access education locally, featuring hundreds of courses for day, evening and weekend study in venues across the borough, with many

offering a mix of classroom teaching and online learning.

Adult learners can study English, including English for speakers of other languages, maths and digital skills, plus a range of qualifications to help with career development or getting back into work.

Aside from the academic and vocational programmes on offer, there are opportunities for learners to sign up for sessions – in creative skills or health and fitness – to relax and improve wellbeing.

Adults with learning difficulties and disabilities can benefit from a variety of courses; and there are also many sessions delivered in the community.

Right in the heart of Uxbridge, Learn Hillingdon's new education centre, which opened in September, has five 50 square metre teaching classrooms, a multi-purpose workshop classroom (for arts, crafts, and floristry), office space and toilets and replaces Brookfield Adult Learning Centre as our flagship education venue.

Its newly created, dedicated entrance is adjacent to the family hub at the Civic Centre and there are additional facilities, including a cookery room for up to eight students.

Cllr Susan O'Brien, Cabinet Member for Children, Families and Education, said: "I'm so

pleased that we're not just offering another brilliant programme of courses for our residents, we've also got a great new education centre to share with them too.

"I think Hillingdon's pretty unique in terms of the variety of study opportunities we offer to adult learners. We've got vocational subjects and essential skills, like English and maths, but we've also got new cookery classes, exercise and dance, and sustainable living.

"There really is something for everyone, whatever stage you're at in life or what you want to achieve, just look at our award-winning 'Return to Learning' student, Joanne Matthews and what she's achieved!"

"I can't wait to hear the success stories that emerge from this academic year."



NEW BREAKOUT SPACE at the Civic Centre in Uxbridge

Meet our learners and start your own learning journey

Joanne Matthews' victory at this year's Festival of Learning, an annual national ceremony to celebrate lifelong learning, was more poignant because of the challenges she's faced in her life, including as a child being bullied at school and struggling with undiagnosed dyslexia; as well as suffering with anxiety and depression in adult life.



Joanne Matthews

Now, after five years of academic success with Learn Hillingdon, Joanne is also 'giving back' by volunteering twice a week as a crisis mental health mentor for the Look Ahead charity.

Sharing the joy with us after collecting her award at the first in-person Festival of Learning ceremony since 2020, Joanne said: "I cannot believe I've won! I've never won anything before and so I'm just over the moon now.

"All the adult education staff really helped me get to where I am now. I never got that help at school and I struggled a lot with my gender and mental health. Now I'm well on my way to developing my education and my career in mental health.

"Every day's a learning day and since I've been studying, I've learnt so much about diversity and met all sorts of people from different backgrounds. It's helped me such a lot, I think everyone should take the time to keep learning new things throughout life."

West Drayton resident, **Andreea Stoica** aged 36, arrived in the UK from Romania with very little English, so she enrolled in a short Family English class with Learn Hillingdon. Fast forward to the present and she is now a Community Voice Champion who volunteers for us to help other adult learners.

She said: "At Learn Hillingdon I have gained an amazing number of skills for employment along with improving my own confidence when using the English language. I have made many friends along the way, and I feel we are a wide, diverse family. I have also had the opportunity to volunteer and help my Romanian community and other new learners as they start their journey with us.

"To enrol in that first short class was the best step I took for developing and growing. As a result, I now have a full-time position with the NHS and the confidence I need to write in English.

"I am a keen promoter of adult education in my community. I often say that there is no better place than Learn Hillingdon to learn a new skill or practise English. A new learner will discover friendly people who support and treat everyone equally and with respect.

"Join an amazing family at Learn Hillingdon where you can be yourself and you can follow your passion."



Andreea Stoica

Visit www.hillingdon.gov.uk/adultlearning to see the full range of courses on offer and enrol

Hillingdon's digital library offer enhances the service for residents

Did you know that Hillingdon library members can unlock a range of reading materials, reference resources, databases, e-learning tools and articles via our online digital library for free? Our new mobile libraries app also lets you manage your account anytime, from anywhere – find out just how easy it is to get started.

Residents of all ages love visiting the borough's libraries, not just to browse the books but to enjoy the many events and activities that are held there.

At the same time, we know many people lead busy lives and it's not always easy to find the time to visit and choose a book, and then come back to return it when you need to. Our digital library and new app make borrowing quick and easy.

Since 2019, the council has invested more than £250,000 enhancing its digital library collection so that residents can access a wealth of online resources for free and from the comfort of their own homes. As well as books, Hillingdon library members can also view newspapers and magazines, educational and training programmes, genealogy resources, and much more. Here are just a few of the highlights:

Newspapers and magazines

Pressreader offers a selection of more than 6,000 newspapers and magazines, from 120 countries in 60 languages, on your computer or mobile device.

You can access the titles free of charge on demand.

BorrowBox

The BorrowBox library app lets you access the latest bestsellers by borrowing e-books and e-audiobooks and downloading them to your smartphone or tablet. You can borrow up to five e-books and five e-audiobooks for 21 days and renew them twice.

Learning online

Have you ever wanted to add to your CV, learn for pleasure, or had to revise for an important test?

With our online courses you can prepare for your driving theory test, or sign up for an educational course. There's so much to choose from!

If you're interested in learning another language, Transparent Language has more than 100 languages to choose from, including Spanish, French, German and Italian. Ukrainian for English speakers is also available online via Transparent language and we've just launched an English as a Second Language (ESL) course for Ukrainian speakers.

Universal Class has a range of courses to choose from including accounting, alternative medicine, web development and business. Qualified instructors are also on hand to offer guidance and support.

Encyclopaedias and research materials

Access a wide range of encyclopaedias and research resources in just a few clicks.

Britannica Library contains comprehensive information for all ages covering arts, humanities and maths and with its differentiated, age-appropriate content, readers can access resources that are engaging and safe.

Find independent, unbiased reviews and advice, covering a wide range of products and services via Which? Please note that access to this digital resource is only available inside our libraries.

Research your local and family history

Ancestry Library Edition is the perfect place to begin your family history research and start compiling your family tree. Search census returns, parish registers and birth, marriage, and death indexes.

The British Newspaper Archive lets residents search digitised newspaper pages from the 18th Century onwards.

These digital resources are available inside your local library branch.



Download our new libraries app today

The Hillingdon Libraries app is easily downloadable on your phone, and you can access it from anywhere. This makes it extremely easy to manage your account, search the catalogue, renew, reserve and issue books.

To date, the app has been downloaded to 3,664 devices by residents, including **Sandra Steuer from Eastcote**. She said: "It took no time at all to download the app to my phone and it's great to be able to manage my book loans in a few simple clicks, as well as seeing what e-books and e-audiobooks are available for me to enjoy."

What you can do with our Hillingdon Libraries app:

- search the library catalogue
- reserve and renew library items
- scan any book's ISBN barcode to see whether it is in stock in your local library
- link cards to help you keep track of your whole family's accounts and borrow items with their digital barcodes
- find your nearest library
- download e-audiobooks and e-books
- access online resources
- use self-service functionality

- access other library services and information – book a computer, reset your PIN, find out what's on in our libraries and more.

Checkout and go

Thanks to the new app, we've made it really convenient for you to borrow your choice of reading material.

With self-service functionality in all of our libraries you can borrow library items using the Hillingdon Libraries app on your own mobile device. For more information and help, please ask a member of staff for details.

Get started today

It's really easy to get started. The 'Hillingdon Libraries' app is available from the App Store for iOS or Google Play Store for Android. All you need to do is:

- on your device's app store, search for and download the 'Hillingdon Libraries' app
- log in with your library card number and PIN.

CLlr Martin Goddard, Cabinet Member for Finance, said: "Residents want to be able to access library services at a time convenient to them and that's why we're committed to investing in our digital resources and online library events.

"By embracing technology it makes it easier for residents to use our services and helps us to be more efficient with our resources."

Find out more about our digital library by visiting www.hillingdon.gov.uk/digital-library

For more information about Hillingdon's libraries, visit www.hillingdon.gov.uk/libraries



Trees, bollards and balsam – taking steps to address the borough's climate emergency

This summer's unprecedented spell of hot weather highlighted unquestionably the dangers of climate change and the imperative of taking action now to tackle it. *Hillingdon People* looks at some recent work the council has been doing as part of its aim to protect nature and be carbon neutral by 2030.

Last year, the council partnered with the national Trees for Streets scheme which enabled residents to sponsor trees planted in their streets and favourite local parks.

It didn't take long for folk to see the plentiful benefits of having a lovely tree growing near your home, and, as a result, to date 65 trees have been funded through the scheme with many already planted in the borough's streets and parks, from Northwood to Harlington.

Some residents have sponsored an individual tree outside their homes, or commemorative trees in parks, and others have pooled together with neighbours to fundraise for more greenery.

Retirees, **David and Gillian**, (pictured right) have lived in Ruislip for more than 30 years, during which time they felt the area had become less green.



They thought the empty tree pits outside their home were due being filled again, so were happy to sponsor two new trees and give something back to the community, too.



Their pair of cherry trees also provide a permanent and pertinent way to commemorate the lives of their late parents.

David can often be seen tending to the trees with a nice drink of water – essential for street trees in this warmer weather. He said: "When I'm out watering the trees, passers-by often stop to talk to me and ask what I'm doing."

"I'm more than happy to explain how they can do the same and sponsor their own street tree. Plus, carrying a heavy watering can out to the trees every day is also good exercise."

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

"Taking on the climate emergency is a massive undertaking and we all have our part to play.

"Even some of the 'smaller' actions that we take now to help reduce carbon emissions or protect local biodiversity could prove vital in keeping our ecosystems in balance for future generations."



How trees tackle climate change and make our streets better

The benefits that trees bring to urban areas are amazing.

They help us by:

- absorbing air pollution
- protecting against flooding
- improving mental and physical health
- making the neighbourhoods where we live more pleasant.

Want to sponsor your own tree?

Head to the Trees for Streets website to make your request. It only takes a couple of minutes at treesforstreets.org/hillingdon. Alternatively, visit www.hillingdon.gov.uk/sponsor-a-tree.

Planet-saving bollards?

New traffic bollards are being rolled out across the borough which save energy and also help tackle global deforestation.

You might well ask how a humble bollard can achieve so much. The



Cllr Jonathan Bianco with the bollard before installation



VOLUNTEERS IN ACTION Local people clearing the invasive Himalayan balsam from the borough's waterways.

council is in the process of replacing illuminated traffic bollards that have reached the end of their useful life with new rebound bollards manufactured by TMP.

The replacement bollards use the latest high-visibility stickers to be seen by motorists, meaning there's no need for an electricity supply. The result is a net reduction in both energy costs and carbon emissions.

What's more, for every bollard the council installs, TMP plant a tree in regions of the world where deforestation has decimated local ecologies, including Kenya, Madagascar, Mozambique, Nicaragua and Uganda.

Through Hillingdon's participation, 401 trees were planted last year



And after

and so far in 2022, 282 have been planted, equating to an estimated total carbon dioxide saving of around 205 tonnes.

The council will continue to replace its remaining bollards as they reach their end of life, so savings will continue to grow and more and more trees will be planted.

Bash that balsam

Himalayan balsam is a beautiful plant that inhabits the banks of rivers, streams and waterways. Unfortunately, it is also a highly invasive species, that grows rapidly, shading out and out-competing native flora and so can be hugely detrimental to local ecosystems.

Throughout the summer, the council, with the help of local volunteers from the Woodlarks and Waders, Friends of Pinn Meadows, Friends of Eastcote House Gardens and The Conservation Volunteers, six action days of 'balsam bashing' took place along the River Pinn and Yeading Brook covering a total of 6km of waterway, with work also carried out to remove pennywort, another invasive plant, along a further 1km stretch of the River Colne.



For more information on green spaces' volunteering opportunities, visit www.hillingdon.gov.uk/volunteering





Tea dances in swing at the Civic Centre

In June, the council's popular tea dance series returned to the Civic Centre in Uxbridge and residents put on their dancing shoes and waltzed the afternoon away.

The free sessions for residents aged over 65 relaunched on Monday 20 June, following a break because of the COVID-19 pandemic, with monthly dances returning in July, August and September. They will now resume on a monthly basis.

When attendees weren't showcasing their elegant moves on the dance floor, it was an opportunity to catch-up with old friends, as well as make new ones while enjoying a selection of hot and cold drinks and sweet treats.

The physical benefits of dancing include greater strength, flexibility and agility through improving your aerobic power and balance. Building up balance through dance can assist with falls prevention and strengthening the heart. Beyond the physical benefits, dancing is also a creative activity that can lift your mood, reduce stress and release negative emotions.

Kar Chan, aged 70, from Hillingdon (pictured top right), attends the dances regularly along with his wife Marie. Kar said: "We've been coming to these dances since 2016 and we enjoy the ambience, people and the music. We both just love to dance."

Older residents are able to enjoy a variety of classic tunes from the decades courtesy of our resident



DJ, who is always happy to take special requests.

John McGahren, aged 74, from Hillingdon (pictured below), said: "I really love the dancing and the music. We get the chance to practice sequence, line, ballroom and Latin American dancing."



Pat Braham, from Northwood (pictured bottom left), said: "I love dancing and it's a really nice venue in the heart of Uxbridge and I get the chance to meet up with a lot of friends."

Future dances

Sessions will take place on Monday 10 October, Monday 14 November and Monday 12 December, from 1pm to 3pm (doors open at 12.30pm) in the Middlesex Suite, at the council's Civic Centre in Uxbridge.

Desi dance sessions will also be relaunched at Botwell Green Sports and Leisure Centre in Hayes on Friday 30 September, from 11am to 1pm. The series continues on the last Friday of every month (28 October, 25 November, 16 December, 27 January, 24 February and 31 March) from 11am to 1pm. These energetic and fun sessions involve a mixture of dance styles, including classical Indian dance, street and jazz.

Tickets are free but pre-booking is required for all dances. Book now online at www.hillingdon.gov.uk/dances using your HillingdonFirst card or via our contact centre on 01895 556688.

Volunteer opportunities

Do you have a few hours to spare each month, and would like to volunteer at one of our tea dances? Volunteers are needed to help serve refreshments and help the council host the event.

Other volunteering opportunities include the council's led walks and chairobics sessions.

To find out more, email sportandphysicalactivity@hillingdon.gov.uk.

Leader of the Council and Older People's Champion, Cllr Ian Edwards, said:

"Everyone aged over 65 is welcome to put their best foot forward and join in with these free, fun dance programmes.

"Dancing is such a great activity that not only improves health and fitness but also supports wellbeing through socialising with others. We are proud to be able to offer these and a range of other free activities for older residents."

For more details about the tea dance series, visit www.hillingdon.gov.uk/dances

DIEPPE 80
1942-2022



Radar expert's remarkable exploits among heroics highlighted in exhibition

A unique new exhibition in Uxbridge celebrates the astonishing exploits of a Jewish radar expert during Operation Jubilee which proved a vital contribution to the Allied Forces' Second World War efforts.

Jack Nissenthall's perilous story is one of six tales of incredible bravery featured in 'Dieppe 80' which is currently running at the Battle of Britain Bunker Exhibition and Visitor Centre.

Nissenthall was a radar expert with a skillset so refined he gained a wide reputation as a leader in his field. This niche ability meant he was one of only a handful of officers with the technical ability needed for a top-secret mission as part of Operation Jubilee – a raid on Dieppe in occupied France, on 19 August 1942.

His mission was so clandestine, even his 11 bodyguards knew nothing about it, but had been ordered to shoot him, should he fall into enemy hands.

Nissenthall's mission was to discover whether the Germans were using a type of precision radar by entering Pourville Radar Station on the Dieppe coast. The mission went awry, but he was able to cut the station's telephone wires, forcing German interceptors to transmit their messages over open lines, where they were intercepted by British officers.

Nissenthall and just one of his bodyguards survived, but the intelligence received resulted in the production of radar-jamming countermeasures, called 'Mandrel'.

Dieppe 80 is the first public exhibition featuring Nissenthall's story and the first time artefacts from his story have been placed on display.

The exhibition also features the amazing stories of five other military personnel:

Leading Aircraftwoman Amy Mates – A Women's Auxiliary Air Force (WAAF) plotter, initially in charge of a watch over Colchester in Essex. She was on duty at the Bunker during Operation Jubilee tracking Allied aircraft en route to France.

Flight Lieutenant John Brooks – A fighter pilot who was awarded a Distinguished Flying Medal for the leadership of his section during Operation Jubilee. He survived the war.

Pilot Officer Andrzej Kazimierz Malarowski – An experienced pilot who was flying as part of the Polish Wing based at RAF Northolt, during

the Dieppe Raid. He survived the war and later died in Hertfordshire.

Sergeant Lionel Frank Seeley – A Royal Air Force Volunteer Reserve (RAFVR) fighter pilot, who flew a Hurricane on a bombing raid during Operation Jubilee. He was tragically killed in a training accident three months later. An engine from his Hurricane is proudly displayed in his honour.

Pilot Officer Maurice Du Fretay – A fighter pilot with the Free French Air Force who escaped his occupied homeland in November 1940 to fight with the RAF. He was killed when attacking a gun emplacement during Operation Jubilee.

Leader of the Council, Cllr Ian Edwards, said: "I am sure this fascinating exhibition will inspire awe and wonder in all who visit.

"The stories of Jack Nissenthall and the other brave personnel are more than worthy of the spotlight and reveal tales of bravery not widely told.

"I'm delighted we're able to host this wonderful exhibition in our venue, which is as unique as the stories it portrays."



'DIEPPE 80: Commemorating the 80th Anniversary of Operation Jubilee' will run until August 2023. Book your tickets at www.battleofbritainbunker.co.uk

Choosing the right NHS service for you

There are lots of NHS services that can help you. Knowing where to go and when, can help you get the right care when you need it.

Get the right advice for an urgent problem with 111

You can contact NHS 111 at 111.nhs.uk or by calling 111 24 hours a day, seven days a week.

Doctors, nurses, paramedics and fully trained advisors are available to ensure you receive the right care. They can find out what local service can help you; connect you to a nurse, emergency dentist, pharmacist or GP/doctor; get you a face-to-face appointment if you need one; give you an arrival time if you need to go to A&E and tell you how to get any medicine you may need.

If you, or someone you know, is experiencing a life-threatening medical emergency, you should still attend A&E or call 999.



Your GP can help you over the phone, online and in-person

If you need to speak to a GP or doctor, it's best to call your usual practice as they will have your medical records and can provide help based on this.

If you need prescription medication, your GP practice can arrange for it to be collected at a pharmacy that's convenient for you. Every practice has an online contact form on their website, this is a convenient way to get the help you need.

Flu, COVID-19 and other vaccinations are also available from your local practice.

There are a range of services to support your mental health

The NHS provides a range of talking therapies for people who feel anxious and worried or down and depressed. If you need help you can refer yourself, you don't need to go to your GP first visit www.nhstalk2us.org.

There's also a freephone 24-hour number to support Hillingdon residents in crisis on 0800 0234 650.

Local pharmacists can help with minor health concerns

Visiting your nearest pharmacy is a quick and convenient way to get clinical advice on minor health concerns.

Pharmacists are qualified healthcare professionals who can help you manage minor illnesses, offer confidential discussions in a consultation room, with no need for an appointment.

(You can also ask your pharmacist about having your flu, and COVID-19 vaccinations, many pharmacies can provide both).



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.

Update from the Neighbourhoods Superintendent

It is of crucial importance that as a police service we retain a good level of trust with the communities we serve. Here on West Area BCU we are making great efforts together with our partners to ensure we address issues where trust in the police has been negatively impacted, for example following the unacceptable behaviour of police officers or inappropriate use of force.

During recent months, we have gone to significant lengths to reiterate the expected standards of behaviour to our officers in a series of online and in-person briefings which have been supplemented by changes in how we deal with misconduct and complaints. We will be continuing to support all police supervisors in working with their teams to maintain standards and identify any unacceptable behaviour at an early stage so that individuals can be

dealt with quickly and effectively.

It is also important that our officers use their policing powers in appropriate and non-discriminatory ways. To this end, during the last 12 months, we have introduced a number of measures to help our officers improve how they undertake stop and searches. These include:

- assigning a dedicated Chief Inspector lead to oversee stop and search activity in West Area
- creating a Community Monitoring Group for Hillingdon which will help us look at how we undertake stop and searches and make improvements
- implementing a procedure whereby new officers hear the experiences of individuals in the community who have been the subject of stop and searches to understand better how people should be treated and the impact

stop and search activity can have on an individual

- introducing a Youth Scrutiny Panel for Hillingdon which will provide an opportunity for young people to comment on how we undertake stop and searches.

The activity to improve trust and confidence in how we police Hillingdon will be ongoing and is underpinned by a new strategy and working group which will include partners and key community members. The strategy and working group aims to increase how much we listen to the community, increase how much we learn from the community, help people better understand what we do and why, and ultimately help us to deliver a better service for you and your families.

Superintendent Anthony Bennett

Putting residents at the heart of local spending



DANCING THEIR WAY TO SUCCESS Spotlight School of Dance perform at their annual dance show

The council's ward budget scheme is open for 2022/23, and residents are invited to put forward applications for funding for projects which can benefit their communities.

Each of Hillingdon's 21 wards is allocated its own budget to spend on delivering improvements locally.

A range of community projects can be funded as part of the initiative, including local scout/guide group activities; children's dance schools; events such as summer or Christmas fêtes; repairs and renewals of community facilities; and the purchasing of new street signs or furniture.

Since launching in 2011, the council has invested £1.4 million in the scheme and funded more than 745 proposals, with ward councillors receiving a variety of proposals from residents suggesting initiatives which would benefit their local neighbourhoods.

Grants can be paid to groups or organisations with a dedicated bank account but not to private individuals. Ward budgets can also be used for match funding.

During the past 12 months, 82 ward budget applications have been received and here are two of the recent funding highlights.

Dancing their way to success

Spotlight School of Dance is a South Ruislip ward based dance school offering a variety of classes in ballet,

tap, modern and street dance, and musical theatre to suit different ages and abilities.

The school received a grant of £500 from the ward budget scheme to fund this year's dance show at the Beck Theatre on Sunday 24 July. Two performances of the show entitled 'Bouncing Back' took place with 124 pupils involved from all age groups showcasing what they had learnt during the year.

Claire Bornman, Principal of Spotlight School of Dance, said:

"Our pupils have the opportunity to take dance exams and every other year we hold a dance school show at a local theatre to give our pupils the chance to shine and perform on stage.

"We have been very fortunate to receive funding towards the costs of our show. It's such a help and makes a difference. We put the money towards paying for the hiring of things like projectors, microphones, visual effects which really help to enhance the performance the pupils give. We are very grateful for this support, and it was a fantastic show."

Residents enjoy a seaside trip

Harmondsworth Village Allotment Association in Heathrow Villages



received £750 to fund a coach trip to Brighton on Sunday 14 August.

Hardip Lawana, Chair of the Harmondsworth Village Allotments and Horticultural Association, said:

"We arranged a day trip to the coast for residents, particularly older people and those who suffer from mental health conditions who live in the ward.

"The money we received went towards the hire of a coach for around 25 people. We have a close relationship with Hillingdon MIND and we were so pleased to include them in our trip."

Cllr Douglas Mills, Cabinet Member for Corporate Services, said:

"During the past decade, hundreds of groups and organisations have received funding and the scheme is intended to be flexible to ensure that money can be quickly released.

"We're delighted that the funding has been able to bring so much joy to so many of our residents. If you know of an initiative which could benefit from funding, please do put it forward."

To apply for ward budget funding, contact your local ward councillor with your proposal. For more information, visit www.hillingdon.gov.uk/wardbudgets





Make a difference... to a child's life

Foster

For more details
www.hillingdon.gov.uk/fostering
0800 783 1298



www.hillingdon.gov.uk



Are you aged 55-74 and a smoker or ex-smoker in Hillingdon?

You can get a free NHS lung health check.

Lung health checks are quick and simple and are a good way of spotting lung-related problems early on.



If you receive an invite in the post please call for an appointment on 020 7351 8607.

For more information please visit:
lunghealthchecks-westlondon.nhs.uk



Volunteer with us

Help bring the wonderful history of Hillingdon's heritage sites to life by volunteering with us.

We currently have an exciting range of roles available:

- function and market stewards at the Great Barn
- front of house volunteers at Manor Farm House
- a family activities volunteer, front of house volunteer and volunteer gardener at the Battle of Britain Bunker
- collections and exhibition research work at Uxbridge Museum and Archives.

Training will be provided and you will be supported by experienced members of our team. Hours are flexible. Some of these roles require a DBS check and may require working in the bunker which has step access only. Roles are open to those aged 18 years and above.

If you are enthusiastic about engaging with the public and contributing towards the preservation of our historic sites, email @bunker@hillington.gov.uk to express your interest or find out more about the roles.




www.hillingdon.gov.uk/history

Supporting passengers travelling through Heathrow Airport

Heathrow Travel Care (HTC) provides help and advice to passengers arriving at the airport who find themselves in difficulty. *Hillingdon People* finds out about the work of this important charity and the volunteering roles available.

Heathrow Airport is the UK's largest and busiest airport as well as being the busiest in Europe and the seventh busiest in the world based on passenger traffic. HTC is a registered social work charity and exists to give emergency guidance and support to passengers which fall outside the scope of normal services provided by the airport.

Established in 1972, the charity received a grant this year from the council and supports on average between 1,100 and 1,200 people a year.

HTC encourages referrals from partner agencies including Heathrow Airport Limited; local authorities; the Metropolitan Police Service; the Foreign, Commonwealth and Development Office; the Home Office; Heathrow Chaplaincy; embassies and consulates, as well as airlines and charitable organisations such as Prisoners Abroad.

No day is the same and the team work with people experiencing issues relating to their physical and mental health and anyone who is vulnerable or in distress at Heathrow.

Trained social workers work alongside dedicated volunteers to offer support and guidance to deportees, rough sleepers and those who are being repatriated. Other examples of the charity's vital work include assisting people who have been trafficked, forced into marriage or are victims of crime.



HTC consists of a team of five qualified social workers, an emergency planner and 20 volunteers.

Get involved

Volunteering roles include professionals such as accountants and legal advisors who provide their services to the charity on a pro bono basis.

Another important volunteering position is that of an emergency responder which involves offering assistance on a call-out basis in the event of a major incident.

In August 2021, emergency responders helped to support refugees arriving from Afghanistan and earlier this year people fleeing the war in Ukraine.

All staff and volunteers are subject to enhanced criminal record checks and hold airside ID passes to meet arrivals directly.

James Davies, Emergency Planner at HTC, said: "All our volunteers are fully security checked and need to be trained to understand and navigate the airport environment as well as learning how to provide psychosocial first aid to traumatised passengers, their family/friends and potentially airport staff too."

"HTC emergency response volunteers don't attend a regular shift as we respond only when alerted to an emergency by the airport, and fortunately these are few and far between. However, we provide annual training, regular familiarisation visits and the opportunity to join live airport exercises."

What experience might someone need to become a volunteer at HTC? James explains: "All our volunteers have some experience of supporting distressed and vulnerable people, most working in social care or health care settings."

Anyone interested in volunteering at HTC will have an initial interview so that they can find out more about



the roles available. If successful, they will move forward with their induction training and be provided with ongoing support.

Jenny has volunteered with HTC for 14 years and she says the role is both valuable and rewarding. She said: "I have been an emergency volunteer for several years and it always amazes me that, whether a deployment is planned, as in the recent Afghan refugee repatriation flights or because of a crisis at the airport the Emergency Response Team comes together and can quickly form a multi-skilled team providing professional support."

Heathrow Travel Care

Crisis Social Work Services

Clr Douglas Mills, Cabinet Member for Corporate Services

said: "The dedicated team of staff and volunteers at HTC are on hand to provide support and guidance to those who need their help the most."

"If you are looking for a volunteering opportunity where you can make a real difference, why not find out more about the roles available at HTC?"

To find out more about HTC and the volunteering opportunities available, visit heathrowtravelcare.co.uk

HILLINGDON WHAT'S ON?



THEATRE

Young Frankenstein
Thursday 15 to Saturday 17
September, 7.30pm and an
additional 2.30pm Saturday
matinee

Hillingdon Musical Society presents this monstrously hilarious musical adaptation of Mel Brooks' *Young Frankenstein* – a feel good show that will leave you in stitches!
Cost: £16. Concessions £14.
Book tickets at www.hillingdonmusicalsociety.co.uk or by calling 01753 886609.
Winston Churchill Theatre

Rapunzel and the Tower of Doom

Saturday 24 September, 3pm
The Theatre of Widdershins have taken this traditional tale right back to its roots, teased out the tangles and styled it into a beautifully coiffured hairpiece. This enchanting puppet show promises plenty of body, volume and loads of highlights. Make an appointment to see it today, because you're worth it. Suitable for ages four plus.
Cost: £10.
Book tickets at www.hillingdontheatres.uk or by calling 01895 250615.
Compass Theatre

Mrs Kapoor's Daughter's Wedding 2 Mauritius
Saturday 24 to Sunday 25
September, various times

Oh My Goodness! The Kapoors are back for their second daughter's wedding! Fasten your seat belts

for a fun-filled journey, as Mrs Kapoor plans her daughter's destination wedding to Mauritius. Will the Kapoors be able to stick to the holiday restrictions or will they be raising the barriers at the airport? This British Asian laugh-out-loud theatre production is overflowing with comedy, singing, dancing and dhol, entertaining audiences young and old.
Cost: £31.50. Concessions £29.50.

To book, visit becktheatre.org.uk or call 0343 310 0044.
Beck Theatre

Children of Eden
Wednesday 28 September to
Saturday 1 October, 7.30pm
and additionally 2.30pm on
the Saturday

From musical theatre greats, Stephen Schwartz (*Wicked*,



Rapunzel and the Tower of Doom

Hillingdon has an exciting array of activities to keep you and the family entertained during the autumn months of September and October. Find out about more events which are happening locally at *discover*: hillingdon.gov.uk/events

Pocahontas and Prince of Egypt) and John Caird, Ruislip Operatic Society presents this joyous musical about parents, children, faith and centuries of unresolved family business. Adam, Eve, Noah and the 'Father' who created them, deal with the actions of their respective children. The show ultimately delivers a bittersweet but inspiring message, that the hardest part of love is letting go.
Cost: From £15.

Book tickets at www.ruislipos.org or call 07905 932366.
Winston Churchill Theatre

Nunsense: The Mega Musical
Wednesday 5 to Saturday 8
October, 7.30pm and an
additional 2.45pm Saturday
matinee

Before *Sister Act*, it was these sisters in the habit of performing. Sister Julia Child (of God), the convent cook, has accidentally poisoned 52 of her fellow sisters at the Little Sisters of Hoboken convent. In dire need of funds to bury their last four dearly departed sisters, the surviving nuns take to the stage to raise money, revealing their hysterically hidden talents in this funny, uplifting and tuneful show from Pastiche Musical Theatre. Featuring star turns, tap dancing nuns, an audience quiz, misadventure and comic

surprises a plenty, Nunsense is a musical that is truly heaven sent! A hysterical night of fun that will restore your faith in the power of comedy and will get you in the habit of laughing with the Little Sisters of Hoboken.
Cost: £15. Concessions (under-16s and over-60s) £13.
Book tickets at www.hillingdontheatres.uk or by calling 01895 250615
Compass Theatre

LIBRARIES

Reading Friends Book Bunch
Mondays, 3.45pm to 4.45pm

A fun and interactive reading group that reads and discusses books together and plays word games. Open to nine to 11-year-olds.
Cost: Free.

To see all our library events and sessions and details on how to book, visit discover.hillingdon.gov.uk/library-events.
West Drayton Library

Cuppa Cocoa Crochet Circle
Wednesdays, 11.30am to
12.30pm

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. Open to adults.
Cost: Free.

To see all our library events and sessions and details on how to book, visit discover.hillingdon.gov.uk/library-events.
Charville Library

Sow and Grow with Reading Friends
Thursdays, 11.30am to
12.30pm

Help us look after our flowers and vegetables at Hayes End Library. Open to adults.
Cost: Free.

To see all our library events and sessions and details on how to book, visit discover.hillingdon.gov.uk/library-events.
Hayes End Library

LEISURE

Ickenham art society exhibition

Monday 19 to Saturday 24
September, 10am to 5pm

An exhibition of art from members of the Ickenham Art Society, which aims to encourage the practical expressions of the visual arts in Ickenham and its neighbourhood. The group also exhibit artists' work every month in the theatre bar at the Compass Theatre.

Cost: Free.
Find out more by looking up IckenhamArt on Facebook.
The Cow Byre Gallery

50th anniversary celebratory weekend

Saturday 24 September,
10am to 9pm and Sunday 25
September 10am to 5pm

Join us for a weekend of events to celebrate Christ Church's 50th anniversary. Events include a fête, exhibition, thanksgiving service, quiz supper and musical/drama performance.

Cost: Free (apart from quiz supper tickets which are £15)
For more information, visit christchurchuxbridge.org.uk/50th-anniversary.
Christ Church

Dilip Sarkar's 50th book event
Sunday 16 October, various
times

These unique and long-awaited events, in support of the bunker, celebrate a lifetime of dedication and commitment to recording and sharing history, which has culminated in the publication of more than 50 books by the author and historian Dilip Sarkar.
Cost: £10 per event. £24 to attend all three events.
Book tickets and find out

VENUES

Battle of Britain Bunker Exhibition and Visitor Centre,
Wren Avenue,
Uxbridge, UB10 0GG

Beck Theatre,
Grange Road,
Hayes, UB3 2UE

Charville Library,
Bury Ave, Hayes,
UB4 8LF

more about the events at www.battleofbritainbunker.co.uk.
Battle of Britain Bunker Exhibition and Visitor Centre

Dementia-friendly daytime discos
Monthly on Tuesdays, 1pm to 3pm

Sessions for residents living with dementia and their carers to dance and reminisce as Brian Rowan sings and plays music from the 60s, 70s and 80s.
Cost: £5. Carers free.
Tickets can be booked by emailing boxoffice@hgfl.org.uk or calling 01895 250615.
Advance booking is advised.
Compass Theatre

KIDS

The Very Hungry Caterpillar Show
Tuesday 18 October, 2pm and 4.30pm

Four timeless stories brought to life in one delightful show. Dive into Eric Carle's bright and colourful world as his beloved stories are transformed from page to stage using a menagerie of 75 lovable puppets and charming music.
Cost: £17.
To book, visit becktheatre.org.uk or call 0343 310 0044.
Beck Theatre

Milkshake! Live
Friday 28 October, 10.30am and 1.30pm

Milkshake! Monkey is back and can't wait to put on a spectacular new



show for you all, joined by some of his favourite *Milkshake!* friends, plus two *Milkshake!* presenters creating the most dazzling show you have ever seen! Join Paddington, Daisy and Ollie, Milo, Noddy, Pip and Posy, Blue's Clues and You! and of course *Milkshake!*
Cost: £21. Under-16s £19.50. Family offer £62.
To book, visit becktheatre.org.uk or call 0343 310 0044.
Beck Theatre

The Greatest Showman Sing-a-long

Sunday 30 October, 2pm

The Greatest Showman is a bold and original musical film that celebrates the birth of show business and that sense of wonder we feel when dreams come to life. Join in at this sing-a-long screening of the film, featuring the songs *A Million Dreams*, *Come Alive* and *This is Me*.
Cost: £7.

Book tickets at www.hillingdontheatres.uk or by calling 01895 250615.
Compass Theatre

EXERCISE

Fitness sessions at Harefield Community Centre

Mondays: Line dancing,
short mat bowls, judo.
Tuesdays: Line dancing.

Wednesdays: Fit 'n Fun.
Thursdays: Happy families, tea dance.
Fridays: Line dancing.
Saturdays: End of month dance. (One Saturday a month)
Cost: For further information on entrance fees and times, email harefieldcommunitycentre@btconnect.com.
Harefield Community Centre

Tea dance

Tuesdays, 2pm to 4pm

Join some delightful sessions of ballroom, Latin, sequence and line dance. All levels are welcome to a friendly atmosphere. Tea, coffee and biscuits served at the interval.
Cost: £3.50.
Contact Alan on 07833 455698 for tickets and details.
West Drayton Community Centre

Dash for Fitness running group

Mondays, 7pm to 8pm

Join this free group to make your running more social and fun while helping you get fitter, go faster, and go further. The group accommodates runners (and run/walkers) of all levels (including complete beginners). Under-18s must be accompanied. 5K improver classes and one-to-ones are also available all from an English Athletics approved coach.
Cost: Free.
For more information, visit www.runtogether.co.uk (Dash for Fitness), email dashforfitness@btinternet.com, or call Gary and Suzy on 07710 105086.
Various routes starting and finishing in Ruislip

West Drayton Library,
Station Road, West
Drayton, UB7 7JS

West Drayton Community Centre,
228 Harmondsworth Road,
West Drayton,
UB7 9JL

Winston Churchill Theatre,
Pinn Way, Ruislip,
HA4 7QL

Christ Church,
Redford Way,
Uxbridge,
UB8 1SZ

Compass Theatre,
Ickenham, Uxbridge
UB10 8RP

Harefield Community Centre,
Priory Avenue,
UB9 6AP

Hayes End Library,
1346 Uxbridge Rd,
Hayes End,
UB4 8JQ

Ickenham Village Hall,
33 Swakeleys Road,
UB10 8DG

The Cow Byre Gallery,
Manor Farm,
Bury Street, Ruislip,
HA4 7SU

If you wish to publicise an event, please email details to 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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www.hillingdon.gov.uk/adultlearning
- Benefits**
www.hillingdon.gov.uk/benefits
- Births, deaths and ceremonies**
www.hillingdon.gov.uk/births-deaths-ceremonies
- Businesses and licensing**
www.hillingdon.gov.uk/business
- Councillors, meetings and consultations**
www.hillingdon.gov.uk/council
- Council tax**
www.hillingdon.gov.uk/counciltax

- Families' Information Service, fostering and adoption**
www.hillingdon.gov.uk/families
- Fraud Hotline**
www.hillingdon.gov.uk/reportfraud
0800 389 8313
- Health and wellbeing**
www.hillingdon.gov.uk/health
- Housing Services**
www.hillingdon.gov.uk/housing
01895 556666
- Hillingdon Social Care Direct (adults) (including TeleCareLine and Meals Service)**
www.hillingdon.gov.uk/socialcare
01895 556633
- Leisure (including parks, leisure centres, theatres and events)**
www.hillingdon.gov.uk/leisure
- Libraries**
www.hillingdon.gov.uk/libraries
- Planning and Building Control**
www.hillingdon.gov.uk/planning
- School admissions**
www.hillingdon.gov.uk/schooladmissions
- Stronger Families Hub**
www.hillingdon.gov.uk/stronger-families
- Transport, roads and parking**
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 British Pest Control Association MEMBER

USEFUL SERVICES AND AGENCIES*

- Addiction, Recovery, Community, Hillingdon (ARCH)**
01895 207777
- Affinity Water**
0345 357 2407
- Age UK Hillingdon**
020 8756 3040
- Alzheimer's Society Hillingdon**
01923 823999
- Asphaleia Action**
01895 272478
- Carers Trust Hillingdon**
01895 811206
- Centre for ADHD and Autism Support**
020 8429 1552
- Citizens Advice Consumer Helpline**
0808 223 1133
- Citizens Advice Hillingdon**
0344 848 7903
- Communicare Counselling Service**
01895 256056
- Disablement Association Hillingdon (DASH)**
020 8848 8319
- HD Carers Support Group**
07752 169849
- Healthwatch Hillingdon**
01895 272997
- Hillingdon Autistic Care and Support (HACS)**
020 8606 6780
- Hillingdon Brain Tumour and Injury Group**
01895 713205
- Hillingdon Chamber of Commerce**
01895 545940
- Hillingdon Independent Domestic Violence Advocacy (HIDVA)**
020 8246 1745
- Hillingdon Mind**
01895 271559

- Hillingdon Parent Carers Forum**
www.hillingdonpcf.com
 - Hillingdon U3A**
07532 268002
 - Hillingdon Women's Centre**
01895 259578
 - Home-Start Hillingdon**
01895 252804
 - P3 Navigator Advice Centre**
01895 436114
 - Samaritans**
116 123 (freephone)
 - Victim Support**
08 08 16 89 111 (freephone)
 - Hospitals**
 - Harefield Hospital**
01895 823737
 - Hillingdon Hospital**
01895 238282
 - Mount Vernon Hospital**
01923 826111
 - Northwick Park Hospital**
020 8864 3232
 - Watford General Hospital**
01923 244366
 - NHS**
111
 - Police and Fire**
 - Metropolitan Police**
Non-emergency 101
Textphone 18001 101
 - Hillingdon Neighbourhood Watch**
all@hillingtonnhw.co.uk
 - Hillingdon Fire Station**
020 8555 1200
- *Please retain this copy of *Hillingdon People* if you'd like to keep the contact details of the useful services and agencies listed here.
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