

# HILLINGDON people

News from your council  
July/August 2019

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improvements**

**Events for  
all the family**

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## HILLINGDON CULTURE AND HERITAGE

**JULY TO SEPTEMBER 2019**

Containing details of fantastic events taking place at Hillingdon Theatres, the Battle of Britain Bunker, Manor Farm and other venues around the borough this summer, the new Hillingdon Culture and Heritage brochure is out now.

**Pick up a free copy from your local Hillingdon library or arts venue.**

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COVER PHOTO: PRIYA WADHWA FROM UXBRIDGE RECENTLY COMPLETED A LEVEL 2 DIPLOMA IN FLORISTRY WITH HILLINGDON ADULT AND COMMUNITY LEARNING.



Advertising deadline for next edition: **Friday 2 August.**

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Welcome



Welcome to this summer edition of *Hillingdon People*, which sees me start my 20th year as Leader of Hillingdon Council.

We should in the near future have a new Prime Minister in office which will provide an opportunity to review the viability of both HS2 and the proposed third runway at Heathrow. In the meantime as Hillingdon Council has, once again, finished the financial year over £2 million under budget we have allocated a further £500,000 to the funds available to deal appropriately with both of these projects as required.

Our sound financial management has meant that not only can we continue to freeze council tax for the over-65s and have the lowest rise in London for all residents, with no service reductions, we are also able to invest significantly in improving or creating new facilities and services for residents of all ages.

This is illustrated in a range of leisure projects featured in this issue. At our Cabinet meeting at the end of May we shared more details about our proposals for a new state-of-the-art leisure centre in the Yiewsley and West Drayton area.

At the beginning of June we opened a new sports centre in South Ruislip. The £1.43 million redevelopment of this site will provide a home and high quality facilities for two local sports clubs.

The council is also continuing its bowling clubhouse improvement programme, which has upgraded a number of buildings and facilities across the borough in recent years. Work is currently taking place at various sites to deliver improvements for several clubs this year.

All of these leisure facilities will help to keep residents fit and active but also provide social opportunities. By investing in new developments or improving existing venues across the borough, we are recognising the importance of these community facilities and the benefits they offer residents of all ages.

On the theme of investment, our £254 million school building and expansion programme is continuing, with works taking place at Ruislip High School and Vyners School in Ickenham to provide high quality learning environments and meet the demand for school places as the local population continues to grow.

With education in mind, as the new academic year approaches, you may be thinking about learning a new skill or gaining a qualification. Our adult learning programme for 2019/20 offers a range of value for money courses.

July and August herald the return of our much-loved community events. I hope that you enjoyed the Hayes Community Family Fun Day on Saturday 6 July, and there is more to come with our Family Fishing Fun Days on Sundays 28 July and 11 August, Playday on Wednesday 7 August and the Summer Reading Challenge throughout the holidays in our libraries.

We will continue to put our environment and the health and wellbeing of our residents at the heart of all that we do, and I hope that you all enjoy the summer months.

*Ray Puddifoot*  
Cllr Ray Puddifoot MBE  
LEADER OF THE COUNCIL

## Council continues to fight Heathrow expansion plans

Following the Divisional Court's judgement, an application for permission to appeal was made to the same court on Wednesday 8 May on behalf of Hillingdon Council and the other local authorities involved in the legal challenge - which was also supported by Greenpeace and the Mayor of London.

It is not unusual for the court that made the decision not to agree that it can be appealed and once the appeal request was denied, the council and the coalition made an application for permission to appeal directly to the Court of Appeal on Tuesday 21 May. In considering this application, the Court of Appeal has to determine whether there is a realistic prospect of an appeal succeeding or accepting that the matters causing concern can be dealt with at the next stage of the process which is the Development Consent Order. At the time of print, the Court of Appeal had not yet issued its decision.

### Development Consent Order

Away from the court proceedings, Heathrow Airport Ltd is continuing to develop its expansion proposals and published its latest plans on Tuesday 18 June. This is the first major statutory consultation and forms part of the Development Consent Order process which will ultimately determine whether permission should be granted for Heathrow or not.

The submission is made up of nearly 150 documents, including various reports, plans and figures. The council will scrutinise these in full and provide a comprehensive and robust response. Initial consideration of the thousands of pages shows that the expansion plans are not quite up to the government's fantastical beliefs that an additional runway and nearly 800 extra flights per day will somehow be quieter, cleaner and more environmentally friendly.

The surface access strategy appears as muddled now as it did when the government first presented; the proposals include two huge new car parks and a lorry park, making it difficult to see how air pollution will be kept to current levels let alone improved to safe levels. The proposals also confirm the demolition of community facilities, hundreds of houses, whole villages and Harmondsworth School. The reality is that the noise impacts will decimate a far wider area and will also require the movement of additional schools.

**Leader of the Council, Cllr Ray Puddifoot,** said: "The documents reveal the enormity of the harm of the project in more detail for the first time. Yet there is still important information missing. Actual flight paths remain a mystery and there is no information on where the thousands of homes catering for the huge increase in jobs will be located.

There are no good news stories in this submission. It demonstrates exactly why this council will continue to fight these incredibly damaging proposals to protect residents from the harm an expanded Heathrow would cause." To provide your views on the proposals by Friday 13 September, visit [www.heathrowconsultation.com](http://www.heathrowconsultation.com).

### Consultation events

- Yiewsley and West Drayton Community Centre, 228 Harmondsworth Road, West Drayton UB7 9JL on Saturday 13 July, 10am to 4pm.
- London Heathrow Marriott, Bath Road, Harlington, UB3 5AN on Wednesday 31 July, 2pm to 8pm.
- St Peter and St Paul's Church Harlington, High Street, Harlington, Hayes UB3 5DN on Thursday 8 August, 2pm to 8pm.
- Brunel University London, Uxbridge Campus, Kingston Lane, Uxbridge UB8 3PH on Tuesday 20 August, 2pm to 8pm.

### Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration,

said: "A well maintained allotment can produce enough fruit and vegetables to supplement a weekly shop.

"Allotment gardening is also very sociable and offers many physical and mental health benefits. I am therefore delighted that investment from the council's Chrysalis programme has helped restore this beneficial, well-used and much-loved facility."

For more information about Chrysalis projects, and to submit suggestions, visit [www.hillingdon.gov.uk/chrysalis](http://www.hillingdon.gov.uk/chrysalis).

the building had become very run down and that the whole fabric of the structure was beginning to disintegrate. In his application Paul explained how allotment users rely on the building to securely store small tools, wheelbarrows and other larger items of gardening equipment.

Works commenced on Monday 18 February and included replacing the entire roof, with the fascia renewed as necessary. Reinforced concrete posts were also repaired. Gutters and downpipes were replaced and water butts installed. Vegetation around the shed was cleared too, and the steel structures and metal doors were repainted.



## New lease of life for allotment building

Each year the council spends around one million pounds on Chrysalis projects across the borough. These provide one-off funding for the improvement of council-owned assets.

A large storage shed at the West Drayton Depot allotment site recently received £50,000 for

urgent renovation work. The 60-year-old building was in need of vital repair, especially to the roof that was leaking in several places.

West Drayton resident, Paul Smith, supports his father, who is secretary for the council-run site. Paul applied for Chrysalis funding, describing how

## Visitor centre scoops award

On Thursday 16 May, the Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge won the Tourism and Leisure category in the South East Region finals for this year's Royal Institution of Chartered Surveyors (RICS) awards.

At the ceremony at the Hilton Hotel at the Ageas Bowl, Southampton, judges commended the project team's collaborative approach in creating a centre that has a bold and contemporary design and houses an extensive exhibition with a range of interactive displays and a full-sized Spitfire and Hurricane.

The centre beat five nominees in the category and was assessed on its design, construction, along with the benefits to the area and increasing tourist numbers.

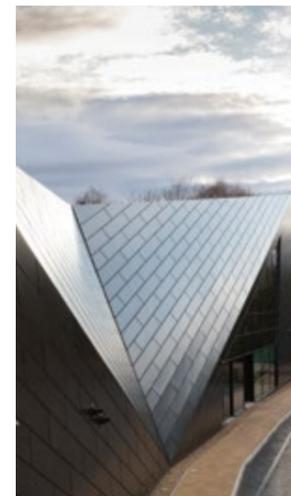
The judges also remarked that the building provides first-class facilities to showcase the Grade I listed Battle of Britain Bunker.

The council acquired the Battle of Britain Bunker in 2015 from the Ministry of Defence and invested £6 million to create a permanent visitor centre at the site, which was opened in March last year.

The project team was made up of Hillingdon Council, Faithful+Gould, Pattern Architects and Volker Fitzpatrick.

The site now goes through to the national final on Friday 4 October at the Royal Lancaster Hotel, London.

**Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services,** said: "We're truly honoured that this stunning building has been recognised as



one of the best tourist destinations in the region and I commend everyone involved. It has also been incredibly well received by residents and visitors alike, with more than 25,000 people passing through its doors during its first year and an abundance of glowing reviews."

To find out more about the centre, visit [battleofbritainbunker.co.uk](http://battleofbritainbunker.co.uk).

## New sport and leisure centre



The council revealed further details about proposals for a new high quality sports and leisure facility in the Yiewsley and West Drayton area at its Cabinet meeting on Thursday 30 May.

The new leisure complex is planned to be built at Harmondsworth Road/Rowlneys Place, West Drayton. Facilities will include an eight-lane 25-metre swimming pool, a leisure pool for more recreational swimming with play features, a sports hall

big enough to incorporate four marked courts, and a climbing wall and soft play area for younger visitors. There will also be a gymnasium, exercise studios, a health suite and cafe. Even the roof is being put to creative use with an outdoor sports pitch.

There are also plans for a potential new community space for local groups offering activities and programmes at the Otterfield Road site in Yiewsley.

### Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services,

said: "Our residents have told us that they'd like to see new facilities for young people and improved leisure facilities for people of all ages in the community. Thanks to sound financial management the council is in a position to commit millions of pounds into providing state-of-the-art facilities, which will also significantly improve our built environment. These exemplary facilities will help encourage healthier lifestyles, inspire community spirit and fortify civic pride in our borough."

Council officers will now develop more detailed proposals for the new sports and leisure facilities, and subject to planning approval, works could commence in the spring or summer of 2020.

## Respect our wardens

Preventing illegal parking is an important council job, with parking wardens (officially known as civil enforcement officers) doing sterling work in ensuring that parking bays are reserved for law-abiding motorists and that our streets aren't plagued with obstructive vehicles.

While most residents are supportive of the council's efforts, unprovoked physical altercations involving members of the public and parking wardens are sadly on the rise.

Although thankfully no-one has been seriously injured in any of these incidents in Hillingdon, residents and visitors are being reminded to respect parking wardens and raise any grievances directly with the council's parking team, rather than challenging wardens on the street.

### Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling,

said: "Our parking wardens are there to provide a service to residents and, like everyone else, they have the right to go about their job without having to endure verbal or physical assaults. We simply won't tolerate it and we will work closely with the police to reprimand any culprits."

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





## New members elected for Youth Parliament

Three pupils from schools in Hillingdon have been elected to represent their local area in the UK Youth Parliament.

**Maria Choubedar** from Swakeleys School and **Musa McArthur** who attends Queensmead School are now Members of the Youth Parliament (MYP). **Shreya Kumar**, from The Douay Martyrs RC School has been elected as a Deputy Member.

The Youth Parliament provides opportunities for 11 to 18-year-olds to use their elected voice to bring about social change through meaningful representation and campaigning.

They will each spend time during the next year meeting with their MPs and local councillors, organising events, running campaigns, making speeches, holding debates and helping to ensure the views of young people are listened to by decision makers.

MYPs are elected annually in every part of the UK and even take part

in an annual debate in the House of Commons. It's here that five issues chosen by a ballot of young people are debated. They then vote to decide which two issues should become the UK Youth Parliament's priority campaigns for the year ahead.

**Shreya** said: "I wanted to run in this year's MYP election because I believe in democracy, and I want to represent the future - the youth of today. Hillingdon needs a louder voice, and we should all be pitching in for our community."

**Maria** added: "I wanted to run for the position of MYP as it offers a platform to voice the concerns of Hillingdon's young people, and I hope that with this role I will be able to evoke real change!"

Between them, Shreya, Maria and Musa have chosen mental health, knife crime and 'curriculum for life' as their campaign topics. Musa is also focusing on youth entrepreneurship.

## Landlord receives hefty fine

The landlord of a multi-dwelling property in Harlington has been hit with a £22,500 civil penalty for allowing his tenants to live in hazardous conditions.

The landlord, who cannot be named for legal reasons, was handed the sanction in February after inspectors found unsafe living conditions at the address in September 2018.

He was also banned from using a room in the property as a residence.

The building, which houses three self-contained bedsits, had a poorly installed boiler, a defective fire alarm system, loose electrical wiring, and a barrage of other safety issues, ranging from unopenable windows and uncertified gas appliances to a washing machine wired outdoors and a large accumulation of rubbish in the garden. The property was also filthy, with broken and dirty kitchen units, foul waste coming through

the kitchen ceiling, mould and insect infestations.

In addition, the property was not properly licenced as a House In Multiple Occupation.

**Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing**, said: "This truly was a house of horrors, with tenants living in squalid conditions, leaving us no choice but to take swift action. It is vital that landlords take their legal and moral obligations seriously and we're prepared to do whatever it takes to hold them to account and drive up standards."

Since October 2018, the council has been using a change in the law to impose financial penalties on rogue landlords who breach housing regulations, rather than mounting costly and protracted court action.

The landlord has been ordered to make urgent improvements and the property will be reinspected.



**HOUSE OF HORRORS**  
Filthy kitchen with broken units

## Cameras increased to target criminals on Hillingdon's roads

Criminals who use the borough's road network will be more likely to get caught, thanks to a £116,000 investment by the council in CCTV cameras that automatically read vehicle number plates.

The project will see 16 Automatic Number Plate

Recognition (ANPR) cameras installed in town centres across the borough, with a further nine to follow.

The borough's CCTV control room will be automatically alerted when a vehicle of interest is picked up on one of the cameras, allowing the

council and their police partners to disrupt serious and organised crime, gather evidence and ultimately keep the borough's streets safe for residents.

The council is working with DSSL, its CCTV contractor, to install the cameras.

The new ANPR cameras

are part of the council's ambitious CCTV programme, costing £2.75 million. More than 1,000 brand new, state-of-the-art wireless and digital CCTV cameras are currently being installed in streets, parks and communal areas across the borough.

## HS2 u-turn after council and residents challenge road closure

The council wrote to High Speed Two (HS2) Limited in May to express grave concerns about the company's ill-advised plans to close Breakspear Road South in Harefield for a fourth time.

Despite repeated requests to postpone the closure until the school summer holidays, HS2 planned to shut the heavily-used road on Friday 31 May as part of preliminary works on the new high speed rail route.

The road, which was shut on three separate occasions

last year, was due to reopen on Monday 29 July.

The council argued that the planned closure constituted contempt for a legal agreement the council and HS2 entered into in August 2017, in which HS2 promised to collaborate with the council and put in place effective mitigation measures to minimise disruption and harm to Hillingdon and its residents.

The council also believed the closure would have breached environmental minimum requirements.

After pressure from the

council and local residents, HS2 reversed its decision.

**Leader of the Council, Cllr Ray Puddifoot**, said: "HS2's purported collaboration with us and residents has at best been poor, with them brazenly ploughing ahead with a closure, despite concerns about their lack of engagement with the emergency services, their failure to coordinate with other roadworks in the area and their continual disregard for their environmental obligations. I'm pleased that they

finally came to their senses and postponed the roadworks until the quieter summer months.

"It is now becoming obvious to those in Parliament that the current HS2 project is a disaster economically and environmentally and its future viability is being reviewed.

"I recently wrote to the Department of Transport suggesting that construction work should cease whilst the review took place but unfortunately that is too much of a common sense approach for this project"

## Local sports clubs to benefit from brand new leisure facility

On Tuesday 4 June, a new sports centre was opened in South Ruislip.

The council has invested £1.43 million in the Field End Centre, which was opened by ward councillor, Cllr Allan Kauffman in the presence of the Mayor of Hillingdon, Cllr David Yarrow, and will provide a home for Bessingby Park Rangers Football Club and Ruislip & District Amateur Boxing Club.

The building has a range of facilities, including a larger main sports hall which will house a full-size boxing ring, training area, boxing bags hanging from the walls and mirrors for shadow boxing. Dividers will allow the ring area to be partitioned and the hall to also be used for five-a-side football and social events.

There are also storage units; changing and showering facilities for male and female members and officials; toilets; an office; and a large kitchen and seating area with a windowed door leading to the terrace overlooking Field End Recreation Ground.

The site now also benefits

from disabled access, bicycle stands, a car park and a new access road.

The building has replaced a previous facility on the same site that dated back to 1952. In the 50s it was used by a local boys club and in later years it was used by the two local sports clubs but had become dilapidated.

**Fiona Donoghue, Chairman of Bessingby Park Rangers Football Club (BPRFC)**, said: "Field End Recreation Ground has been our home for more than 25 years. The new clubhouse is a fantastic facility, which will bring our community of more than 300 kids together on a weekly basis. It will also give us endless new opportunities. Myself and the BPRFC Committee are very excited at what the future holds for this amazing football club. We would like to give special thanks to all those at Hillingdon Council who made it happen."

**Derek Hobbs Head Coach/Chairman, Terry Hobbs Coach and Sue Hobbs Admin for Ruislip & District**



Representatives from Bessingby Park Rangers Football Club



Ruislip & District Amateur Boxing Club in the new centre



The new boxing ring and training area

**Amateur Boxing Club**, said: "The building is state-of-the-art - it's brilliant. Everything is brand new and it's such a transformation from the previous structure, which

was cold and damp. The facility will make such a difference to the local community involved and we are hoping that it will also help us to attract new members."



Raising awareness of Dementia

To mark this year's Dementia Action Week (Monday 20 to Sunday 26 May), the council organised a range of activities to engage with businesses and residents.

The council teamed up with the Alzheimer's Society to deliver retail-specific dementia training to staff from the Uxbridge branches of Decathlon, NatWest, TSB Bank, Marks & Spencer and Topshop at the Pavilions shopping centre's management offices.

The training provided guidance on spotting the potential signs of a person with dementia, to help them and their colleagues provide improved support to customers visiting their stores.

Later in the week, the council brought one of Uxbridge Library's popular dementia coffee morning activities, a seated exercise class, to the Decathlon store at intu shopping centre (pictured above). Ten participants attended the 45 minute session,

which was thoroughly enjoyed by all.

Additionally, staff from the Alzheimer's Society had stands in the Pavilions and at NatWest in intu, where they were able to answer questions from residents, as well as offer details on dementia support and activities in Hillingdon.

**Cllr Phillip Corthorne Cabinet Member for Social Services, Housing, Health and Wellbeing**, said: "It is estimated that 2,500 Hillingdon residents are currently living with dementia. We are committed to supporting the Alzheimer's Society and Dementia Action Week by engaging with local businesses and the wider community to raise awareness about the condition so people know what support is available to them."

For more information visit [www.hillingdon.gov.uk/dementia](http://www.hillingdon.gov.uk/dementia).



SPECIAL TRAINING SESSIONS Employees from various stores received advice



Duvets recycled into cosy bedding

On Tuesday 11 June, the council collected around 1,000 duvets, which were no longer needed by students at Brunel University at the end of the academic year, and delivered them to a local animal charity to recycle as bedding.

The council's waste and recycling team collected the duvets in lorries and unpacked them when they reached the Dogs Trust, Harefield.

They were met by Bluey the Husky, who climbed into the van to inspect the new bedding.

**Richard Moore, Rehoming Centre Manager at Dogs Trust, Harefield**, said: "We always appreciate this amazing donation from Hillingdon Council. The duvets will provide lovely comfy beds for the dogs at the centre, and helps to enrich their environment while they wait

for a new home. The duvets will support the centre for many months and make a lot of dogs very happy."

**Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling**, said: "The council, Brunel University and the Dogs Trust have worked in partnership for a number of years to carry out this effective recycling initiative which diverts these items from going to landfill and gives dogs a cosy bed to sleep in.

"If you have duvets and pillows that you don't need, please avoid putting these out in your general waste and consider giving them to a local animal charity, as they are often looking for bedding."

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

## New service helps residents with Universal Credit advice

Residents who need help to claim Universal Credit are being advised by the Department of Work and Pensions to use a new service provided by Citizens Advice Hillingdon.

The voluntary service, which is available online, on the phone or face-to-face, is for anyone who requires support to make a new claim or move over to

Universal Credit following a change in circumstances.

It's free, confidential and impartial and provides general advice about Universal Credit, as well as practical assistance with gathering information and filling in forms.

For more information, a full list of exemptions and a link to Citizens Advice, visit [www.hillingdon.gov.uk/universalcredit](http://www.hillingdon.gov.uk/universalcredit).

# How Age UK can support you

Hillingdon People explains how you can find out if you are missing out on claiming benefits and credits you may be entitled to, and how a local directory can point you in the direction of a reputable trader.



## Time for a free financial health check?

Nationally, many older people struggle to cope financially, yet they are not always claiming the benefits and credits they are entitled to. Each year up to £3.5 billion of benefits go unclaimed, including Pension Credit.

Age UK Hillingdon provides a Financial Health Check service for over-65s in the borough with support from the council. In 2018/19, 1,648 Hillingdon residents used the service, with 1,064 claiming a total of £1,953,233.

The free check will ensure you are claiming all the welfare benefits or

grants you are entitled to, help with your transport needs to claim a Blue Badge or Taxicard and give advice on the best value for utility services.

To arrange a Financial Health Check, call Age UK Hillingdon on 020 8756 3040. You can also go to one of their Information and Advice Centres (63a High Street, Uxbridge, UB8 1JP (closed on Mondays) or the Age UK shop at 105 High Street, Ruislip, HA4 8JN) between 10am and 1pm on weekdays

## Anne's story

Anne's husband died just before Christmas. It was a sad time for her and she needed some support to get her finances and paperwork in order. This was the first time she had needed to do this, as her husband used to take care of everything. Anne was unsure what to do and came to the Age UK shop in Ruislip for some support.

The service helped her to report her husband's death using the online Tell Us Once service, which informed the Department of Work and Pensions, DVLA and the passport service of his passing.

Anne had a joint will with her husband and Age UK supported her to draft a letter and send this to the company. They also informed Anne's husband's private pension that he had passed away and that she was the next of kin.

Additionally, they carried out a Financial Health Check for her to see if there were any other benefits she could claim. She was extremely worried that she would not be able to afford to stay in the family home. Following the check she was able to make a claim for council tax reduction. Age UK also advised her to make a claim for the Affinity Water Low Income Scheme as her income was less than £16,025 a year. Anne was so grateful for their support at one of the most difficult times in her life. She said it was so nice to know someone was there that she could come to.

## Leader of the Council, Cllr Ray Puddifoot, said:

"Age UK Hillingdon, with the council's support, provides valuable help and advice to more than 6,000 older people in the borough each year. On top of providing clients with financial and consumer advice, they provide information on other issues, such as health, disability services and care.

"They also support people leaving hospital, those who need help in their home and help over-65s to keep active and connected to their local communities."

## Looking for a trusted trader?

Age UK Hillingdon has been running its Local Trusted Traders Scheme for 18 months.

Age UK has an online London-wide directory ([www.saferservices.london](http://www.saferservices.london)) but Age UK Hillingdon created a local list of traders following high demand from residents. An increasing number of over-65s were calling to ask for phone numbers of reputable local traders.

The directory helps to protect older people from rogue traders by putting them in contact with businesses that have been checked and vetted by staff.

Age UK Hillingdon has 18 businesses registered on their list, who can help with rubbish clearance, decorating, plumbing, pest control, handyman work, building, legal support, electrical works and changing locks.

Residents can access the service by calling 020 8756 3040. Businesses can apply to be included by calling the same number to request an information pack

# Be the one... to show them new things



The council would like to hear from people living or working in the borough or surrounding areas who may be interested in becoming a foster carer.

In Hillingdon, we need more carers to look after children and young people from a range of backgrounds and cultures; particularly people who would be able to accommodate older children (especially teenage girls), siblings and young people with special needs and disabilities.

Hillingdon People spoke to foster carers Sharon Manning, 47, from Harefield, and Carla W, 53, Hayes, who both explain why their own daughters helped them to make the switch to what they regard as a rewarding and life-changing career, as well as how this has impacted their family's lives for the better.



## Sharon's story

When Sharon's daughter was born, her priorities changed, and she made the decision to leave her job as manager of a recruitment company to stay at home and raise her daughter. When her daughter was older, Sharon decided to look into fostering. Fast forward seven years and she has never looked back.

"In seven years I have had 13 children come to stay with us. Being a foster carer has allowed me to take and collect my daughter from school every day, spend all the school holidays with her and attend all her assemblies; something I could never have done in my previous career," she said.

Sharon is approved to foster two children, aged from birth to seven. She provides a safe, secure and nurturing home to a child who is unable to live with their parents or other family members.

"I have seen children grow and develop their confidence and social skills while in my care. Seeing the

child evolve is the most rewarding part of the job. Letting them go is the hardest part for everyone. Each and every child is a brother or sister my daughter has learned to love, and then has to let go...But ultimately it's making the biggest difference to a person's life that you could ever imagine," she said.

Sharon feels very fortunate as she says her daughter supports her work as a foster carer, understanding that fostering involves the family as a whole.

"We are a double act, without her I don't think it would work as well. She puts the children at ease, shows them her toys and plays nicely with them. She understands that I do the mummy job for all the children whose mummies can't - either until they can be returned home or until we find them a new forever family," she said.

Sharon additionally feels supported by the council. She works closely with her supervising social worker and is further supported by Hillingdon's

"[My daughter] understands that I do the mummy job for all the children whose mummies can't - either until they can be returned home or until we find them a new forever family."

Multi-Agency Psychology Service, who work directly with looked after children and foster carers.

The council also provides foster carers with access to a three-day preparation training course, which covers the practical and specialist skills needed to look after fostered children.

Sharon wants to champion fostering for Hillingdon and encourages anyone thinking about it to take the plunge and find out more.

She said: "These children need people like you, whether it be a balanced routine and structure or love and security, the small things are as important as the big. No two children are the same and they will all come with their challenges, but the rewards far outweigh these."

## Carla's story

It's been quite a journey for Carla who previously worked in the banking industry in the United States while raising her children as a single parent, to fostering more than 50 children for the past 12 years for Hillingdon Council.

She has provided a warm, nurturing home to children of all ages. Whatever their background and whatever their needs, Carla said she treats them as individuals focusing on their individual needs.

She said: "Watching the way my girls grew with me as their only guide made me realise I have so much to offer children who are less fortunate. When I looked into fostering I also saw it as a job which is home based, allowing me to also invest time into my children, without impacting my role in caring for other children.

"I chose to foster for Hillingdon as I understood there would be a lot of support and guidance, as well as training opportunities. I have always felt supported by the fostering team. My suggestions have always been recognised and I have always



felt part of a team, looking out for the best interest of the child.

"But the most important part of the role is the change you can make to a youngster's life."

Fostering involves the whole family and Carla said: "I am so proud of my own children, who are also part of my support, often inputting

"The most important part of the role is the change you can make to a youngster's life."

their interpretation of how the child may be feeling or reasons for their behaviour, which sometimes might be hard for me to see as an adult. But my daughters will keep reminding me of things and really help me to understand why the child might be behaving that way and have an idea for something we can try and do to help them.

"Being involved with the fostering has made my daughters appreciate their lives so much. Before they might have taken things like presents and holidays for granted, but now they realise that children can be raised in so many different backgrounds and situations.

"They have also really embraced the children who have been in my care, and accepted them as part of the family. One of my foster children was with us for six years. He has been on holiday with us and visits at Christmas. He remains part of the family and my daughters think of him as a brother."

## Upcoming information sessions

The council is holding a series of information events at the Civic Centre in Uxbridge for anyone interested in learning more about fostering for Hillingdon. All events take place between 6pm and 8pm.

- Tuesday 13 August
- Tuesday 10 September



## Cllr David Simmonds, Cabinet Member for Education and Children's Services, said:

"Fostering can be hugely fulfilling, and with a generous allowance and expert support and guidance from our excellent fostering team, there has never been a better time to explore this opportunity."

For more information visit [www.hillingdon.gov.uk/fostering](http://www.hillingdon.gov.uk/fostering) or call 08007 831 298

# Fun events for all the family

A varied programme of successful events were held in May and June and even more activities are on the way to keep you entertained during the summer holidays.

## Highlights of May and June

### RELIVING THE SUMMER OF 1939

This year marks the 80th anniversary of the outbreak of the Second World War. To commemorate this, Manor Farm, Ruislip hosted a two-day Summer of 1939 event, themed around the summer before the war broke out.

The free and fun family event, which took place on the Sunday and Monday of the May Day bank holiday, transported more than 1,000 visitors back in time with its retro range of attractions that kept everyone's spirits soaring, despite disappointing weather.

The festivities included a tea dance featuring local act the Herga Swing Band, who kept revellers on the dancefloor as they performed the famous jazz hits of the day; fascinating storytellers - a shady spiv and a wartime housewife - who stayed in character throughout the two days while they recounted many a wartime tale and taught attendees about life on the home front; plus a special vintage car show, courtesy of the Uxbridge and



District Classic Vehicle Society. Approximately 250 visitors also planted their own victory garden.

### Celebrating Polish heritage

Uxbridge Library held another successful Polish Heritage Festival during the early May bank holiday weekend. The event took place for the first time last year to celebrate 100 years of Polish Independence and was so popular with residents, it



returned for a second stint.

The festival attracted an even larger crowd, with more than 200 people visiting between Thursday 2 May and Saturday 4 May.

It featured a range of free activities for all ages to celebrate Polish heritage and culture, including Polish themed coffee mornings, storytime and crafts; plus a special performance by Polish song and dance group Leśna Polana.

Children heard three popular Polish stories during storytime, while others sampled Polish cakes and were shown the traditional art of paper flower making, which originates from the southern region of Poland and is synonymous with Polish culture.



### Children's National Gardening Week

To celebrate Children's National Gardening Week (25 May to 2 June), which encourages young people to learn about the environment, the Rural Activities Garden Centre in Hillingdon held a range of fun, free activities.

Young green-fingered residents took part in sessions which included rock and pebble decorating, learning how to make a bug hotel, planting a herb container, making a bird box and more.

**Neelam Babber, 36, from Hayes, who attended the week with her daughter Lara, 9,**

said: "We came to the 'planting a herb container' activity and it was amazing! We were taken around the centre to taste the herbs, learned all about how to look after them and even got to take our pots home."

"It was a really interactive, educational and fun day. We loved it so much, we came back for the rock and pebble decorating!"



### Animal Fun at Manor Farm

More than 1,000 animal lovers visited Manor Farm during the second May bank holiday Monday where they got to meet a whole host of farm animals, from woolly sheep to braying donkeys, at a free and furry-themed family event.



The To and Fro exhibition and free face painting also proved to be popular attractions on the day, as well as animal mask making, which around 200 children took part in, making everything from chickens, cows, and cats to rabbits, unicorns, dogs and even a rhino.



Local charity, the Arts for Life Project, ran a successful animal art painting activity, where hundreds of children created fun multi-coloured animal prints to take home.

The Dogs Trust were also there, teaching families about the best way to approach dogs, pet dogs, and interact with them safely.

Twenty local pets competed in the family dog show, which had categories ranging from 'agility' and 'best groomed' to 'waggiest tail'. A 150-strong crowd cheered on as labradors, cockapoos and other dogs weaved through poles and tunnels and jumped through hoops, with the support of their owners.

### D-Day 75 at the bunker

A four-day programme of events, exhibitions, tours, specialist lectures, film screenings and more marked the 75th anniversary of the Normandy Landings at the Battle of Britain Bunker Exhibition and Visitor Centre.

Taking place on the D-Day anniversary on Thursday 6 June and continuing into the weekend, activities included the launch of the commemorative D-Day 75 exhibition, which will run until the end of the year and details the significant role of the bunker and No. 11 Group during D-Day in planning and directing tactical air operations. It also explores the history of the site during that time, the formation of the Advanced Allied Expeditionary Air Force, explains the organisation of the Combined Control Centre to coordinate Allied fighter operations, and shares the wartime experiences of individuals based at Uxbridge during D-Day.

A special launch event was held on Thursday 6 June to open the exhibition. More than 70 people attended the event, including four veterans. Evelyn Fryer and Helen Mills both served as plotters in the bunker and were on duty during D-Day, Arthur Wells was a Royal Navy crew member on board HMS Persimmon, which landed on Juno Beach on 6 June and Patrick Manion joined the Royal Navy in 1944 and served on board HMS Wilton. To mark

the anniversary, wreaths were laid upon the No. 11 Group memorial by the veterans and the Mayor of Hillingdon, Cllr David Yarrow.

There were also special D-Day 75 tours, which explained how the bunker was used during Operation Overlord.



During the weekend, visitors also attended a screening of the Academy Award-winning film *The Longest Day*. There were also lectures throughout the event, including a talk by historian Colin Philpott, author of *Secret Wartime Britain*. On display was 'Overlord', an internationally renowned model train exhibit depicting the hectic quayside scenes before the Normandy Landings. Families also learnt more about the paratroopers' role during D-Day, and even made their own toy soldier parachute to take home.



### Leader of the Council, Cllr Ray Puddifoot, said:

"The Battle of Britain Bunker played a crucial role in the defence of the United Kingdom throughout the Second World War, particularly during the Battle of Britain and Operation Overlord. Hillingdon Council is proud of the borough's RAF heritage and I am delighted that we have honoured such an important occasion from our history with this fantastic weekend of events and a special exhibition."

Preview of upcoming events

**Family Fridays at the Battle of Britain Bunker and Exhibition and Visitor Centre**

Wren Avenue, Uxbridge, UB10 0RN  
From Friday 26 July, there will be fun family activities every Friday during the summer holidays. On the first Friday, there will be an exciting event where visitors can discover the history of Second World War aircraft and compare them to today's modern jets.

Cost: Visitor centre £4 / Bunker tour £3 / Under-18s free / HillingdonFirst card holders free. Find out more: [battleofbritainbunker.co.uk](http://battleofbritainbunker.co.uk)

**Outbreak of the Second World War exhibition**

Until Thursday 1 August, Manor Farm House, Ruislip, HA4 7SU  
Friday 30 August until Friday 20 September, Uxbridge Library, UB8 1HD

Until the moment Britain declared war on Germany on 3 September 1939, the Second World War was seen as imminent, but by no means inevitable. This new free exhibition will showcase the lives of civilians in Hillingdon from 1939 to the Battle of Britain, from civil defence personnel and war workers to the children who saw their lives dramatically affected.

**Culture Bite - Hillingdon Arts and Literature Festival**

Hillingdon Libraries  
August will be all about children, so the activities throughout the month will mirror this with a week dedicated to keeping the little ones busy during the summer holidays; featuring workshops, activities, fun days and more. Find out more: [www.hillingdon.gov.uk/culturebite](http://www.hillingdon.gov.uk/culturebite)

**Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage,** said:

"I am delighted that Culture Bite's new year-round format will allow more residents to be involved with the activities taking place at the borough's libraries and other council sites. We also hope that the variety of themes will appeal to a range of different local audiences."

SUMMER OF 1939:  
END OF AN ERA



**Saturday 24 and Sunday 25 August Battle of Britain Bunker and Exhibition and Visitor Centre**

Discover how the nation prepared through rationing and victory gardens. See how life was for evacuees and learn how to be a local air raid precautions warden. Handle historical artefacts on special display and enjoy live swing music, dancing and special treats at the cafe. The bunker will also mark the eightieth anniversary of Britain's declaration of war on Tuesday 3 September.

Cost: Visitor centre £4 / Bunker tour £3 / Under-18s free / HillingdonFirst card holders free. Find out more: [battleofbritainbunker.co.uk](http://battleofbritainbunker.co.uk)

**Summer Reading Challenge**  
Until Sunday 15 September Hillingdon Libraries

This annual initiative encourages children to visit their local library during the summer holidays and read books, which then makes them eligible to receive a range of rewards, including Hillingdon's unique top trumps-style Starborg cards.

The theme of this year's challenge is Space Chase, inspired by the fiftieth anniversary of the first moon landing.

In March, we gave budding Hillingdon artists of all ages the opportunity to help us to create some new space related Starborg characters for this year's pack of 20 cards.

Twelve winning designers were chosen by the Libraries Service (see right).

A range of events will also take place, including *The Wimpy Kid Show* on Monday 5 August at 3pm at the Winston Churchill Theatre (£2 a ticket); a free Space Camp for budding astronauts on Thursday 8 August at the Great Barn, Manor Farm at 10am; and Science Museum - Mission to Mars workshops on Tuesday 13 August at 10am and 11.30am at the Winston Churchill Theatre (£2 a ticket).

Find out more: [www.hillingdon.gov.uk/summerreading](http://www.hillingdon.gov.uk/summerreading)

**Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage,** said:

"The Starborg card design competition was a great way to begin this year's ever-popular Summer Reading Challenge. It is fantastic to see how creative some of our residents are and a range of designs were submitted by residents from across the borough."



Rosie Bee Kim, 11

Haikian Bhandol



James and Jacob Henderson, 8



Gerry Shiran

Dilhan Singh Dertale, 10



Rian Shah, 8

Onkardeep Singh MBE



Tillie Rae Norris, 10

Aimee Langford

Plus Zoya Qazi, 12, and Roberta Barreto, 14 (not pictured).



**ADDITIONAL FACILITIES**  
Artist impression of expanded Vyners School



# School improvements providing the best start for young people

The council's £254 million school building and expansion programme is one of the largest in London. Demand for school places continues to grow across the capital, but in Hillingdon, every child has access to high quality educational facilities that provide the best start in life.

Works to redevelop Vyners School in Ickenham have come a step closer, with a topping out event held on Thursday 2 May to mark the completion of the outline structure to the school's expansion.

Cllr David Simmonds, Cabinet Member for Education and Children's Services (pictured right), was on-hand to help fit some window locks and helped to plaster a wall. He was joined by Cllr John Hensley, ward councillor for Ickenham.

The existing sports hall will be extended to create a new two-storey teaching block of 12 classrooms, dining room, library and special educational needs suite, replacement sports hall storage and administration facilities. A new main school entrance will also be created.

The existing multi-use games area will be replaced and an all-weather pitch constructed on a section of the existing school playing field. The new additional school building will increase the number of pupils at Vyners School from 1,151 to 1,451, and is expected to be fully completed by the end of 2019.



Works are also underway at Ruislip High School where the addition of a new, modern building will provide more classrooms, a new hall and sixth-form study space, plus a physical disability specialist resource. Boris Johnson, MP for Uxbridge and South Ruislip and local ward councillors visited the school on Friday 26 April for a ground breaking event and to learn more about the special educational needs facility being developed there. The new building is scheduled to be completed in spring 2020.

All efforts have been made to deliver the project with as little disruption as

Cllr Simmonds said: "I am delighted to see the excellent progress being made in our school building and expansion programme. It is through sound financial management that the council has been able to invest £254 million into this initiative to ensure that children in Hillingdon receive the best educational facilities."

possible to neighbouring residents. A small section of the playing field to the east of Ruislip High School has been used for construction access, deliveries and parking to ensure local roads are not obstructed. This will only be a temporary measure and the park will be returned to its original state following completion of the new school building.

The expansion works at Vyners School and Ruislip High School are just part of the council's ambitious primary and secondary school building programme, which will continue to meet the demand for school places as the local population continues to grow.

# It's never too late to take a new course...

The council offers courses at learning centres across the borough for adults who want to get creative, be inspired or gain a qualification.

The new academic year starts in September, so whether you're interested in traditional academic subjects like maths or English, want to gain confidence with computers, improve your employment prospects, or learn about art, culture, philosophy or music, there's every chance we have a course for you.

Even if it's just about starting up a new hobby, Hillingdon's adult learning courses offer valuable, exciting and potentially life-enhancing opportunities for residents of all ages, abilities and backgrounds.

There are also classes specifically tailored to adults with learning difficulties, physical disabilities, plus unpaid carers and over-60s. Whatever your chosen course, you can be assured of learning in a relaxed and friendly environment.

## Keeping busy after retirement

After retiring following a long career in IT, **Clifton Parram from Yiewsley** was looking for a fulfilling way

to make use of his extra free time. A trip to Uxbridge Library in 2018 provided him with the answer. Clifton discovered there was an open day in September at Brookfield Adult Learning Centre in Uxbridge.

Clifton said: "I was keen to 'restart' after retiring and after seeing the different options available, I signed up for a Learning Support Assistant course, and a Level 3 qualification in Education and Training. The courses are great and I'll be completing them this year. I'm learning a lot about safeguarding and understanding why things have to be done in certain ways."

Clifton is now also volunteering at Brookfield. He supports adults with learning difficulties on Mondays, and on Tuesdays he provides tutor support on a Caring for Children course.

Clifton added: "It's great and really enjoyable meeting different people and giving something back. I get a lot out of it too, and

it's incredibly rewarding helping others to fulfil their ambitions and seeing them succeed. And now that I'm retired, it beats sitting at home watching daytime TV!"

## Flexible learning for busy parents

As a full-time mother to two young children and a teenager with additional needs, **Amy Stroud from Hayes** wanted to improve her numeracy skills so she could enhance her job prospects and help her children with school work, but was finding it difficult to juggle childcare and studies.

Amy says: "A friend told me about the Family Learning courses at Charville Children's Centre in Hayes. There was the offer of childcare at Charville, which gave me the opportunity to study again. I immediately joined a Family Learning maths class.

"It was exactly what I needed; spending more time with other parents, sharing our experiences and everyday struggles, and all whilst improving my numeracy skills. The course gave me lots of confidence to teach maths to my children too."

When Amy finished the course she was encouraged



by her tutor to join a higher level Family Learning maths course at Charville Library. This was a flexible course, which enabled her to study from home using an online platform called Google Classroom, as well as attending classes at the library.

Amy added: "The flexible learning meant I was able to juggle childcare with learning. I achieved a Level 2 Functional Skills Maths qualification, and my digital skills improved significantly too."

Amy has since completed Level 1 of the European Computer Driving Licence (ECDL) course, and is now studying for a Level 3 qualification in Education and Training at Brookfield Adult Learning Centre, which will enable her to fulfil her ambition to become a tutor.

Amy adds: "I'd say to anyone considering taking up a course, but worrying about childcare, to go for it. Many courses have flexible arrangements - I even managed some study from hospital when my daughter was undergoing some tests. The tutors are really friendly, approachable and really help you meet your potential."

## Volunteer opportunities and job advice

**Samira Haji** originally studied Functional Skills Maths and English with Hillingdon Adult Learning last year. She went on to complete an IT course - the European Computer Driving Licence (ECDL) Level 1, and is now studying Level 2 at Brookfield.

Inspired by her learning experience Samira decided to join the council's adult education volunteer programme. She now volunteers on the ECDL Level 1 course, and also volunteers for the West London Equality Centre, offering support with administration and interpreting.

Samira says: "I really enjoy volunteering on the ECDL course. Following all the help and support I received when studying, it's really nice to support others in achieving a qualification."

She added: "I intend to continue with further studies and volunteering, and in a couple of years time apply to study IT at university. My ultimate aim is to work in this area, but at the moment I'm applying for administrative roles where learning and volunteering experience can be put to good use."

## Adult learning open days

Put a date in your diary and come along to find out more. There's no need to book.

### Brookfield Adult Learning Centre

Park Road, Uxbridge, UB8 1NP

- Thursday 18 July, 5pm to 7pm
- Friday 19 July, 10am to 1pm
- Saturday 7 September, 10am to 2pm
- Thursday 12 September, 10am to 4pm
- Thursday 12 September, 6pm to 8pm
- Saturday 14 September, 10am to 2pm

### Harlington Adult Learning Centre

Pinkwell Lane, Hayes, UB3 1PB

- Tuesday 10 September, 10am to 4pm

New adult learning brochures with details of courses will be available in adult learning centres and libraries from July. For more information about our courses visit [www.hillingdon.gov.uk/adultlearning](http://www.hillingdon.gov.uk/adultlearning)

NEW LEARNING OPPORTUNITIES  
Amy, Samira and Clifton

Are you looking for a leisure activity to participate in or want to learn a new skill? Why not get the ball rolling and become a member of your local bowls club?

The council provides 13 bowling greens across Hillingdon. Ten of which are maintained by the council and three are self-managed.

One of our key aims is promoting sports and activities for all ages and ensuring that our amenities allow residents to be able to participate, improve fitness and boost their wellbeing.

Each green has resident clubs that are always looking for new members and offer opening days, training sessions, friendly games, competitive matches (internally and externally) and a range of social events. The outdoor bowls season runs between April to September.

A number of the sites also have a clubhouse, kitchen facilities, changing rooms and lockers. Some have additional indoor space for short mat bowls in the winter months, which allows members to participate in the sport all year round.

**Benefits**

Bowling is a low-intensity sport for all ages and abilities. It can improve muscle strength, flexibility, endurance, coordination, mental



health, and also involves problem solving, concentration, competition and social interaction.

The social side of bowls can be as important as playing. Many clubs allow time for refreshments and catch-ups after games or practices. They may even offer other activities and club nights.

**Joyce Westlake from Hayes** (pictured above and below left) has been playing bowls for 24 years at Hayes Bowls Club, where she is also Club Secretary and Fixtures Secretary. She said that she was introduced to the sport by family and began as a complete beginner.

"When I started I received coaching and I took part in training days - we still offer training to new members," she said.

"I really enjoy bowls as it's a great social and competitive game to play. It keeps you fit as you are on the go all the time and depending on how much you'd like to get involved and how the team progresses in competitions, in the height of the season you can be playing every day. We have a range of members of all ages, with the youngest aged 23 and the oldest in their 80s and we always welcome new members.

"I'm really competitive and have been lucky to win a range of

competitions locally and I also play for the county. If you are committed the sport provides great enjoyment.

"When it's fine weather in the summer it's fantastic. I'd really encourage more people to try it out and get involved as it's so much fun."

**Bowling clubhouse improvements**

The council has upgraded facilities for a number of clubs in recent years.



This has included new clubhouses for Fassnidge Park, Bessingby, Deane Park and Ruislip Bowls Clubs and Mill and Cowley Bowling Clubs.

Ladygate Bowls Club received a new building

for their changing rooms and Harefield Hospital Bowls Club received a kitchen extension.

Work is currently taking place to provide a replacement clubhouse for Court Park Bowling Club. On Friday 3 May, Boris Johnson, MP for Uxbridge and South Ruislip, helped builders to lay some bricks at the construction site at Hillingdon Court Park (pictured above). This project is expected to have been completed in June. A new clubhouse is also in the pipeline for Harlington Bowls Club.

An extension to the changing room is proposed for Northwood Bowling Club, as well as a new roof



for Hayes Bowls Club and a roof was recently completed at Eastcote Bowling Club.

Joyce added: "Our greenkeeper at Hayes is absolutely fantastic. He keeps our green in a good condition and this season it's bowling well. It's good that the council is keeping as many greens open as possible to ensure people can take part in this fantastic game."

**Leader of the Council, Cllr Ray Puddifoot**, said:

"We recognise the importance of investing in community facilities for residents of all ages. Our bowling clubs, like our parks and libraries, are helping residents to keep active and social and by rebuilding and renovating these venues across the borough, we are enabling them to continue doing this."

**Council-maintained bowls clubs**

Park name	Address	Club(s) and contact details
<b>Bessingby</b>	Bessingby Road, Ruislip, HA4 9AN	<b>Bessingby Bowls Club</b> <a href="http://www.bessingbyparkbowls.co.uk">www.bessingbyparkbowls.co.uk</a> 020 8582 1801 <b>Deane Park Bowls Club</b> <a href="http://www.deaneparkbowls.org.uk">www.deaneparkbowls.org.uk</a> 01895 639489
<b>Botwell</b>	Botwell Lane, Botwell, Hayes, UB3 2FB	<b>Hayes Bowls Club</b> 020 8848 9011
<b>Cavendish</b>	Field End Road, HA4 9PG	<b>Eastcote Bowling Club</b> <a href="http://Eastcotebowling.clubbuzz.co.uk">Eastcotebowling.clubbuzz.co.uk</a> 07864 365953
<b>Cowley</b>	High Road, Cowley, UB8 2EA	<b>Cowley Bowling Club</b> 07948 804656
<b>Fassnidge</b>	Rockingham Parade, Uxbridge, UB8 2UW	<b>Fassnidge Park</b> <a href="http://www.fassnidgebowls.co.uk">www.fassnidgebowls.co.uk</a> 01895 257507
<b>Hillingdon Court Park</b>	Parkway, Hillingdon, UB10 9JX	<b>Court Park Bowling Club</b> 01895 253038
<b>Manor Farm</b>	Bury Street, Ruislip, HA4 7SU	<b>Ruislip Bowls Club</b> 01895 634646 <b>Mill Bowling Club</b> <a href="http://www.millbowlingclub-ruislip.co.uk">www.millbowlingclub-ruislip.co.uk</a> 01895 624953
<b>Northwood</b>	Chestnut Avenue, Northwood, HA6 1HR	<b>Northwood Bowling Club</b> 01923 779827
<b>Pinkwell</b>	Waltham Avenue, Pinkwell, UB3 1TF	<b>Harlington Bowls Club</b> 020 8848 3979
<b>Rosedale</b>	Uxbridge Road, Hayes, UB4 8HP	<b>Rosedale Park Bowls Club</b> 020 8813 7684

**Self-managed bowls clubs**

Site name and club	Address	Contact details
<b>Ladygate Lane</b>	Ladygate Lane, Ruislip, HA4 7QX	<a href="http://www.ladygatebowlsclub.org.uk">www.ladygatebowlsclub.org.uk</a> 01895 630706
<b>Taylor's Meadow</b>	Hill End Road, Harefield, UB9 6LD	<a href="http://harefieldbowls.weebly.com">harefieldbowls.weebly.com</a> 01895 823020
<b>Uxbridge</b>	Garthing Way, Park Road, Uxbridge, UB8 1NR	07921 857212 01895 237571



For more information about your local club and membership details, contact them directly

## Update from the West Area BCU Superintendent

June marked the first anniversary of the creation of the West Area Basic Command Unit (WA BCU), which brought together the policing teams across Hillingdon, Hounslow and Ealing boroughs into one unified Command.

The new WA BCU, which covers more than 100 square miles and is well supported by nearly 2,000 police officers and police staff, has embedded well during its inaugural year.

Response Policing, for which I lead on, has remained largely unaffected, with patrol bases maintained in each of the three boroughs; at Hayes, Feltham and Ealing Police Stations. Here in Hillingdon, Hayes Police Station is about to receive a well-needed and significant makeover. The front office at Hayes Police Station will remain open 24/7 to the public during these works.

In the last edition of *Hillingdon People*, I announced that we were receiving an injection of new officers. Many of these new officers have now arrived, which has enabled us to ensure the Neighbourhood Policing teams are fully staffed, and for the first time since the BCU was created, we are starting to enhance the policing teams that cover the various town centres across the West Area. You should soon start to see an increased police presence in these areas.

In recent months, we've been working closely with Hillingdon Council on the issue of unlawful encampments. I am pleased that an interim injunction, which prohibits unauthorised encampments on council land, is now in place pending a full injunction which is being sought.

Our Partnership Team is currently seeking Criminal Behaviour Orders against some individuals from previous unauthorised encampments who have been charged with several burglary offences.

Officers across all strands of policing in this area are working hard day in, day out to keep those who live, work and visit Hillingdon safe. If you're interested in hearing more details of much of the excellent work that goes on across the West Area I would encourage you to like and follow our Hillingdon Police Facebook page, and/or follow us on Twitter @MPSHillingdon.

I wish you all a safe and enjoyable summer.



Gary Taylor



## Art sessions support students' wellbeing

Art was the inspiration for an innovative mental health and wellbeing project led by NHS Hillingdon Clinical Commissioning Group (CCG) and delivered in partnership with local community group, Arts for Life and Uxbridge College.

The project saw up to 80 students use a range of art tools and techniques to express themselves. The final pieces of artwork were auctioned off at the college, raising a total of £300 which will go towards running another art session for local students.

College staff also received emotional and wellbeing training to better recognise and address the signs of stress and emotional challenges in themselves.

**Kiran Rami, Head of Guidance and Student Support at Uxbridge College**, said: "It was great for students, particularly those who might not have had much experience with creative projects to feel the positive benefits of taking part in this kind of activity."

**John Beckles, Children and Young People's Emotional Wellbeing/Mental Health Commissioner for Hillingdon CCG**, said: "This programme will provide early identification, intervention and support for students with emotional wellbeing and mental health issues."

## Review of election polling stations

We would like to hear electors' views on current polling arrangements.

The council has started a Polling District and Polling Place Review and the consultation period will run from Monday 22 July until mid-October.

Each local authority is required to undertake these reviews every five years and the review will look at polling districts, polling places and polling stations.

Whether you were happy, or not, with where you voted at the last election we would like to hear your views.

The suitability of polling stations will be assessed, along with accessibility, facilities for voters and whether the premises are economic with regard to the number of voters allocated to the polling station.

Details of the existing arrangements and polling stations are available on

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

These can also be viewed in libraries and at the Civic Centre.

You can have your say on [www.hillingdon.gov.uk/haveyoursay](http://www.hillingdon.gov.uk/haveyoursay), by emailing [electoralservices@hillingdon.gov.uk](mailto:electoralservices@hillingdon.gov.uk) or by writing to Electoral Services, London Borough of Hillingdon, Civic Centre, High Street, Uxbridge, UB8 1UW.



# Bringing new life to towns and villages

*Hillingdon People* reports on the latest town and village centre improvements from across the borough.



### Rain, rain flow away

An eco-friendly garden designed to help drainage has been finished in Eastcote.

The new 'rain garden', which is planted along Field End Road, uses carefully chosen plants and shrubs that aid the natural flow of rain water and prevent surface water flooding.

As well as having a practical purpose, the diverse and colourful plants provide another attractive area for residents to enjoy.

**Local resident Maureen Keating** said: "A huge thank you for the wonderful work just finished in Eastcote High Street. It looks splendid and I very much look forward to the plants and trees maturing."

On nearby Eastcote Bridge, new fencing and lighting is being installed, helping to improve safety, and 25 local retailers have accepted the council's offer of money towards shop front improvements.

### Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration

said: "The impressive planting projects we've recently seen in Eastcote and Harmondsworth show that revitalising our towns and villages is as much about bringing in new plant life as it is about installing new paving, lighting and street furniture. Planting also helps us tackle climate change by removing harmful carbon dioxide and creating oxygen. I look forward to seeing the plants, shrubs and trees bloom and grow over the coming months and years. Meanwhile, we will continue our investment programme, with more improvement works scheduled for the autumn."

Hillingdon's flagship shop front grant scheme - where the council covers 80 per cent of the cost of shop front improvements such as new signs and awnings - has proved popular with businesses who want to attract shoppers. Some 230

businesses have already benefited from the scheme, with more than 50 others registering an interest in new schemes in Ruislip, Kingshill Avenue and Hayes End Parade.

### Marking a local connection to a very famous apple

The council recently got together with the local allotment community in Harmondsworth to plant a small orchard consisting of Cox's Orange Pippin apple trees.

The reason for the new orchard, in Moor Lane Allotments, is a very local connection

to what is perhaps Britain's best known variety of apples.

Richard Cox was a brewer and horticulturist who first bred the apple varieties of Cox's Orange Pippin and Cox's Pomona, way back in 1830. He lived in a house on the old Bath Road (now the High Street) a short distance from the modern-day boundary of Heathrow. Cox and his wife are buried in the churchyard at St. Mary's in Harmondsworth, a short distance from the allotments.

The council sourced several Cox's apple trees from local garden centres and then liaised with the allotment secretary to secure a suitable plot.

A special event to mark the planting of the trees took place on Thursday 2 May.

Allotment holders, supported by the council, will look after the trees to ensure they continue to thrive long into the future.



For more information about our town improvements programme, visit [www.hillingdon.gov.uk/towncentres](http://www.hillingdon.gov.uk/towncentres)

## Refuse and Recycling

### August Bank Holiday 2019

Normal collection day	Revised collection day
Monday 26 August	Tuesday 27 August
Tuesday 27 August	Wednesday 28 August
Wednesday 28 August	Thursday 29 August
Thursday 29 August	Friday 30 August
Friday 30 August	Saturday 31 August

Please leave your rubbish out for collection by 6am.  
Please leave your rubbish near your front gate, but not on the pavement.  
Separate arrangements are in place for flats and business premises.  
If you have any queries, or would like to report a missed collection, visit [www.hillingdon.gov.uk/recycling](http://www.hillingdon.gov.uk/recycling) or call 01895 556000.



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

## Autumn Show 2019

### Enter our growing and gardening competitions

Find out more online or at your local library

Entry deadline: **Friday 13 September**  
Autumn Show takes place: **Saturday 21 September**  
The Great Barn, Manor Farm, Bury Street, Ruislip, HA4 7SU




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

## Playday 2019

### Wednesday 7 August, 10am to 2pm, at Hillingdon Athletics Stadium

Gettng Way, Uxbridge, UB8 1ES

Start your summer by celebrating children's right to play.  
This fun packed day will offer a variety of activities, including BMX bikes, a climbing wall, multi sports, paddling machines, arts and crafts and lots more...

**FREE ENTRY**




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

## Day of the Older Person

### Tuesday 24 September, 10am to 4pm

The Market Square, Pavilions Shopping Centre, Uxbridge, UB8 1LN

A day to celebrate older people and their contributions to our community.

Find out more at [www.hillingdon.gov.uk/over65s](http://www.hillingdon.gov.uk/over65s).

Advice and information stalls from local and national organisations and services

- Entertainment • Activities •

For over-65s




[www.hillingdon.gov.uk/over65s](http://www.hillingdon.gov.uk/over65s)

# Welcoming the new Mayor of Hillingdon

Cllr David Yarrow became Mayor at the council's Annual General Meeting on Thursday 9 May, replacing the retiring Mayor, Cllr John Morgan.

Cllr Yarrow, elected for the second time as Mayor of Hillingdon, is looking forward to a busy year ahead, with his prestigious role involving attending events and engagements to promote the positive work taking place across the borough.

The Mayor and Mayoress, Mary O'Connor MBE will open events, performances and exhibitions, and will welcome schools and community groups to the Mayor's Parlour and Council Chamber.

Cllr Yarrow said: "As a councillor I have always enjoyed being able to help and serve our residents and being elected as Mayor for a second time is a great honour and I feel extremely privileged to have been appointed again."

"During this year of office there will of course be many official and civic duties to perform, but I am also looking forward to serving our community in other ways too, by attending and supporting the many functions and events held by the individual groups, clubs and organisations and sharing

in a small part of the lives of the many citizens of this wonderful community of Hillingdon.

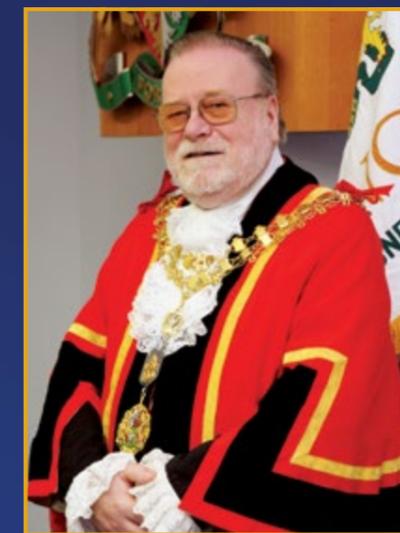
"I look forward to meeting the Mayors of all the London boroughs and it goes without saying the voluntary sector of Hillingdon who do so much with so little."

"I also hope to raise lots of money for my chosen charities."

Cllr Yarrow was elected to the council in May 1990 and was Deputy Leader between 1998 and 2002. He last served as Mayor in 2010/11. Until he was elected Mayor in May, he was a member of the Central and South Planning Committee, Major Planning Committee and the HS2 Planning Sub-Committee.

In addition, Cllr Yarrow was previously chairman of the Executive Scrutiny Committee, Education Youth and Leisure Committee, Social Services Committee and Contract Review Committee.

Cllr Yarrow had a Grammar School education in Bradford, West Yorkshire. He qualified as a metallurgist from Bradford Technical College in 1965. Following this,



he started work as a research metallurgist in the high alloy steel industry and held a varied portfolio of positions within light engineering companies, in both the UK and USA.

Cllr Yarrow was primarily involved with quality control, but worked as both a sales manager and a works manager in his later years. He retired in December 2008 to be able to continue with his local government service. His other interests include photography, travel, music, electronics and computing.

The two charities the Mayor's Charity Appeal will support are Hillingdon Autistic Care and Support, who provide support to autistic people, families and professionals, and the Hillingdon Brain Tumour and Injury Support Charity, which gives support to anyone in the borough and surrounding areas affected by any type of brain tumour or brain injury.

The Deputy Mayor is Cllr Teji Barnes. The Deputy Mayoress is Roma Bell, while the Deputy Mayor's Escort is Cameron Bell.



**COMMEMORATION**  
The Mayor lays a wreath to mark the 75th anniversary of D-Day

If you would like the Mayor to visit your organisation or event call 01895 250763 or email [mayor@hillington.gov.uk](mailto:mayor@hillington.gov.uk). To find out more about the Mayor's Charity Appeal and donate visit [www.hillingdon.gov.uk/mayor](http://www.hillingdon.gov.uk/mayor)

# FREE training sessions at our outdoor gyms

Learn how to use the different pieces of equipment in our outdoor gyms.

- ▶ Free instructor led sessions
- ▶ Sessions last 45 minutes
- ▶ Open to over-18s

## Cowley Recreation Ground, Cowley, UB8 2DZ

- ▶ Sunday 14 July, 11.30am to 12.15pm
- ▶ Sunday 4 August, 11.30am to 12.15pm

## Elephant Park, Hillingdon, UB10 9BA

- ▶ Saturday 27 July, 4.15pm to 5pm

## Harmondsworth Recreation Ground, Harmondsworth, UB7 0AT

- ▶ Sunday 14 July, 10am to 10.45am
- ▶ Sunday 28 July, 10am to 10.45am
- ▶ Sunday 4 August, 10am to 10.45am
- ▶ Sunday 18 August, 10am to 10.45am

## Hill Lane, Ruislip, HA4 7JJ

- ▶ Wednesday 17 July, 3.30pm to 4.15pm
- ▶ Wednesday 31 July, 3.30pm to 4.15pm
- ▶ Wednesday 7 August, 3.30pm to 4.15pm
- ▶ Wednesday 21 August, 3.30pm to 4.15pm

## Hillingdon Court Park, Hillingdon, UB10 9JX

- ▶ Saturday 13 July, 11am to 11.45am
- ▶ Saturday 3 August, 11am to 11.45am
- ▶ Saturday 31 August, 11am to 11.45am

## Park Road Green, Hayes End, UB4 8JL

- ▶ Thursday 18 July, 3.45pm to 4.30pm
- ▶ Thursday 1 August, 3.45pm to 4.30pm
- ▶ Thursday 8 August, 3.45pm to 4.30pm
- ▶ Thursday 22 August, 2pm to 2.45pm

## Pole Hill Park, Uxbridge, UB10 9HH

- ▶ Saturday 17 August, 4.15pm to 5pm

## Rockingham Recreation Ground, Uxbridge, UB8 2UW

- ▶ Thursday 18 July, 5pm to 5.45pm
- ▶ Thursday 1 August, 5pm to 5.45pm
- ▶ Thursday 8 August, 5pm to 5.45pm

## Shenley Park, Ruislip Manor, HA4 6BX

- ▶ Saturday 13 July, 4.15pm to 5pm
- ▶ Saturday 3 August, 4.15pm to 5pm
- ▶ Saturday 31 August, 4.15pm to 5pm

## Stonefield Park, South Ruislip, HA4 6UG

- ▶ Wednesday 17 July, 2.15pm to 3pm
- ▶ Wednesday 31 July, 2.15pm to 3pm
- ▶ Wednesday 7 August, 2.15pm to 3pm
- ▶ Wednesday 21 August, 2.15pm to 3pm

## Swakeleys Park, Ickenham, UB10 8SH

- ▶ Tuesday 16 July, 3.30pm to 4.15pm
- ▶ Tuesday 30 July, 3.30pm to 4.15pm
- ▶ Tuesday 6 August, 3.30pm to 4.15pm
- ▶ Tuesday 20 August, 5.15pm to 6pm

## Warrender Park, Eastcote, HA4 8RZ

- ▶ Saturday 27 July, 11am to 11.45am
- ▶ Saturday 17 August, 11am to 11.45am

## Yiewsley Recreation Ground, Yiewsley, UB7 7BE

- ▶ Sunday 28 July, 11.30am to 12.15pm
- ▶ Sunday 18 August, 11.30am to 12.15pm

▶ Women only sessions



Email @ sportandphysicalactivity@hillingdon.gov.uk or call 01895 250453 to book your place.



www.hillingdon.gov.uk/outdoorgyms



## Volunteers painstakingly archive historic photos

The council's Local Studies, Archives and Museum Service has benefited from the dedicated work of volunteers to ensure that photos are preserved and accessible for residents to view.

The department, which is based on the top floor of Uxbridge Library, is home to more than 10,000 historic photographs of the Hillingdon area, some of which date back to the late 19th century.

One of the council's challenges is to make these more accessible for the public to view by including them in the libraries' online catalogue, via the council's website, social media and exhibitions.

**George Dudley, 78, from Uxbridge**, started working with the service in 2014, and took on the mammoth task of digitising photos.

George is retired, but was looking for an opportunity to keep his mind occupied and interest engaged. He had previously worked as a full-time IT projects manager at Hillingdon Hospital.

He volunteers on Mondays and Thursdays for eight hours a week, and doesn't just scan photos but also repairs them and adds watermarks to prevent unsolicited reproductions.

It has been a huge undertaking, but one which George has embraced with patience and professionalism.

Now, five years later, and thanks to George's help the council

is nearing the end of a seven-year digitisation programme.

George feels that his time working with the service has increased his understanding of how Uxbridge and the surrounding area has changed in the last 150 years. He has also taught himself to use Photoshop, and acquired many digitising skills through on-the-job experience.

George said: "I feel that my work benefits both myself and the wider community. I feel passionately about the importance of preserving heritage. If more people looked above the Uxbridge shop fronts, they would see more of the old town."

George added that he is fascinated by the range of collections at the library and encourages residents to go and take a look through the window to the past that the archives offer.

**Sarah Sorenti, 46, from Edgware in Harrow**, started to volunteer for the service in 2015. She is a part-time podiatrist, and initially volunteered to gain experience of the archive profession.

What started as a short-time project progressed into a long-term challenge and Sarah has researched the copyright ownership

of more than 2,000 photos, going through the complex process of identifying copyright holders, contacting them and obtaining permission to use their images.

She volunteers for four hours each Wednesday or Thursday and has approached this work with humour and organisational skill.

Sarah said: "I enjoy the detective work of copyright research and the sense of achievement of tracing copyright changes over time. I organise the photographs as I go through them and by doing this I know that I am increasing accessibility to the collections."

"Through volunteering, I have improved my ICT skills, and this has in turn increased my confidence. I really enjoy working with the team and other volunteers. You never know what you might learn or discover - everything in the archive has its own often remarkable story."

Placements with the Local Studies, Archives and Museum Service are now filled for this year but the council and local community groups offer a wide range of volunteering opportunities. For more details visit [www.hillingdon.gov.uk/volunteering](http://www.hillingdon.gov.uk/volunteering)

# Family Fishing Fun Days

- Free entry
- Equipment and bait provided
- Catch of the Day prizes
- Children's activities

## Little Britain Lake and River Colne

Sundays 28 July and 11 August  
9.30am to 3.30pm  
Packet Boat Lane, Cowley, UB8 2JR

All activities are offered on a first come first served basis, and registration for fishing and bird box making is on the day only.



Meet top angling professional Keith Arthur



www.hillingdon.gov.uk/fishing



# HILLINGDON WHAT'S ON?

For more Hillingdon events or to advertise your own, visit [www.hillingdon.gov.uk/whatson](http://www.hillingdon.gov.uk/whatson)

The summer holidays are nearly here and there are a range of exciting events in Hillingdon to keep the whole family entertained.



## KIDS

**The Stage is Yours 2019: Five-day workshop**  
 Week one, Monday 29 July to Friday 2 August, 10am to 4pm  
 Week two, Monday 19 to Friday 23 August, 10am to 4pm  
 (Final show at 3pm on each Friday)

Back by popular demand, DKProDUktions is offering this opportunity for children aged between seven and 14 to work with an experienced Director, Choreographer and Musical Director, to rehearse songs, dramatic scenes and dance routines from hit West End and Broadway musicals. At the end of the week participants will perform what they've learned on stage in the theatre. There are two five-day workshops to choose from, or come along to both! Each week features a different selection of musicals.  
**Cost: £115.**  
**Book a place on [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Winston Churchill Theatre**

perform what they've learned on stage in the theatre. There are two five-day workshops to choose from, or come along to both! Each week features a different selection of musicals.  
**Cost: £50.**  
**Book a place on [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Winston Churchill Theatre**

**The Wimpy Kid Show**  
**Monday 5 August, 3pm**  
 Host Alastair Watson brings the *Wimpy Kid* books to life with fun activities including The Wimpy Kid Draw-Along and The Wimp Wars! Quiz. The event lasts one hour and also includes exclusive clips of author Jeff Kinney talking about the books, his involvement in the films and showing how he draws the characters.  
**Cost: £2.**  
**Book tickets on [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Winston Churchill Theatre**

**The Wizard of Oz**  
**Thursday 22 to Saturday 24 August, various times**  
 This summer, there's no place like Hayes as it is transformed into the mystical Emerald City. With a click of your heels and a sprinkle of Beck Theatre Summer Youth Project magic, you'll be blown away on a bewitching adventure to the Land of Oz. This RSC stage version of the unforgettable film features the classic songs



*Somewhere Over The Rainbow, Follow The Yellow Brick Road and We're Off To See The Wizard.* A rare opportunity to experience this spellbinding musical with their own Beck Project twist-er.  
**Cost: £19.50. Friday matinee £15.50. Concessions £3 off. Family offer of four tickets £64.**  
**Book on [www.becktheatre.org.uk](http://www.becktheatre.org.uk) or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

**Monstersaurus Live!**  
**Saturday 14 September, 2pm and 4pm**  
 Acclaimed international touring children's theatre company Big Wooden Horse returns with their energetic show of thrills, spills, magic and mayhem, in which a young inventor creates wacky inventions and incredible monsters - but what will he do with them?  
**Cost: £9.**  
**Book tickets on [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

## COMEDY

**Comedy Compass: Edinburgh previews**  
**Sunday 28 July, 7.30pm**  
 Come and preview two Edinburgh Fringe shows ahead of this year's festival. 'What are you talking about?' from Jeremy Nicholas is for anyone who ever listens to dreadfully dull presentations, cringe worthy wedding speeches or rambling nonsense from know-it-alls and thinks 'surely there must be a better way of communicating than this?' Or for anyone who ever has to talk out loud in front of people - and hates it. The second preview is 'Adventures in Dementia' from Steve Day. Steve's dad has Alzheimers. There's nothing he can do about it except remember the way he was. Steve has also been deaf since his teens but has new hearing aids so now he's gone through all the music of his youth. It reminds him of his dad. There's nothing else for it but to defy dementia, with music, songs and laughter.  
**Cost: All tickets £10.**

**Book tickets on [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

## MUSIC

**Folk music concert**  
**Thursday 11 July, 8pm to 11pm**  
 Uxbridge Folk presents this special one-off concert with one of folk music's biggest stars, Phil Beer. One half of Show of Hands, the regular winners of Best-Band awards, Phil has been on the road for 45 years and has made or appeared on hundreds of albums. A brilliant fiddler, guitarist and multi-instrumentalist, a fine singer and storyteller, Phil is one of folk music's true superstars. Support from Dom Prag.  
**Cost: £15. Reductions for members and students.**  
**Book by visiting [www.wegotickets.com/event/457047](http://www.wegotickets.com/event/457047). For more information visit [bit.do/uxfolk](http://bit.do/uxfolk) or call 07941 006017.**  
**Uxbridge Folk Club**

**SouthlandsLIVE 2019**  
**Saturday 20 July, 1pm to 9pm**  
 Presented by Southlands Arts Centre, west London's music event of the year is a fantastic day for music lovers of all ages with varied styles, such as rock, classic, folk and popular music. Enjoy two live stages of talented acts, two bars, food, crafts and children's activities in the beautiful grounds.  
**Cost: In advance £9. Under-18s £5. Under-7s free. Family ticket £25.**  
**For more information and to book a ticket visit [www.southlandsarts.co.uk](http://www.southlandsarts.co.uk).**  
**Southlands Arts Centre**

**One night in Dublin**  
**Tuesday 23 July, 7.30pm**  
 Come along and spend One night in Dublin as you are transported to Murphy's Pub for an evening of great Irish music. Songs from artists such as The Pogues, The Dubliners, The Fureys, The Saw Doctors and more, are performed by Middi and his award-winning Irish band The Wild Murphys. A great celebration of Irish music, not to be missed.  
**Cost: £26.**  
**Book on [www.becktheatre.org.uk](http://www.becktheatre.org.uk) or call the Box Office on 020 8561 8371.**  
**Beck Theatre**



## Relief for Hip Pain May Be Available Sooner Than You Think

**By Sam Potter**  
**IF YOU suffer from Hip Pain, you are in good company with 12% of adults in the UK suffering from this debilitating and painful condition.**  
 Joint pain in the hip itself is an obvious symptom, but you may also feel warmth and swelling in the hip, loss of motion and even pain in the groin. Surprisingly, the pain and symptoms you experience in the hip, might not actually be in the hip at all. Hip pain can come from a pinched spinal nerve, continuously aggravated muscles or other joints in the pelvis and when healthcare providers don't have access to the right diagnostic technology it can lead to misdiagnoses and a long period of frustrated waiting on what to do to get rid of the awful symptoms.  
**That is, until now...**  
 Recent advances in the diagnosis of hip pain have led to accurate diagnosis without a long wait. In Hillingdon you can get the cause of your hip pain diagnosed at The Health Lodge practice, a specialist centre that deals with the cause and relief of physical pain. The Health lodge team of fully trained physical care specialists have helped over 4,026 patients find relief from their agonising problems. According to the team, "We use a combination of ultra-advanced technology, not found elsewhere in Hillingdon, for precisely diagnosing the cause of your hip pain, and a unique programme for

reconstructing the damaged area causing the pain; this means superior long-term results for most people." Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain. Patient Robert C. from Hayes says, "My hip problems started with stiffness in the morning that got better with exercise. The people I went to see told me that I had arthritis in my hip and it would only get better if I took pain killers. The pain killers didn't touch the pain though, and I asked for an x-ray which I

was refused. I was told that at my age it was definitely arthritis. I saw your article on Facebook and thought I have nothing to lose. Finally, someone listened to me and gave me an x-ray. The x-ray showed that my hips were fine, but there was a big tilt in my pelvis. The physical therapy, shoe inserts and exercise has worked. No more pain!" **Your invitation for a comprehensive consultation and examination to pinpoint the cause of your hip pain...** The specialists at The Health Lodge practice are making a special effort to help readers find relief from their persistent hip problems. All you have to do to receive a thorough diagnostic examination and a comprehensive easy to understand report on your state of health is call 02088488787. **Mention this article (CODE: TC43HPID5) and The Health lodge will happily reduce their usual consultation fee of £245 to just £49.** But hurry, due to obvious reasons - this is a time limited offer - with only 100 reader consultations available at this exclusively discounted rate. My advice, don't suffer a moment longer... Find out what is causing your hip pain, book a consultation with this specialist team now by calling 02088488787, they are waiting to take

your call today. **They actually treat the cause of your health problem, not just your symptoms.** **That's why hundreds of grateful patients tell them "You gave me back my life!"** Over the years, they've treated thousands of patients with hip issues. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives! **Call them now and get a full and thorough examination to pinpoint the cause of your problem for just £49, the normal cost of such an exam is £195 so you will save £146!** Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve. **Call them now on 02088488787 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!** You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during



**Louise Chiasson-Baxter, clinical leader for 17 years at the Health Lodge, says:** "So many people suffer needlessly simply because the correct diagnostic work up has not been carried out. Simple mechanical issues are often totally overlooked and more complicated issues like pinched nerves are never assessed at all." the week they are very busy, so if they don't pick up straight away do leave a message. **For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.** Call 02088488787 NOW and leave a message if it's Friday, the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on 02088488787 and quote this special discount code: TC43HPID5



**When pain is felt in the hip, but the hips come back normal on an x-ray the clinical team at Atlas know how to find the real cause!**

**Musical Merriment**

**Thursday 25 to Saturday 27 July, 7.30pm (also 2.30pm on the Saturday)**  
 Pastiche Musical Theatre returns following their sensational production of 9 to 5, with their annual summer concert, featuring songs from Broadway, the West End and the Silver Screen. Musical Merriment has something for all fans of musicals and will entertain you on a journey through the very best of musical theatre and beyond.  
**Cost: All tickets £10.**  
**Book tickets on** [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) **or call 01895 250615.**  
**Compass Theatre**

**Freedom! '19**

**Friday 30 August, 7.30pm**  
 International tribute artiste Wayne Dilks returns with his band paying tribute to the late George Michael. The former front man, producer and co-founder of Faith the George Michael Legacy returns with his new production Freedom! '19. Wayne has been a George Michael tribute artist for almost 20 years and delivers his heartfelt tribute to the global superstar in a sensitive and spectacular way.  
**Cost: £26.50.**  
**Book on** [www.becktheatre.org.uk](http://www.becktheatre.org.uk) **or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

**Nathan Carter**

**Thursday 5 to Friday 6 September, 7.30pm**  
 Irish Country-Pop crossover star. Nathan is fast becoming one of the UK's most prolific touring artists, with his energetic showmanship proving irresistible for fans across the UK. As one of Ireland's biggest live music acts, Nathan is becoming a household name with hits such as *Wagon Wheel* and *Wanna Dance*.  
**Cost: £31.50.**  
**Book on** [www.becktheatre.org.uk](http://www.becktheatre.org.uk) **or call the Box Office on 020 8561 8371.**  
**Beck Theatre**



**Last Night of the Proms**

**Saturday 7 September, 7.30pm**  
 Ruislip Lions return with their popular charity concert, providing an evening of musical entertainment, featuring the British Airways Band and professional vocalist Ruth Fortey. Expect a fun-filled evening of musical entertainment - all finished off with the traditional Last Night of the Proms songs and lots of flag waving.  
**Cost: £13.50. Under-16s £10.**  
**Book tickets on** [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) **or call 01895 250615.**  
**Winston Churchill Theatre**

**Soul Legends**

**Friday 20 September, 7.30pm**  
 Entertainers is delighted to bring you this smash-hit spectacular. Bringing to life the hits of Barry White, George Benson, Michael Jackson, Aretha Franklin, James Brown, Tina Turner, Lionel Richie, Wilson Pickett, Chaka Khan, Earth Wind & Fire, and more, all in 'soulseasonal' style! Jump aboard the Soul Train as it takes you on an unforgettably smooth music journey from its sixties origins, to present day, via all the classic seventies and eighties floor fillers. You'll be wowed by an all-star cast of talented singers and musicians, and amazed by the costumes and jaw-dropping choreography.  
**Cost: £29. Premiere Members £24.75.**  
**Book on** [www.becktheatre.org.uk](http://www.becktheatre.org.uk) **or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

**LEISURE**

**Uxbridge Charity AutoShow**

**Sunday 21 July, 10am to 6.30pm**  
 Presented by the Rotary Club of Uxbridge, this premier motor show in west London, has nearly 2,000 cars on display, entered by individuals and car clubs, from classic to modern and modified. There is also an arena with entertainment, live music from



local bands, trade stands selling everything from tools to model cars and much more. Additionally there is a children's fun area.  
**Cost: Adults £15. Senior citizens and concessions £10. Children under 14 free (when accompanied by a paying adult). Parking also free.**  
**To buy tickets and find out more, visit** [www.uxbridgeautoshow.com](http://www.uxbridgeautoshow.com).  
**Hillingdon House Farm**

**Summer reads: Erica James and Rosanna Ley**

**Friday 26 July, 2.30pm**  
 Come and have tea and cake with bestselling authors Erica James and Rosanna Ley. The two writers will talk about their perfect summery new novels; *Swallowtail Summer* and *The Lemon Tree Hotel*, as well as discussing their favourite summer holiday reads.  
**Cost: Free.**  
**To book a place, email** [culturebite@hillingdon.gov.uk](mailto:culturebite@hillingdon.gov.uk) **or call 01895 558184.**  
**Harefield Library**

**John Russell - an Australian Impressionist**

**Wednesday 14 August, 2pm**  
 This lecture presented by The Arts Society, Hillingdon, focuses on Australian artist John Russell, who moved to Europe in his late teenage years to attend art school. Known as the Lost Impressionist, he was a friend of Van Gogh and an artist regarded by Rodin as equal to Monet, Renoir and Matisse. Lucrezia Walker is a regular lecturer at the National Gallery both in front of the paintings and in the lecture theatre, who speaks to corporate sponsors in both Tate Galleries and teaches US undergraduates on their Study Abroad semesters in London.  
**Cost: £9. Free for members.**  
**No need to book, just turn up.**  
**Winston Churchill Theatre**

**Ruislip, Northwood and Eastcote Local History Society (RNELHS)**

**Mondays 16 September, 21 October, 18 November, 8.15pm**  
 The ancient parish of Ruislip (which included Northwood and Eastcote) was first documented in the Domesday Book. This society encourages interest in the history and conservation of this area and the study of

local history generally. They hold meetings with illustrated talks on varied topics of local and wider interest between September and April. During the summer months they also organise walks and visits exploring history in and around London. On 16 September Ian Bevan will be speaking about 'Victorian Leisure: the organisation of recreation in Victorian London.' This is followed by a presentation on life in the Medieval Manor of Ruislip by the RNELHS Medieval Research Group on 21 October. On 18 November there is a talk on the top secret work carried out in Eastcote during and after World War Two in 'Code-breaking: Eastcote to GCHQ' from Ronald Koorm.  
**Cost: Members free. Visitors £2.**  
**For further information, contact the Membership Secretary by emailing** [membership@RNELHS.org.uk](mailto:membership@RNELHS.org.uk) **or visiting** [RNELHS.org.uk](http://RNELHS.org.uk).  
**St Martin's Church Hall**

**Butterflies table top sale and community coffee morning**

**Saturday 28 September 9.30am to 1pm**  
 There will be a variety of tables selling crafts, gifts, jewellery, pre-loved items, books and homemade cakes. There will also be a raffle and refreshments.  
**Cost: Free admission.**  
**For more information contact Vera 01895 635224 or** [Butterfliesickenham@yahoo.com](mailto:Butterfliesickenham@yahoo.com).  
**Would you like to run your own table and make some spare cash? It costs £13 to hire a table which includes a cup of tea or coffee for you and your helper.**  
**Ickenham Village Hall**

**Uxbridge Armed Forces and Veterans Breakfast Club**

**Last Saturday of each month, 9.30am**  
 This group has been running for three years and is part of the national organisation and is MoD approved. They meet for breakfast and banter, arranging trips and support. They welcome serving personnel and veterans, regular, reserve and national service - Royal Navy, Royal Marines, Army and RAF.

**Cost: Free admission. You pay for what you eat and drink.**  
**For more information call** Mark on 07813 803092, Alan on 07971 149014 or Paul on 07803 232837.  
**The Good Yarn Pub**

**Bridge**

**Mondays, 1pm to 4pm and 7pm to 10pm**  
**Wednesdays, 7pm to 10pm**  
**Thursdays, 1pm to 4pm**  
 Come along and play Duplicate Bridge for Hillingdon Bridge Club or Ickenham Bridge Club.  
**Cost: £1.50 or £2 per session, including tea/coffee and biscuits.**  
**For more information visit** [www.hillingdonbridgeclub.co.uk](http://www.hillingdonbridgeclub.co.uk).  
**Hillingdon Community Hall**

**The Chiltern Aviation Society**

**The fourth Wednesday of each month (third in December)**  
 Why not come along to one of the society's congenial monthly meetings? They have members who are pilots, engineers, modellers and all manner of ex-airline staff and those who are simply interested in aviation matters. There are also monthly speakers, outings and a bi-monthly magazine.  
**For further information email** [chilternaviation@btinternet.com](mailto:chilternaviation@btinternet.com) **or visit** [www.chilternaviationsociety.wordpress.com](http://www.chilternaviationsociety.wordpress.com).  
**Ruislip Methodist Church**

**Memory Cafe**

**Fridays, 11am to 1pm**  
 Open to anyone in need of company. Come along and make new friends. There are quizzes, games and refreshments.  
**Cost: Free.**  
**For more information contact** Sue Kennedy on 01895 622135.  
**St Paul's Church**

**Singing for breathing**

**Mondays, 2pm to 3pm**  
 A vocal coaching workshop teaching posture, relaxation techniques and breathing exercises with group singing. For people with chronic obstructive

pulmonary disease and other respiratory conditions.  
**To find out more contact the Royal Brompton and Harefield NHS Foundation Trust arts team by emailing** [arts@rbht.nhs.uk](mailto:arts@rbht.nhs.uk) **or calling 020 7352 8121 (extension 84087).**  
**Bailey Hall, Christ Church**

**Mindfulness with Alice**

**Wednesdays, 10am**  
 Learn to manage stress, depression and anxiety. Help with sleep, relaxation, pain management and general wellbeing. Friendly group. 4 Years Oxford Mindfulness Centre Mindfulness based CBT Diploma Course Cert. NLP Practitioner (with Paul McKenna/Richard Bandler).  
**Cost: First class free. Drop-in £5.**  
**For more information, call** Alice on 07966 175530 **or email** [exercisewithalice@yahoo.co.uk](mailto:exercisewithalice@yahoo.co.uk).  
**Compass Theatre (Oak Room)**

**EXERCISE**

**Ballroom and Latin dance classes**

**Thursdays at 6.30pm for children and 7pm for adults**  
 Preparing for a competition, wedding or just starting out - no experience or partner required at these fun sessions!  
**Cost: From £6.50.**  
**For more information call** 07805 360 709.  
**St Paul's Church Hall**

**Yoga today**

**Saturdays 9.15am to 10.15am and Sundays 11am to midday at Ruislip Lido**  
**Mondays 6.30pm to 7.30pm at Eastcote House Gardens**  
 Outdoor summer yoga classes with a fun and friendly group. All welcome. Meet at the Willow Green Car Park at Ruislip Lido and at the cafe at Eastcote House Gardens. Please bring your own mat.  
**Cost: £8.**  
**To book or find out more call** Maria on 07940722907.  
**Ruislip Lido and Eastcote House Gardens**

**Exercise with Alice**

**Mondays and Thursdays, 10am to 11am**  
 Easy fun dance exercise for 60+, all ability levels, seated/standing, able or disabled. Quality of life from keeping active, fun and friendship. Alice is a qualified professional West End dancer and comedienne.  
**Cost: Drop-in £5.**  
**For more information, call** Alice on 07966 175530 **or email** [exercisewithalice@yahoo.co.uk](mailto:exercisewithalice@yahoo.co.uk).  
**The Guide Hut**

**Yoga with Jackie**

**Wednesdays, 9.15am basic practice**  
**Fridays, 9.30am new beginners**  
 Two fabulous classes at a fabulous venue. Beginners class on Friday morning introduces yoga to new students. The yoga follows the school term. Tuition to a high level.  
**Cost: Classes cost £10 when paid for in advance.**  
**For more information and to book call** Jackie on 01895 675426 **or visit** [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk).  
**The Stables, Manor Farm**

**Pilates with Suzy Barton**

**Tuesdays, 1.30pm to 2.30pm**  
 Improve the way you feel, look, and live your life. Pilates exercises focus on improving posture, core strength and flexibility. These classes are suitable for everyone regardless



of age, ability, or fitness level. Suzy is an ex British gymnastics squad member. Pilates Foundation trained. CYQ Level 3 instructor.  
**Cost: £10 per class or £100 for a block of 12.**  
**For more information and to book, email** [suzybartonpilates@btinternet.com](mailto:suzybartonpilates@btinternet.com) **or call 07850 687488.**  
**The Stables, Manor Farm**

**Running Group with Dash for Fitness**

**Mondays, 7.30pm to 8.30pm (various routes starting and finishing in Ruislip).**  
 Join this free group to make your running more social and fun whilst helping you get fitter, go faster, and go further. The group accommodates beginners and runners of all levels (under-18s must be accompanied). 5K Masterclasses (£50 for a 12-week programme) also available. UK Athletics approved coach in Running Fitness and CYQ Level 3 personal trainer.  
**Cost: Free.**  
**For further information and to register visit,** [groups.runtogether.co.uk/DashForFitness](http://groups.runtogether.co.uk/DashForFitness), **email** [dashforfitness@btinternet.com](mailto:dashforfitness@btinternet.com), **or call** Gary on 07710 105086.  
**Various routes starting and finishing in Ruislip**

**VENUES**

**Bailey Hall**

Christ Church, Redford Way, Belmont Road, Uxbridge, UB8 1S2

**Beck Theatre**

Grange Road, Hayes, UB3 2UE

**Compass Theatre**

Glebe Avenue, Ickenham, UB10 8PD

**Eastcote House Gardens**

High Road, Eastcote, HA5 2FE

**Harefield Library**

Park Lane, Harefield, Uxbridge, UB9 6BJ

**Hillingdon Community Hall**

304 Long Lane, (next to All Saints Church Hall), UB10 9PE

**Hillingdon House Farm**

off Park Road, Uxbridge, UB8 1ES

**Ickenham Village Hall**

33 Swakeleys Road, Ickenham, UB10 8DG

**Ruislip Lido**

Reservoir Road, Ruislip, HA4 7TY

**Ruislip Methodist Church**

Ickenham Road, Ruislip, HA4 7BX

**Southlands Arts Centre**

75 The Green, West Drayton, UB7 7PW

**St Paul's Church Hall**

Thurlstone Road, Ruislip Manor, HA4 0BP

**St Martin's Church Hall**

Eastcote Road, Ruislip, HA4 8DG

**The Good Yarn pub**

132 High Street, Uxbridge, UB8 1JX

**The Guide Hut**

Community Close (opposite the library), Ickenham, UB10 8RE

**The Stables**

Manor Farm, Bury Street, Ruislip, HA4 7QL

**Uxbridge Folk Club**

Uxbridge Royal Naval Association, 399b Long Lane, Uxbridge, UB10 9PG

**Winston Churchill Theatre**

Manor Farm, Pinn Way, HA4 7QL

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

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info@justfriendsclub.org.uk

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Library Information Desk 01895 250714  
School Admissions www.hillingdon.gov.uk/schooladmissions 01895 556644  
School Transport 01895 250008  
Truancy Hotline 01895 250858
- Leisure**  
Battle of Britain Bunker Exhibition and Visitor Centre battleofbritainbunker.co.uk 01895 238154  
Botwell Green Sports and Leisure Centre 020 8561 0956  
Highgrove Pool and Fitness Centre 01895 630753  
Hillingdon Sports and Leisure Complex 0345 130 7324  
Hillingdon Theatres www.hillingdontheatres.uk 01895 250615  
Queensmead Sports Centre 020 8845 6010  
William Byrd Pool 020 8897 9390
- Local democracy**  
Council Meeting Dates and Agendas 01895 250636  
Electoral Services and Registrars 01895 558250  
Conservative Group Office 01895 250316

- USEFUL SERVICES AND AGENCIES**
- Advice and support**  
Addiction, Recovery, Community, Hillingdon (ARCH) 01895 207777  
Age UK Hillingdon 020 8756 3040  
Alzheimer's Society Hillingdon 01923 823999  
Asphaleia Action 01895 272478  
Carers Trust Hillingdon 01895 258888  
Centre for ADHD and Autism Support 020 8429 1552  
Communicare Counselling Service 01895 256056
- Citizens Advice Consumer Helpline 03454 04 05 06  
Citizens Advice Hillingdon 0344 848 7903  
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 Carers 01895 811206

- Labour Group Office 01895 250780  
Mayor's Office 01895 250763
- Planning**  
www.hillingdon.gov.uk/planning  
Building Control, Inspections and Dangerous Structures 01895 558170  
Dangerous Structures (out of hours) 01895 250111  
Local Land Charges 01895 556115
- General**  
Adoption and Fostering www.hillingdon.gov.uk/fost-adopt 0800 783 1298  
Brown Badges 01895 277277  
Council Tax and Benefits www.hillingdon.gov.uk/counciltax 0300 123 1384  
Families' Information Service www.hillingdon.gov.uk/fis 01895 556489
- Fraud Hotline www.hillingdon.gov.uk/reportfraud 0800 389 8313  
Hillingdon First Card www.hillingdon.gov.uk/hillingdonfirst 01895 556677  
Hillingdon Social Care Direct (adults and children) ▶ Blue Badges ▶ Freedom Passes ▶ Meals Service ▶ TeleCareLine 01895 556633  
Housing Services www.hillingdon.gov.uk/housing 01895 556666  
Substance Use and Misuse or Sexual Health 01895 250721  
Trading Standards www.hillingdon.gov.uk/tradingstandards 01895 250164

All other council enquiries (not listed above)  
01895 250111

- Hillingdon Independent Domestic Violence Advocacy (HIDVA)** 020 8246 1745  
**Hillingdon Mind** 01895 271559  
**Hillingdon Parent Carers Forum** www.hillingdonpcf.com  
**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)
- Environment and street scene**  
Affinity Water 0345 357 2407
- 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 020 8246 1869  
Hillingdon Fire Station 020 8555 1200

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