

HILLINGDON people

News from your council
March/April 2019

www.hillingdon.gov.uk

Protect our environment How you can recycle and reduce waste

More school places
Expansion programme
continues

**Bunker draws
in visitors**
Exhibition centre
open a year

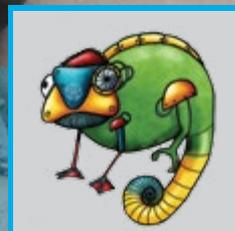
**Keeping
residents safe**
A day with the
licensing team



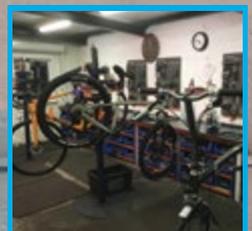
HILLINGDON
LONDON



NEW PROGRAMME



DESIGN CHALLENGE



VOLUNTEER

Refuse and Recycling

Easter 2019

Normal collection day Revised collection day

Friday 19 April (Good Friday) Saturday 20 April

Monday 22 April (Easter Monday) Tuesday 23 April

Tuesday 23 April Wednesday 24 April

Wednesday 24 April Thursday 25 April

Thursday 25 April Friday 26 April

Friday 26 April Saturday 27 April

Early May Bank Holiday 2019

Normal collection day Revised collection day

Monday 6 May Tuesday 7 May

Tuesday 7 May Wednesday 8 May

Wednesday 8 May Thursday 9 May

Thursday 9 May Friday 10 May

Friday 10 May Saturday 11 May

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 or call 01895 556000.



www.hillingdon.gov.uk/recycling

Could you give a child a much-needed loving home?

Find out about fostering

Come and find out about fostering for Hillingdon Council



Information evenings

(Please arrive by 6pm)

Tuesday 9 April, 6pm to 8pm

Tuesday 14 May, 6pm to 8pm

Tuesday 11 June, 6pm to 8pm

Drop in session

Thursday 23 May, 10am to 2pm

Civic Centre, High Street, Uxbridge, UB8 1UW

Everyone welcome.

No need to book.

For more details

www.hillingdon.gov.uk/betheone

0800 783 1298



www.hillingdon.gov.uk

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COVER PHOTO: HAREFIELD RESIDENT MARIA HOLMES USING OUR WEEKLY RECYCLING COLLECTION SERVICE.



Advertising deadline for next edition: Friday 29 March.

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Welcome



Last month, the council set its budget for 2019/20. For the fourth year running, Hillingdon Council will not levy a social care precept and the Hillingdon element of council tax will be frozen for over-65s for a 13th year. For all other residents, council tax will be increased this year by 2.40 per cent, the lowest tax rise of all London boroughs, around 51p a week for a Band D property. Raising council tax by this small amount will contribute £2.7 million a year towards maintaining services and fund care for those who need our help. You will be able to read more about the budget on page 10. The council is also continuing its policy of benchmarking fees and charges, including parking, which will once again be frozen for residents, against those of neighbouring authorities and other service providers, with charges being set at a maximum of 90 per cent of what those authorities are charging. As you will be able to see in this edition of *Hillingdon People*, we are maintaining the services that matter to you and improving and delivering new facilities. Our school building and expansion programme continues to ensure that every child in Hillingdon is offered a primary or secondary place close to where they live. Works to extend Warrender Primary School in Ruislip have now been completed, which you can read about on page 13. We are investing in improvements to a range of leisure facilities. Three playgrounds in the borough reopened last month following refurbishment works funded by our Chrysalis programme, and restoration works are taking place at some of our tennis courts in parks and green spaces in time for summer. A free tennis coaching programme will also be starting from Easter. This time last year we opened our £6 million Battle of Britain Bunker Exhibition and Visitor Centre and visitor figures and feedback reveal how popular this new venue has been with residents and tourists from further afield. Its interactive displays and tours down to the underground bunker explore the site's role during the Battle of Britain, and if you haven't yet paid a visit, I'd encourage you to go along or even attend one of its next events. In Hillingdon we are proud of our courageous service men and women, and last month a plinth was unveiled at Harmondsworth Village Green to mark the dedication of the green space as a Centenary Field in Trust in memory of those from the village who fought and lost their lives in World War One. We remain committed to recycling as much of the borough's waste as possible to protect the environment, by providing residents with free, easy-to-use, weekly collections. With your help we want to do better by increasing the amounts that the borough recycles, and on page 16 you can see how you can help. Whilst there are continuing challenges ahead for all local authorities and many will be further reducing services, in Hillingdon our ability to deliver sound financial management means that we are able to put our residents first and deliver the services you tell us are important to you.

Ray Puddifoot
Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL



Community effort transforms library garden

Council teams and volunteers have turned a previously unloved garden at Ickenham Library into a beautiful wildlife haven.

The space was transformed as part of a nine-month community project involving a range of council teams, volunteers from the Rural Activities Garden Centre and pupils from Oakwood and Vyners schools.

Dead trees and dense undergrowth were cleared, flowers and shrubs planted, new paths laid, and wildlife-friendly features installed, including bird boxes and a bug 'hotel'.

The garden was opened by the Mayor of Hillingdon, Cllr John Morgan on Wednesday 19 December.

Ickenham, Hayes End and Yeading libraries all run

'sow and grow' community projects, where employees work with residents and volunteer groups to turn library spaces into greener and more sustainable areas.

There are also plans to install self-contained and self-watering vegetable gardens - known as vegepods - in Ruislip Manor, Yeading and Hayes End libraries.

Cllr Jonathan Bianco, Cabinet Member of Finance, Property and Business Services, said: "This transformation shows great things can be achieved when the community works together to improve the environment. I encourage anyone thinking of getting involved to visit their local library."

Find out what HS2 has planned for Hillingdon

Residents will be aware that the council robustly rejected proposals to construct the high speed rail link, HS2.

The development is failing in a number of areas, including value for money, construction and service delivery.

It is bringing disruption to Hillingdon, with increased heavy goods vehicle traffic, construction work and substantial inconvenience to residents.

Residents are being urged to find out about HS2 Ltd's construction plans by signing up for news updates and alerts on the company's website at hs2inhilligdon.commonplace.is/news.

This will enable people to plan ahead as construction expands in the coming years.

Significant disruption is also expected to be caused later in the year by HS2 Ltd's plans to dig up 11 residential roads in Ruislip and Eastcote to lay a power cable for a tunnel boring machine. A list of potentially

affected roads can be found on HS2's website. The council is challenging the extent of these proposals and work is ongoing to reduce the impact.

The website also has more information on HS2's plans for the Colne Valley Viaduct, Breakspear Road South and Harvil Road, including construction traffic movements, property schemes, local environment plans and air quality among others.

Residents are encouraged to feed back to HS2 Ltd local engagement teams with any comments on the project, contractors and its impact on local lives. They can be reached 24 hours a day, seven days a week on 08081 434 434 or by emailing HS2enquiries@hs2.org.uk.

The government-supported project was awarded Royal Assent in February 2017, meaning HS2 has special powers to deliver the construction, with road closures and traffic lights as they deem necessary.

care provided as well as the quality design of the building. The panel of judges include experienced healthcare valuers, architects, developers, lenders and care operators.

The entries are judged initially on paper, with the shortlisted developments in each category being visited by the judging panel.

During the judges' visit in January, and as a reward for making the shortlist, Stephen Marriott, Director of Pinders, presented the Mayor with a cheque for £500. The money will be split between the Mayor's three charities: Grangewood special needs school in Eastcote, Phab the physically handicapped

and able-bodied charity, and the Peter Pan and Wendy Children's Ward at Hillingdon Hospital.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Making it into the top three in the entire country is a tremendous achievement and demonstrates the very high quality of care we deliver for our older residents. The level of thought, detail and innovation that has gone into making Grassy Meadows such a success is worthy of high praise indeed."

The winner will be announced in March.



Extra-care development shortlisted for design award

Grassy Meadow Court in Hayes has been shortlisted as finalist in the 'Best Independent Living Project' category in the Pinders Healthcare Design Awards.

The new development of 88 extra-care flats was

opened by the Mayor of Hillingdon, Cllr John Morgan in November last year.

The Pinders Awards promote and recognise the best developments in all types of care-related property. The judges look at the quality of

Heathrow expansion fight proceeds to the High Court



The council continues its fight against Heathrow expansion.

A judicial review of the government's decision to press ahead with plans for a third runway is set to be heard by the High Court in London on Monday 11 March.

The council, along with its coalition partners, is robustly challenging the government on a variety of grounds, including harmful noise, damaging air pollution and poorly considered transport access.

Cllr Ray Puddifoot, Leader of the Council, said: "At the local elections in May 2018, the Conservative administration in Hillingdon stated in their election manifesto: 'We will continue to lead on and support

local residents once again threatened with additional noise and air pollution and the devastating effect on local communities of an expanded Heathrow Airport. We have set aside sufficient funding to fight the proposed third runway at Heathrow through the various courts in the years ahead, should this be required, and we are confident that it will again be defeated.' Accordingly, this is council policy."

Cllr Puddifoot has also dismissed recent activity by pro-Heathrow campaign group Back Heathrow. He said: "Back Heathrow Ltd are a sham organisation who spend millions of pounds from undisclosed sources on dubious campaigns.

"When asked to supply details of who was promoting and funding Back Heathrow they refused to answer, resulting in me stating at a council meeting in January 2019: 'Back Heathrow Ltd were asked a very simple question - but one which would require them to be open, honest and transparent.

"Were they simply a puppet of Heathrow Airport Ltd, who provided their finance, support and direction - in which case they could not be open, honest and transparent but would duck and dive and would avoid providing the facts requested.

"Or were they, as claimed, a resident focussed organisation, albeit that they have spent millions

of pounds and sent out millions of items of literature covering an area with a population exceeding two-and-a-half million people and claim to have only found around 100,000 (less than four per cent of the population) that support an expanded Heathrow, then they should be open, honest and transparent.

"As anticipated, Back Heathrow Ltd have not supplied the information requested and are clearly just the puppet of Heathrow Airport Ltd and they cannot be taken seriously.

"Accordingly the council regards this organisation as spurious puppets of Heathrow Airport Ltd and refuses to have any dealings with them."

New crossing helps to give pupils more independence

Students attending Meadow High School for special needs children in Uxbridge can now travel to and from school more safely thanks to the installation of a new zebra crossing on Royal Lane.

The crossing was created by the council in November 2018 in response to requests from the school, parents and local residents.

Some of school's pupils have poor muscle tone, which makes crossing a busy road difficult, confusing and potentially more dangerous. The new zebra crossing will enable pupils to travel

to be more independent and help the school to meet its aim of improving students' everyday life skills.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "We created this crossing so that pupils and their families can make their way to and from school more safely. It is also important for parents and teachers to teach young people about road safety."

Claire Caddell, Deputy Headteacher, Meadow High School, said: "Our new zebra crossing has

CROSSING SAFELY
Miss Brown teaches Tina from Meadow High School how to use the new zebra crossing



really helped improve the safety and independence of many of our students. It is also a really useful teaching

tool that we can use with all our students to help them learn this essential life skill safely and confidently."

Protecting residents from rogue private landlords

The council is cracking down on private landlords who allow their tenants to live in substandard homes.

Since November, housing standards officers have served financial penalties totalling more than £70,000 on landlords who have failed to comply with improvement notices or Houses In Multiple Occupation regulations.

The crackdown follows the introduction of tougher laws and sanctions aimed at driving up living standards in the private rental sector.

Under the new rules, which the council adopted in September, landlords risk being fined up to £30,000 per offence.

Council inspectors carry out up to 20 routine checks of private

properties each week to see whether residents are living in hazardous or overcrowded conditions.

As well as protecting tenants' physical and mental wellbeing, the council is using the clampdown to help landlords understand their legal obligations and the repercussions for not fixing health and safety breaches.

If you are a landlord or a tenant and you need the council's advice, please call 01895 250111 or email privatesectorhousing@hillingdon.gov.uk.

For more information about what the council is doing to target rogue landlords, visit www.hillingdon.gov.uk/privatehousing.

Tougher punishment introduced for fly-tippers

Anyone caught fly-tipping in Hillingdon will now be fined £400 rather than £100.

The increased penalty is the latest in a series of measures brought in by the council to tackle anti-social behaviour and environmental crime. It follows the introduction last year of tougher fines for littering, graffiti, fly-posting and handing out leaflets in the street without permission.

The discount rate for people who pay their fly-tipping fine early has also been abolished.

Additionally, the council has given more members of staff the power to issue on-the-spot fines

and the 2019/20 budget includes £140,000 for a dedicated prosecution unit to target fly-tippers.

By adopting a zero tolerance approach, the council hopes to deter fly-tipping and create cleaner and more pleasant neighbourhoods for everyone who lives, works and visits the borough.

Residents are encouraged to report anyone they see or suspect of dumping rubbish illegally via www.hillingdon.gov.uk/flytipping or 01895 250111.

The council also offers a free bulky waste collection service. For more information visit www.hillingdon.gov.uk/specialcollections.



Blue badge misuse targeted

We have stepped up our efforts to stop people misusing disabled Blue Badge parking permits.

The abuse of Blue Badges denies legitimate badge-holders the opportunity to park close to their destination.

In a bid to stamp out the problem, plain clothes officers conduct routine checks of the borough to ensure badges are only being used by authorised motorists.

Blue Badge fraud carries a penalty of £100 if caught, and the council has the power to seize badges and issue official cautions.

In cases of serious abuse, offenders risk being taken to court. The council has conducted more than 30 criminal investigations in the past two years, resulting in three prosecutions.

In December, Rajiv Mehta, aged 33, of Heron Walk, Northwood was ordered to pay more than £4,000 for parking his car in Green Lane, Northwood on 15 and 21 August 2018 while misusing a Blue Badge that belonged to someone who wasn't present at the time.

Appearing at Uxbridge Magistrates' Court on Monday 17 December, Mehta pleaded guilty to two road traffic offences and was fined £400 for each offence. He was also ordered to pay £3,500 in costs and a £40 victim surcharge.

The council prosecuted Mehta following a report from a resident, which prompted an investigation.

Report suspected Blue Badge misuse to the business assurance counter fraud team via www.hillingdon.gov.uk/reportfraud.



Remembering our heroes

A ceremony was held on Harmondsworth Village Green on Thursday 14 February to celebrate the site's new Centenary Field in Trust status.

A plinth was unveiled by the Mayor of Hillingdon, Cllr John Morgan and Leader of the Council, Cllr Ray Puddifoot.

The dedication means that the green space will be protected for future generations in memory of those from the village who fought and lost their lives in World War One. The village's war memorial is adjacent to the green in St Mary's Church.

In 2014, the council first applied to take part in the Centenary Fields in Trust Programme, which was led by the Royal British Legion and the national charity Fields in

Trust, to commemorate 100 years since the start of World War One.

Hillingdon became the first borough in London to dedicate a green space as a Centenary Field when Harefield Village Green received its designation in November 2014.

Last year the council once again applied to take part in the programme to mark 100 years since the end of World War One, and Harmondsworth Village Green was recognised as a Centenary Field in November.

Cllr Puddifoot, said: "This event reminded us of the courageous men who fought in the Great War but the dedication also offers a lasting legacy to all of our local heroes and ensures that their actions are remembered for generations to come."

New children's play facilities installed and more on the way

Three playgrounds in the borough reopened on Wednesday 20 February following refurbishment works totalling £259,000 funded by the council's Chrysalis programme.

The Mayor of Hillingdon, Cllr John Morgan joined residents at reopening ceremonies at Greenway Open Space, Hayes; Warrender Park, Eastcote; and Hill End, Harefield.

All of the play equipment at Greenway Open Space has been replaced with two large multi-play units.

The footprint area at Warrender Park was retained but all play

equipment was replaced. Facilities include a large multi-play unit, a wheelchair accessible roundabout, falling star, snake and duo springers, cradle and junior swings, talking tubes, play panels and a tango seat

swing for children with mobility difficulties. A zip wire was also installed.

Following consultation with residents, it was decided to build most of the new playground at Hill End in timber to blend

in with the rural setting. The site now includes cradle and junior swings, a see-saw, pick up sticks climbing unit, a junior multi-play unit, tic-tac-toe play panel, wheelchair accessible roundabout and a picnic table.

Soft safer surfacing was also installed across all three sites.

The council has committed to refurbishing an additional 14 playgrounds across Hillingdon in the next three years.

To find out more and nominate a future project in your neighbourhood visit www.hillingdon.gov.uk/chrysalis.



FAMILY FUN
Enjoying the new swings at Warrender Park



AWARD ON TOUR
The trophy is touring primary schools (pictured here with Cranford Park)

Young people's chance to represent Hillingdon

The London Youth Games will once again take place this summer, and young people in Hillingdon aged between 11 and 17 can now register to take part.

Training and trials for the majority of sports start in March, and individuals and teams selected from these will get the opportunity to compete for the borough.

Last year, 1,321 young people and 53 teams in Hillingdon took part, with the borough finishing in tenth place and top in west London.

Hillingdon also won the 'Respect the Games' award. Each team in the London Youth Games and the London School Games are given a form to nominate

another borough for the award, which recognises fairness, ambition, inclusion and respect. Hillingdon gained the most votes in 2018 and was the first borough to achieve it.

To see what sports are available in the Youth Games, the venues and local clubs you need to contact to register, and the training and trial dates, visit www.hillingdon.gov.uk/youthgames.

The council coordinates and organises entrants in the Youth Games with clubs and coaches. Whereas the School Games are organised by the School Sports Network and entrants are coordinated individually by schools.

Funding for theatre group

A cheque for £8,000 was presented to the Beck Youth Theatre on Thursday 13 December.

The independent theatre company has 90 young members, 90 per cent of whom are Hillingdon residents.

Cllr David Simmonds, Cabinet Member for Education and Children's

Services, said: "This group provides some of our young people with tuition in drama and performing arts, allowing them to learn new skills, be creative, and socialise. This donation will enable them to continue to offer this specialised coaching and allow more children to benefit from the learning opportunities they provide."



FANTASTIC FUNDING
Cllrs Simmonds, Lewis and O'Brien, Theatre Chairman Damian Sandys and Treasurer Helen Hall with members

Where to get help with rats

The council is reminding residents of the help available for dealing with unwanted rodents.

Property owners are responsible for ensuring their premises are free from infestation wherever possible.

All homeowners aged 65 or over are eligible for free rat and mice treatment, and there are subsidised rates for council tenants and leaseholders. The service is provided for the council by Dial A Pest, which also deals with other infestations, such as wasps, cockroaches and woodworm.

Residents who don't qualify for free or concessionary rates are not required to go through the council to book pest control services, and anyone who rents privately is urged to contact their landlord if they notice a rat problem.

In cases where landlords or private owners do not effectively deal with rats on their property,

residents are advised to contact the council's anti-social behaviour team, who will consider taking enforcement action. The team can be contacted via 01895 250111.

An infestation of mice or rats should not be ignored because diseases from rodents can be passed to humans, leading to serious illness. Rodents can also cause structural damage to properties.

To reduce the likelihood of an infestation, it is important to keep outdoor spaces free from rubbish, ensure that rubbish is properly stored in bins, and only leave rubbish bags out on waste collection days.

Although rodents are usually active at night, they often leave telltale droppings, gnaw marks, tracks, burrows or nests.

For more information, or to report rodents or book a visit by Dial A Pest, visit www.hillingdon.gov.uk/ratsandmice.

Budding artists invited to design this year's Starborgs



We are calling on residents of all ages with artistic talent to design Starborgs for this year's Summer Reading Challenge.

The annual initiative, which aims to keep children reading throughout the school summer holidays, will return to all 17 of the borough's libraries on Saturday 6 July and run until mid September.

Each year, the libraries give away thousands of unique top trumps-style cards - known as Starborgs - to children as part of the challenge.

The cards, which are created by the council, feature an array of colourful animal characters and are

a hugely popular reward for borrowing books.

The Starborgs must be colourful, based on animals and have some special super powers - preferably space related to tie in with this year's theme. Participants are also encouraged to check out the current Starborgs for ideas at www.hillingdon.gov.uk/starborgs.

Designs can be hand-drawn or digital but must be submitted electronically via email to summerreadingchallenge@hillingdon.gov.uk by Wednesday 1 May.

The best Starborgs will be chosen to be part of the new pack of 20 cards.



PREVIOUS TASTER
Residents enjoy practising with the Cavaliers basketball team

Sports Taster Fortnight returns

Clubs across the borough will once again open their doors to offer a fortnight filled with free seasonal sports.

From Monday 25 March to Sunday 7 April, residents of all abilities can enjoy one and two hour sessions of team and individual sports, including BMX, basketball, swimming, martial arts, judo, fencing and tennis. Outdoor gym classes and chairgym will also be held across the borough.

Last autumn, 25 clubs supported our first Sports Taster Fortnight, delivering more than 150 individual sessions between them. From martial arts and

squash, to masters (lane) swimming and nordic skiing, activities proved popular among residents.

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "We hope that these sessions give residents the opportunity and confidence to try a new sport. You don't need previous experience and you may even enjoy a sport so much that you decide to join a club. The important thing is to have a go and have fun."

To find out more, visit www.hillingdon.gov.uk/sporttaster.

Emergency help at home at the press of a button

The council's TeleCareLine service enables more than 5,000 Hillingdon residents to live independently in their own homes.

Its 24-hour monitoring and alert system helps people to feel safe and supported on a day-to-day basis and in an emergency. It also provides them, their carers, friends and family with daily peace of mind.

The system works by linking alarms, sensors and equipment in your home to an adviser in the TeleCareLine monitoring centre, which is staffed 24 hours a day, every day of the year.

One of the system's simplest and most popular devices is a personal alarm, which consists of a button and is often in the form of a pendant worn around the neck or on the wrist. Sensors and detectors can be used and include bed occupancy sensors, fall detectors and property exit sensors. GPS technology is also available, which can help locate a person who has walked out of their home and may become lost or vulnerable.

All alarms and sensors are linked to a lifeline unit, which is installed in the home and linked to the telephone system, and when pressed or triggered a signal is sent from the house to the monitoring centre, via the telephone system. When a call is received at the centre, trained officers will speak with the resident through the lifeline unit to ascertain the nature of the emergency and take steps to support them.

If the officer is unable to speak with them, they will call a friend or family member (a named responder) or the mobile response service. The mobile response service is a team of dedicated carers who are on standby 24 hours a day and will carry out a welfare check if an alarm or sensor is triggered. In an emergency, the monitoring centre officer will call the ambulance, fire brigade and/or police, as appropriate.



There are four different services available, with a monthly cost ranging from £4.91 to £52, depending on the level of support needed. All four services are free to Hillingdon residents who are aged 75 and over. Everyone signed up to TeleCareLine will have a screening assessment and anyone requiring the level three or four service will require a social care assessment to determine the appropriate sensors for their needs.

One Hillingdon resident, who is 87 and lives by herself, applied for TeleCareLine last July after she had a stroke, which affected her mobility and increased her risk of having a fall. A lifeline unit, smoke detector and bogus caller button was installed, and she was provided with a neck pendant and given a demonstration on how to use the equipment. Just two months after the system was fitted, she had a fall in the garden. She suffered an injury and heavy

bleeding to her face and nose and raised an alert using her pendant. The control centre called an ambulance and contacted her son. She was taken to the hospital for further treatment and was discharged the same day.

She said: "My family had been encouraging me for some time to get the system and I was always reluctant. Now, I'm so grateful for TeleCareLine - as is my son. He says the service is brilliant. I don't know how I would have managed without it."

Leader of the Council, Cllr Ray Puiddifoot, said: "TeleCareLine continues to be a valuable support service for our residents wanting to live independently in their own homes. It reduces stress and worry for friends and family, and it gives carers more opportunities to pursue their own interests and take time for themselves."



For more information or to request an assessment, visit www.hillingdon.gov.uk/telecareline or call 01895 556633

Delivering the services you value

The council approved its budget for 2019/20 at its meeting on Thursday 21 February, confirming that Hillingdon will not levy a social care precept and that council tax will once again be frozen for over-65s.

Council tax for other residents will be increased at a maximum of 90 per cent of what our three neighbouring London boroughs (Ealing, Harrow and Hounslow) increased their tax by in 2018/19. The 2.40 per cent increase is around 51p a week for a Band D property and is the lowest rise of all London boroughs. The council is also continuing to benchmark fees and charges, including parking, which will once again be frozen for residents at 90 per cent of what our neighbouring authorities are charging.

The budget included:

- £188,000 to support 24 hours a day, seven days a week CCTV operating hours
- £100,000 increase in support for the local voluntary sector
- Significant funding to maintain local highways of £8 million per year
- £250,000 investment in services at Ruislip Lido
- £32 million funding for a new swimming pool in the Yiewsley/ West Drayton area
- £6 million for boroughwide library and leisure centre refurbishment programmes
- £440,000 additional funding for the ward budget initiative
- £140,000 for a dedicated prosecution unit to target fly-tippers
- £60,000 to tackle domestic violence

Leader of the Council, Cllr Ray Puddifoot, said: "We have a record of strong financial management, and despite significant reductions in funding from central government, we were able to ensure no rises in council tax for a decade (13 years now for over-65s). However, with a population rising at both ends of the spectrum, the council is seeing an increase in demand for central services, so a small rise in council tax for other residents is now needed to contribute an additional £2.7 million a year towards maintaining services and care for those who need our help."

Budget in numbers

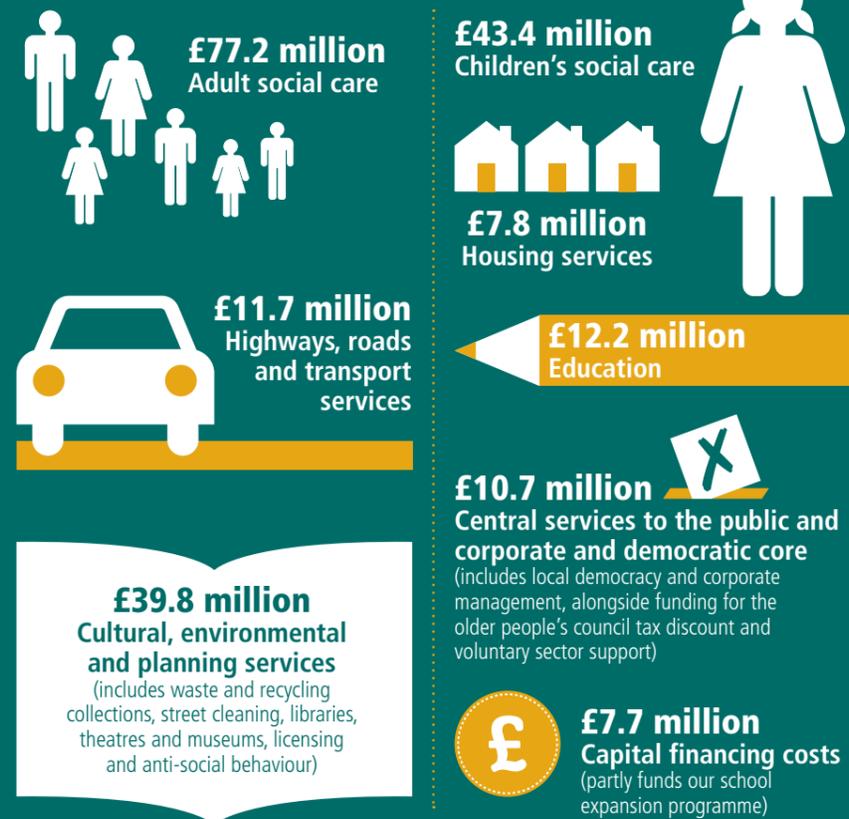
The council delivers nearly 800 services. These are funded through a combination of grants from central government, a share of local business rates and your council tax.



In 2019/20:

- council tax (50 per cent)
- business rates (28 per cent)
- central government grants (19 per cent)
- reserves (3 per cent)

In 2019/20 your council tax will fund...



For details on council tax and how to pay, visit www.hillingdon.gov.uk/counciltax

Can you care for someone?

Hillingdon Shared Lives is a care scheme that supports adults with learning disabilities, mental health problems or other needs that make it difficult for them to live on their own.

The scheme, which is run by the council, carefully matches someone who needs care with an approved carer. The person comes to live with their carer in their home, and they're provided with a family life and the support and care they need. This can be a temporary or a permanent arrangement. Sharing a home, family and community life with a person in need of care allows for a genuine friendship and bond to develop. In time, the person in need of care should feel part of the family and the local community.

Bibi Kureembokus has been a Shared Lives carer for more than 15 years. She, her husband and one of her two daughters, share their home in Cowley with Jenny who has learning difficulties and David who has a mental health condition. **Jenny**, who is 73 years young and always full of laughter has lived with Bibi in her home for 15 years. **David**, 63, originally came to live with Bibi and her family on a temporary, respite basis, but has now been a permanent member of the family home for three years. Bibi says, "I originally enquired about Shared Lives because two of my aunts had done it. I'd also been a district nurse for 30 years, so I suppose caring is in the genes!" New potential carers have to be registered and carefully vetted before they can join the scheme. Just as important is a chance for the cared-for person to visit their new potential home and family to ensure they're comfortable and that they're a good match. Bibi says: "When Jenny first came to visit us she had a good look around, asked us lots of questions and we had a good long chat over coffee. My children were much younger then, and Jenny really liked having children around the home. They loved having her around too and have grown up with her. They



SHARED LIVES
Bibi (centre) relaxes with David and Jenny

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Thanks to carers like Bibi, people who find it difficult or impossible to live on their own, have the opportunity to live well and enjoy the experience of living in an ordinary home with people who choose each other. Of course we always need more carers who have the space in their homes - and their hearts - to help people like Jenny and David. Ideally they should have access to a ground floor bedroom and bathroom."

soon came to see her as another grandmother. Jenny is definitely part of the family; she even writes regular letters to my brother in Dubai!"

Many years later David came to stay with Bibi and her family temporarily. Bibi says: "Right from the start we loved having David with us. When we learnt David was in need of a permanent home, it was my children who asked if he could stay with us. David had spent a lot of his life in residential care homes, and we were delighted when he said he wanted to live with us. He's now been with us for three years, and it's great to see him feeling safe and secure as part of our family."

Shared Lives carers are paid to support someone living with them long term. The amount paid depends on how many people are supported and what sort of support needs each person has. Her Majesty's Revenue and Customs treats the income from Shared Lives in a

similar way to that of foster carers and has agreed a beneficial tax arrangement for Shared Lives carers.

Bibi says she would recommend the Shared Lives scheme to anyone considering caring. She said: "It's incredibly rewarding and a life-enriching experience knowing you're making a real difference to someone's quality of life. It's a joy to see Jenny and David doing so well. They give so much back too, with fun, laughter and becoming part of the family. If you think you have the capacity to be a Shared Lives carer I'd highly recommend it to you; it's probably one of the most rewarding things you could ever do."

If you are interested in becoming a Shared Lives carer and would like more information email hillingtonsharedlives@hillington.gov.uk or visit www.hillingdon.gov.uk/hsls

Local community projects help improve our borough

Last year, the council's ward budget scheme provided funding for 39 different projects to make improvements or fund initiatives that are important to residents.

The scheme gave each of Hillingdon's 22 wards its own budget to spend on community events, activities for uniformed groups, repairs and renewals of facilities, new street furniture and more. A total of £38,000 funded a variety of initiatives, including new equipment and furniture, such as new gates at 7th Hillingdon Air Scouts' hut in Pole Hill Park (Hillingdon), new chairs at Crane Community Centre (Hayes), a table tennis table for the youth group at St Paul's Church (Ruislip Manor), noticeboards in Elephant Park (Hillingdon) and Knights Garden (Hayes End).

Ruislip Baptist Church used funding to buy special equipment for Cafe Connect – their daytime drop-in cafe, which is open most Monday mornings and provides approximately 70 elderly and disabled residents with fun quizzes and entertainment.

Helen Yarrow, Outreach Resource Coordinator, said: "The grant has paid for two height adjustable tables, and guests who are wheelchair users are now able to take part in craft and painting activities without straining or

leaning over their chair, which would cause discomfort and pain. It is wonderful that we are able to meet the needs of members of our community in such a practical way."

The scheme also supported events and activities throughout the year for Connaught Residents Association, Oak Farm Residents Association, Hillingdon Asian Women's Group, Yiewsley Library, Northwood Live at Home Scheme, and other groups.

Hillingdon DADS Carers Support Group, which brings together and supports disabled children and their families, worked with the charity Anna Kennedy Online to hold a summer fun day in August and their second annual Santa's grotto and Christmas market in December at Oakwood School, Hillingdon.

Kevin Bugler, Chair and Founder of the group, said: "The grant helped us organise two fantastic days for children with disabilities, their siblings and their carers. Both events were a success and received brilliant feedback. One carer who came to the summer fun day said it was the first time ever that her son, who has autism spectrum disorder and is partially sighted, managed to ride a bike."



CAFE CONNECT
Guest Gina (right) enjoying a painting session, run by volunteer Pauline (left)

Tamil Community Centre (Hayes) organised computer training and day trips to temples and London. In Elm Avenue (Eastcote), funding was allocated for six new trees to be planted and a new bench was installed at the junction of Long Lane and Parkway. Rainbows and Brownies in Hayes and South Ruislip benefited from new handbooks, badge books, badges and learning materials.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Our ward budget scheme has enabled councillors to support groups across Hillingdon to invest in improvements that mean something to them. These projects have helped improve our local community and make our borough one to be proud of."

For more information on the council's ward budget scheme and how to apply for funding, visit www.hillingdon.gov.uk/wardbudgets



More places created at Hillingdon's schools

Works to extend Warrender Primary School in Ruislip have been completed, helping to ensure that Hillingdon continues to provide enough high quality school places for local children.

The school has been expanded to offer an additional 210 places (30 per year group). A brand new two-storey building accommodates eight new classrooms, ICT suite, library, design technology room, group spaces, a staff and administration space and toilets. The existing staff room and hall have been altered to enlarge the hall space and create a kitchen and servery area.

The car park has also been reorganised to increase capacity. Other external works include remodelling of pathways leading to the main entrance, and the installation of a new multi-use games area and a sports pitch are underway.

The work is part of the council's ambitious £260 million primary and secondary school building and expansion programme - one of the largest in London - to meet demand for school places in the borough as the local population continues to grow.

Headteacher, Mr Smith, said: "We are incredibly proud of Warrender School, the children and our place in the community. Generations of some families have attended Warrender and we want to ensure our school's unique, family feel is preserved. So we will not double in size overnight, but will phase in the extra admissions over seven years as each group of new children enters Reception."

"As a very popular, regularly over-subscribed school our governing body felt the council's intention to expand the school was a justifiable and viable decision that would enable us to support even more children in our community. As such we have supported discussions since we were first approached back in 2015."

The school will admit 60 pupils into Reception classes this September, and then each year so the total roll will gradually increase to 420, compared with the 210 it can take now, in addition to nursery places.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "The number of children needing school places in the borough has grown, mainly due to an increase in birth rates. Our sound financial planning has enabled us to meet this demand by delivering 6,682 new primary school places since 2011. These places are spread across Hillingdon's many 'good' and 'outstanding' schools where high quality educational facilities are giving our young people the best possible start in life."

For more information on the council's school building and expansion programme visit www.hillingdon.gov.uk/sip



SUNNY STORIES
Summer picnic storytelling at Yiewsley Library

A YEAR IN THE LIFE OF THE BATTLE OF BRITAIN BUNKER EXHIBITION AND VISITOR CENTRE

More than 24,000 people have toured our impressive 2,000 square metre exhibition and visitor centre in Uxbridge, since its official opening a year ago in March 2018. The museum's exhibits, regular tours to the underground bunker and special events continue to attract local residents and visitors from across the country.



Feedback from people who have visited has been overwhelmingly positive.

Chris Locke, from Maidenhead, said: "The tour guide at the exhibition gave an excellent and interesting presentation. Well done to all the staff at the bunker."

Fraser Bishop, from Hillingdon, attended the Remembrance Sunday service and visited the centre in November. He said: "The service was lovely, very personal and powerful. We thoroughly enjoyed the tour and the talk from the Blue Cross – and we will no doubt be back."

Charlotte Zittel, who works at Brunel University, organised a training day at the bunker for colleagues. She said: "The venue is superb and the sandwiches were a 'cut above'. We had a really productive day and could not have asked for better facilities or a warmer welcome from the team. We will not hesitate to recommend the centre to others."

Interactive displays allow customers to trace the development of the UK's innovative air defence system and explore the bunker's role during the Battle of Britain and beyond. The original and one-of-a-kind plotting table map is replicated with a 360 degree touch screen experience for those unable to descend the 76 steps to the 'top secret' bunker, which lies 18 metres underground. First-hand recollections from Battle of Britain pilots, plotters and controllers tell the story of what it was really like to plan, coordinate and fight the world's first entirely aerial battle.

This historic site, where the new exhibition and visitor centre now stands, was built just months before the outbreak of World War Two in 1939. It went on to be the secret heart of Britain's wartime defence, was vital in directing RAF operations and was visited by both Winston Churchill and King George VI in 1940.

Today, the bunker visitor centre boasts a 95-seat auditorium with state-of-the-art cinema facilities. It also offers a variety of attractive and adaptable spaces for private hire and corporate events for 20 to 200 people and private tours of the bunker are available for up to 50 people.

The exhibition and visitor centre is open seven days a week, 10am to 4pm (with last admission at 3.30pm).

Find us on Wren Avenue, Uxbridge, UB10 0RN (or use postcode UB10 0BE if travelling by car and using a satnav).



SPECIAL EVENTS AND ACTIVITIES FOR ALL

Events during the last 12 months have included centenary celebrations of the Royal Air Force, Battle of Britain Day, the 100th anniversary of the end of World War One, and Father's Day and Easter holiday activities, with many more activities and celebrations planned this year.

From Thursday 6 to Sunday 9 June, we will commemorate the 75th anniversary of the Normandy landings, and learn more about the role of No.11 Group Fighter Command. This four-day event will include an interactive art display, specialist lectures and a film screening. Special events will continue in September to mark Battle of Britain Day and in November to observe Remembrance Day. For details of all upcoming events and activities, visit the bunker website.

Leader of the Council, Cllr Ray Puddifoot, said: "I am delighted that our efforts and investment to keep this national treasure open for future generations has been enjoyed by so many visitors in its opening year. There is more to come for everyone to enjoy and, best of all, our residents can enjoy free entry with their HillingdonFirst card."

For more information and to plan your day at the Battle of Britain Bunker Exhibition and Visitor Centre, visit www.battleofbritainbunker.co.uk or call 01895 238154



How your recycling efforts can protect our environment

The council is committed to recycling as much of the borough's waste as possible by providing residents with free, easy-to-use, weekly collections.

Thanks to your efforts, Hillingdon has been one of the top five London boroughs for recycling for five years running. With the help of every resident we want to do better, and increase the amounts that the borough recycles. Where you can, we'd encourage you to reuse items before recycling, all you need to do is make some small changes to your daily routine to take part, and this can then have a big impact on the environment. Recycling reduces the pollution caused by disposing of waste, as well as saving natural resources, such as timber and minerals. Making new items from raw materials costs much more and uses more energy than those made from recycled products. For every item recycled, the council also saves money, which can be spent on delivering other essential services.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said:

"We'd like to thank residents for their continued efforts in recycling and encourage those who aren't taking part to give it a go, as this process is of vital importance in helping to protect the environment now and for generations to come. "We also want to ensure that we are producing high quality recycling across the borough. Contamination can result in whole loads being rejected, which means that unfortunately the efforts of some households may go to waste. If you're unsure about whether you can or can't recycle something check our website - it only takes a couple of minutes and can make a big difference."

What you can recycle

DRY MIXED RECYCLING

Dry mixed recycling should be placed in the clear plastic bags that can be ordered on our website or collected at your local library. Please ensure recycling is rinsed, clean and dry.

YES PLEASE ✓	NO THANKS ✗
Plastic bottles such as drinks bottles, cleaning products, shower products	Crisp packets and biscuit wrappers
Plastic tubs and trays such as yoghurt pots, margarine tubs	Hard plastics, such as coat hangers and plant pots
Drinks cans and food tins	Polystyrene containers
Aluminium baking foil and trays	Nappies
Empty aerosol cans	Coated paper, such as those with foil and glitter
Plastic carrier bags	Light bulbs
Cardboard including flattened packaging boxes and egg boxes	Drinking glasses, vases and Pyrex
Paper (including shredded paper), magazines and newspapers	Perfume and nail varnish bottles
Plain wrapping paper without sellotape, foil or glitter	Ceramics, such as mugs and plates
Tetra Paks (cartons)	Corks
Glass bottles and jars	Anything with glitter
Triggers from household cleaners	Bubble wrap and sticky labels



Please put these in your general black rubbish bag

Items that are incorrectly placed in the clear plastic bag can render a whole load of recycling as contaminated and may cause materials to be diverted into general waste. Items that commonly cause contamination include nappies, computer printers and even full jars of food.

FOOD WASTE



Food waste makes up approximately 30 per cent of the general rubbish collected in the borough. Instead of throwing this away you can participate in our easy-to-use food waste recycling service. This is collected each week and recycled into compost and fertiliser right here in Hillingdon at a specialist site in Harefield. This is then distributed to farms within 100 miles of Harefield.

- To participate, all you need to do is register online and you will receive the following free of charge:
- A small kitchen caddy to use inside your property to collect your food waste
 - A roll of 52 caddy liners to place inside the caddy
 - A larger external food storage bin with self locking lid, to store full bags from the kitchen caddy

YES PLEASE ✓

Raw and cooked fish and meat, including skin and bones	Fruit and vegetable peelings
All food leftovers and plate scrapings	Pet food
Dairy and eggshells	Kitchen roll
Teabags and coffee grounds	

NO THANKS ✗

Packaging of any kind	Cardboard
Animal bedding or litter	Liquids and oils

TEXTILE RECYCLING



Clothes and textiles - even old underwear, damaged clothing and faded curtains - that are not suitable to be passed onto someone else can also be recycled and made into new items. We offer a weekly textile recycling service, where residents can put unwanted items into purple bags, which can be ordered on the council website. These are collected on the same day as dry mixed recycling. With 300,000 tonnes of clothes going to waste in the UK each year, it's never been more important to recycle textiles.

YES PLEASE ✓

All items of clothing in a clean condition	Curtains and towels
Handbags	Bed sheets and blankets
Shoes (pairs and tied together)	Soft toys

NO THANKS ✗

Duvets	Pillows
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GARDEN WASTE

Whether you have a small or large garden or just indoor plants, you can also recycle your green waste each week. You can request white canvas bags online to make use of this service. If you want to go one step further and make your own compost, the council also offers residents a free compost bin which can be ordered by calling 01895 556000.

YES PLEASE ✓

Flowers and small plants
Grass cuttings
Hedge clippings
Leaves and prunings
Twigs and branches up to two inches in diameter and two feet long
Weeds

NO THANKS ✗

Soil or compost
Sand or rubble
Plant pots or garden tools



For more information on mixed, food waste, garden waste and textile recycling, and to get more bags or sign up for automatic bag deliveries, visit www.hillingdon.gov.uk/rubbishandrecycling

Upholding standards: out and about with the borough's licensing officers

Raj's Off-licence



The first visit of the day is to Raj's Off-licence in Uxbridge with **Licensing Officer, Steve Dormer**. One of Steve's main aims is to check the store has the necessary measures in place to protect children from the sale of alcohol. Although there's no history

of that being a problem here, Steve says he and his colleagues never really know what to expect when they go into a premises. "If a business is doing what it should to operate within the law, you're going to get a better reaction," he adds.

Any concerns Steve might have had are quickly allayed. The off-licence is displaying its alcohol licence and all the necessary signs to tell young customers they will not be served without identification. In addition, the premises is clean and well laid

out, with cigarettes and spirits safely kept behind the counter.

The man behind the till, Rajit, is confident in licensing related matters, which is something else Steve is looking for. Rajit shows Steve his age refusal register, which stores are required to fill in every time they turn someone away for not having proof of age.

Steve also inspects the CCTV to ensure it is working properly. "All off-licenses must have CCTV in place to protect their staff and the public," says Steve. "We work closely with the police and trading standards on investigations. So CCTV is also important for gathering evidence."

After a quick check to ensure there are no health and safety hazards, Steve is happy to give Raj's Off-licence a clean bill of health until their next visit.

Jennings betting shop

Steve's next stop is Jennings betting shop in Hayes. "With betting shops, we're looking to make sure they're safeguarding residents," said Steve, "which means under-18s are not allowed to place bets and anyone who has a gambling issue can ask not to be served."

Steve doesn't have to look hard to find the reassurance he needs that Jennings is taking its obligations seriously. Terms and conditions are displayed in a prominent place on the wall, the CCTV is working properly and, most importantly, there are leaflets detailing where residents can get help with a gambling problem.

Steve is also confident that the man behind the counter is well-trained

and conducting all the necessary checks, including keeping a refusals log.

"Thankfully, Jennings is doing everything it should to protect residents. But if we find a business that isn't complying with its licence, we work with them to improve," said Steve. "If things don't improve, we can end up reviewing their licence or taking them to court." Ocean Superstore in Hayes was stripped of its licence last year after being caught



selling illegal tobacco and Class C drugs. And in a separate case, Captain Morgans Free House in Eastcote had its opening hours reduced following complaints about noise. Both cases were led by the licensing team.

More than 1,200 local businesses need some form of licence to operate within the law. It is the job of the council's licensing team to administer those licences and check businesses are meeting the standards required to keep residents safe. *Hillingdon People* went along with the team while they carried out a series of unannounced inspections.

Adorn Beauty

Adorn Beauty in Uxbridge is next on the list of visits. **Licensing Officer, Jhini Mukherjee** begins by checking that every employee who performs a beauty treatment is properly licenced for that activity, whether it is treating nails, applying a facial or giving a massage. She then inspects the premises to ensure it is safe for residents and staff, paying particular attention to the cleanliness of waxing pots, treatment beds and linen.

"We have codes of practice for each of the three treatments that Adorn is licenced for," said Jhini, "and I'm pleased to say that everything is

up to our usual high standards."

Ketan Shingala, owner of Adorn Beauty, is understandably pleased with Jhini's assessment.

He is also complimentary about the council's process for renewing staff licences. "We have a lot of paperwork to submit to the council every year," he says, "but it's quite a smooth process now because

we can do it all online. And if the licensing team wants to know more they come back to us by email."



Millers Tap pub



The final inspection of the day is with **Steph Waterford, Licensing Manager**. She is meeting the supervisor of the newly refurbished Millers Tap pub in Uxbridge to make sure the venue is complying with recent changes to its licence. "As part

of the rebrand, the pub has installed some self-serve beer taps and we have some concerns about how staff are going to prevent irresponsible drinking," says Steph.

The **pub manager, David Hogg**, reassures Steph that the taps are monitored by CCTV and staff are trained not to serve drunk customers. Steph is also satisfied the pub sticks to its opening hours and has a policy in place for stopping patrons loitering on the street at closing time. A quick check of the CCTV concludes a successful day of activity.

The team handles licensing for a variety of other businesses, ranging from pet shops, animal daycare and beauty treatments, to street traders, wedding venues and sports grounds. They also investigate complaints from residents about licensed premises, taking action where required.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "The team visits a variety of places but the objective is always the same, both for the council as a licensing authority and for the businesses we're inspecting. All of us want a thriving economy, but we want that to happen in a safe, regulated way, ensuring high standards are maintained throughout the borough and residents are protected."

For more information about their work visit www.hillingdon.gov.uk/licensing



Serving up a brand new tennis programme

We are carrying out improvement works at some of the borough's tennis courts and from this Easter, we are offering free lessons for you to learn or improve your skills.

Tennis is a fun sport and can be played as a recreational activity with friends and family. It can help to maintain your health, fitness, strength and agility. Health benefits include, providing a whole body cardiovascular workout, strengthening your bones, keeping your body fat down, building muscle strength, and improving balance, flexibility and hand-eye coordination. An hour-long game of singles can burn up to 600 calories for men and 420 for women. In addition to the fitness and physical health benefits, tennis also provides numerous social and mental health benefits.

There are 11 outdoor tennis sites in parks and green spaces across the borough that are free for you to use. Improvement works are taking place during March at three of these. Cavendish Recreation Ground (Field End Road, Ruislip, HA4 9PG) and Hillingdon Court Park (Court Drive/Parkway, Hillingdon, UB10 0BL) which both have four courts and Fasnidge Park (Rockingham Parade, Uxbridge, UB8 2UW) which has two courts, will benefit from restoration which includes a deep clean, tidying, repainting and new nets. Password enabled gating will be installed to provide ease of access via a new online booking system and security for those using the courts. Additionally, the gates will help to maintain standards at the site, and prevent misuse or anti-social behaviour.

Residents will be able to use the refurbished courts, which remain free of charge, by booking at www.hillingdon.gov.uk/tennis. Deep cleaning and repainting of eight sites will also take place during the coming months in time for summer.

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

"We offer a range of free-to-use leisure facilities in our parks and green spaces and the council is committed to maintaining the equipment in the best possible condition for residents to use. As we move into the tennis season, we'd like to encourage more people to play this fun sport. Whether you take up the free coaching session offer, or head down to your nearest court, tennis can offer you a range of health and social benefits."

Free coaching sessions

The council has teamed up with Tennis for Free, a community sports charity, to provide free coach-led sessions from April to residents of all ages to learn or improve skills. There are lessons for parents and children, beginners and proficient young people and adults wanting to further improve skills.

For more information visit www.hillingdon.gov.uk/tennis.

Update from the West Area BCU Superintendent

The new year brings some exciting changes and results, most significantly in crime reduction.

I am proud of what we have achieved with regard to knife enabled crime – we know this is a huge concern for the police and the public. We have been working hard to target those that we know carry knives and also considerably increased our use of the stop and search tactic, engagement at schools and flexing our resources into high crime areas.

In conjunction with the new and improved local authority CCTV, we have launched an Interceptor Unit. Working from Hayes, this new team has high powered vehicles, equipped

to perform interception tactics and deal rapidly with any critical incidents. This launched in January and they have had some outstanding success. You can follow their activity on #OpStallion on Twitter.

Success for your policing teams is enhanced by the willingness of the public to both send and receive important information. To be involved we actively promote the Online Watch Link (OWL) – please register at www.OWL.co.uk/Met to receive up-to-date news on issues that affect your area.

As we now approach the one year point of the Basic Command Unit (BCU), we have seen some significant reductions in crime, we

continue to drive down burglary, in fact Hillingdon has one of the best reductions in the Met.

We will continue to strive to deal with the things that matter most to the public, anti-social behaviour is a key measure of success and incidents are falling. We achieve everything because of strong partnership relationships and a community committed to making Hillingdon the safest London borough.



Gary Taylor

Cervical cancer: The most common cancer in women aged under 35



NHS Hillingdon CCG with Nirankari Bhawan Temple

All women aged 25 to 64, who are registered with a Hillingdon GP, are invited for cervical screening.

Cervical screening (also known as the smear test) is a five minute test to detect abnormalities that can be treated to prevent cancer developing. Being tested regularly (every three to five years) provides a high degree of protection against developing cervical cancer.

NHS colleagues have been visiting local communities across the borough, providing information on how women can access the test through their local GP practice.

Screening tests are usually carried out by a female nurse or GP and appointments are available in the evening and at the weekend across Hillingdon. Ask your GP practice for more details.

A cervical screening lasts five minutes but the impact of cervical cancer can last a lifetime.

For more information visit NHS Hillingdon Clinical Commissioning Group on Facebook, @Hillingdon_CCG on Twitter and HillingdonCCG on Instagram.

Celebrate your special day with us

The Four Seasons Room at Hillingdon Register Office is an ideal venue for weddings, renewal of vows and baby naming ceremonies.

The room can accommodate 50 people and offers a unique setting with audio-visual facilities and marriage arch in the courtyard, which is a perfect background for photographs.



To find out more visit www.hillingdon.gov.uk/fourseasonsroom or call 01895 250418



www.hillingdon.gov.uk/weddings

FREE EVENT

LandlordForum

Are you a landlord? Would you like to learn more about important issues and upcoming changes affecting the private rented sector?

Come along to our free Landlord Forum on Wednesday 3 April, 6.30pm to 8.30pm, at the Civic Centre, Uxbridge, UB8 1UW

This is an opportunity for landlords, agents and housing industry professionals to share their experiences of letting accommodation in the borough of Hillingdon, find out about the council's letting schemes and discuss the latest changes in legislation.

Register online to attend www.hillingdon.gov.uk/landlordforum



www.hillingdon.gov.uk

THE BATTLE OF BRITAIN BUNKER



LOOKING FOR A UNIQUE MEETING OR PARTY VENUE?

Then choose the Battle of Britain Bunker for any event need. Whether an evening party for up to 200 people, or a meeting room for 20 or more, we have something to suit every occasion, including a 90-seat auditorium, offering state-of-the-art facilities in a breathtaking building.

Find out more: battleofbritainbunker.co.uk/venue_hire
bunker@hillingsdon.gov.uk
 01895 238154



Rural Activities Garden Centre
 West Drayton Road, Hillingdon, UB8 3JZ

Good value, great choice, friendly staff

- Bedding plants
- Shrubs
- Seasonal vegetables
- Craft gifts
- Tea room

Open every day from 9am to 4pm




www.hillingdon.gov.uk/RAGC

Get involved in your local flood risk project

Volunteers are invited to help the council with a new environmental improvement project, and a flood alert system is set to be trialled in Ruislip.

In December, the council won a Greener City Fund grant to assist with flood risk preparation in Hillingdon. The grant funding of £40,000 was awarded by the Greater London Authority and will help to develop more diversity within the environment at Elephant Park, Hillingdon East, near the A40. From March, the council will work with contracted partners to create a wetland habitat and provide access to previously inaccessible areas, as well as helping to reduce the flood risk to nearby residents by dispersing water. Residents can volunteer to help with tasks, which will include the creation of new habitats and planting of wetland areas in new ditches and ponds, as well as various community days. Work at the site is due to be completed by 2020. We have undertaken several similar projects since 2014 to reduce flood risk and improve Hillingdon's environment. They included the creation of three new ponds at Pinn Meadows, the Polish Air Force Memorial Garden and Cranford Park; the restoration and reconnection of an old meander in Yeading Brook at Stafford Road Open Space; and the creation of three new backwaters at Eastcote House Gardens and

Stafford Road Open Space. These new wetlands provided additional space to route water away from residential areas. New ponds and backwaters also provided a new habitat for amphibians and water invertebrates, improving the overall biodiversity of the green spaces. Additionally, the Park Woods Natural Flood Management Project, run by the council in Ruislip Woods, is trialling an alert system, with support from Affinity Water, which will warn nearby residents of any potential flood risk. From December, visitors may have seen the small box alert system installed on the edge of the woods which contains SIM card technology to measure water levels. The next stage of the project will see a website developed for residents to view key information about local water levels and register for alerts so they can be notified when water is building up in the woods and posing a risk to their homes and gardens. An ecological survey of the woods will also begin in spring to capture what spring plants grow in the 726-acre ancient woodland. The data will be analysed by a PhD student working on a partnership project with the council and charity, Thames 21.



Stafford Road Open Space



Pinn Meadows



Elephant Park



STAFFORD ROAD OPEN SPACE
 Group effort restores and reconnects meander

Cllr Jonathan Bianco, Cabinet Member of Finance, Property and Business Services, said: "These projects bring valuable funds and expertise to the council and we are grateful for the support provided by national agencies. It means that we can work in partnership to alleviate flood risk, and help residents to be more informed and take appropriate action at the right time."

To register your interest in volunteering at Elephant Park or at another of our environmental projects, or for more information, contact Dragana by emailing dknezevic@hillingsdon.gov.uk. For more information on flooding visit www.hillingdon.gov.uk/flooding

Men's Shed Hillingdon

Men's Shed Hillingdon provides a place for men aged over 18 to meet, socialise and enjoy practical and creative activities.

The Shed is a space where you can put your skills to use or learn from those around you.

Sheds are located at the following places:

Rural Activities Garden Centre, West Drayton
Wednesdays, 1.30pm to 4pm
Main focus is woodwork.

Harefield Library
Mondays, 1.30pm to 3.30pm
Activities include model making, repairs and creative projects.



For more information or to arrange a visit to a Shed, email @ jheggie@hillington.gov.uk or call 01895 277151.

www.hillingdon.gov.uk/mens-shed



FREE training sessions at our outdoor gyms

Following the success of our free demonstration sessions, we are now running free training sessions at the following sites:

Hill Lane, Ruislip, HA4 7JJ
Wednesday 10 April, 5.15pm

Rockingham Park, Uxbridge, UB8 2UW
Tuesday 7 May, 5.35pm

Hillingdon Court Park, UB10 9JX
Tuesday 9 April, 5.30pm

Shenley Park, Ruislip Manor, HA4 6BX
Wednesday 10 April, 4pm

Park Road Green, Hayes End, UB4 8JL
Wednesday 8 May, 4.30pm

Swakeleys Park, Ickenham, UB10 8SH
Monday 8 April, 4.30pm

Pole Hill Park, Uxbridge, UB10 9HH
Monday 1 April, 4.45pm

Warren Park, Yeading, UB4 0XE
Thursday 9 May, 2pm

Yiewsley Recreation Ground, UB7 7BE
Wednesday 8 May, 3pm



We have more than 30 induction sessions also available and we recommend you attend one of these first.

All sessions last 45 minutes and are open to over-18s.

For more information, including dates and booking details, visit www.hillingdon.gov.uk/outdoorgyms, email @ sportandphysicalactivity@hillington.gov.uk or call 01895 250453.

www.hillingdon.gov.uk



A 'wheelie' great opportunity

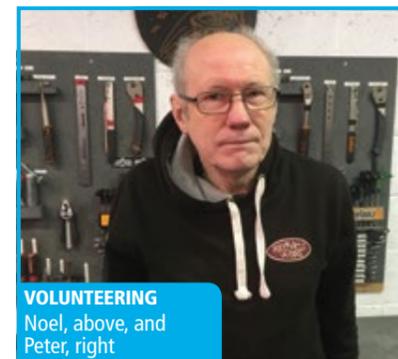
Recycle-a-Bike is a small, independent not-for-profit organisation in Uxbridge that provides affordable bike services to the local community. It offers work experience to people who suffer with mental health illnesses and helps to reduce the number of unwanted bikes that end up in landfill.

Its busy workshop in Fasnidge Park is open six days a week and has been running since 2007. Recycle-a-Bike deals with everything from servicing and repairs, to selling bikes, spares and accessories (both used and new). Every penny that it makes is reinvested in the shop and pays for training for volunteers.

The group receives funding from the council and is run by two full-time employees and a core group of seven volunteers, with support from an additional 10 to 20 people who help throughout the year. The hardworking and dedicated team is made up of people from all walks of life – those who love cycling and bikes, local residents, ex-engineers and those who want to give something back to the community.

Volunteers are provided with support and training to develop their work skills, build their confidence and improve their chances of employment. They are taught about the components and mechanics of a bike, learn about the industry and receive training in building and repairing bikes.

Noel Coupe, 63, from Hayes, has been volunteering in the Recycle-a-Bike workshop and cafe



VOLUNTEERING
Noel, above, and Peter, right



for 10 years. He lives with delusional schizophrenia, which affects his memory and reliability in doing tasks.

Noel explains: "I wanted to volunteer because I like bikes, practical work and have a background in engineering. I like being busy and volunteering helps my daily structure and routine. I would definitely recommend it to others."

Peter Toovey, 46, from Yiewsley, is affected by depression and anxiety, which he takes daily medication for. Some months, he can have bad days; sometimes he's okay for a few years. He decided to start volunteering nine years ago to keep himself busy and learn new skills that would help him get back into employment.

He said: "Through the scheme, I've met new people, gained my Cytech Level 2 Cycle Mechanic qualification, built up my confidence and got a paid job with Halfords for three years. As well as volunteering at Recycle-a-Bike in Uxbridge, I'm now working as a full-time cycle mechanic in the new workshop in Brentford." Watch a video of Peter's story online at vimeo.com/62035762.

More volunteers are needed to interact with customers and work on bikes in the workshop. The Rusty Bike Cafe, which is neighbour to Recycle-a-Bike and also run by volunteers, welcomes help with serving teas, coffees, cakes and light refreshments.



Whether you'd like to volunteer, get an old bike repaired or serviced, donate an unwanted bike or buy a new or restored one, email the team at contactus@recycleabike.co.uk or call 01895 347210. Recycle-a-Bike (UB8 2UW) is open 9am to 5pm Monday to Friday and 9am to 4pm Saturday. Find out more at www.recycleabike.co.uk



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Please mention Hillingdon People when responding to adverts

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Breakspear Crematorium

The council has introduced early morning services at Breakspear Crematorium at a lower rate on Mondays, Tuesdays and Wednesdays at 9.15am (West Chapel) and 9.30am (East Chapel) which will be charged at £330.

Some families have a preference for cremation only with no one attending. This will cover the same times but the cost is further reduced to £315.

Our standard cremation fee applies for all other service times.

We also now offer woodland burials at West Drayton Cemetery. For details visit www.hillingdon.gov.uk/cemeteries.

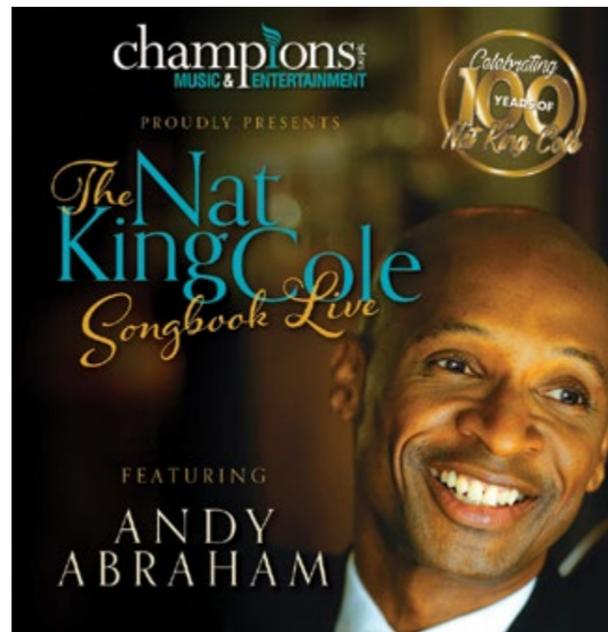
For more information please visit www.hillingdon.gov.uk/breakspearcrematorium or call 01895 556560/1

HILLINGDON LONDON www.hillingdon.gov.uk

The Easter holidays are nearly here and there are lots of events and activities on offer across the borough for families.

HILLINGDON WHAT'S ON?

For more Hillingdon events or to advertise your own, visit www.hillingdon.gov.uk/whatson



Walk Right Back: The Everly Brothers Story
Friday 3 May, 7.30pm
After a phenomenal sellout tour in 2018, Walk Right Back is... back! From the producers of That'll Be The Day, the show tells the story of the most successful duo of all time – The Everly Brothers. Featuring hits such as *Bye Bye Love*, *All I Have To Do Is Dream* and *Cathy's Clown*, this unique concert-based musical entwines the wonderful, sad yet glorious story of The Everly Brothers around those trademark 'harmonies from heaven'.

Cost: £25.50. Concessions £1 off. Groups 8+ one in eight goes free. Premiere Card Holders £21.60.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

of the residents goes missing – apparently on the run from Russian gangsters. The ex-wives decide, with Walter's help, that "He who pays the bills" must be rescued – but how to go about it? What follows is a truly daft journey into the world of eccentric luvvies!

Cost: £9.50. Concessions £7.50 on Thursday only.
Book through HADS Box Office by calling 01895 253346 or emailing janscurr@hotmail.com.
St Mary's Church Hall

Dirty Rotten Scoundrels
Wednesday 29 May to Saturday 1 June, 7.30pm (2.30pm also on the Saturday)
Based on the popular 1988 film starring Michael Caine and Steve Martin, *Dirty Rotten Scoundrels* takes us to the French Riviera for high-jinks and hilarity, as two conmen target a wealthy heiress in a battle of wits. Sophisticated, suave and with a good dash of mischief, plus a delightfully jazzy score that will leave you humming along and tapping your feet.

Cost: £15. Under-16s £13. Concessions £13 on Wednesday 7.30pm and Saturday 2.30pm only.
Book online at www.wos-productions.org.uk or call 07401 116994.
Winston Churchill Theatre

Whodunnit
Wednesday 15 to Saturday 18 May, 7.45pm
Ruislip Dramatic Society presents *Whodunnit* by Anthony Shaffer. Six strangers and a butler have gathered for a black-tie dinner at a wealthy lawyer's mansion. But murder is on the menu from the start in this comedy thriller where no one is who they seem. Filled with larger-than-life Agatha Christie characters, twists and red herrings, it will keep you guessing and laughing till the end!

Cost: £12. Concessions £11 on Wednesday and Thursday only.
Book online at www.hillingdontheatres.uk or call 01895 250615 or 07856 246517.
Compass Theatre

KIDS

Pinocchio
Sunday 31 March, 2pm
Immersion Theatre is thrilled to present a brand new, larger-than-life musical adaptation of the much-loved classic, *Pinocchio*. Based on the fantastical children's book, this magical story leaps off the page and onto the stage in this re-telling of *Pinocchio's* extraordinary adventures. Packed with comedy, audience interaction and a host of new songs guaranteed to have you singing along from start to finish, this high energy musical promises to be the perfect treat for the whole family, no strings attached!

Cost: £14. Under-16s £2 off. Family ticket (four tickets) £46. Groups 8+ one in eight goes free.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

THEATRE

Little Shop of Horrors
Wednesday 27 to Saturday 30 March, 7.30 pm (2.30pm also on the Saturday)
KLOS Musical Theatre is proud to present this fun musical about a man-eating plant! Seymour, a downtrodden assistant at a failing Skid Row florist's, nurtures a strange plant into a huge attraction – but will things get out of hand? Great songs include *Somewhere That's Green* and *Suddenly Seymour*.

Cost: £15. Some concessions £13.
Book online at boxoffice@klosmusicaltheatre.co.uk or call 020 8207 2340 or 07564 692070.
Winston Churchill Theatre

be a spectacular showcase of one man's musical legacy. The show will be a mix of some of Nat's most-loved songs and, always a stickler for keeping his shows interactive, Andy will also include intervals of thought provoking commentary throughout.

Cost: £26. Concessions £1 off. Groups 8+ one in eight goes free. Premiere Card Holders £22.05.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

My Fair Lady
Wednesday 10 to Saturday 13 April, 7.30pm (2.30pm also on Saturday)
The Royal Operatic Society is proud to present *My Fair Lady* – a traditional musical in modern times, adapted from George Bernard Shaw's play and Gabriel Pascal's Motion Picture *Pygmalion*. With Lyrics by Alan Jay Lerner and Music by Frederick Lowe.

Cost: Wednesday all tickets £13. Thursday to Saturday matinée £15. Under-16s and over-65s £13. Saturday evening all tickets £15.
Book online at www.ruislipos.org or call 07905 932366.
Winston Churchill Theatre

The Nat King Cole Songbook Live
Thursday 4 April, 7.30pm
Andy Abraham is known across the country as the runner up of the 2005 series of ITV's *X Factor*. He captured the hearts of the country then and will do so once again as he has masterminded this special new tour. Throughout the year, the Platinum selling recording artist will be bringing the stunning songs of the American jazz icon, Nat King Cole to theatres up and down the country in what is set to

highways england

M4 upgrade to smart motorway Junctions 3 to 12

The M4 is the main strategic route between London, the west of England and Wales. It connects people, communities and businesses, carrying on average 130,000 vehicles per day and is prone to congestion. Highways England will be improving the M4 between junction 3 at Hayes and junction 12 at Theale by upgrading it to a smart motorway. You can find out more about the plans for junctions 3 to 12 at the exhibitions in the table opposite. Highways England and the design and construction teams will be available to discuss the scheme and answer your questions.

Our contact details
Phone: 0300 123 5000
Email: M4J3to12SmartMotorways@highwaysengland.co.uk
Mailing Address: M4 J3-12 Smart Motorway, Highways England, 2 Colmore Square, Birmingham B4 6BN
Project web pages: www.highwaysengland.co.uk/m4j3to12
<https://m4j3to12smartmotorway.commonplace.is>

Venue	Date	Time
Datchet Women's Institute Hall, The Green, Datchet, Berkshire SL3 9EH	Wednesday 13th March 2019	17:00 – 21:00
Slough Aspire, 350 Edinburgh Avenue, Slough SL1 4TU	Friday 15th March 2019	12:00 – 19:00
Cippenham Community Centre, 90 Earls Lane, Slough SL1 5TD	Monday 18th March 2019	16:00 – 20:00
Heathrow Windsor Marriott, Ditton Road, Slough SL3 8PT	Tuesday 19th March 2019	15:00 – 20:00
Langley Pavilion, Langley Road, Slough, SL3 8BS	Wednesday 20th March 2019	16:00 – 20:00
Yiewsley & West Drayton Community Centre, 228 Harmondsworth Road, West Drayton, Middlesex UB7 9JL	Friday 22nd March 2019	17:30 – 20:00
Hayes & Harlington Community Centre, Albert Road, Hayes, Middlesex UB3 4HR	Saturday 23rd March 2019	12:00 – 16:00
Cranford Community College, High Street, Hounslow TW5 9PD	Thursday 28th March 2019	18:00 – 21:00
Iver Village Hall, Grange Way Iver, Buckinghamshire SLO 9NW	Monday 1st April 2019	18:30 – 21:00

GPD18_0125

Beauty and the Beast
Sunday 28 April, 3pm and 7pm
 Belle lives a quiet provincial life in the village of Ooh La La until her father accidentally stumbles across a terrifying Beast and she is taken captive. Now it is up to the Atomic Fairy, the village idiot Wally and his mother Dame Dolly to pit their wits against the evil Enchantress and rescue Belle from the Beast... Bring all of the family along to this special Easter pantomime starring Atomic Kitten, Kerry Katona and Basil Brush.
Cost: £18.50. Concessions £1 off. Groups 8+ one in eight goes free. Family ticket (four tickets) £67. Premiere Members £15.30.

Book online at
www.becktheatre.org.uk
or call the Box Office on 020 8561 8371.
Beck Theatre

Bring Your Own Baby Comedy
Wednesday 8 May, 12pm
 A funny, friendly afternoon of top comedy, and... you can bring your own baby! The show features some of the funniest comedy stars from the circuit and TV. This event is all about you... the parents! But don't worry, we'll also take great care of our younger guests. We provide soft flooring, toys, buggy parking and baby changing, so that your baby is happy and you can relax, have a coffee (or a cheeky G&T if you prefer) and be entertained!

The shows feature a brand new lineup of comedians every month featuring two acts, plus a compere, with a 15-minute interval, lasting approximately 75 minutes.
Cost: £11.50. Groups 6+ £10.35. On the door £13.
Book online at
www.becktheatre.org.uk
or call the Box Office on 020 8561 8371.
Beck Theatre



Stay and Play

Stay and Play
Thursdays, 9.30am to 11am (term-time)
 These fun sessions give children aged between 0 and 5 and parents/carers the opportunity to play together to help support their child's development. Activities are varied and reflective of the Early Years Foundation Stage. Trained staff lead the sessions and can support parents/carers with any questions they may have.
Cost: Free.
For further information contact
Cherry Lane Children's Centre by calling 01895 671984 or emailing
cherrylanec@hillingdon.gov.uk
Sipson Community Centre

Soft Play
Fridays, 9.30am to 11.15am (term-time only)
 Come along to this soft play session, suitable for children aged 0 to 5. Refreshments included.
Cost: £3.
For further information call
Katy Murrum on 07442 534589.
St. Paul's Church Hall

LEISURE

Bridge
Mondays, 1pm to 4pm at 2nd Ickenham Scout Hut
Mondays, 7pm to 10pm, Wednesdays 7pm to 10pm and Thursdays 1pm to 4pm at Hillingdon Community Hall
 Come and play duplicate bridge at either Hillingdon or Ickenham. This is a friendly group, which welcomes new players.
Cost: £1.50/£2 per session, including tea/coffee and biscuits.
For more information visit
www.hillingdonbridgeclub.co.uk
2nd Ickenham Scout Hut and Hillingdon Community Hall

Butterflies Table Top Sale and Community Coffee Morning
Saturday 30 March, 9.30am to 1pm
 A variety of tables selling crafts, gifts, novelties, jewellery, pre-loved items, books, homemade cakes, raffle, tombola and refreshments. Meet friends for coffee and cake. Hire a table for £13, which includes a coffee or tea for you and your helper, and make some money. This month, they are raising funds for Unique - Research into Children's Chromosome Disorders.
Cost: Free admission.
For more information contact
Vera on 01895 635224 or email
ButterfliesIckenham@yahoo.com
Ickenham Village Hall

Hardy Plant Society Middlesex Group - The World Garden at Lullingstone
Monday 1 April, 7.30pm to 9.30pm (doors open at 7pm)
 Renowned horticulturalist and author of *The People's Gardener*, Jim Buttress will share his knowledge of the World Garden, which combines plant heritage with cutting edge horticulture. There will also be plants for sale. The group usually meets on the first Monday of every month. They are a friendly group of experienced gardeners and enthusiastic amateurs who all share an interest in hardy perennials. All are welcome.
Cost: Members free. Visitors £5 (redeemable against membership).
For more information email
hello@hpsmiddlesex.org.uk
or visit
www.hpsmiddlesex.org.uk
Field End Junior School

Ruislip Central Horticultural Society
Tuesday 21 May, 7pm to 9pm
 The owners of Cheney Farmhouse and Garden will give a brief history and outline of the ongoing work to renovate the garden to match the period of the property.
Cost: £3 for members and £5 for visitors.
For more information visit
ruisliphorticultural.org.uk
St Lawrence Church Hall

World Autism Awareness Day
Tuesday 2 April, 11am to 2pm and 6pm to 9pm
 Join Hillingdon Autistic Care and Support (HACS) at their awareness event, where you can visit their 'connect to support' marketplace, featuring local agencies offering services to autistic residents of a variety of ages. The event will also feature speakers, including a live Lego therapy demonstration and is an opportunity to share inspiring stories of local autistic people living in Hillingdon.
For more information visit
www.hacs.org.uk
Middlesex Suite, Civic Centre

EXERCISE

Free tennis at the Great British Tennis Weekend
Saturday 18 May, 10am to 2pm
 Come and join in the free tennis sessions, part of a Lawn Tennis Association (LTA) nationwide initiative (www.lta.org.uk), even if you have never picked up a racquet or have played before. Hillingdon Community Tennis Club welcomes all ages and abilities, children from four years upwards to adults. There is something for everyone both young and old, including adult beginners' sessions; cardio tennis, a fun music-based workout; mini tennis and touch tennis for children. No need to bring your own racquet, as these will be available on the day.
More information is available from the club website
www.hillingdoncommunitytennisclub.com
or by contacting
Tim Blackman, head tennis coach on 07515 488555.
Hillingdon Community Tennis Club at Brunel Sports Park

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
or call 07850 687488.
The Stables, Manor Farm

Northwood Bowling Club Open Day
Sunday 26 May, 1pm
 Northwood Bowling Club has a men's and ladies' club, which have separate bowls programmes in addition to mixed play and social activities. At the open day, you will be able to watch games in progress, meet members and, most importantly, try the game yourself. New members are always welcome and if you have not played before, they arrange coaching sessions so that you can 'try before you buy.' If you cannot make the open day, feel free to look in at any time - there are generally matches in the afternoons during the open season, which starts 27 April.
For more information visit
www.northwoodbowling.co.uk
Northwood Bowling Clubs

Dancing for everyone: Darcey Bussell's Diverse Dance Mix with Alice
Tuesdays, 6.30pm (term-time)
 Dance fitness class consisting of dances from across the globe from the Flamenco to the Haka, choreographed by Darcey Bussell. All ages welcome, bring your children, parents and friends and have fun getting fit!
Cost: £5.
Text or call 07805 360709 to register.
Haydon School Dance Studio

Nordic Warrior
Fridays, 3pm to 4pm
 Spring outdoors for these classes designed to combat the effects of aging. An easy way to improve fitness and mood, sessions include Nordic Walking plus outdoor

exercises suitable for anyone with mobility problems, or those wishing to build up their fitness after a period of inactivity. Both Nordic Walking and 'Exerstrider' stability poles provided to accommodate different levels of dexterity and balance.
Cost: £5 per person per session.
Advance booking essential.
Contact Penny Smith by calling 07771 872592 or emailing
learningmoves@hotmail.co.uk
Ruislip Lido

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
or call 07850 687488.
The Stables, Manor Farm

Running Group with Dash for Fitness
Mondays, 7.30pm to 8.30pm
 Join this free group to make your running more social and fun whilst helping you get fitter, go faster, and 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.
For further information visit
groups.runtogether.co.uk/DashForFitness_emaildashforfitness@btinternet.com
or call Gary on 07710 105086.
Various routes starting and finishing in Ruislip

COMEDY

Rich Hall's Hoedown
Sunday 7 April, 8pm
 Rich Hall's critically acclaimed new show begins its second leg of touring. There has never been a better time to be an American comedian in the UK. Hall's precision dismantling of the tenuous relationship between two countries is as free-wheeling and deadly accurate as ever. His BBC Four documentaries, most recently *Rich Hall's Countryman Than You* and *Rich Hall's Presidential Grudge Match* and BBC Radio 4 series *Rich Hall's (US Election) Breakdown* have built him a new legion of followers. The Hoedown begins as a withering dissection of Trump's America, but ends up being a celebration of Americana. There's stand-up, improvised ballads, cracking good musicianship, and ultimately a hilarious, foot-stomping, good time to be had by all. Even if you don't own a hoe.
Cost: £20.
Book online at
www.becktheatre.org.uk
or call the Box Office on 020 8561 8371.
Beck Theatre

MUSIC

Brunel Arts Spring Showcase
Wednesday 20 March, 7.30pm
 Join Brunel Arts variety of soloist student ensembles and soloists for an evening of performances showcasing the best of Brunel's creative talent.
Cost: Free.
For details and access information contact the Arts Centre on 01895 266074 or email
brunelarts@brunel.ac.uk
Antonin Artaud Theatre, Brunel University London

Jimmy Buckley
Thursday 28 March, 7.30pm
 Jimmy has enjoyed many years at the top of his profession and received numerous awards,



including the prestigious Entertainer of the Year in the RTE Music Awards. Possessing a very rare talent, he is not only a phenomenal singer but also a hilarious mimic of other major stars. The show contains a wide variety of material, including country, big ballads and tribute medleys to the greats of country music Hank Williams and Charley Pride. Along with his magnificent band, Jimmy will entertain you superbly.
Cost: £26.50. Premiere Card Holders £22.50.
Book online at
www.becktheatre.org.uk
or call the Box Office on 020 8561 8371.
Beck Theatre

Eastcote and Ruislip Choral Society's spring concert
Saturday 30 March, 7.30pm
 The choral society will perform Mozart's *Requiem* and Handel's *Chandos Anthem*. The choir meets every Tuesday from 8pm to 10pm. To join or for more information call 01895 904556 or visit www.eastcote-ruislip-choral.org.
Cost: £12.
Tickets available on the door or by calling 01895 476224.
St. Edmund's Church

Hillingdon Choral Society with singers from the Amici Chamber Choir Spring Concert
Saturday 6 April, 7.30pm
 The choral society will perform Rutter's *Requiem* and Handel's *Ode on St Cecilia's Day* conducted by Peter J Williams.
Cost: £12 adults. £3 children.
Tickets available on the door or from Pro Music Swakeleys Road, Ickenham by emailing
hillingdonchoralsociety@gmail.com
or calling 020 8582 3694.
Ickenham United Reformed Church

UK Pink Floyd Experience
Thursday 9 May, 7.30pm
 With more than 50 years of hits by the legendary band, this highly acclaimed show features more than two hours of songs from iconic albums *Dark Side Of The Moon* and *Animals*, plus classics like *Wish You Were Here*, *Shine On You Crazy Diamond*, *Another Brick In The Wall* and *Comfortably Numb*.
Cost: £24.50. Concessions £1 off. Groups 8+ one in eight goes free.
Premiere Members £20.70.
Book online at
www.becktheatre.org.uk
or call the Box Office on 020 8561 8371.
Beck Theatre

VENUES

Antonin Artaud Theatre
 Brunel University London,
 Kingston Lane, Uxbridge, UB8 3PH

Beck Theatre
 Grange Road, Hayes, UB3 2UE

Compass Theatre
 Glebe Avenue,
 Ickenham, UB10 8PD

Field End Junior School
 Field End Road, Eastcote, HA4 9PQ

Ickenham Village Hall
 Swakeleys Road,
 Ickenham, UB10 8DG

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

Haydon School Dance Studio
 Wiltshire Lane, Eastcote, HA5 2LX

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

Hillingdon Community Tennis Club
 Brunel Sports Park,
 Kingston Lane, Uxbridge UB8 3PW

2nd Ickenham Scout Hut
 Community Close,
 Ickenham, UB10 8RE

Middlesex Suite
 Civic Centre, High Street,
 Uxbridge, UB8 1UW

Northwood Bowling Clubs
 Chestnut Avenue,
 Northwood, HA6 1HR

Ruislip Lido
 Reservoir Road, Ruislip, HA4 7TY

Sipson Community Centre
 39 Sipson Way, Sipson,
 West Drayton, UB7 0DW

St. Edmund's Church
 Pinner Road,
 Northwood Hills, HA6 1QS

St Lawrence Church Hall
 Bridle Road, Eastcote, HA5 2SH

St Mary's Church Hall
 High Street, Harefield, UB9 2XB

St. Paul's Church Hall
 Tiverton Road,
 Ruislip Manor, HA4 0BP

The Stables,
 Manor Farm, Ruislip, HA4 7AR

Winston Churchill Theatre
 Manor Farm, Pinn Way, HA4 7QL

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

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*Nets & curtains taken down & re-hung for washing
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*Shower curtains and rails replaced/fitted
*Curtain's hung, rails/blinds fitted *Sticking doors eased/adjusted *Uncompleted projects undertaken
*Worktops re-siliconed and re-edged *Hollow door/wall fixings *White bath chips touched in
*Kitchen/WC roll holders fitted
*Some flat-pack furniture assembled etc.
References available ~ No job too small ~
*Cheques accepted ~ NO work undertaken in rented accommodation
P.B. Electrical Services
Call Paul 07850 729 218
~All domestic & commercial electrical work considered ~ NAPIT Approved
~Certification available ~No job too large or small ~Established locally for 35 yrs

Are you looking for good quality furniture or electricals?
Or do you have some you want to donate?
For a free and friendly collection call your nearest branch - open 6 days a week
We recycle quality unwanted furniture and electricals. We provide paid employment and training to disadvantaged people and excellent quality furniture at fantastic prices to you. Visit our stores today!
Uxbridge: 01895 256655
Hayes: 020 8797 9505
www.wearetrinity.org.uk
facebook.com/trinityfurniturestore

Apply ▶ Book ▶ Pay ▶ Request ▶ Report
Do it online 24/7 at
www.hillingdon.gov.uk/doitonline

Environment and roads

Animal Welfare ▶ Food, Health and Safety
01895 250190
Abandoned Vehicles ▶ Environment and Anti-Social Behaviour ▶ Flytipping ▶ Graffiti ▶ Parks and Green Spaces ▶ Pest Control ▶ Roads and Pavements ▶ Special Collections ▶ Street Lighting and Cleansing ▶ Waste and Recycling
01895 556000

Learning

Adult Learning
www.hillingdon.gov.uk/adultlearning
01895 556455

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

HILLINGDON CONTACTS

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

You Need The Right Diagnosis To FIX Nerve Pain

There are three types of nerves in the body:
1. **Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.
2. **Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.
3. **Sensory nerves.** These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.
Because nerves are essential to all you do, nerve pain and damage can seriously affect your quality of life.

What Are the Symptoms of Nerve Pain and Nerve Damage?
With nerve damage there can be a wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Damage can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

Autonomic nerve damage may produce the following symptoms:
• Too much sweating or too little sweating
• Lightheadedness
• Dry eyes and mouth
• Constipation
• Bladder dysfunction
• Sexual dysfunction

Damage to motor nerves may produce the following symptoms:
• Weakness
• Muscle atrophy
• Twitching, also known as fasciculation
• Paralysis

Sensory nerve damage may produce the following symptoms:
• Pain
• Sensitivity
• Numbness

• Tingling or prickling
• Burning
• Problems with positional awareness

In some instances, people with nerve damage will have symptoms that indicate damage to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different unexpected nerves can cause similar problems. This has made it very difficult to diagnose disorders caused by nerve damage based on which nerve "should" cause what.

That is, until now...
Recent advances in technology that detects nerve damage has led to **more precise diagnosis** for those people suffering with nerve damage disorders. And more precise diagnosis leads to better results... results which have been published in major medical journals. With data published in 2014 showing success rates as high as 88% some back surgeons are recommending their patients try this treatment first before having back surgery (for nerve damage that leads to back pain and sciatica).
In Hillingdon, you can get your body examined for nerve damage The Health Lodge.
Your invitation for a comprehensive consultation and examination to pinpoint the cause of your nerve damage.
All you have to do to receive a thorough diagnostic examination with advanced technology and a comprehensive easy to understand report on your state of health is call 02088488787.
Mention this article (CODE: LOS49NVP4) and they will happily reduce their usual consultation fee of £195 to just £49.

But hurry, for obvious reasons - this is a time limited offer - with only 100 reader consultations available at this exclusively discounted rate.
Don't suffer a moment longer...
Find out what is causing your nerve damage, book a consultation now by calling 0208848 8787, they are waiting to take your call today.
Over the years, they've treated thousands of patients with nerve damage. The vast majority of them 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!
Call them now on 02088488787 and cut out or tear out this article 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 the week they are very busy, so if they don't pick up straight away do leave a message. So call now on 02088488787 and quote this special discount code: LOS49NVP4.
For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

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Uxbridge College is the best College in west London for 16-18 year old achievement*. Check our courses and apply now for a September 2019 start.

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We're now accepting applications for courses and apprenticeships. For information on open days or how to apply, visit:

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*Equal first based on DFE data for 16-18 provision for 2016/17, published 22 March 2018.