

HILLINGDON people

News from your council
July/August 2017

www.hillingdon.gov.uk

Bowling facilities improved

Major high street investment
Landmark feature opened

Upcoming events
Culture Bite and Open House return

Recycle your garden waste
The composting cycle explained



HILLINGDON
LONDON



FREE EVENT



AUTUMN SHOW



NEW COURSES

UXBRIDGE CHARITY Auto Show & Festival



A SPECTACULAR FAMILY FRIENDLY EVENT
brought to you by The Rotary Club of Uxbridge AutoShow Ltd.

SUNDAY 16th JULY 10 - 6.30pm
Middlesex Showground, Park Road, Uxbridge

www.uxbridgeautoshow.com
See website for links to Facebook and Twitter



Step on the career ladder

Hillingdon Council is introducing an ambitious apprenticeship recruitment programme.

Opportunities range across social care, business administration, horticulture, customer services, accountancy and many other careers.

Gain qualifications and earn as you learn.

Find out more today.




www.hillingdon.gov.uk/apprenticeships

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COVER PHOTO: MEMBER PHYLLIS BLAKES PRACTISING HER BOWLING SKILLS AT THE OPENING OF THE EXTENSION TO HAREFIELD HOSPITAL'S BOWLING CLUBHOUSE.



Advertising deadline for next edition: Friday 28 July.

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Welcome



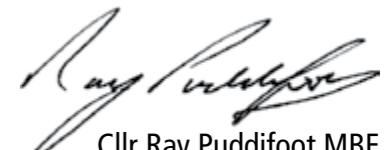
Welcome to this summer edition of *Hillingdon People*. Hopefully the summer months will bring warmer temperatures, which together with longer days will allow us to spend more time enjoying the great outdoors in Hillingdon. With our award-winning parks and open spaces (42 Green Flag Awards) we are well placed to do so.

Summer as always heralds the return of a season of much-loved community events, with Hayes Carnival on Saturday 8 July and Family Fishing Fun Days on Sundays 30 July and 13 August. Open House Weekend will be back for September offering you the opportunity to explore some of our historic sites for free, and will launch our annual Culture Bite arts and literature festival which is even bigger and better than last year.

Some of you may have been subjected to a scaremongering campaign regarding the future use of Northolt Airport being used by aircraft carrying commercial passengers. There is no truth at all in this rumour, which is probably promoted by those interested in seeing an expanded Heathrow Airport which will require the use of the airspace currently used by Northolt. In essence the runway, which is about to be resurfaced is too short for use by large commercial aircraft, there are no baggage handling facilities and no passenger terminals at Northolt.

Turning to the real threat to the health and wellbeing of Hillingdon residents, we remain confident that we will defeat in law the current proposal to build a third runway at Heathrow, which day by day is looking economically and environmentally impractical.

In June, the Hillingdon Cabinet received the final income and expenditure figure for the financial year to 31 March 2017 showing a budget surplus of nearly £4 million, a remarkable achievement in the current economic climate, and I am grateful to my councillor colleagues and the council officers for the part that they played in delivering this result. With nearly £40 million in balances and our ability to manage our financial affairs, Hillingdon Council is well placed to both deal with the financial challenges ahead and continue to deliver the services that you value.


Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL





Come and play for the day!

Playday, the annual family fun day that promotes the importance of children's play, will return to Hillingdon on Wednesday 2 August.

This year's event, which is free to attend, will take place at Hillingdon Athletics Stadium from 10am until 2pm.

Kids will be treated to a fun-packed day of inflatables, BMX bikes, sand play, sports, arts, crafts and more.

Cllr Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "We're proud to be supporting Playday again this year. Play time is a vital part of children's mental health and wellbeing, and it is vital that they're given the space and freedom to do it."

"The event proved popular with Hillingdon families last year and this year it promises to be bigger and better than ever."

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



Northwood Secondary School shortlisted in building awards

Northwood Secondary School was shortlisted in the Local Authority Building Control Building Excellence Awards (London Region) in the Best Educational Building category.

The £35 million school was rebuilt and expanded by the council as part of its £314 million school building and expansion programme, with the council investing £28 million and the Education Funding

Civic amenity site shortlisted for waste excellence award

New Years Green Lane, Harefield was shortlisted in the Awards for Excellence in Recycling and Waste Management in May.

The council-owned waste facility was up against strong competition in the Civic Amenity Site of the Year category and narrowly missed out to a Suffolk household waste recycling centre at the ceremony at the Landmark Hotel, London.

The site was nominated for the award by one of the advisors to the judging panel, who felt that the council had achieved an impressive transformation of services, with a modern split level site enabling a greater level of recycling. They said that the site has bedded in well, with approachable and friendly staff, who encourage residents to maximise recycling levels.

Residents can dispose of domestic waste and



SHORTLISTED
Waste Development Manager, Robert Williams receives certificate.

recycle a wide range of items at New Years Green Lane, which is open seven days a week between 8am and 6pm during the summer. Residents need to bring their HillingdonFirst card or proof of residence to access the site and clear signage and friendly operatives are on hand to show you where to dispose of items.

For more information about the site and what you can take there, visit www.hillingdon.gov.uk/wasteandrecyclingsites.

Agency contributing £7 million. The school was officially opened last year and is one of 10 local authority schools shortlisted in this category in the regional finals.

The awards look for outstanding craftsmanship, technical innovation, sustainability and high performance. Northwood School was nominated for the strong partnership work between Hunters South Architects, the council, Farrans Construction and the Education Funding Agency, who delivered the three storey, 9,800 square metre school in a challenging 15 months and within budget. Tests have shown that the building is highly efficient, sustainable

and was exceptionally constructed within building regulations for its size.

The regional finals took place on Friday 16 June.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "It is fantastic that the council was shortlisted once again for this award. Our redevelopment of Rabbsfarm Primary won this category in the regional finals last year.

Northwood School was a big and highly successful project for the council, and the children who attend the school now have fantastic facilities and an impressive educational environment which will inspire them to learn."

Northwood School was a big and highly successful project for the council, and the children who attend the school now have fantastic facilities and an impressive educational environment which will inspire them to learn."

Recycled duvets make cosy beds for abandoned dogs

As students left Brunel University at the end of the academic year in May, the council picked up 1,500 discarded duvets and delivered them to the Dogs Trust, Harefield.

The council's waste and recycling team collected the duvets in lorries and unpacked them when they reached the centre.

This annual partnership work between the university, the Dogs Trust and the council diverts these items from going to landfill and ensures that they're instead recycled as animal bedding, giving dogs a cosy bed to sleep in.

Jo Lloyd, Assistant Manager of Harefield Dogs Trust, said: "We are very grateful for these kind and generous donations. The bedding helps us to provide our dogs with as much comfort as possible and enable them to snuggle down and keep warm throughout their time in kennels."

If you have duvets that you don't need and want to reduce what waste is sent to landfill, animal charities are often looking for duvets and pillows to use as bedding.

For more information about recycling visit www.hillingdon.gov.uk/recycling.



Local businesses encouraged to build up their resilience

The council is encouraging small business owners to ensure they have business continuity plans in place to enable them to respond effectively in an emergency situation.

Are you a small business owner? Have you considered how you would manage in an emergency situation such as bad weather, a power failure or a fire? Have you put plans in place to ensure you can contact staff or keep offering your goods or services to your customers?

Business continuity is a core part of business strategy, and those who plan for potential emergencies will be the most resilient. Mitigation against many hazards can be planned. Those owners or stakeholders who have evaluated risks by completing a business impact analysis and are prepared by having a business continuity plan in place will, in turn be able to respond to an incident effectively.

The council offers advice for businesses who want to get their emergency plans updated, or started, including a toolkit and links to external organisations who can help, on www.hillingdon.gov.uk/businesscontinuity.



IN TRAINING
Second from left: Cdt Aaron Burke

Adventure in store for Hillingdon army cadets

The council has given funding to five local army cadets to go on a once in a lifetime adventure training camp in South Africa in August.

Middlesex and North West London Army Cadet Force have organised for 20 cadets from north-west boroughs to go to Kwazulu Natal.

Savanna Delacassa (15, Uxbridge), Samantha Osborne (14, Ickenham), Bethany Porter and Ellie Gasgoine (15, Hayes) and Aaron Burke (17, Ruislip) will meet local Zulu families, undergo bush survival training, trek and paddle in the foothills of Natal, build their own shelter and sleep out in the bush, carry out a census of endangered wildlife and visit the famous Zulu war sites of Rorke's Drift and Isandlwana.

The trip will have a strong educational emphasis and they will learn leadership skills, the importance of wildlife preservation and get a historical knowledge of the formation of modern South Africa. They will also gain a greater understanding of cultures and values.

Leader of the Council, Cllr Ray Puddifoot, said: "We are very supportive of our army cadets in Hillingdon and the council was pleased to provide them with the necessary funding for them to go on this educational training camp. We wish them every success in their adventure."

Aaron said: "It will be a once in a lifetime experience for all of us. I'm really looking forward to learning about the Zulu wars and the Battle of Rorke's Drift. I'm also looking forward to seeing a Zulu village and how they live, as well as hopefully seeing animals such as elephants and giraffes in the wild."



THE GIRLS
Left to right: Cdt Savanna Delacassa, Cdt Samantha Osborne, Cpl Bethany Porter and Cdt Ellie Gasgoine

Discover starborgs at your local park



Hillingdon libraries and children's centres are teaming up during the holidays to offer free Summer Reading Challenge themed orienteering sessions in some of the borough's parks.

Families will be able to work together as part of the challenge's Animal Agents theme to unravel mysteries and locate hidden starborg cards. There are 20 cards, unique to Hillingdon libraries, and other gifts to collect as part of the challenge.



The drop-in sessions will also be supported by young people from the National Citizenship Service, who will offer sports and drama activities. Additionally there will be scootering, outdoor games and crafts. There will also be information stalls providing early years advice, including information on free funding for two-year-olds.

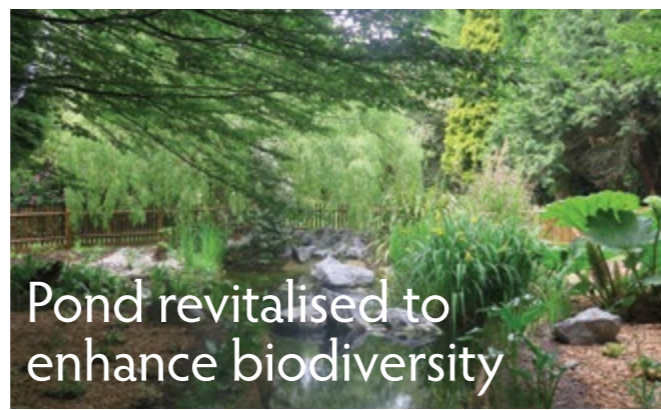
Sessions will be held in: Minet Country Park on Wednesday 26 and Thursday 27 July at 1pm;

Mad Bess Woods on Friday 28 July at 10am and 12pm; Warren Park on Friday 4 August at 10am and 12pm; Hillingdon Court Park on

Tuesday 8 August at 10am and 12pm; Barra Hall Park on Thursday 17 August at 10am and 12pm; and Fassnidge Park on Thursday 31 August at 10am and 12pm.

Sign up children between the ages of four and 11 to take part in the Summer Reading Challenge at your local library. They need to visit the library six times and borrow books to get rewards for reading.

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



Pond revitalised to enhance biodiversity

The pond at the Green Flag award-winning Norman Leddy Memorial Garden in Hayes has recently been restored.

The £30,000 work, funded by the council's Hillingdon Improvement Programme, has refreshed the overall look of the area and will enhance animal and plant biodiversity. Works carried out by Stillwater Management included draining down the original concrete pond, cleaning the area, repairing cracks, re-establishing the banks, moving and pruning feature plants such as gunnera, introducing new plants and landscaping.

A water feature was also installed, which will constantly cascade through the boulders and rockeries, keeping the pond clean.

The work took four weeks to complete and a wooden fence in keeping with the surrounding landscape has also been erected to ensure safety.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "The pond at the memorial garden had fallen into decline and our aim was to create a safe, pleasant and attractive water feature for visitors to enjoy. We also wanted the pond to offer a variety of habitats for wildlife, and special attention was made in catering for the existing invertebrates and amphibians."

The council also has plans to carry out path work and plant additional plants.

Golf facilities improved

The council has invested £190,000 in a new state-of-the-art irrigation system at Haste Hill Golf Course, Northwood.

Tees, approaches and greens need to be regularly watered to ensure the shorter grass is kept in the optimum condition for golfers to play on.

The irrigation system that had been in place at Haste Hill was more than 30 years old, beyond reasonable repair and it was more economical to replace it.

The new system, manufactured by Rain Bird and completed in May, uses water more efficiently. Each sprinkler can be individually controlled and water programmed to where it needs to go at the touch of a button on a phone app by the greenkeepers. They can input how much water it should use and the computer controlled system will also make sure that if it rains for a long period that the irrigation system will not go on.

The course has also benefited from £40,000 of car park improvements to increase capacity. It now has 114 spaces, was completely resurfaced and protection netting was installed.

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "The council is ensuring that Hillingdon has top quality sports facilities, and by investing nearly £250,000 in this golf course, we are providing budding golfers with the best possible surfaces to tee off, putt and park their cars in."

"The new irrigation system will also ensure that we are efficiently managing water resources. I hope our golfing community continue to enjoy all this site has to offer."

For more information on Hillingdon's golf courses visit www.hillingdon.gov.uk/golf.

NEW TECHNOLOGY

Cllr Richard Lewis using the app to control the irrigation system.



Parking improvements made at Ruislip Lido

This summer, the council is making improvements to car parking facilities at Ruislip Lido to create a better parking experience for Hillingdon residents.

The main car park has been resurfaced; entrances and exits are being improved for better traffic flow; and new signage, lighting and waste bins have been installed. A designated parking area has also been made for customers of The Water's Edge restaurant, which will be managed by its proprietors.

Following a consultation in May, the council has also decided to introduce car parking charges for non-residents. The main car park will be free for residents with their HillingdonFirst card and the Willow Lawn car park will be exclusively and free of charge for HillingdonFirst card and Blue Badge holders only.

Parking at Ruislip Lido is limited and it can get very congested. We have worked in partnership with Transport for London and London Buses to ensure there are excellent public transport options for visitors, so they do not need to travel by car and the frequency of the H13 bus service has also been increased.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Ruislip Lido is one of our treasured green spaces, offering first class facilities for both residents and visitors. We want people to continue to visit this beautiful site but ensure they are aware of the limited parking and encourage visitors to consider using alternative forms of transport to get there. These ongoing improvements will prioritise parking for residents and we will also be considering introducing on-street parking controls to alleviate parking issues for residents in neighbouring streets."

For more information on Ruislip Lido visit www.hillingdon.gov.uk/ruisliplido.

Volunteer to clean up your local rivers

The council is encouraging residents to volunteer to help clear local rivers and waterways of invasive plants and waste.

Throughout the year, the council's Woodlarks and Waders group holds regular events to create a better habitat for wildlife and plants at Highgrove Woods, the River Pinn (north) and Yeading Brook.

Thames21, a London Waterways charity, works to spruce up rivers and natural areas, including the River Pinn (south) and Fray's River.

The aim is to clear waste

and create an inviting space for people and wildlife to enjoy. They also offer volunteers a great opportunity to improve their understanding of rivers, plants and animals. All ages are welcome; tools, equipment and training are provided.

Woodlarks and Waders meet on the first, second and third Tuesday of each month, 9.30am to 1pm. Email greenspacesadminteam@hillingdon.gov.uk for more information.

Thames21 meet on

the fourth Tuesday and Wednesday of each month, 10am to 12.30pm. Email paul.busby@thames21.org.uk to find out more.

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

said: "If you're passionate about nature or want to do something positive for your community, please get involved. With your valuable help, we can make a real difference to our natural environment and help keep our borough clean and green."



TEAMWORK

Thames 21 (above) and Woodlarks and Waders (below) hard at work.



Changes to the Personal Budget Support Service

If you or someone you know receives a direct payment to meet their care and support needs, you will need to be aware of some changes to the current service.

Some people need support to manage their direct payment and prepaid card, and in the past, the council has used one organisation to directly provide this service.

From 1 July 2017, anyone with a direct payment can personally choose which provider they want to receive support from and the council has produced a list of providers.

Residents who are eligible for a direct payment receive money from the council on a prepaid card to purchase help with their care at home or support to get out and about in the community.

All care and support providers on the list will be approved by the council and the Clinical Commissioning Group to give reassurance when purchasing care. The list will be reviewed regularly to ensure that all providers are delivering high quality care, and this will also be published on the Connect to Support website.

The council will check that everyone with a direct payment has the necessary funds on their prepaid cards to pay for the support services they require.

Anyone affected by this change can contact the Direct Payments team on 01895 277680 or email directpayments@hillingdon.gov.uk. For more information about direct payments visit www.connecttosupporthillingdon.org.

Warning over dangers of illegal laughing gas

Hillingdon residents are being warned about the serious dangers of nitrous oxide, with reports of usage increasing in the borough.



Although nitrous oxide has been legal in the past, since the Psychoactive Substances Act came into effect on 26 May 2016, it is now illegal to supply or import nitrous oxide for human consumption.

Nitrous oxide is a colourless gas that can make people feel dizzy, hallucinate and experience difficulty in thinking straight. It can also make them feel euphoric, relaxed and giggly, which has led to its nickname 'laughing gas'. It is a depressant-type drug which slows down the brain and body's responses.

Dangers include unconsciousness or death through lack of oxygen, and the risk of this is greater if it is consumed in an enclosed space or if a lot is consumed rapidly. Nitrous oxide can affect your judgement, creating a risk of accidents. Heavy regular use can also lead to a deficiency of vitamin B12 and to a form of anaemia. Severe deficiency can lead to serious nerve damage, causing tingling and numbness in fingers, toes and other extremities.

If you have concerns about your use of nitrous oxide or any other substance visit www.archhillingdon.org or call 01895 207777.



Free summer events for dog owners in Hillingdon parks

The Dogs Trust is holding three events at our parks across the borough this summer to promote responsible dog ownership.

The local charity, based in Harefield, is offering Hillingdon residents free health checks for their pooches, plus free microchipping, training and behaviour advice.

Visitors can also take part in a fun dog agility course

or ask the experts for canine advice. Neutering vouchers will also be available for eligible residents.

If you're a dog owner, then bring your four-legged friend along between 11am and 3pm on Wednesday 5 July at Hillingdon Court Park, Wednesday 2 August at Bessingby Park and Wednesday 6 September at Barra Hall Park.

General election results

The UK parliamentary general election took place on Thursday 8 June, with residents voting to choose an MP to represent their constituency in the House of Commons.

Boris Johnson was re-elected as MP for Uxbridge and South Ruislip; John McDonnell was re-elected as MP for Hayes and Harlington and Nick Hurd was re-elected for Ruislip, Northwood and Pinner.

For further details visit www.hillingdon.gov.uk/elections.

Legal orders extended to tackle anti-social behaviour

The council has updated its boroughwide Public Space Protection Order (PSPO) for all parks and public spaces to prohibit a wider range of anti-social behaviours.

Under the new regulations, which came into force in April, those who are verbally abusive and intimidating; under the influence of drugs; make unwanted and persistent approaches asking for personal bank details causing harassment, alarm or distress to another person; solicit cash or money causing harassment, alarm or distress to another person; light fireworks without the

consent of the council; urinate or defecate in public; or leave parked cars with their engines running will be fined £80. Non-compliance could result in a fine of up to £1,000 in a magistrates' court.

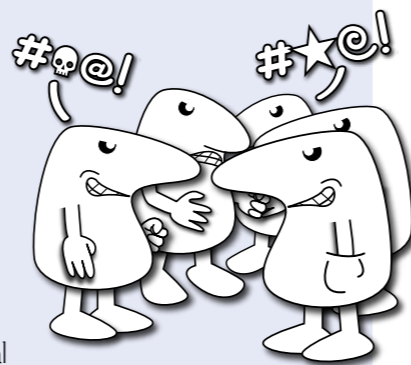
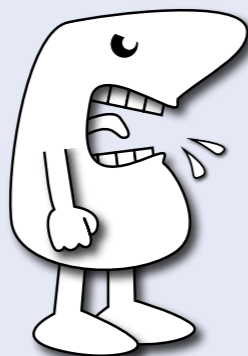
Street drinking, spitting, dog fouling, camping, lighting fires, driving vehicles off-road and leaving food out for animals were already prohibited under the terms of the boroughwide PSPO established in 2015.

PSPOs are legal orders introduced by the government in 2014. They give local authorities the power to restrict specific anti-social behaviour in designated areas, where they are having a detrimental impact on residents' quality of life.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said:

"Residents were consulted on these proposals in March and 80 per cent of respondents agreed with the variation. By broadening the scope of this PSPO, the council will have greater powers to address anti-social behaviour and ensure that residents are able to live in a safe and peaceful environment."

For more information about PSPOs visit www.hillingdon.gov.uk/pspo.



Raising awareness and understanding of dementia

In May, the council worked in partnership with the Alzheimer's Society to host a range of dementia-friendly events for Dementia Awareness Week.

The week is part of a national campaign to make communities dementia friendly and provide people with a greater understanding of the condition. The council's events aimed to raise awareness; and inform what local services are available to enable people with dementia to live well and how residents can become Dementia Friends.

During Dementia Awareness Week there were free art workshops at the Civic Centre and Botwell Green Library, led by artist Patricia Ogundero. The borough's new mobile library visited the Dementia Café at the United Reformed Church of Eastcote and Northwood Hills and there was a talk about the council's Home Library Service. Information stalls were also held at Botwell Green Library and the Pavilions shopping centre.

Dancing took place at Uxbridge and Botwell Green Libraries. Libraries boroughwide hosted coffee mornings to spread awareness. The council holds regular drop-in Friends' Coffee Mornings for people living with



dementia and their family at Uxbridge Library on Tuesdays between 10am and 11.30am and Botwell Green Library on Thursdays between 11am and 12.30pm. They include activities such as singing, reading and reminiscence, and information on support services is available.

There was also a Dementia Action Alliance (DAA) meeting on Wednesday 17 May at the Civic Centre, featuring a special presentation by a leading scientist working at the forefront of research into a cure, Dr. Tammayn Lashley PhD from University College London.

The Hillingdon DAA was set up by the council and Hillingdon Alzheimer's Society to create a dementia-friendly community in Hillingdon, where there is a greater awareness and understanding of dementia.

Dr Lashley (left) touched on this in her speech. She said: "These events are important in raising awareness of

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said:

"We are working hard with Hillingdon Alzheimer's Society to make our community as dementia friendly as possible with our partner organisations in the DAA. Dementia is one of the greatest health concerns for our older residents, so it is one of our key priorities to make sure that everyone living with dementia in Hillingdon feels supported."

dementia and how everyone in the community can help those living with the condition. As a society we need to be more informed and patient with those who live with dementia."

Everyone, from individuals to businesses, is welcome to attend the DAA meetings at the Middlesex Suite, Civic Centre. The next meetings will be held on Wednesdays 12 July and 13 September from 1pm. To join email sdurner@hillingdon.gov.uk.

If you'd like to support Hillingdon residents who are living with dementia by becoming a Dementia Friend visit www.dementiafriends.org.uk or call Hillingdon Alzheimer's Society on 01923 823999. There are also monthly Dementia Friend sessions at the Civic Centre.

For more information visit www.hillingdon.gov.uk/dementia or contact Hillingdon Alzheimer's Society for support by calling 01923 823999



Helping our older residents to keep safe at home

The council's burglar alarm scheme for over-65s has seen more than 8,000 alarms installed across the borough since it was introduced in 2009.

Residents over 65 can apply to have an alarm installed free of charge in their home to help them to feel safe and secure.

An experienced specialist contractor, Response Electronics professionally fits the alarms. The systems have a solar-powered wireless siren alarm box fitted to the front of the property, and an alarm box to the rear, both have flashing lights that indicate the alarm is real, working and will sound if an intrusion occurs. The system is easily operated by a remote control (similar to a car alarm keyfob) so that you can arm or disarm your home from your bedside at night, from the garden or even after you have left the house.

Improvements have recently been made to the alarms we offer, and all new systems fitted will have a door contact sensor with an entry and exit delay, which allows an amount of time for the security system to wait before triggering the alarm when the door is opened. Other new aspects include, a pet friendly movement sensor and an improved solar powered siren design.

You will also receive a crime prevention pack with information about personal and home security when your alarm is installed. Suitable alarms can also be provided for people with hearing impairments.

After 12 to 18 months operation, a single free service is also offered to ensure the system is working properly and to replace batteries.

Michael Brady, 74 from Hillingdon East received one of the new systems in May. He applied for an alarm after a family member had been burgled. One of his neighbours, who lives on her own, had already had an alarm fitted and she told him about the council scheme and how safe she now feels in her own home.

Michael said: "It's a great scheme. The alarm was quickly and easily installed and is compact. There were no wires which I had been worried

REASSURED
Michael Brady with the internal movement sensor



about. The company were friendly, helpful and fully explained how to use it. It's really easy to operate. The new pet sensor also means that my cat Marley won't set it off. I'm going to make switching it on part of my daily routine. I now feel more reassured having it and knowing that the flashing light on the box on the front and the back of the house during the night will also deter any criminals.

"Hillingdon Council offers a fantastic range of services for older people, including free swimming, frozen council tax and special collections. I'm very grateful for all that they do."

Leader of the Council, Cllr Ray Puddifoot, said: "Hillingdon Council is committed to prioritising residents' safety and thousands of residents over 65 have already had a free burglar alarm installed at their home to provide reassurance and improve security."

To request an alarm visit www.hillingdon.gov.uk/burglaralarms or call 01895 556000

Tips to ensure you protect yourself and say no to rogue traders

Every year people lose money to fraudsters who carry out a range of scams across the UK. Scams can often be difficult to investigate, so it's important for you to be aware of how you can protect yourself from becoming a victim of crime.

Door-to-door scams



Some legitimate businesses sell products door-to-door, companies visit to read meters and charities call to ask for donations. Sometimes people turn up unannounced and with the intention of tricking people by high pressure selling, gaining entry to steal, using false IDs or profit by posing as charities to collect donations.

What you can do

- check the identification of the person who calls
- never let anyone in unless they are someone you know and trust
- don't immediately agree to any offer involving a significant amount of money, time or commitment. Seek independent or legal advice first
- never agree to have work done by somebody who is passing or take their word that it needs to be done
- never pay for anything before the work is done and do not accept an offer from them to drive you to the bank to withdraw money
- always confirm with charities that they are collecting in your area

Scam mail or emails



How you can protect yourself

- you cannot win money or a prize if you've not entered a competition. A fake prize scam often includes costs to claim your prize
- it can only take a single response to a scammer to then be inundated with further scam mail
- items advertised as 'high quality' or 'exclusive' may be poor value for money
- never send money abroad or to someone you don't know or trust
- never provide your banking or personal details to someone you don't know
- examine all terms and conditions of any offer very carefully
- when online never click on a link unless you know that it's from a trusted source

Telephone scams



What you should know

- the Telephone Preference Service (0800 398893) is free and the central opt out register to record your preference not to receive unsolicited sales or marketing calls
- be wary of any investment companies, pension review and accident claim lines cold-calling you
- never give out your personal, credit card or online account details over the phone unless you made the call and the number came from a trusted source
- don't respond to text messages or missed calls that come from numbers you do not recognise
- never assume that someone is who they say they are because a number matches that of the organisation you know - scammers can clone telephone numbers
- if you receive a phone call from someone you don't know, always ask for the name of the person you are speaking to and who they represent

If you spot a scam or have been scammed, report it and get help from Hillingdon Trading Standards on 01895 250164

If a crime is in progress or about to be committed or the suspect is known or can easily be identified or if a crime involves a vulnerable victim, you should speak to the police (999 in an emergency and 101 in a non-emergency or by visiting your local station)

Investing in town centres you can feel proud of

Hillingdon Council is investing considerable amounts of money in improving the borough's town centres to make them better places for people to live, work and visit; encourage people to shop locally; and deliver economic growth and employment opportunities.



SOUND OF HAYES
Mayor of Hillingdon Cllr Carol Melvin cuts the ribbon at the opening of the gold disc canopy alongside Cllr Douglas Mills.

Update on the major Hayes town improvements

Work is drawing to a close this summer on the £6 million Hayes town centre improvements, funded by the council and Transport for London.

The council hopes that the work, which started in 2015 will make the centre more attractive for shoppers and visitors, allow traffic to flow freely and improve access to public transport.

On Friday 16 June, a new landmark feature, reflecting the rich musical heritage of Hayes and the historic Old Vinyl Factory site was opened. In collaboration with architects, The Decorators, the council has replaced the bandstand with a modern golden disc-shaped canopy, which will act as a recreational area, with seating for the Hayes community and visitors. Uplighters set within the pavement will also create a warm glow and highlight the canopy's decorative features at night.

The canopy was created by The Whitewall Company, who work with a range of artists and public art collections. However, part of the manufacturing process took place locally in Hayes, with Coyle Owen Anodising Ltd anodising the aluminium disc (increasing the resistance to corrosion and wear, making it more durable and giving it an appealing finish).

The company has been supplying high quality anodising for nearly 50 years, and **Managing Director, Graeme Longman**, said: "The final finish for the panels was a glossy light gold colour. Supplying employment to local people and building networks with local businesses is paramount and Owen Coyle Anodising Ltd were proud to be a part of enhancing the look of a local landmark."

The road layout and pavement works in Coldharbour Lane, Station Road and Crown Close will improve traffic flow and make the area more accessible. Work has also included the introduction of separate cycle lanes, new parking spaces, 30 minute free stop and shop parking and countdown timers on pedestrian crossings. Brighter new street lights, furniture and trees have also improved the look and feel of the area.



Uxbridge Change of Heart

Uxbridge is currently benefitting from multi-million pound private sector investment, with improved housing and commercial and retail growth, which is in turn providing employment opportunities for local people.

The council will also be investing £2 million (with £800,000 from the Mayor of London) in public realm improvements and shop front grants to enhance Uxbridge town centre for residents, businesses and visitors.

The scheme proposes to reconfigure the existing footway and landscaping between Tesco, connecting the High Street to Fasnidge Park, in the autumn.

Ghost signage, landscaping and pedestrian lighting will improve this route to the Green Flag park. There will also be new screening for the trade waste bins in Baker's Yard and unifying street furniture throughout the town centre.

Shop front grants were launched for Windsor Street at the end of last year to enhance the frontage of independent businesses on this historic road. The council is working with shop branding specialists, Designed by Good People on proposals, with these soon progressing to planning consent and work due to be completed by March 2018.



Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said:

"Over the last six years, the council has been, and continues to be committed to major investment in the borough's town centres. Our current focus is making distinct and useful improvements in Hayes and Uxbridge. We want these town centres to be economically successful and our hope is that this work will revitalise their look, making them more attractive for shoppers and visitors."

Additional exciting improvements planned for Hayes town

The council will be installing a boardwalk extension for Botwell Bridge as part of ongoing Hayes town centre improvements.

With the arrival of Crossrail services from December 2018 and significant regeneration underway in the town, such as the Old Vinyl Factory development, connecting the station area to the town centre is

vital in attracting residents, workers and visitors to the services on offer.

The boardwalk pedestrian bridge will create a cycle lane and an attractive walkway with open views of the Grand Union canal to the east.

The council will also carry out public realm enhancements to the area around the new station building, making a distinctive gateway to

Hayes. The work will complement the major Hayes town improvement works and the new station building, providing a more welcoming and contemporary environment.

Work will focus on pedestrian and transport access, landscaping, lighting, signage and street furniture. The subway connecting the station to Blyth Road will also be revitalised. The Decorators have also been commissioned to create this statement entrance. The subway will build on the Sound of Hayes concept created by the canopy feature, recognising the historic role of EMI in terms of music and their notable inventions.



Images this page: artists' impressions.

For more information on these schemes visit www.hillingdon.gov.uk/towncentres

A warm welcome to the new Mayor of Hillingdon

Cllr Carol Melvin was elected the new Mayor of Hillingdon at the council's Annual General Meeting meeting in May, replacing retiring Mayor Cllr John Hensley.

Cllr Melvin is looking forward to a busy year ahead, and her prestigious new role will involve attending events and engagements to promote the positive work across the borough. The Mayor and her Consort, her husband Andrew Melvin will open events, performances and exhibitions, and welcome schools and community groups to the Mayor's Parlour and Council Chamber.

Cllr Melvin said: "Being elected as Mayor is a great honour and I feel extremely privileged to have been appointed. During my time as a councillor, I have always enjoyed being able to help and serve our residents. I am looking forward to serving our community in other ways as part of my role as Mayor of Hillingdon."

Carol has been a councillor for Northwood since December 2008, and was Deputy Mayor last year. She has also been a member of both the Planning and Licensing committees, serves on

the Northwood Ward Police Panel and was the Chairman of the Conservative Northwood Branch Committee.

Her early married life was spent travelling with her husband, who was an army bandmaster, and the couple later settled in Northwood. After completing an apprenticeship in hairdressing, she enjoyed a varied career with roles within nursing and caring, and finished her career as a senior credit controller. Following her retirement, she gained a Bachelor of Science (Honours) degree in Social Science with Social Policy and a Diploma in Criminology.

She has two daughters, two grandchildren and has recently become a great grandmother to two great-grandsons. Cllr Melvin is an active member of Emmanuel Church, Northwood and her Christian faith is a very important part of her life. She serves on the prayer ministry team in her spare time and enjoys playing bowls with her husband at Northwood Bowls Club.



Cllr Melvin said: "During the next year, I will be supporting a wide range of events and visiting different organisations, care homes and schools within our borough. I hope to raise lots of money for my three chosen charities, and I look forward to sharing a small part of the lives of the many residents of this wonderful community of Hillingdon."

The three charities the Mayor's Charity Appeal will support include The Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre and the Halo Foundation, which offers bereavement support to children and young people in Hillingdon. The Mayor will also be raising funds for a new scouting centre to replace an ageing 60-year-old hut for the 1st Northwood Scout Group.

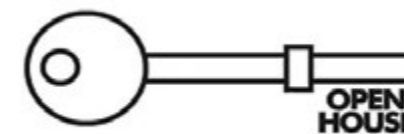
The Deputy Mayor is Cllr John Morgan and his wife, Fiona is Deputy Mayoress together with Pauline Bianco, the Deputy Mayor's Escort.

If you would like the Mayor to visit your organisation or event call 01895 250763 or email mayor@hillingsdon.gov.uk. To find out more about the Mayor's Charity Appeal and donate visit www.hillingdon.gov.uk/mayor



Explore some of our historic sites and buildings

Hillingdon residents and visitors will be able to take a step back through time in September, as several of the council's heritage venues will be opening their doors to the public for free and offering a range of activities as part of Open House Weekend.



Open House London will take place on Saturday 16 and Sunday 17 September. The initiative promotes public awareness and appreciation of the capital's building design and architecture, and the aim is to open up London's buildings to the general public, who may not have access or realise they exist.

Eastcote House Gardens

The Grade II listed 16th century stables building, 18th century dovecote and walled garden will be open on the Sunday between 10am and 5pm, with volunteers from the Friends of Eastcote House Gardens on hand to provide information.

A classic car rally will also be held in the park between 11am and 4pm.

The cafe will be open serving a range of refreshments and light snacks. The car park on-site has limited spaces and will be restricted to Blue Badge holders only.



Cranford Park

Medieval St. Dunstan's Church, the Grade II listed stable block of the former Cranford House, as well as the adjacent secret garden, will all be open for exploration (Saturday between 10.30am and 4.30pm and Sunday between 12.30pm and 4.30pm). St. Dunstan's was mentioned in the Domesday Book and features important monuments and remains of 14th century wall paintings.

There will be a display about the history of the park and Cranford Park Friends will offer informal tours of the stable and garden.

Battle of Britain Bunker

The Battle of Britain Bunker, Uxbridge will be open on both days between 10am and 5pm for guided tours. Book your place in advance by calling 01895 238154 or emailing inquiries@btconnect.com. Tours are on a first come, first served basis on the day.

The Bunker was instrumental in directing RAF operations during World War Two, particularly in the Battle of Britain (July to September 1940).

The Operations Room is reached via 76 steps and the plotting room with its large map table, squadron display boards, balloon and weather states, is exactly how it was when Winston Churchill visited on 15 September 1940.



Ruislip's Manor Farm site

Manor Farm is one of Hillingdon's flagship heritage sites. It houses a unique collection of historic buildings, archaeological remains, landscape features and community spaces all set in 22 acres of beautiful grounds.

The site will be open between 10am and 5pm. You'll be able to visit the buildings and visitor centre (including special access to the upstairs of the Manor Farm House) free of charge. There will be guided tours of both the Grade II listed Farm House and Great Barn.

On the site there are the remains of a Norman motte thought to have hosted a bailey castle. For the weekend there will be a Norman settlement with a living history tent, crafts, archery and combat demonstrations, with the re-enactments bringing its history to life.

Other special events, include historical dance performances and workshops, accompanied by live period music; a pop-up cinema showing historic footage of the area; children can experience special crafts and storytelling; and the council's Autumn Show will take place on the Saturday, with exhibits open for the public to view from 1.30pm.

You will also be able to visit the 19th century Cow Byre Tea Room and temporary exhibition at the Art Gallery and The Pram Shed Museum, which exhibits a variety of farming tools.



Introducing CULTURE bite

HILLINGDON ARTS & LITERATURE FESTIVAL

Culture Bite, the council's annual festival celebrating arts, literature and culture is set to return this September offering even more exciting events over a longer time frame.

The festival immerses the borough's libraries, theatres and a host of other venues across Hillingdon offering drama, creative writing, arts and crafts and talks from bestselling authors. There's something on offer for all ages, providing you with the opportunity to take a little nibble or a big bite! This year's programme will begin on Sunday 17 September and will run until the end of October.

2017



Culture Bite Launch at Open House Weekend

Sunday 17 September, 7.30pm to 9pm
The Great Barn, Manor Farm, Ruislip

Join us for our Culture Bite launch event for an evening with highly acclaimed historical author Michael Jecks, who has written more than 40 books and has always been fascinated by history.
Cost: £3.

Doctor Who Extravaganza!

Saturday 23 September, 6.30pm to 9pm
Uxbridge Library

Join us for a special family-friendly, interactive sci-fi super event. There will be Doctor Who authors, Doctor Who crafts, Doctor Who talks and Doctor Who books!
Cost: Free.

National Poetry Day

Thursday 28 September
Harlington Library 10am, Manor Farm Library 12pm, Northwood Library 2pm and Uxbridge Library 4pm

Gypsy Rose Poetry will be conducting four poetry workshops at Uxbridge, Northwood, Harlington and Manor Farm libraries especially for National Poetry Day.
Cost: Free.

An Evening with Benet Brandreth

Thursday 28 September, 7.30pm to 9pm
The Great Barn, Manor Farm

Come and join Shakespeare expert Benet Brandreth especially for National Poetry Day, as he talks about all things poetry, language and renaissance. You will also get to hear about his fantastic book *The Spy of Venice*. All within the magical medieval space of The Great Barn.
Cost: £5.

Books and the City Afternoon Tea

Friday 30 September, 2.30pm to 4pm
Haste Hill Golf Club, Northwood

Afternoon tea with fabulous authors Penny Parkes, Holly Hepburn, Juliet Ashton, Dani Atkins and Heidi Swain. Includes bubbly, a goody bag and a free book!
Cost: £15.

A Night of Crime

Monday 2 October, 7.30pm to 9pm
Winston Churchill Theatre, Ruislip

An evening of crime with debuts T.A.Cotterall, Sarah Naughton and Emma Curtis. Features a very special talk from award-winning author Philip Kerr.
Cost: £5.

Darkness over Germany

Tuesday 10 October, 7.30pm to 9pm
Compass Theatre, Ickenham

A new edition of the iconic book by E. Amy Buller, *Darkness over Germany: A Warning from History* featuring a new foreword by Kurt Barling, Professor of Journalism at Middlesex University London, and an afterword by Principal, Edmund Newell. Edmund, Kurt and Dr Maren Lickhardt of the University of Griefswald discuss the book and its impact on our society today.
Cost: £5.

Eleanor of Aquitaine: The Fact Behind the Fiction and the Fiction Behind the Fact

Thursday 12 October, 7.30pm to 9pm
Compass Theatre, Ickenham

The Autumn Throne is the glorious retelling of the life of one of the most powerful women in medieval Europe, Eleanor of Aquitaine, by one of the most-loved historical writers today, New York Times bestseller, Elizabeth Chadwick. Join us for a discussion about her passion for history and giving women from the past a much-needed voice.
Cost: £5.

Headline Crime Author Showcase

Thursday 5 October, 7.30pm to 9pm
Northwood Hills Library

Come and join us for a very special evening with Amanda Reynolds, Sarah Hilary and J.S. Law.
Cost: Free.

Clr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "The council is pleased to welcome back Culture Bite, which is returning by popular demand for a third year. This festival is an exciting celebration of a variety of literature and arts events; with some giving residents a unique opportunity to even meet and converse with bestselling authors. Take a look at what's on offer and book your tickets today!"



To book to attend one of these events or find out more visit www.hillingdon.gov.uk/culturebite or go to your local library

Improving your community bowling facilities

Three local bowling clubs received upgraded facilities for the 2017 lawn bowls season thanks to substantial council funding.

Celebration events were held at Ladygate Bowls Club, Ruislip; Fassnidge Bowls Club, Uxbridge and Harefield Hospital Bowls Club in April and May, where the revamped buildings were revealed to club members.

Leader of the Council, Cllr Ray Puddifoot cut the ribbons on plaques at each site, accompanied by the former Mayor of Hillingdon, Cllr John Hensley.

One of the council's key aims is promoting sports and activities for all ages and ensuring that amenities allow residents to be able to participate, improve fitness and boost their wellbeing. Lawn bowls is a low-intensity sport for all ages and abilities. It can improve muscle strength, flexibility, endurance, coordination mental health. It also involves problem solving, concentration, competition and social interaction.

The social side of bowls can be as important as playing. Many clubs allow time for refreshments and catch-ups after games or practices. During the winter months some offer short mat indoor bowls. They may even offer other activities and club nights. Having the best facilities to do this entertaining in is just as crucial as the playing facilities.

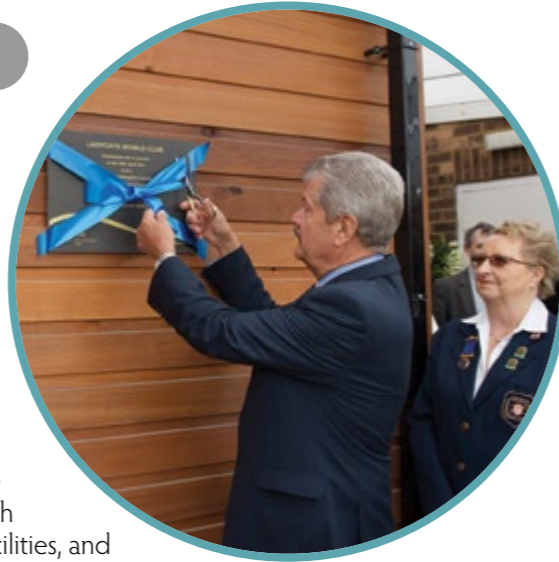
All three buildings have also been adapted to allow disabled access.

Leader of the Council, Cllr Ray Puddifoot, said: "Hillingdon Council recognises the importance of investing in community facilities for residents of all ages. We set aside £600,000 funding for improvements at these three clubs this year. Our bowling clubs, like our parks and libraries, are helping people to keep active and social and by rebuilding and renovating these venues across the borough, we are enabling them to continue doing this."

Ladygate Bowls Club

Ladygate Bowls Club needed a new building for their changing rooms. Their previous prefabricated building, which was originally constructed in the 1980s had become dated and it was not economically viable to keep it maintained. The council demolished it and constructed a new, bigger and more modern wooden cladded building, which includes men's and women's changing facilities, and an office. There is also an outdoor building-connecting canopy, to allow members to make their way to their social club in bad weather.

Chairman of Ladygate Bowls Club, Chris Seaman, said: "The facility before was dilapidated and we had problems with water - it had weathered badly. Thanks to the council, we've now got a wonderful building. It really does look good - everything from the office, to the changing rooms and the foyer in front of it with its patio. It's been marvellous and a pleasure to work with the council!"



Fassnidge Bowls Club

Fassnidge Bowls Club received a brand new clubhouse. The previous building was built in 1929, was small and dated, and in disrepair. The bar and domestic kitchen were too small to provide the facilities the club needed. The council demolished the existing clubhouse and a concrete shed adjacent to it, and a new larger and more modern building has replaced it. The new prefabricated building, which is made from reused steel shipping containers and is timber cladded offers more rooms and facilities, including a communal room that can seat up to 50 people or be used for short mat bowls, a large kitchen, bar and a store room.

Brian Lawes, Chairman of Fassnidge Bowls Club said that all the members are thrilled with the new clubhouse. He said: "For bowls matches, when we had 40 people there, we had a job to fit everyone into the old clubhouse. We also used to bring blow heaters down to warm it up a bit. The new clubhouse is absolutely superb - top notch. We can do everything we want to do in it and more. We're hoping in the winter months to have short mat bowls, we will have card nights and themed evenings and we're going to be open 12 months of the year."



Harefield Hospital Bowls Club

Harefield Hospital Bowls Club received a new kitchen extension. The previous extension was constructed in the 1950s and the kitchen facilities didn't allow them to cater to their needs. The new build, which is traditional in style to fit in with the clubhouse building next door, has a fully equipped kitchen and a hatch, and glass-fronted doors were also introduced to allow light into the clubhouse.

Jim Gayler, Treasurer of Harefield Hospital Bowling Club said that the upgraded facilities will make a tremendous difference. He said: "We have had as many as 60 people here with either visiting clubs for competition games or hosting Middlesex matches as a neutral ground. Our members used to have to bring in the prepared food from home, as we only had a kettle and a sink and no means to prepare catering on-site. Now we can offer a wider range of food, including hot meals, which will make all the difference to the experience of members and visitors. We hope to build on the club's success with new members and more social events for the community. We are extremely grateful for the new facilities thanks to the council's support."



BOWLED OVER
Top left and left: Ladygate Bowls Club
Below: Fassnidge Bowls Club
Right: Harefield Hospital Bowls Club

For more information on bowling in Hillingdon visit www.hillingdon.gov.uk/bowls If you'd like to join one of the clubs, contact the club directly



Grow your own produce and recycle

Hillingdon People looks at the environmental circle of growing your own fruit and vegetables and then recycling your food and garden waste for composting, which can be reused for your growing.



Grow your own fruit and vegetables and enter the Autumn Show

For most people, the idea of growing your own produce can seem daunting but it is actually quite easy with a few square feet of outdoor space, water and time.

There are also a range of benefits. Health benefits include eating more fruit and vegetables: When you're growing them you won't be able to resist eating and when they're straight from the garden vitamin levels will be high. They may also taste better! You will also be exercising and getting physical activity, and additionally it can be a relaxing and de-stressing activity that can improve your mental wellbeing, particularly with that sense of pride and achievement you get when you see what you've created.

You will also save money on your weekly shop and seed prices are good value. You're also reducing your environmental impact: By growing



food organically without pesticides or herbicides, you're reducing air and water pollution and the fossil fuel pollution that comes from transporting produce from all over the world to your supermarket.

If you don't have a garden, you can always use pots or rent an allotment from the council. For more information visit www.hillingdon.gov.uk/allotments.

Autumn Show

The council's Autumn Show competition is set to return for a fifth year on Saturday 16 September.

If you're growing your own fruit and vegetables or thinking about starting, you can enter for free for the chance to win garden centre vouchers.

Fruit categories include apples, blackberries, raspberries, strawberries and pears. Vegetable classes include beetroot, carrots, cucumber, marrow, onions, peppers, potatoes, pumpkins and tomatoes. There is a floral art class with an 'enchanted garden' theme, seven dahlia classes, jam and chutney categories and also a dedicated children's section.

Applications are open until 5pm on Friday 8 September and you can apply to take part by visiting www.hillingdon.gov.uk/



autumnshow. Full terms, conditions, rules and regulations are on the council website. Entry forms are also available at all libraries and the Rural Activities Garden Centre.

This year's produce will be exhibited for judging at a new venue The Great Barn, Manor Farm, Ruislip and residents can come for free and see what has been grown and celebrate the horticultural excellence on offer in Hillingdon. Judging will take place at 11am and general public entry will be from 1.30pm.

Recycling your food and garden waste

Hillingdon was one of the first London councils to start a free garden waste collection service from households in 2003.

Residents are provided with canvas garden waste bags (which you can order online). In 2013, in response to the amount of waste (particularly during the summer months), the council increased the frequency of collections to weekly.

Also in autumn 2013, the council gave residents the option to recycle food waste by providing you with free food caddies (that have a lid and sit in your kitchen) and free biodegradable starch bags to line them with.

You can put bread, cakes, fruit and vegetables, peelings, cereals, rice, pasta, tea bags, coffee grounds, dairy products, raw and cooked fish and meat (including skin and bones) in your caddy.

When your bag is full, just put it into the external food storage bin

that the council will also provide you with, and this waste will be collected at the same time as your garden waste, when you leave it by your property boundary. You can also order replacement bags for free online and sign up to receive automatic deliveries four times a year.

34,000 homes in Hillingdon now have a caddy, however that is less than half of the households in the borough and the council would like to encourage more residents to take part in this easy form of recycling to help the environment.

Karen Newbold from Harefield, said: "I love gardening and the weekly compost collection is fabulous. It means we can clear the garden at the weekend knowing the bags will be empty again for our next weekend in the garden. "We have never had a problem recycling our food and have been doing it for a few years. It's second nature now. We have the



bags, the little bin in the kitchen and then the bigger one outside which makes it really handy and easy to do. We also really appreciate the weekly collections, my mates in Buckinghamshire are very jealous we have weekly collections for everything."

The local composting journey

Last year the council collected 15,600 tonnes of garden and food waste, which equates to one and a half times the weight of HMS Belfast. So, the question is what happens next to all of this compostable material?

The collected waste is taken directly to the West London Composting facility at Harefield. The materials are firstly shredded, before being moved into long concrete tunnels for the beginning of the composting process. The pipes in the tunnels blow air onto the waste to make it compost faster. Each of the tunnels has a roof, which is kept closed for seven to 10 days to retain odour and harmful particles and stop animals from scavenging.

The compost will reach 60 degrees centigrade, and this heat will kill seeds and any germs present. The compost is then transferred to an identical set of tunnels for another seven to 10 days to conform to animal by-products regulations and kill more germs. The final stage in the cycle sees the compost enter the maturation plant for four weeks to ensure it is good quality to be sold as soil blender so you can reuse it in your garden.



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

"By leaving out your green garden and food waste to be collected by the council and sent for composting, you are creating a sustainable and useful product to be reused and diverting the materials from being sent to landfill, which places a burden on our environment. I would encourage you to try out this service if you aren't already and help to make a difference to our natural environment."

For more information on garden and food waste recycling and to order a caddy or new garden waste or corn starch bags, visit www.hillingdon.gov.uk/recycling

It's never too late to learn something new

Have you ever wanted to learn a different skill or take up a new hobby? Are you keen to improve your job or employment prospects?

Hillingdon's Adult Learning courses offer valuable, exciting and life-changing opportunities for residents of all ages, abilities and backgrounds to learn in a relaxed and friendly environment. As well as a range of language, qualification, health and arts courses, there are classes specifically tailored to adults with learning difficulties and disabilities, unpaid carers and over-65s. If you want to gain independence and confidence, improve your family's health and wellbeing, enhance your career/employment prospects or simply unwind, relax and meet new people, there will be a course for you.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "The council is committed to supporting low-cost learning opportunities for residents. Whether you want to rediscover a passion or learn something completely new, we have a wide range of courses and activities for everyone. I'd encourage anyone thinking about studying again, to find out more at one of our centres or open days."



Taz Phalora, 24, has been learning French for four years at Brookfield Adult Learning Centre. Since he completed the French Breakthrough Level, he has progressed to the French Advanced course.

Alongside the course teaching, Taz has been absorbing himself in French books, articles and cinema in his free time, which has further improved his understanding and knowledge of the language.

He said: "I have thoroughly enjoyed learning French; it has increased my intellectual skills, as well as my social skills."

"I have gained confidence by expressing myself in class and in a French speaking country. I recommend learning French (or a new language) to others."



Doloris Kwayke, 34, has mental health problems and lives in supported housing.

She joined the four-week cookery course at Rosedale College, where all the recipes were based around their five-a-day fruit and vegetables.

Doloris was nervous at first, but soon enjoyed herself. With 100 per cent attendance, she and the other learners loved every minute of it.

She said: "I have learnt how to cook for myself and have made some lovely food. I feel more confident now in coming out of my flat and mixing with others. I would like to come back and do a sewing course."



Sheila Kanya, 39, used to volunteer in schools and nurseries when she was a full-time mum. After becoming a nanny, she decided she wanted a school-based role working with more children and decided to study again at Brookfield Learning Centre.

Although initially nervous, her tutor and classmates helped her relax. Sheila gained new skills and knowledge through the Level 2 Certificate in Supporting Teaching and Learning, which also improved her communication and strategies for working with children.

Sheila now has a job working as a learning support assistant in the school she volunteered at. She said: "I'm loving my job; it is my dream job. If you want something, just go for it."



Come to one of our open days

In September, open days will offer you the chance to visit our centres, get advice and guidance on different courses and complete an initial assessment for courses that have entry requirements.

South Ruislip Adult Learning Centre

- Wednesday 6 September, 5pm to 9pm

Brookfield Adult Learning Centre

- Thursday 7 September, 10am to 4pm
- Saturday 9 September, 10am to 2pm
- Saturday 16 September, 10am to 2pm

Harlington Adult Learning Centre

- Tuesday 12 September, 10am to 2pm

Our courses are on...

Learning for Work

- British Sign Language and Community Interpreting
- Childcare
- Health and Social Care
- Floristry and Flower Arranging

- Horticulture and Gardening
- Information Technology and Digital Skills
- Build your English and Maths Skills

Learning in the Community

- Partnership work in the community

- Develop your skills with your family

Learning for Personal Development

- Independent Living
- Art, Media and Leisure
- Over-65s

- Floristry, Horticulture and IT
- Modern Foreign Languages

Centre details

Brookfield Adult Learning Centre

Park Road, Uxbridge, UB8 1NP

Harlington Adult Learning Centre

Harlington Community School, Pinkwell Lane, Hayes, UB3 1PB

Rosedale Adult Learning Centre

Rosedale College, Wood End Green Road, Hayes, UB3 2SE

Ruislip Manor Library and Community Resource

Linden Avenue, Ruislip Manor, HA4 8TW

Rural Activities Garden Centre

West Drayton Road, Harlington, UB3 3JZ

South Ruislip Adult Learning Centre

Victoria Road, Ruislip, HA4 0JE

Stockley Adult Learning Centre

Park View Road, Yiewsley, West Drayton, UB8 3GA



Visit www.hillingdon.gov.uk/adultlearning or call 01895 556455 for more information about the right course for you. Brochures are also available at adult learning centres and libraries

Updates from the Borough Commander

The other day I was putting together my regular update to staff, imaginatively titled 'Colin's Catch Up,' which highlights the teams and individuals who have achieved some great results and often gone the extra mile to keep residents safe, look after those who need us, and lock up criminals.

In my update I mentioned the work we have been doing to tackle the increase in knife crime we have seen across London, but also with the serious incidents locally in May. We saw some excellent teamwork by Hillingdon officers responding to and investigating these (with court cases now pending), and compassion and support to victims not only by police officers and PCSOs but also the local community.

Our teams met local people, and talked about the officers who go into schools to educate and inform young people; the patrols everyday using our stop and search powers; and arresting those found

with knives. We also encouraged ways residents and businesses can help, making sure for example that children are not taking sharp scissors or kitchen knives into school, and that shops ensure they are not selling knives to children, (as our cadets do test shops). All of this helps keep Hillingdon a safe place to live and work.

I have mentioned also in my previous columns how we have increased our Dedicated Ward Officers to two per ward and local feedback so far is that there has been an increase in patrols and more visibility. In July and August we also have additional patrols with our council-funded police teams to deal with the seasonal increase in anti-social behaviour and violent crimes during the long hot summer days.

Look out for details of where you can meet the officers on our Facebook or your ward's Twitter pages. On met.police.uk you will see more information about

your local area just by entering your street or postcode. You can report more things online using a mobile or tablet computer – but always call 999 in an emergency.

I hope you all have an enjoyable summer, Hillingdon remains one of the safest borough's in London and we can all play our part in making it safer still. So if you are going away, make sure you lock everything up, clear your garden of any tools or equipment, and consider a timer switch for a light at night. Check out our website for more crime prevention advice, and when you see us out there say hello as we go about being the best we can, keeping you safe and secure.



Colin Wingrove

Mother knows best NHS makes big push to hear mums' views

The NHS wants to hear from new mothers and mums-to-be about what is important in receiving good maternity care, to shape how national funding will improve future care.

A programme of work has been launched, with national backing, to test a range of new ways of working to help transform maternity services.

To support the programme a new website maternitynwondon.commonplace.is has been launched. Join the conversation and share your experiences of maternity care.

They want your feedback on a range of aspects of care – from your views on ante-natal care to how well you were supported getting back home.



Volunteer to help support people with drug or alcohol issues

Build on Belief Hillingdon (BoB) is a charity, which in partnership with the Central and North West London NHS offers a range of socially based services for people who have, or have had alcohol and drug addiction issues.



Alcohol and drug addiction can be lonely and difficult when you are in recovery. BoB gives people somewhere to go when mainstream drug and alcohol services are closed and cannot help. The drop-in services they run help people to move forward in their lives by making new friends and building up a strong support network.

Services are designed to complement the existing treatment system, offering support, social interaction and a range of activities, including fishing, gardening, creative writing, film watching, beauty, and games.

The organisation is mainly run by volunteers and relies on their support to help service users. BoB particularly welcomes volunteers who have had substance use issues and have no requirements how long you have to be substance free before volunteering. But there is no barrier to volunteering, as long as you are stable, passionate and committed.

Volunteering with BoB couldn't be easier – all you have to do is look at the range of services they provide and drop into their sessions at

Uxbridge and Hayes and see how it works. If you're still interested, speak to manager, Finola Sullivan, who will give you a friendly interview.

Volunteering is flexible and you can choose how much time to commit. You can also draw on your own skills or help with specific groups or activities. The most important part of the role is being a listening ear and taking time to support others.

In return for volunteering, you will receive travel expenses and lunch; the opportunity to attend training workshops; regular supervision from their managers; and support for those who need it in their individual recoveries and personal journeys.

A volunteer said: "Volunteering was a very important part of maintaining my recovery. I regained my self belief and felt valued as a person, which was a wonderful feeling after years of feeling worthless as an addict. I am now in full-time employment and have been clean for almost five years."

For more information visit www.buildonbelief.org.uk or contact Finola Sullivan on 07473 024730

Want to support people with mental health issues?

Hillingdon Mind is committed to promoting good mental health and wellbeing by supporting people who experience mental health issues. The charity is made up of ex and current service users, professionals and other volunteers, who provide advice and support to empower residents experiencing a mental health problem.

The charity, which is supported by an annual grant from the council, provides a range of services. There are a variety of sport, wellbeing and leisure clubs; activity and befriending sessions to overcome social isolation; support groups; counselling services; employment support services, mental health awareness training courses and they arrange housing opportunities. They also campaign to improve services, raise awareness and promote understanding.

New groups for 2017

- Hearing voices, Mondays, 11am to 12pm
- Dance movement therapy, Fridays 12pm to 1.45pm (£3 a session)
- Young people's support project
- Somalian outreach project

For more information about the above, or for a full list of their social clubs, groups and activities visit hillingdonmind.org.uk, call 01895 271559 or visit Aston House, Redford Way, Uxbridge, UB8 1SZ



Volunteer for Hillingdon Mind and make a difference

Hillingdon Mind actively encourages people with lived experience of mental health issues and their friends and families to volunteer in their community projects. They provide free induction, training and support for volunteers. Volunteers are supported to find the opportunities which are most suited to their interests, skills and life experiences.

If you are interested in volunteering, fill in the online form on hillingdonmind.org.uk or call 01895 271559

Family Fishing Fun Days

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

Little Britain Lake and River Colne
Sundays 30 July and 13 August 2017
 9.30am to 3.30pm

Packet Boat Lane, Cowley, UB8 2JR

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

Meet top angling professional **Keith Arthur**

Live Enjoy Park Life

www.hillingdon.gov.uk/fishing



Could you foster a child?

Find out about fostering

Come and find out how to become a Hillingdon foster carer.

Tuesday 11 July
Tuesday 8 August
 6.30pm to 8.30pm
 Civic Centre, High Street, Uxbridge UB8 1UW

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

Hillingdon London

www.hillingdon.gov.uk



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

HILLINGDON WHAT'S ON?

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

LEISURE

Hayes Carnival
 Saturday 8 July, 12.45pm (events in Barra Hall Park from 1.15pm)

This year's carnival will once again be a celebration of Hayes and its diverse community. The parade will commence at 12.45pm from its new starting point in Central Avenue and make its way along Botwell Lane to Barra Hall Park, where there will be a range of free activities for all ages to enjoy during the afternoon. There will be children's shows, a soft play and crafts area, Gozart and his Giant Puppet, stilt walkers, StoryCamp, sports zone, cycle zone, floral displays, community stalls, a food court and Monty Hammond's Fun Fair.

Cost: Free entry.
 For more details visit www.hillingdon.gov.uk/hayescarnival
Barra Hall Park

Southlands Live
 Saturday 15 July, 1pm

This event presented by Yiewsley and West Drayton Arts Council returns to the Southlands Arts Centre for 2017. With even more music to enjoy and a host of fun and creative attractions, Yiewsley and West Drayton's family friendly music festival is celebrating its fifth birthday in style.

Cost: £9. £10 on the door.
 To book or for more information visit www.southlandsarts.co.uk
Southlands Arts Centre

Butterflies Summer Garden Party
 Saturday 15 July, 2pm

The Butterflies summer garden party will include music, tea, coffee and delicious cakes. There will also be a raffle and selected stalls. This summer they will be raising funds for Prostate Cancer Research.

Cost: £5 at the door.
 For further details call Vera on 01895 635224 or email Butterfliesickenham@yahoo.com
Sussex Road, Ickenham

Family Fishing
 Sundays 30 July and 13 August, 9.30am to 3.30pm

Now in their ninth year, the council's Family Fishing Fun Days are back. This event is open to all ages and you don't need to be an experienced angler to attend. There will be hourly angling sessions guided by experienced volunteer anglers and you'll be able to meet angling legend Keith Arthur. Other free activities include river

Family Fun Day
 Sunday 16 July, 12pm to 4pm

Come along to this event, which will provide fun for all of the family. There will be stalls, dance and martial arts

demonstrations, BBQ, food, refreshments and a bouncy castle.

Cost: Free entry.
 For further details contact Mark Collins or Gill Oswell on 020 8573 5273 or email handhca@btconnect.com
Hayes and Harlington Community Centre

Uxbridge Charity AutoShow
 Sunday 16 July, from 10am to 6.30pm

The premier motor show in west London, presented by the Rotary Club of Uxbridge, with nearly 2,000 cars on display, entered by individuals and car clubs, from classic to modern and modified. An arena with entertainment, live music from local bands, trade stands selling everything from tools to model cars and much more. A children's fun area and catering for all tastes.

Cost: Adults £10. Senior Citizens £5. Children under 14 free when accompanied by a paying adult. Parking £2 per car. A saving of 20 per cent is offered for tickets purchased in advance.
 To purchase tickets or for more information visit www.uxbridgeautoshow.com
Hillingdon House Farm

Cranford Park Family Day
 Saturday 22 July, 11am to 4.30pm

This family event brought to you by the council and Cranford Park Friends will offer a range of sights and activities within this historic park, including farm animals, falconry, pirates, tea garden, pond dipping and much more.

Cost: Free. Free parking also available.
 For more information visit www.cranfordparkfriends.org
Cranford Park

Family Fishing
 Sundays 30 July and 13 August, 9.30am to 3.30pm

Now in their ninth year, the council's Family Fishing Fun Days are back. This event is open to all ages and you don't need to be an experienced angler to attend. There will be hourly angling sessions guided by experienced volunteer anglers and you'll be able to meet angling legend Keith Arthur. Other free activities include river



KIDS

Red Riding Hood and Friends
 Thursday 3 August, 3pm

This theatre show for children aged between seven and 11 is presented by Hillingdon Libraries and Booster Cushion Theatre. Little Red Riding Hood's friend arrives to tell us the story but has a problem, there are no pages in the book! He tries to tell the story and we meet Red Riding Hood's mum, dad and grandma but he keeps getting the story wrong. So Cinderella arrives to help, dancing a conga with her Jack's Baked Beans Band and suggests auditions to find the Wolf to end the story.

Cost: All tickets £2.
 To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

The Stage is Yours 2017: Ages seven to 14
 Monday 21 August to Friday 25 August, 10am to 4pm (final show will be performed on stage at 3pm on the Friday)

DKproDuKtions and the council are offering a five-day summer holiday workshop for young people to learn songs and choreography from popular musicals, such as *Aladdin*, *The Lion King*, *School of Rock* and *Oliver*.

Cost: £110.
 To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Hansel, Gretel and you...who?
 Friday 11 August, 3pm

Hillingdon Libraries and Booster Cushion Theatre present this live theatre show for children aged between four and seven. Hansel and Gretel have been turned into oven gloves and don't know what to do! So, they decide to go on a journey around the world looking for food and some friends. They bump into some woodland animals, who just want to play sports all the time, luckily they know the best way out of the forest is with an audience wide relay race. But while taking part, the siblings get trapped by the Witch. Luckily, the Gingerbread Man has a great idea to save them, he'll just need some help...

Cost: All tickets £2.
 To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

The Stage is Yours 2017: Junior: Ages four to six
 Thursday 24 August to Friday 25 August, 10am to 4pm (final show will be performed on stage at 3pm on the Friday)

DKproDuKtions and the council are offering a two-day summer holiday workshop for young people to learn songs and choreography from popular musicals, such as *Aladdin*, *The Lion King*, *School of Rock* and *Oliver*.

Cost: £45.
 To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

dipping, bird box making, face painting and a bouncy castle.
Cost: Free. All equipment and bait will be provided for free. You need to register for fishing on the day, with places offered on a first come, first served basis. Little Britain Lake

Young adult open mic nights
Friday 18 August, Uxbridge Library 7.30pm to 9pm and Friday 25 August, Botwell Green Library 7.30pm to 8.30pm

Young people aged 16 to 25 are invited to come and showcase their talent whether it's poetry, singing, music, comedy or spoken word. If you would like to register your interest now, email openmic@hillingdon.gov.uk or come along on the night as a small number of floor spots will be available.

Cost: Free. Uxbridge Library and Botwell Green Library

Ruislip-Northwood Flower Arrangement Society

Tuesday 5 September, 7.30pm
 This demonstration by Jo Bromich is entitled 'Surprise surprise.' Tea and coffee available in the interval and the flower arrangements are raffled at the end of the demonstration.
Cost: National demonstrators - visitors £6. Area demonstrators - visitors £5. Tickets can be purchased on the door. For more details call 01923 829621.

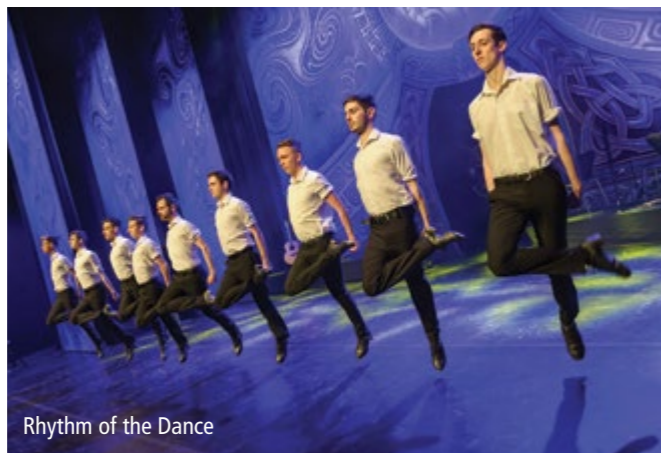
Northwood and Pinner Liberal Synagogue

Garden suburb exhibition
Thursday 14 September to 26 October, Wednesdays to Fridays 12pm to 3pm; Saturdays and Sundays 12pm to 4pm

A temporary exhibition detailing the early 20th century development of Ruislip as a 'Garden Suburb' between 1889 and 1922 will be held in the Provost Parlour at Manor Farm House Visitor Centre. Visitors will gain a sense of what living in Ruislip Manor was like at that time and learn how urban planning developed.
Cost: Free.

For more details visit www.hillingdon.gov.uk/manorfarm. Manor Farm

Autumn Show
Saturday 16 September, 1.30pm (public entry)
 Celebrate the horticultural excellence in Hillingdon and come and see the locally grown produce on display. You can apply to compete in a variety of fruit and vegetable classes for the chance to win garden centre gift vouchers until Friday 8 September. Judging starts at 11am.
Cost: Free.



Rhythm of the Dance

For more information visit www.hillingdon.gov.uk/autumshow. Great Barn

THEATRE

TJ Higgs: The Medium
Thursday 20 July, 7.30pm

TJ is a well known psychic medium and has appeared on *The X-tra Factor*, *Destiny TV* and *SKY Living*.
Cost: £20. Concessions £1.50 off. Groups 8+ one in eight go free. Premiere Card £16.65. Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Rhythm of the Dance
Sunday 23 July, 7.30pm

This exciting show features world champion Irish dancers, a traditional Irish band and the Young Irish Tenors.
Cost: £25.50. Concessions £2 off. Groups 8+ one in eight go free. Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Beauty and the Feast
Sunday 6 August, 3.30pm

Join the Beck Theatre for a Beauty and the Beast inspired afternoon tea with a delicious selection of sandwiches, scones, cakes, live music and lots of fun.
Cost: £16. Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Sister Act: Summer youth project

Thursday 24 to Saturday 26 August, 7.30pm (2.30pm also on the Friday and Saturday)
 When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be found: a convent! Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the

footage from The George Michael 25 live tour and is a two hour show of his songs, including *Club Tropicana*, *I'm Your Man*, *Faith*, *Fast Love*, *Outside*, *Freedom*, *A Different Corner*, *Father Figure*, *Careless Whisper* and many more.

Cost: £25. Groups of 8+ one in eight go free. Premiere Card £21.15. Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Magic of Motown
Friday 8 September

Prepare yourself for 40 back-to-back classic Motown hits, glittering costume changes, dazzling dance moves and musicianship in this explosive concert. Celebrate the sound of a generation as the timeless music of Marvin Gaye, Diana Ross, Stevie Wonder, The Temptations, The Supremes, The Four Tops, Martha Reeves, Jackson 5, Lionel Richie, Smokey Robinson and many more are recreated for you.

Cost: £28. Concessions £3 off. Groups 8+ one in eight go free. Premiere Card £21.15. Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Faith – George Michael Legacy

Thursday 31 August, 7.30pm
 A celebration of one of the greatest singer-songwriters of all time, featuring international George Michael tribute Wayne Dilks and his eight piece band. A musical journey of 35 years of hit records, from Wham to his solo career, the show uses actual video



MUSIC

Hillingdon Choral Society and Hillingdon Philharmonic Orchestra
present: Around the World in 80 Minutes.

Saturday 8 July, 7.30pm
 An evening of music from the world of opera and ballet, including – Bizet, Delibes, Borodin, Tchaikovsky, Puccini, Verdi, Sullivan and Wagner.
Cost: Adults £12. Children 11 to 16 £3. Under-11s free. To reserve tickets call 01895 674223 or 020 8868 7359 or email hillingdonchoralsociety@gmail.com. You can also purchase from Pro Music International, Ickenham. Tickets will also be available on the door. Vyners School

EXERCISE

TriMe

Saturday 8 July, 9.30am
 Hot Yoga House is holding a summer outdoor community mindful triathlon - combining a run with yoga and meditation. Run, jog or walk 5K then find a space for your mat for a 60 minute yoga session to increase strength, build flexibility and release the muscles. This is followed by 30 minutes of meditation, where you can unwind your mind, soften your breath and let go. After the event you can collect your exclusive tote bag worth £20. Some mats are available but let Hot Yoga House know if you need one before the day.
Cost: £12.

Contact: For more information and book your place visit www.hotyogahouse.co.uk. Call 020 8429 8017 or email info@hotyogahouse.co.uk. Roxbourne Park

Line dancing
Tuesdays, improver level, 10.45am. Fridays, intermediate class, 10.30am

Come and take part in this fun line dancing class and improve your steps.
Cost: £5. To book call Lorraine on 07717 638422. Harefield Community Centre

Pilates classes

Tuesdays, 9.10am and 8.15pm at Eastcote House Gardens, Thursdays 9.15am and 10.30am at Maycock Grove, Northwood
 Pilates can help increase strength, flexibility, stability, improve posture and release stress.
Cost: £8 each for 6 sessions or £10 drop-in. For more information contact Julia Richardson on 07787 160830. The Stables, Eastcote House Gardens and Maycock Grove, Northwood.

Align and define pilates with Elizabeth

Monday 1.40pm to 2.40pm and Thursday 12.40pm to 1.40pm (Over-60s class seated and standing) and Thursday 7.15pm and 8.15pm (Beginners and improvers matwork class)
 Elizabeth is Body Control Pilates Matwork (Level 3) and REPS certified. Mats and small equipment will be supplied.

Cost: £10 per session. For more details call 07771 918240 or email beth.alignanddefine@gmail.com. The Stables, Manor Farm

Zumba
Tuesdays, 7.30pm

Come along to these fun and friendly classes and join the party! No dance experience necessary.
Cost: £6 (Under-18s £4) For more information call Ann-Marie on 07701 012927 or email zumbathatbody@gmail.com or visit zumbathatbody.com on Facebook. Skylark Community Association

YOGA with Juliana
Drop-in classes on Saturdays 9.30am, Tuesdays 10.30am and Wednesdays 7pm

Juliana offers fluid hatha yoga classes throughout the week at Eastcote House Gardens. She is also holding an 'Exploring natural movement' yoga workshop and vegan lunch on Saturday 15 July between 9.30am and 2pm.
Cost: Drop-in classes £10 each. Workshop is £55. Visit www.juliana.yoga for more information or email hello@juliana.yoga. The Stables, Eastcote House Gardens

Zumba gold class
Tuesdays, 9.30am and 10.30am

Low-impact class suitable for seniors. 50 minutes duration.
Cost: Drop-in £5. For more information call Trisha on 07919 276 539 or visit www.zumbawithtrisha.co.uk. Ickenham Village Hall

Dru Yoga with Dinta
Saturdays, 11.25am to 12.30pm at St Lawrence Church and Mondays, 7.15pm to 8.45pm at South Ruislip Community Centre

Dinta is fully qualified in Dru Yoga, which is based on flowing movements, directed breathing and visualisation. It is good for overall health and wellbeing, core strengthening, weight loss, boosting immunity, improving posture, building strength, flexibility, suppleness, stamina, stress release, fighting depression, achieving goals and deep relaxation.
Cost: £8 per class. To book, call 07870 981885 or email yogawithdinta@aol.co.uk. St Lawrence Church and South Ruislip Community Centre

Young at Heart Yoga for all abilities
Tuesdays 10am

Nobody is too old or too stiff to do some yoga! Yoga will improve your strength, stamina and flexibility, and help concentration, mental clarity and relaxation. Come and try this friendly class, whether or not you have practiced any yoga before and experience the benefits to your body and mind.
Cost: £45 for six weeks. Contact: Loretta by calling 020 8845 7873 or emailing shape.tone@blueyonder.co.uk. Visit www.yogaloretta.co.uk for more information. Oak Farm Library

VENUES

- Barra Hall Park**
Freemans Lane, Hayes, UB3 2NH
- Beck Theatre**
Beck Theatre, Grange Road, Hayes, UB3 2UE
- Botwell Green Library**
East Avenue, Hayes, UB3 2HW
- Cranford Park**
Cranford, TW5 9RZ
- Great Barn**
Manor Farm, Bury Street, Ruislip, HA4 7SU
- Harefield Community Centre**
Priory Avenue, Harefield, UB9 6AP
- Hayes and Harlington Community Centre**
Albert Road, Hayes, UB3 4HR
- Hillingdon House Farm**
Off Park Road, Uxbridge, UB8 1ES
- Ickenham Village Hall**
33 Swakeleys Road, Ickenham, UB10 8DG
- Little Britain Lake**
Packet Boat Lane, Cowley, UB8 2JR
- Manor Farm**
Bury Street, Ruislip, HA4 7SU
- 45 Maycock Grove**
Northwood, HA6 3PU
- Northwood and Pinner Liberal Synagogue**
Oaklands Gate, Northwood, HA6 3AA
- Oak Farm Library**
Long Lane, Hillingdon, UB10 9PB
- Roxbourne Park**
88 Castleton Road, HA4 9QL
- Skylark Community Association**
The Grange, Pine Place (off Fredora Avenue), Hayes, UB4 8RA
- South Ruislip Community Centre**
Long Drive, South Ruislip, HA4 0HS
- Southlands Arts Centre**
75 The Green, West Drayton, UB7 7PW
- The Stables**
Eastcote House Gardens, High Road, Eastcote, HA5 2FE
- The Stables**
Manor Farm, Bury Street, Ruislip, HA4 7SU
- St Lawrence Church**
Bridle Road, Eastcote, HA5 2SJ
- 54 Sussex Road**
Ickenham, UB10 8PN
- Uxbridge Library**
High Street, Uxbridge, UB8 1HD
- Vyners School**
Warren Road, Ickenham, UB10 8AB
- Winston Churchill Theatre**
Manor Farm, Pinn Way, Ruislip, 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.

Refuse and Recycling

August bank holiday 2017

| Normal collection day | Revised collection day |
|-----------------------|--|
| Monday 28 August | Tuesday 29 August |
| Tuesday 29 August | Tuesday 29 or Wednesday 30 August |
| Wednesday 30 August | Wednesday 30 or Thursday 31 August |
| Thursday 31 August | Thursday 31 August or Friday 1 September |
| Friday 1 September | No change |

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

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Hayes: 020 8797 9505
www.wearetrinity.org.uk
[facebook.com/trinityfurniturestore](https://www.facebook.com/trinityfurniturestore)

Golden numbers
Do it online 24/7 at www.hillingdon.gov.uk

- Council Main Switchboard**
01895 250111
Mon to Fri, 8am to 6pm
- Council Tax and Benefits**
0300 123 1384
Mon to Fri, 9am to 5pm
- Electoral Services and Registrars**
01895 558250
Mon to Fri, 8am to 6pm
- Environment and Anti-Social Behaviour**
01895 556000
Mon to Fri, 8am to 6pm
- Families' Information Service**
01895 556489
Mon to Fri, 9am to 5pm
- Fraud Hotline**
0800 389 8313
Mon to Fri, 9am to 5pm
- Hillingdon First Card**
01895 556677
Mon to Fri, 8am to 6pm
- Hillingdon Social Care Direct (adults and children)**
01895 556633
Mon to Fri, 8am to 6pm
- Housing Services**
01895 556666
Mon to Fri, 8am to 6pm
- Out of Hours (emergencies only)**
01895 250111
- Pest Control**
01895 556000
Mon to Fri, 8am to 6pm
- Planning and Trees**
01895 250230
Mon to Fri, 8am to 6pm
- Roads and Pavements**
01895 556000
Mon to Fri, 8am to 6pm
- School Admissions**
01895 556644
Mon to Fri, 8am to 6pm
- Care services**
Adoption and fostering
0800 783 1298
- Community Cancer Centre**
www.communitycancercentre.org.uk
01895 461016
- Drugs or sexual health advice for young people up to 21 years**
01895 257285

- Advice and support**
Addictions Recovery Community Hillingdon
01895 207777
- Age UK Hillingdon**
020 8756 3040
- Alzheimer's Society Hillingdon**
01923 823999
www.alzheimers.org.uk
- Asphaleia Action**
01895 272478
www.asphaleia.co.uk
- Centre for ADHD and Autism Support**
020 8429 1552
www.adhdandautism.org
- Communicare Counselling Service**
01895 256056
- Consumer helpline**
03454 04 05 06
- Citizens' Advice Bureau**
0344 848 7903
- Disablement Association Hillingdon (DASH)**
020 8848 8319
- Hayes One Stop Shop**
01895 556004
hayesonestop@hillingdon.gov.uk
- Healthwatch Hillingdon**
01895 272997
- Hillingdon Autistic Care and Support**
020 8606 6780
enquiries@hacs.org.uk
www.hacs.org.uk
- Hillingdon Carers**
01895 811206
- Hillingdon Carers Trust**
01895 258888
- Hillingdon Independent Domestic Violence Advocacy Service**
020 8246 1745
- Hillingdon Mind**
01895 271559
- Hillingdon Women's Centre**
01895 259578
- Home-Start Hillingdon**
01895 252804
- P3 Navigator Advice Centre**
01895 436114
- Samaritans**
Freephone 116 123
- Victim Support Hillingdon**
0208 965 1141 (office hours)
0808 168 9111 (out of hours)

HILLINGDON CONTACTS



- Local democracy**
Councillors' names, addresses and advice surgeries
www.hillingdon.gov.uk/councillors
- Council meeting dates and agendas**
01895 250636
- Conservative Group Office**
01895 250316/250728
- Electoral registration**
01895 250251
electoralservices@hillingdon.gov.uk
- Labour Group Office**
01895 250780
- Mayor's Office**
01895 250763
- Environment and street scene**
Affinity Water
0345 357 2425
- Current and proposed roadworks in Hillingdon**
www.hillingdon.gov.uk/roadworks
- Environmental Protection**
01895 250190
- Food, Health and Safety**
01895 250190
- Animal welfare**
01895 250190
- Trading Standards**
01895 250164
- Learning**
Library information desk
01895 250600
- Advice and guidance (young people)**
01895 257855
- Enquiries about school transport**
01895 250008
- Truancy Hotline**
01895 250858

- Planning**
Building control enquiries, inspection requests and dangerous structures
01895 558170
- Dangerous structures (out of hours)**
01895 250111
- Local land charges enquiries**
01895 250624/556115
- Leisure**
Botwell Green Sports and Leisure Centre
020 8561 0956
- Hillingdon Sports and Leisure Complex, Uxbridge**
0845 130 7324
- Highgrove Pool, Ruislip**
01895 630753
- Queensmead Sports Centre, South Ruislip**
020 8845 6010
- William Byrd Pool, Harlington**
020 8897 9390
- Hospitals**
Harefield Hospital
01895 823737
- Hillingdon Hospital**
01895 238282
- Mount Vernon Hospital**
01923 826111
- Northwick Park Hospital**
020 8864 3232
- Watford General Hospital**
01923 244366
- NHS: 111**
- Police**
Metropolitan Police non-emergency number 101
Textphone 18001 101
hillingdon.enquiries@met.police.uk
- Hillingdon Neighbourhood Watch**
020 8246 1869
all@hillingdonnhw.co.uk
- Fire**
Hillingdon Fire Station
020 8555 1200 ext 38228
hillingdongroup@london-fire.gov.uk

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