

HILLINGDON people

News from your council
January/February 2017

www.hillingdon.gov.uk

Get fit for the new year

Sports and
activities
for all ages

Council tax frozen again
No service cuts

Homes for older residents
Extra-care flats to be developed

Creating local jobs
Partnership provides
apprenticeship training



HILLINGDON
LONDON



VOLUNTEERS AWARDED



HEART MONTH



NEW SESSIONS



BLOW THE WHISTLE ON HOUSING CHEATS

When somebody with a council or housing association home rents it out without permission or obtains a home through providing false information, they are guilty of **housing fraud**. They are using up valuable housing spaces and depriving families and vulnerable people on the waiting list. **It's not fair.**

If you suspect someone of unlawfully sub-letting call us on **0800 389 8313** or email us at **fraud@hillingdon.gov.uk**
Your report will be treated in the strictest confidence and can be given anonymously.



Contents

January/February 2017

▶ Cover stories

- ▶ **10 Contemporary housing for older residents**
Two new housing developments are being built for people with additional need for support.
- ▶ **11 Council tax frozen for ninth year**
Council tax freeze for all residents and no service cuts
- ▶ **12 Creating training opportunities for residents**
The council is working in partnership with Uxbridge College to provide trade apprenticeships.
- ▶ **14 Scheme discourages anti-social behaviour**
A look at how our alley gating scheme has helped residents' quality of life.
- ▶ **16 Flooding... who's responsible?**
Explanation of the types of flooding and what landowners need to do.
- ▶ **18 Get fit for the new year**
View a range of council supported activities to improve your health and wellbeing.
- ▶ **20 Put your health first for Heart Month**
Hillingdon libraries to provide a programme of events and advice sessions throughout February.

Regulars

- 4 Hillingdon News 23 Volunteers
- 27 What's on? 31 Contacts

COVER PHOTO: FITNESS CLASS RUN BY FUSION LIFESTYLE. SEE PAGE 18.

Welcome



Welcome to a new year and the first edition of Hillingdon People for 2017. In this issue you will be able to read about our budget for 2017/18 and how for the ninth successive year your council tax will be frozen.

For the over-65s the news is even better, as their council tax is frozen for the eleventh year in a row, with further funding set aside to guarantee that freeze for next year (2018/19) as well.

But it is not only about freezing council tax year on year. It is also our ability to continue to provide the facilities and deliver the services that our residents value, and in continually achieving both goals, Hillingdon is setting itself apart from other local authorities.

We are also fortunate to have some of the best staff in local government working in Hillingdon in both frontline and support services.

Whilst we are told that there remain some financially challenging times for all local authorities in the years ahead, in Hillingdon we have a firm control of the financial affairs of the council, and it remains very much business as usual.

Whilst not underestimating the scale of the task ahead, the approach that has served us so well to date will continue to do so in the future.

In Hillingdon we will continue to put our residents first and at the heart of all that we do and I wish you all the best for the year ahead.

Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL

Meet Lucy

When Lucy's MS got worse, she found it harder to get out and about, and she missed her weekly shopping trips.

On *Connect to Support Hillingdon*, her friend helped her find details of mobility scooter suppliers.

Connect to Support HILLINGDON

www.connecttosupporthillingdon.org

HILLINGDON
LONDON



Advertising deadline for next edition: **Friday 27 January.**

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For a copy in large print or as an audio version call 01895 250828



Continued investment in additional school places



Dental practice to improve children's oral health

The Mayor of Hillingdon, Cllr John Hensley, officially opened a new dental practice in Harefield High Street in October.

The Village Dental Practice is part of plans to increase NHS dental provision for the borough's residents, particularly families with young children.

Dental health is the biggest cause of hospital admissions in children, so it is important to keep their diets free of sugary drinks and snacks, brush teeth last thing at night

and at least once during the day, and visit the dentist regularly. Parents should also ensure that babies see a dentist once their first teeth appear.

The new practice provides a wide range of dental routine services, as well as specialist and cosmetic treatments.

The council also commissions the national Brush for Life programme to support healthy teeth for all the family, with a number of children's centres offering regular dental drop-in sessions.

Find your nearest council services online

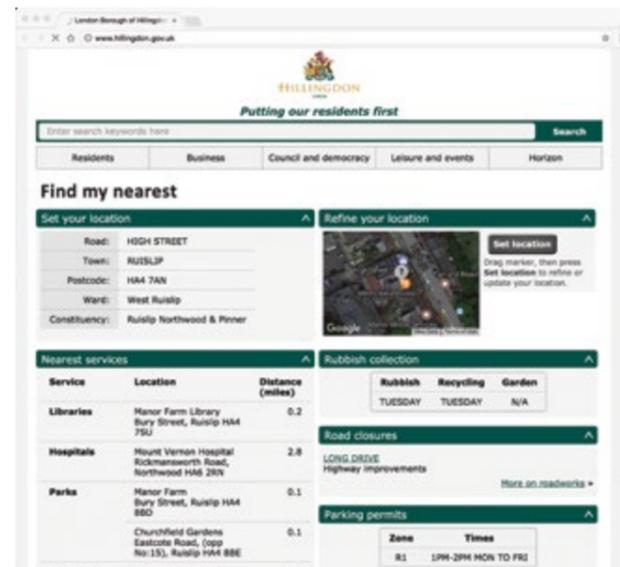
The 'find my nearest' system on the council website has recently been improved and personalised to make it easier for you to find out more about your local services.

All you need to do is enter your postcode, road name or press the GPS option (if using a smartphone) on www.hillingdon.gov.uk/mynearest and at the touch of a button the nearest

facilities will be listed.

These services will include libraries, parks, sports and leisure centres, waste sites, collection days, local road closures, if your area needs a parking permit and who your local councillors are.

You can even create your own personalised map, to include local council services which matter to you, such as schools, health walks and HillingdonFirst discounted businesses.



Be ready for an emergency



The council has produced a free pack to help residents to prepare for emergency situations.

Emergencies happen without warning. You could be asked to evacuate, or stay in your home at any time whilst a situation is resolved. Incidents can also occur while you are travelling. What would you do; where would you go; what would you need to help you stay safe?

Our home emergency pack can help you think about the following things to make it easier for you to personally prepare for any type of emergency.

- Prepare a grab bag (containing equipment and supplies such as a torch, first aid kit and bottled water) and store in a secure but accessible location.
- List key contact details, remembering to update them as they change and adding them to your mobile phone.
- Arrange meeting places for you and your family to meet, ensuring all your family members know the location(s). Download the home emergency pack for yourself, a friend, family member or neighbour at www.hillingdon.gov.uk/emergencypack.

Coffee mornings to tackle domestic abuse

A series of White Ribbon Day coffee mornings have been launched to offer specialist support to women experiencing domestic abuse and sexual violence.

The innovative new scheme was developed by the council and its partnership organisations based on feedback from victims and professionals, with the aim of providing the best possible support to anyone affected by domestic abuse and sexual violence.

The council wants to reach people who may not know where to go to talk about domestic abuse, so the coffee mornings will provide a safe space and a friendly environment in which women can share experiences with each other, seek advice or access further services from professionals.

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



NEW GATES
Mike Crane of Uxbridge Forward and Cllr Keith Burrows

Gates installed to prioritise shopper safety

The council has installed two gates in Uxbridge High Street to improve pedestrian safety and enhance the town centre experience for residents and visitors.

The gates were introduced to address an increasing number of vehicles and cyclists entering the pedestrianised area. Drivers were making deliveries to businesses outside of the times restricted for loading purposes, using the route as a cut through and illegally parking in the zone. These issues were

impacting on pedestrians being able to safely navigate the high street.

The steel gates, which feature the council's crest and gold rosettes are at the junction of the high street with Vine Street and the junction of the high street with Windsor Street, and will be securely closed outside of delivery hours to stop motorists from entering. Delivery vehicles will have a maximum loading period of 40 minutes between 5pm and 10.30am Monday to Friday and up to

9.30am at the weekends.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "The safety of pedestrians in Uxbridge High Street is paramount and we will take enforcement action where motorists flout regulations. Any vehicle left in the zone outside of the unloading times will be issued with a fine and CCTV will be used to identify vehicles who are parking illegally or using the area as a cut through when the barriers are open."



New Hayes landmark feature

In November, the council installed coloured panels spelling out HAYES GATEWAY as part of the borough's town centre improvements programme.

The perforated aluminium panels which are five metres high and three metres apart are a distinctive feature denoting the gateway in and out of Hayes and located

on the central reservation of Uxbridge Road close to Lombardy Retail Park.

The colour hues of the panels range from blues to oranges and are similar

shades to the renovated railings outside Hayes and Harlington Station.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "With improvements coming to Belmore Place along the Uxbridge Road and the fast approaching Elizabeth Line (Crossrail) coming to Hayes, this signage signals the importance of the whole of Hayes to the borough, as an area for both business and residential development and growth opportunities."



Residents receive awards for sporting success

In November, Disablement Association Hillingdon (DASH) presented residents who attend Queens Walk Resource Centre with certificates and medals to celebrate their sporting achievement.

Seventeen residents have been taking part in seated football sessions, funded by Sport England and run by DASH since August last year.

The sessions, led by football coach, Mick Geraghty are open to all residents with physical and learning disabilities who attend the centre, with the youngest participant aged 20 and the eldest 53. They allow the participants, who are unable to play on a pitch, to kick the ball, throw and catch while sitting down.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "The sessions have really supported the attendees' physical and mental wellbeing, self confidence, increased their energy levels, sense of achievement and ability to work as a team. I'm pleased to see how everyone has enjoyed them and embraced the opportunity to play."

The council has worked with DASH for 33 years to support disabled people in Hillingdon and deliver sporting opportunities for those who cannot access leisure facilities. For more information on the services they provide visit dash.org.uk.

New programme of classes to improve your wellbeing

Following the success of last year's Learn to be Well research project, the council is offering a new programme of free classes for 2017 for residents who would like to improve their wellbeing.

A wide range of creative wellbeing courses are delivered by experienced and sensitive staff. The classes are designed to build (or rebuild) your confidence, help you develop coping strategies for everyday situations and improve your physical, mental and spiritual wellbeing.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Research has identified that there can be

a range of positive impacts on wellbeing through learning something new with other people. If you, or someone you know wants to improve their wellbeing and take a step towards a more positive future, then I would encourage you to find out more today."

Before you enrol, you need to take part in an advice session, where we will discuss the courses and you will need to fill in a mood and wellbeing questionnaire to find out if you're eligible. To arrange an appointment call 020 8384 4170 or email learntobewell@hae-acl.ac.uk. For further information visit www.hillingdon.gov.uk/learntobewell.



Sign up for automatic recycling bag deliveries

Did you know that we automatically deliver recycling bags direct to your door?

Save yourself time and hassle by signing up to our automatic delivery service, and you won't run out of clear recycling bags or food waste liners again.

You will receive automatic delivery up to four times a year, depending on where you live and the selected delivery month for that area.

You can also order recycling bags from your local library. Simply show your Hillingdon First card or other proof of where you live in the borough, and we will give you one roll of bags per household.

To sign up to the automatic delivery service and for more information about recycling visit www.hillingdon.gov.uk/recycling.



Get outdoors and grow your own fruit and veg

The council is currently improving three of its allotments sites in the borough to help encourage fruit and vegetable growing, with plots now available at these for residents to rent.

Stafford Road (Ruislip Gardens), Bourne Farm (West Drayton) and Grosvenor Avenue (Charville) will benefit from work, which will include reinstated paths and rotavated soil in vacant plots. The sites will look tidier and be initially easier for new holders to manage. Residents over the age of 65 can rent a plot for free.

Allotment gardening provides an enjoyable recreational opportunity, benefiting your health, fitness and social

networking. You can also grow your own food produce. With our Hillingdon Bloom competition returning in the summer and the Autumn Show in September, it's the perfect time to start planning your entries and sowing your seeds.

If you'd like to discover the gardening feel good factor, please register your interest in these three sites on www.hillingdon.gov.uk/allotments or call 01895 556000.

The council will also be holding free allotment gardening courses at the Rural Activities Garden Centre in March. Interested in attending? Contact Nicky on ngrieve@hillingdon.gov.uk.

Youth Council represent Hillingdon in Parliament

Hillingdon's representatives for the UK Youth Parliament, Anurag Mathur, 18, from Hillingdon and Hans Aukhaj, 17, from Hayes represented their constituency at an annual debate in the House of Commons in November.

Two hundred and seventy six members aged between 11 and 18 debated five issues in the chamber, which was chaired by the Speaker, Rt Hon John Bercow MP and broadcast live on BBC Parliament.

The five issues were chosen from a list of 10 in a ballot of young people across the UK and included the topic 'curriculum for life' which states that schools should cover finance, relationship and political education to better prepare young

people for life after school. Additional topics included tackling racism and religious discrimination; transport; votes at 16 and NHS cuts. Votes at 16 was voted as the campaign for 2017, with 'curriculum for life' voted as the priority campaign for England.

Anurag, a student at St Dominic's Sixth Form College, said: "Visiting the House of Commons was a remarkable experience. There was vigorous debate back and forth and I am elated by the chosen campaigns, as these are issues I am really passionate about. I think a lot of progress can be made this year on these and look forward to campaigning on them with the Hillingdon Youth Council."



Kwality Foods and owner fined for food safety breaches

A Hayes business was ordered to pay £14,920 by Uxbridge Magistrates' Court in October for breaches of a number of food safety regulations.

Council officers found a dead rat in Satpal Arora's shop, Kwality Foods, 126 Coldharbour Lane, Hayes, during an inspection in April 2016.

Rodent droppings were also seen throughout the store and damaged food packets were on display for sale. Despite Arora's pest control records showing ongoing rat activity, his efforts to address the problem or prevent the contamination of food were insufficient.

The council served

an Emergency Hygiene Prohibition Notice, which required Arora to shut the shop, but he failed to comply.

On sentencing, the magistrates highlighted serious concerns that the business continued to operate despite the prohibition notice. Arora was also personally fined

£5,984 and prohibited from participating in the management of a food business.

The business is now open, after cleaning and pest control.





Hayes market trader found guilty of money laundering

A market trader from Hayes was found guilty of money laundering and trademark offences at a three day trial at Isleworth Crown Court last year.

Harmohan Singh Nangpal was found in possession of a substantial quantity of counterfeit and non-duty paid tobacco products.

Proceeds of more than £50,000 were found concealed in Nangpal's toilet, rubbish bin, under his mattress, and in other parts of his home. More than 1,000 packets of cigarettes were seized from his garage along with 1,000 pouches of hand rolling tobacco. These bore counterfeit trademarks for brands including Marlboro, Benson & Hedges and Golden Virginia.

Nangpal pleaded guilty to the possession of counterfeit tobacco but not guilty to the money laundering offences relating to the £50,000 seized.

The prosecution argued that this money was obtained through the sale of counterfeit tobacco and the jury found him guilty on the money laundering charges.

The council is now using the Proceeds of Crime Act to recover the money made by Nangpal through his trade in counterfeit goods and he will be sentenced in 2017.

To report the sale of illegal goods please contact the Citizens Advice Consumer Service on 03454 04 05 06.

Resident fined £8,000 for illegal house extension

The council successfully prosecuted Akmal Hussain, of Hayes, for a breach of planning control at Uxbridge Magistrates' Court in October 2016.

Hussain failed to submit a planning application for his illegal two-storey side, rear and loft extensions. He then failed to comply with a notice requiring their removal. The council takes a strong stance on contravention of planning legislation and routinely prosecutes people who do not adhere to planning laws.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Planning laws are in place to protect our

residents from unsightly, unneighbourly and illegal extensions to property and to avoid increased pressures on local infrastructure and amenities.

"This case illustrates blatant disregard from Akmal Hussain for both the law and our residents. It is a great win for the council and sends a strong message to anyone who's thinking about breaching our planning and housing laws."

For information on planning visit www.hillingdon.gov.uk/planning.



ILLEGAL EXTENSION
Left: Before
Above: After extension

Council recovers more than £142,000 in proceeds of crime

Surinder Kaur Sethi, 61, was prosecuted for a breach of planning enforcement and the court has ordered her to pay back the illegal income she procured through letting her property.

Council planning enforcement officers discovered that Sethi had converted the single occupancy house in Balmoral Drive, Hayes, into two self contained flats without applying for planning

permission, and let them to unwitting tenants.

Sethi pleaded guilty to the charge at Uxbridge Magistrates' Court on 23 February 2016. The council's trading standards team then investigated the money she made by letting out the property. This was reflected at sentencing at Isleworth Crown Court on 16 November when she received a Confiscation Order of £142,490 with a term of one year's

imprisonment if she fails to pay within three months. A further £1,000 fine was set along with a £100 victim surcharge.

This case was of particular concern to the council, who had previously served an enforcement notice on Sethi's property for subdivision without planning permission. Sethi originally complied with this notice and converted it back into a single dwelling. However

she was found to have subdivided without permission once again.

Leader of the Council, Cllr Ray Puddifoot, said: "This is a great result for Hillingdon Council. Our prosecution of Mrs Sethi and our planning enforcement and trading standards team's investigation into her illegal activity has led to her prosecution and the proceeds of her crime being recovered at sentencing."

Festive party funding for our older residents

At the end of last year, 14 community groups and sheltered housing schemes received funding from the council to hold festive parties across the borough.



CHRISTMAS FAYRE
The Mayor and Mayoress attended the West Drayton and Yiewsley Senior Citizens' Welfare Association lunch

As part of the Leader's Initiative for Older People scheme, which was established in 2005, local groups have benefited from individual grants to organise a celebration event for older people in their community.

West Drayton and Yiewsley Senior Citizens' Welfare Association celebrated an early Christmas with a buffet lunch for 80 of their senior citizens and live entertainment from Victory Sisters and singing from local primary school children. In Harefield, residents at Barden Court enjoyed a traditional Christmas dinner and pudding, complete with music, gifts and a free raffle.

The Northwood and Pinner Liberal Synagogue held its annual Chanukkah party for more than 100 elderly members of the community. Residents enjoyed lunch, music entertainment, a candle-lighting ceremony and conversation with year six children from Clore Shalom School.

Club 87, based in Hillingdon, organised a three-course Christmas lunch and music at Q Vardis, Cowley, and provided transport for their members. Yiewsley Court Tenants' Club enjoyed a three-course dinner,



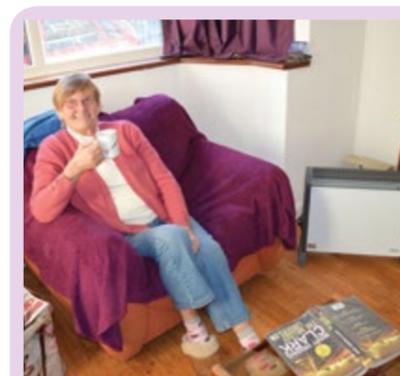
Elvis tribute entertainment and a gift. Bell Farm Christian Centre, West Drayton, had a Christmas lunch, followed by a minibus trip into London to see the Christmas lights.

In Ruislip, Wallis House Social Club held a Christmas party with buffet, entertainment, table presents and games for its housebound residents. The Hayes End Community Association took a coach trip to Birmingham for shopping, lunch and the Christmas fair.

Other groups to benefit from funding included Highfield Senior Citizens' Club, End of the Month Dance Club, Pretty Asian Ladies' Group, Sibley Court, Mandela Court Diamond Club, Ascott Court Social Club, Glencoe Friendly Club, and Highfield Senior Citizens' Club.



Older people's groups can apply for funding for an older people's event in their local community by visiting www.hillingdon.gov.uk/leadersinitiative



Keeping warm this winter

The council's heater loan scheme is providing electric heaters on short-term loans for Hillingdon residents if their heating breaks down during the winter months.

Funded by the Leader's Initiative for Older People, this is an exclusive offer for over-65s living in their own homes and is available free for two weeks. Once your heating has been repaired, you can then return the heater by calling us.

Leader of the Council and Older People's Champion, Cllr Ray Puddifoot, said:

"If your heating breaks down this winter don't hesitate in making the call to ask for a heater on loan. One will be sent out to you which will keep you warm during these cold months. Residents who take up this offer, can also apply for a one-off grant of up to £45 to cover the electricity costs during the heater loan period."

Valerie Kemeny, 82, from Uxbridge borrowed a heater when her boiler broke down. She said: "The council does a lot for its residents and the heater loan scheme is brilliant. Without it, I would have been very chilly!"

She highly recommends the scheme and has told a number of people about it, including other residents she meets through the council's older people's assembly.

If you would like to request the loan of a heater, call Social Care Direct on 01895 556633 (Monday to Friday, 8am to 6pm) or 01895 250111 (out of hours).



New contemporary housing developments

Hillingdon Council is creating two stylish new housing projects exclusively for older residents who have some additional need for support.

The two affordable retirement developments will consist of 148 homes and will provide extra support to promote independent living. Residents will have all the safety and security of a private home but with a range of facilities on-site.

Grassy Meadow Court in Hayes is set to open in June 2018 and Park View Court in Yiewsley will open two months later.

Grassy Meadow Court on Grange Road in Hayes is set within existing woodland and will provide 88 modern flats and communal facilities. The attractive building is surrounded by mature trees offering pleasant views, and each flat will have a winter garden balcony or a landscaped terraced garden in addition to the two central courtyard garden areas.

The housing project at Park View Court at Farrier Close in Yiewsley will provide 60 extra-care flats, each with a winter garden balcony or a private terraced garden. Communal facilities include a lounge, dining areas, roof terraces and landscaped gardens, as well as on-site parking.

CONTEMPORARY HOUSING
Above: Artist's impressions of Grassy Meadow Court.

Below: Artist's impression of Park View Court.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Hillingdon Council is investing in two large housing developments to support older people who want to continue to live a fulfilling and independent life. These modern homes are located near local shops and facilities, and the added benefit of on-site care support will provide peace of mind for those with care needs."

Further details on both developments will be available at a later date 



Council tax frozen and no service cuts

Despite continuing reductions in government funding and a population rising at both ends of the age spectrum putting more pressure on our services, Hillingdon Council has once again delivered a council tax freeze for all residents for 2017/18 and up to, and including 2018/19 for the over-65s.

Also for the second year running, Hillingdon residents will not be charged the social care precept (an additional charge of two per cent added to council tax bills by 144 of the 152 councils in England in 2016/17).

The budget also indicated that there will be no reduction in service delivery with no library or other facility closures, a continued free of charge weekly refuse collection and recycling service, and that most fees and charges will continue to be set at a rate that is at least 10 per cent cheaper than those in neighbouring boroughs.

As well as progressing projects, such as building a new theatre and a borough museum there will be continued investment in:

- funding for additional school places at both primary and secondary level
- road resurfacing
- street lighting
- parks and open spaces
- a new dementia centre

Leader of the Council, Cllr Ray Puddifoot, said: "I have always believed that the key to financial stability is not necessarily having more money, but having more control over the money that we do have. At a time when we see continued

funding reductions from central government and more pressure on our services and facilities due to a rising population, it is our sound financial management and good business practice that sets Hillingdon apart from other councils and allows us to both improve facilities and continue to deliver the services that our residents value."



Have your say on the proposed budget by Friday 27 January 2017 on www.hillingdon.gov.uk/haveyoursay



Creating new training opportunities

Hillingdon Council is committed to working with partners to maximise employment and training opportunities for local residents.



Bradley



Jason

The council plays a role in supporting local employment through new developments, training opportunities via its Adult and Community Learning service, and at the end of last year started to work in partnership with Uxbridge College to offer four apprenticeships in traditional trades.

Bradley Ranger, 16; Elmi Lluigiqi, 19; Jason Clark, 17; and Alfie Wilson, 17 all come from Hillingdon and went to school in the borough. The council will help these four young men to gain the knowledge and skills necessary to achieve

their chosen trade apprenticeship qualifications and set them on their way to a bright future career.

They have joined the repairs team and will have four days a week on-the-job training and one day a week at college, with training encompassing both theory and practical skills.

THE APPRENTICES...

Elmi is the oldest of the group and lives in Uxbridge. He decided he wanted to study for a Level Three apprenticeship in electrical installations, as he wanted a job that would give him skills, security and the opportunity to build a better future. He already had an interest in auto electricity having practised skills on his car, but took the domestic electrician apprenticeship route as it would offer more opportunities.

Bradley comes from West Drayton. He went to Stockley Academy and is also embarking on a Level Three electrical installations apprenticeship. Bradley says he was inspired by an electrician who came to fix something in his home as a child. In his first week, Bradley said that he learned how to turn the power off and has assisted with fixing a storage heater, light fittings and power sockets. He hopes to complete his course and continue to work with the council.

Jason is from Uxbridge and studied at Abbotsfield School, where he started his career in construction. Construction runs in his family and he will be studying for a multi-trade apprenticeship for the next two years. Jason is also working on his project of building a summer house at home, which he really enjoys. He said that in the future, he hopes to stay on with the council and become a team leader.

Alfie went to Stockley Academy and is studying for a Level Two plumbing apprenticeship. He had no plumbing experience previously and chose this area as he thought that it would be a good trade to have and would also come in handy with home DIY projects. Alfie says that he'd love to gain as much experience as he can, study for his next apprenticeship and maybe one day go self-employed.



PART OF THE TEAM
Above: Hillingdon's new apprentices (bottom row) with their mentors, department managers and Barry Cooper.

Below: Alfie

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

"The council offers a range of apprenticeships and is proud to work with local schools and colleges to create training opportunities for young people.

"It's important for the council to nurture young, local talent and keep traditional skills alive. By taking on these apprentices, we are ensuring young people are coming through to continue providing important services.

"Hillingdon's repairs team has assigned the apprentices to mentors, experienced employees, who will teach and support them throughout their journey, as they visit council-owned properties to learn their new trades. I would like to welcome them to the council and wish them the best of luck."

Barry Cooper, Apprentice Manager at Uxbridge College, said: "Uxbridge College is delighted to join Hillingdon Council in supporting its commitment to create opportunities

for young people, through its work with schools and colleges.

"Our recent involvement in recruiting and training four of the council's apprentices is a great example of the successful partnership work which both our organisations value so highly."

Apprenticeships at Uxbridge College

Uxbridge College offers a wide range of apprenticeships and helps employers with the recruitment process, making it easier for businesses to get involved.

Apprenticeships give young people the real world experience they need to gain qualifications and forge a career, combining learning with paid work.



For more information visit www.uxbridge.ac.uk/apprenticeships or call 01895 853333

Alley gating scheme improves environment and discourages anti-social behaviour

Hillingdon People finds out how the council's alley gating scheme helped residents and businesses in securing their privately owned alleyways from intrusions last year.

By installing lockable gates, alleys and properties can be protected from anti-social behaviour, fly tipping and burglaries and residents' and businesses' quality of life can be improved.

Residents and businesses who have alleyways that serve at least 10 households can apply for this scheme, which is part of the council's Chrysalis programme.

Blyth Road, Hayes

Local resident **Helleni Joachim** applied for the gate to be installed. She submitted an application after experiencing a number of anti-social behaviour issues. She said that people had been loitering in the alleyway, littering, drinking, fly-tipping and taking drugs.

The gate was installed in September and she said: "I would like to thank the council for their help. It's a success. I've had good feedback from neighbours who use the gate regularly. Since it has been fitted we have noticed a real difference in our environment. The local community is happier knowing that they and their properties are less vulnerable from such undesirable behaviour."

Northfield Park, Hayes

Sabi Dhindsa submitted an application for Chrysalis funding for the alley gating scheme after a spate of burglaries and anti-social behaviour in the alleyway, and the gates were installed in October.

Sabi said: "The scheme is a



NORTHFIELD PARK



POND GREEN

Well Close, Ruislip

The occupiers of a garage area in Well Close felt the area needed a gate to be installed, as fly tipping and incidents of anti-social behaviour had become a regular occurrence. The gate was fitted in September and has now stopped these issues.

Carol Lindon, the lead resident for the Well Close scheme, said: "The gate has brought a great sense of peace of mind."

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

said: "Alley gating can make a real difference to people's lives by addressing anti-social behaviour on their doorsteps and making them feel safer. The council's alley gating scheme has successfully addressed a number of hotspots across the borough during the last year."

great way to protect your home. The council was very supportive and helped me throughout the process. It was quick and easy to apply, and within weeks the gates were fitted. Thank you."

Pond Green, Ruislip

Rod Brown, the lead resident for the Pond Green scheme applied for a gate after residents experienced fly-tipping and burglaries.

After the gates were fitted he said: "The scheme will be a great help in preventing crime and misdemeanours. With the council's help, the process has been smooth and completed in a reasonable timeframe."

For more information about the alley gating scheme visit www.hillingdon.gov.uk/alleygatingscheme. Details of the Chrysalis programme can be found on www.hillingdon.gov.uk/chrysalis



Living advent calendar creates festive spirit

In December, the council launched its first living advent calendar, which treated residents of all ages to a variety of theatrical and musical performances and activities.



Events included families being able to meet real reindeer and Santa at the Rural Activities Garden Centre and take part in the new walk the planets trail at Ruislip Lido to 'follow the star'; an Open Mic Night featuring a surprise performance from the stars of the Compass Theatre's pantomime; a 'poetry takeaway' in Uxbridge



High Street; a Christmas swing concert at Manor Farm; a brass band and carol choir at the Civic Centre; as well as advent boxes being opened at Botwell Green Library throughout the month. Street performers, who were revealed on the day on Twitter, delighted residents as they popped up across the borough. Christmas nutkins appeared at Ickenham Library,

winter fairies were at Hillingdon Sports and Leisure Complex, elves were at Santa's grotto at Ruislip Manor Library, fairies and a magic pudding in Yiewsley, present-carrying elves in Hayes, Christmas shopping grannies in Northwood, snowmen in Ruislip Manor and Christmas belles on stilts in the historic village centre of Harmondsworth.

Cllr Richard Lewis, Cabinet Member for Central Services,

Culture and Heritage, said: "It was fantastic to see and hear how this arts initiative was thoroughly enjoyed by residents young and old. The council aimed to spread a little festive cheer, with activities for everyone to watch or participate in."

All events were recorded and you can even watch videos of what happened on the council website at www.hillingdon.gov.uk/adventcalendar



Flooding... who's responsible?



Climate change is predicted to result in more storms and even greater levels of rainfall, therefore the probability of flooding is increasing. In June last year, the borough experienced heavy rainfall, which resulted in flooding affecting residents' homes, businesses, highways and transport.

River flooding

There are a variety of names for rivers, including ditches, watercourses, brooks. All rivers are the responsibility of landowners. Main rivers are identified and registered by the Environment Agency. They take the lead in helping landowners manage flooding from main rivers, provide warnings and have powers to undertake work in high risk areas to maintain rivers. The Canal and River Trust is responsible for the Grand Union Canal.

Surface water flooding

This occurs when heavy rainfall exceeds the capacity of the ground and local drainage networks to absorb it. It can lead to water flowing over the ground and ponding in low-lying areas. It is typically caused by short intense rainfall. This is identified as the biggest flood risk to residents in Hillingdon.

Road and sewer flooding

Most roads include designed drainage systems (gullies) intended to remove water efficiently from the surface of the highway to provide a safe passage for all vehicles and pedestrians. Sometimes these channels become blocked with soil, dead leaves and rubbish, preventing the free flow of water to the main surface water sewer.

The council has more than 36,000 gullies across the borough and maintains these on a yearly basis. Gullies are normally cleaned by lifting the metal grating or cover and sucking all the dirt out using a gully sucker machine. Sometimes jetting is required to move some obstructions. Sewer flooding often manifests itself in water not flowing down the gullies in the road. This can lead to confusion about who is responsible - whether it's a blockage in the gully or the surface water sewer.



Surface water sewers are the responsibility of water utility companies. In Hillingdon, this is Thames Water. The utility company will investigate and determine if the water main is blocked and take appropriate action to clear it. To contact Thames Water visit www.thameswater.co.uk or call 0800 0093964. It's helpful if you also fill in their sewer flooding questionnaire so they can factor your area into their flooding plans.



Landowner responsibilities

Preventing floods completely is very difficult, however you can reduce the impact to your home or business and the impact on others by:

Managing your property drainage

Drains and pipes on your property are your responsibility if you are the landowner. A drain is the property owner's responsibility until it connects to either someone else's drain or a public sewer. If you are buying a house the council recommends asking the seller where the drainage is on the property, or undertaking your own survey to ensure it is in good condition. You should ensure that all hard surfaces are made permeable or drain to a permeable area to reduce the pressure on the road drainage.



Knowing your flood risk. Sign up to Environment Agency flood warnings

The Environment Agency has produced maps to show if you are in an area likely to be affected by flooding from rivers, surface water as well as reservoirs, and how deep that flood may be. To view these visit www.hillingdon.gov.uk/flooding.

Making sure any planning applications contain the right flood risk assessment

Ensure that any development has an appropriate flood risk assessment (where needed) submitted with planning applications.

Additional action you can take to prepare

- buy flood protection products, such as air brick covers to prevent water entering underneath the floorboards, and purchase flood proof doors
- create a personal flood plan of what you should do and who to contact
- work together as a community to improve your area's flood protection by creating a community flood plan

What is the council doing to tackle flooding?

The council has produced a surface water management plan to identify areas prone to surface water flooding and groundwater issues. This plan will help us to manage the flood risk in Hillingdon. It identified a list of key areas to focus on and take action to reduce flooding.

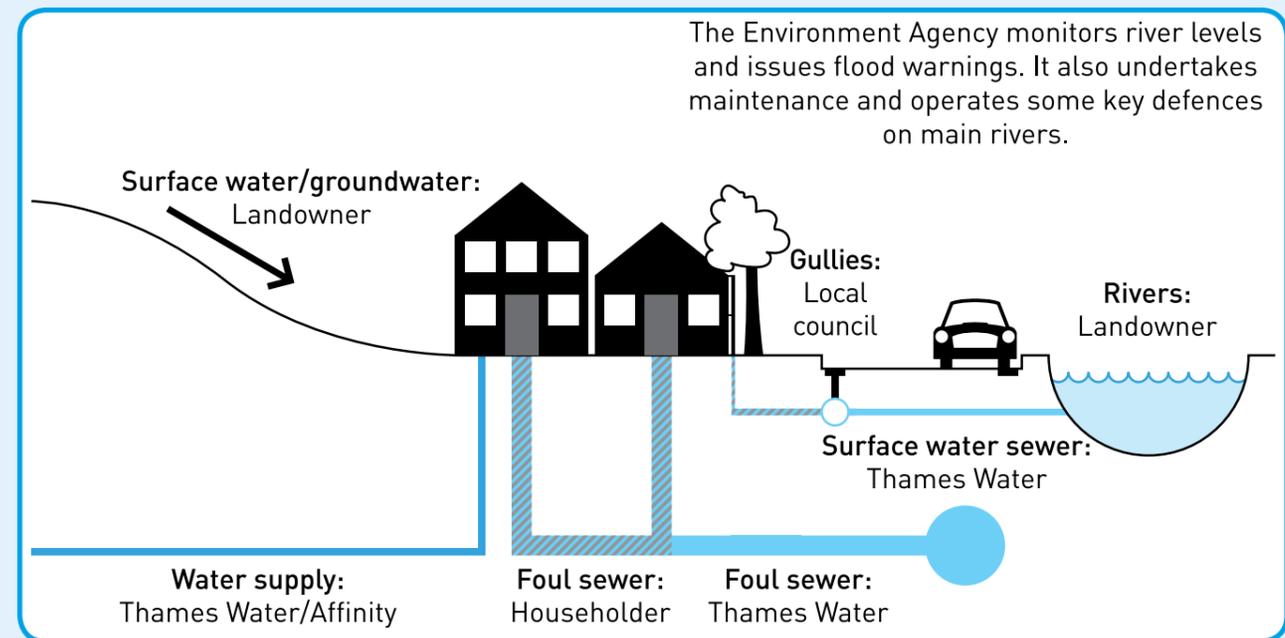
Following the floods in June we are also undertaking a flood investigation, collating all reports of significant flooding and conducting surveys to get feedback from residents about flooding issues. We will then update the list of key focus areas in the plan.

We have also been successful in bidding for funding to investigate places where significant flooding has occurred in the borough, such as Charville, West Drayton, Cranford and Ruislip.

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

"There are a variety of flooding risks and it's important that the council, as a lead local flood authority ensures that residents know who to contact and which organisation is responsible for each type.

The council works hard to maintain land and gullies it has responsibility for and listens to residents' concerns to inform flood risk planning across all council services."



For more information on flooding and how to report issues visit www.hillingdon.gov.uk/flooding

Achieve your new year fitness goals

As the new year begins you may be thinking about improving your health, wellbeing and fitness by taking up a new sport or activity programme. The council supports and provides a variety of sessions so you can put your new year's resolutions into action.

Adults

New gym for the new year

Fusion, the sports and leisure organisation who operate Hillingdon Sports and Leisure Complex on behalf of the council, is investing £500,000 in a great new gym experience.

Fusion continually reinvests to improve and develop what's on offer in Hillingdon for residents, and major improvement work to fully refurbish the gym and install new state-of-the-art equipment is almost complete.

The industry-leading equipment includes new Life Fitness cardio and resistance equipment, plus a Synergy 360XL functional rig and power plate.

A new larger free weight section is also being built to enable more people to use this area.

The indoor cycling studio will also be completely refurbished.

Join now and your first week is on Fusion (first seven days free). You'll also receive a seven day buddy or family pass when you join. (No strings, no contract)

The complex also offers a 50 metre indoor competition pool and leisure pool, outdoor 50 metre lido, sauna, steam room, a wide range of exercise classes, athletics track and stadium, 3G floodlit pitches, sports hall and café.



NEW EQUIPMENT
Artist impression of a section of the new Hillingdon Sports and Leisure Centre gym

No joining fee for January and February with Better

Better, the sports and leisure organisation who operate Highgrove Pool and Fitness Centre, Botwell Green Sports and Leisure Centre and Queensmead Sports Centre have no joining fee for January and February.

They have a variety of membership options available, no matter what your budget. With their Better Health and Fitness membership, you can enjoy use of their swimming pools, large fully equipped gyms, or a variety of motivating fitness classes. Whether you feel like working up a sweat or making a splash, they have your fitness needs covered. For more information and to see what's on offer at all of the centres visit www.hillingdon.gov.uk/leisurecentres.

Jog It Off sessions

Explore your local surroundings and become more active by jogging. Free adult jog/walk sessions for beginners led by experienced runners. You will start at an appropriate level walking and move on to jogging and running. As well as improving your fitness,

this is a great opportunity to meet new people. Tuesdays at 5.45pm at Hillingdon Athletics Stadium, Saturdays at 9.15am at Stockley Park (meet in the car park) and Sundays at 9.45am at Hillingdon Athletic Club. It's free and there's no need to book, just make contact with the email address provided and turn up. For further information contact wellbeingteam@hillingdon.gov.uk for Hillingdon Athletics Stadium, jack.nisbet@talk21.com for Stockley Park and j.doyle@mail.com for Hillingdon Athletic Club.

Lawn bowls

Lawn bowls is a low-impact, therapeutic exercise that can improve fitness, co-ordination and confidence, there are several bowls locations across the borough that you can attend and join in the fun. To find out your nearest location visit www.hillingdon.gov.uk/bowls.



Families

Led walks and cycle rides

Walk Hillingdon provides free led walks in the borough's green spaces designed to allow you to walk at your own pace, increase your heart rate and improve your health and wellbeing. Free led cycle rides also allow you to get out and explore the wonders of the borough, as well as benefiting your health and the environment. To view the timetables visit www.hillingdon.gov.uk/explore.



Cycle Loan Scheme

Why not give cycling a go? Not got your own bike? For just £30 (only £1 a day) hire a bike for four weeks from the council (includes insurance and a cycling goody bag). To register visit www.hillingdon.gov.uk/cycling.

Tennis

There are a range of different courses and sessions available to members and local residents at Queensmead Sports Centre's four floodlit courts, including junior and adult courses, social tennis sessions, local league games, family fun tennis and women and men only sessions. To find out more visit www.better.org.uk/queensmead.

Young people

StreetGames

StreetGames delivers doorstep sport to young people where they want it and when they want it. Drop-in sessions cover a variety of activities starting at just £1. There is a regular weekly programme of sessions throughout the year. For more details see young.hillingdon.gov.uk/streetgames.

Older residents

Tea Dances

Free tea dances are held monthly for over-55s at the Civic Centre, Uxbridge and the Winston Churchill Hall, Ruislip. Keep fit, socialise, enjoy refreshments and have some fun at these sessions for both beginners and advanced dancers. The next Civic Centre dances are on Monday 16 January, 20 February and 20 March at 1.30pm. The next dances at the Winston Churchill Hall are on Thursday 26 January, 23 February and 9 March. You can book with your Hillingdon First card on www.hillingdon.gov.uk/teadance or by calling 01895 556688. You can book up to three months at a time and up to three guests.



Moves

These fun gentle exercise classes, brought to you by the council offer over-55s the opportunity to improve health, fitness and co-ordination. There are chairobic and Zumba classes at Yiewsley and West Drayton Community Centre, chairobics at Uxbridge, Harlington, Botwell and Hayes End libraries and gentle exercise classes at Yeading Library and Yiewsley Methodist Church. All sessions are £1 per week. Check the timetable on www.hillingdon.gov.uk/moves or call the venue to find out more.



Over-50s sessions

Senior club activities aimed at over-55s are on offer at Highgrove Pool and Fitness Centre and Botwell Green Sports and Leisure Centre. Both have a weekly programme to get you out of the house, stay active and socialise. It includes gym sessions, swimming and fitness classes. Badminton, short mat bowls and table tennis are available at Botwell on Tuesdays and Thursdays between 10am and 12 midday. Lounge areas with teas and coffees available to socialise and meet new people or just to relax. Classes from as little as £3. Concessionary membership available. For further details contact Club Lead Angelo Pignone by calling 01895 630753 or emailing angelo.pignone@gll.org. Hillingdon Sports and Leisure Complex also offers a range of sessions for over-50s. The programme can be viewed at www.hillingdon.gov.uk/leisurecentres by calling or going to your local centre. Each session from as little as £3. Concessionary membership is also available.

Swimming

All Hillingdon residents over 65 can swim at Hillingdon Sports and Leisure Complex, Botwell Green Sports and Leisure Centre and Highgrove Pool for free. All you need to do is take along proof of age (on your first visit) and your Hillingdon First card (each visit). The council also offers free weekly swimming lessons for older people of varying abilities.

To register call the pool of your choice (contacts page 31).



Put your health first for Heart Month



Heart Month is an annual national initiative in February, which encourages people to make small changes towards living a healthier lifestyle.

Every year Hillingdon libraries provide a varied programme of activities and advice sessions with a wellbeing focus for Heart Month for residents to participate in for free.

The month will begin on Friday 3 February with a health fair at Uxbridge Library between 10am and 4pm in the atrium, where there will be a range of stalls from local health and wellbeing providers for you to gain information and ask for advice.

In 2016, two new local support groups (Macular and Parkinson's) were set up at Uxbridge Library following the health fair. In 2015 the Dementia Friends group and chairobics sessions began at Uxbridge Library and have both proved popular, with chairobics now taking place across Hillingdon.

For 2017, a new Health Point is planned for Uxbridge Library's Level 4, where residents aged between 40 and 74 and young people aged between 17 and 24 can attend a free drop-in health check from Brunel Pharmacy.

The Health Point will provide residents with an opportunity to ask a friendly pharmacist for advice on minor worries, check out symptoms and follow up or find out information after diagnosis. It will also offer an alternative from attending busy GP surgeries or hospitals.

Health checks can provide confidential advice on a range of topics, such as blood pressure, cholesterol tests, sexual health and smoking.

The pharmacist will attend the health fair between 10am and 4pm and be available on Mondays and Tuesdays in February between 1.30pm and 3.30pm. There will also be a special session for parents and toddlers at bear club on Thursday 9 February between 11am and 1pm.



Following Heart Month, the service will continue throughout the year on the first Friday in the month during monthly coffee mornings between 10am and midday, and on the first Saturday in the month between 10am and 4pm. If you'd like to book a health check in advance call Brunel Pharmacy on 01895 257187.

Health checks will also be held at Manor Farm and Ruislip Manor libraries, run by Ruislip Manor Pharmacy and Eastcote Pharmacy will offer sessions at Eastcote Library.

Throughout Heart Month there will be chairobics sessions at Botwell Green, Charville, Harefield, Hayes End and Uxbridge libraries and seated yoga and Zumba for over-50s at Yeading. Special healthy eating storytimes for children under five will be held at Botwell, Charville,

Harefield, Ickenham, West Drayton, Yiewsley and Yeading. There will also be healthy walks starting from Uxbridge, Manor Farm and Yeading libraries. Yeading will also offer a drop-in therapeutic gardening session on Friday 3 February between 1.30pm and 3.30pm.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "We want our residents to be healthy and happy and these sessions offer a great opportunity to do just that. They have proved very popular in previous years and I hope everyone enjoys them just as much this February."

For a full programme of National Heart Month activities visit www.hillingdon.gov.uk/heart

Fun social sessions for after school and weekends

Hillingdon is now offering young people across the borough even more value-for-money activity sessions at its seven young people's centres.

During evenings and weekends, 10 to 19 year olds (and those with disabilities aged up to 25) can take part in a variety of programmes, including cooking, sports, arts and crafts, dance, drama, music and video technology.

Our young people's centres are packed with modern, fully-equipped facilities, with free Wi-Fi and are all accessible to wheelchair users. Our qualified youth workers lead the sessions and are always on hand

to teach, motivate and engage with everyone who attends.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "The programmes the council offers provide a safe and fun environment for people to meet and socialise throughout the year. It's great to see young people using our centres to stay active and learn different skills, and we welcome others to do the same."

- **Charville Young People's Centre**
Kingshill Avenue (next to Brook House FC), Hayes, UB4 8DB
- **Fountains Mill Young People's Centre**
81 High Street, Uxbridge, UB8 1JR
- **Harlington Young People's Centre**
Pinkwell Lane, Hayes, UB3 1PB
- **Northwood Young People's Centre**
54 Hallowell Road, Northwood, HA6 1DS
- **Ruislip Young People's Centre**
Bury Street, Ruislip, HA4 7SX
- **South Ruislip Young People's Centre**
Victoria Road, South Ruislip, HA4 0JE
- **West Drayton Young People's Centre**
Rowhleys Place, West Drayton, UB7 9JB

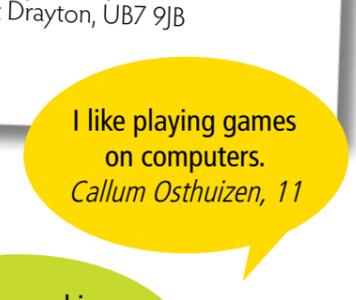
Here's what our young people say...



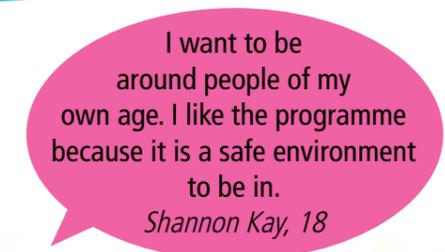
I signed up because it is nice to meet others and socialise.
Ashley Pile, 17



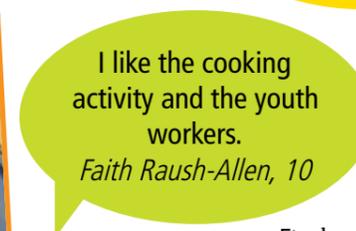
I really enjoy the different activities such as pool, games and cooking.
Archie Robb, 11



I like playing games on computers.
Callum Osthuizen, 11



I want to be around people of my own age. I like the programme because it is a safe environment to be in.
Shannon Kay, 18



I like the cooking activity and the youth workers.
Faith Raush-Allen, 10

Find out more about your local centre at young.hillingdon.gov.uk/freetime



Updates from the Borough Commander

I'll start by wishing you all a very happy and safe 2017. Our Christmas Tree Appeal, supported so generously by residents helped brighten Christmas for hundreds of children who may not have otherwise received any gifts, so thank you! I started my Christmas Day with the Response Team at Hayes keeping the streets safe, and popped into Uxbridge to see our Criminal Investigation Department. It's one of many days that the families and friends of officers and staff have to make sacrifices, for which we, and I know you appreciate.

We doubled the number of Dedicated Ward Officers (DWOs) in November on each ward from one to two. This helps give the visibility and reassurance residents have asked for. These officers are supported by Safer Schools Officers

in each secondary school, who work to educate children on crime prevention and behaviour. We also have a Partnership Tasking Team in the north and south of the borough, funded by the council, who can also support the DWOs tackle local issues. Each week they are making arrests, conducting search warrants, dealing with anti-social behaviour and drug related crime. All of these help make Hillingdon one of the safest places in London.

I know that when we welcome in a new year we all make resolutions. The one I would like everyone in Hillingdon to stick to, is to help us prevent crime. Take some time to make your house, flat, car, bike, shed or garage more secure. We have hundreds of tips on the Metropolitan Police website. Register all your new electricals on www.immobilise.com so we can check

for stolen goods. We all work hard for things we buy, cherish, and give, don't let thieves spoil it.

This year we will be keeping you even more informed of the good work your local police do for you, and update you on trends and prevention tips. You can follow us on Twitter or Facebook, and our dedicated ward officers can email you a regular newsletter. Visit content.met.police.uk/Borough/Hillingdon for more information. One last thing I can guarantee is that in 2017 you will see us out on patrol, 24 hours a day, 365 days a year, rain or shine, often in harm's way, keeping you safe and secure.

Acting Chief Superintendent Colin Wingrove



Winter cold: Nothing to be sniffed at

With more than 200 common cold viruses and three types of flu virus floating around, winter bugs can be hard to avoid.

The main early signs of winter cold and flu bugs are:

- coughing
- sneezing
- blocked nose
- sore throat
- headache
- a slight temperature

The best way to get treatment fast is to visit your local pharmacy, where you can get advice on managing your symptoms and buy over-the-counter medicine. See a GP if you experience more serious symptoms or those that continue for a longer period.

Ensure that you rest, eat well, avoid stress and keep hydrated. Top tip: If you have a fever and pain, you may need extra fluids. You could also take paracetamol to help ease discomfort.

Children can be treated using some over-the-counter painkillers to help bring down a fever and ease pain. Both paracetamol and ibuprofen are available as a liquid, and can be given from the age of three months. Always check with your doctor if you aren't sure which treatments you can give your child.

Dr Ian Goodman, Chair of Hillingdon Clinical Commissioning Group, said: "Most winter bugs will come and go within a few days, and can be easily

Top tip:

You should also get a free flu vaccination if you are:

- aged 65 or over
- pregnant
- a child or adult with an underlying health condition (particularly long-term heart or respiratory disease)
- a child or adult with a weakened immune system

treated within the comfort of your home. Be sure to stock up your medicine cabinet well so that if you do find yourself becoming unwell you can deal with it effectively and avoid unnecessary stress.

"Children tend to get a lot of colds because the body takes time to build up immunity, so make sure you know how to manage them from the early stages. If something doesn't seem right and you do feel a professional opinion is needed then call 111 or, if you're really worried, make an appointment to see a GP."

For more information about staying well this winter visit www.nhs.uk/Livewell/winterhealth



Volunteer as a Parent Champion

The council is looking for Parent Champions to help improve the lives of families in their local communities.

A volunteer's story: Joanne



What is a Parent Champion?

A Parent Champion needs to be a parent who can talk with other local parents for a few hours each week about Hillingdon's family services.

The key role of a Parent Champion is to provide families with access to information about local services for families, including services provided by the council.

Champions need to be able to chat naturally with other parents and share their own experiences of services.

Parent Champions can make a significant impact on the lives of children and parents in their area, whilst also supporting the council.

The feedback gained from conversations will allow the council to shape services to support families' needs and put them first.

There are also roles available for Parent Champions to promote council services for early years children, such as free childcare for two-year-olds.

Parent Champions are also supporting the development of Hillingdon's Disability Register by raising awareness of the benefits of registering, and how it helps the council to monitor and develop appropriate facilities and services for disabled people and their families and carers.

Parent Champions will be able to access induction, safeguarding and data protection training, which will allow them to gain new skills. Parents and their children may also experience greater social integration through participation.

What makes a Parent Champion?

- the ability to confidently talk to other parents about opportunities available to them and their child(ren) and listen to what they say
- working voluntarily for a few hours a week
- ability to maintain confidentiality and protect family information
- attending Parent Champion support meetings
- you will need to undergo a Disclosure and Barring Service check (criminal record check)
- ability to complete and return monitoring forms and information to the council and follow council guidelines.

"As the parent of a disabled child, I had really appreciated and benefitted from support from the council and wanted to be able to give something back. Because of the needs of my child, it's difficult for me to work but I wanted to do something more than being a stay at home mum.

"Through my links with the Hillingdon Parent Carer Forum, I found out about the opportunity to volunteer as a Parent Champion and provide parent-to-parent support, and I felt this would give me an opportunity to help other parents like myself.

"I attended a two-day training course, which inspired me and I have gone on to become friends with other Parent Champions that I trained with and enjoy meeting up with them and our

co-ordinators for regular meetings and support.

"Parent Champions share information with other parents about the Disability Register. I know a number of families with children with disabilities and know how valuable accessing support and information can be but also how difficult it can be to know where to find it.

"Since becoming a Parent Champion my confidence has improved. I enjoy getting out and attending events, where I have been able to meet with new families. I find people open up more to me as another parent. Helping other parents is rewarding and I have the satisfaction of assisting people to improve their lives just by giving a little of my own time to talk with them and share information."

If you're interested in becoming a Parent Champion email fis@hillingsdon.gov.uk. For more information visit www.hillingdon.gov.uk/parentchampion



Volunteers rewarded for dedication

Hillingdon Volunteer Award winners for 2016 were revealed at a special ceremony at Uxbridge College in November.



Many Hillingdon voluntary and community groups rely on loyal and inspirational volunteers to continue to deliver their essential services. This year there were more than 50 nominations, and all nominees who attended the ceremony were presented with a certificate by the Mayor of Hillingdon, Cllr John Hensley.

Six nominations stood out from the rest, as individuals or as teams going above and beyond and showing exceptional commitment. This year there were also four additional nominees who received separate highly commended awards.

Hillingdon Council is one of five partners who make these awards possible.

Other partners include Hillingdon Inter Faith Network, Hillingdon Association of Voluntary Services, Dovetail Community Outreach and Uxbridge College.

This year's sponsors were British Airways and Hillingdon Clinical Commissioning Group.

This year's winners were...



Community Volunteer: **Les Kaye, Hillingdon Carers**

Les was a carer and was supported by Hillingdon Carers. As a result of his experience, he chose to give back his time to an organisation close to his heart. He started volunteering in 2007 and has contributed 16 hours a week on average to supporting carers. He is the first point of contact at the advice centre for Hillingdon Carers, offering a warm welcome to visitors, telephone callers and undertaking general administration. He also assists with the running of various carers' cafés and set up a new café in Uxbridge.



Empowering Young People Volunteer: **Marie Tampin, St Martin's Drama Club**

Marie started this drama club for children aged between 5 and 15 several years ago. She writes scripts, creates dance routines and arranges musical productions. Performances take place twice a year in the community centre in West Drayton. Marie also takes small groups to local nursing homes where the children sing for the residents. Many of the children join the club with little confidence in themselves and low self-esteem. Through Marie's encouragement and role-play, they blossom into singers and actors.



Health and Wellbeing Volunteer: **Emma Phillips, Community Cancer Centre**

Emma was diagnosed with cancer 15 years ago. She went through treatment when she was also looking after her two young sons and gained an understanding of how cancer affects patients and families. She started volunteering seven years ago to help support other young mums. She befriended one young lady and her family for five years, as the young lady fought the disease before passing away. Emma has showed how she is able to communicate and support patients with real empathy and understanding. She now also co-ordinates the centre's back to work group.



Long Term Commitment to Volunteering: **Neeta Desor, Hillingdon Women's Centre**

Neeta has provided a complimentary and low cost legal advice service at the centre for 20 years. She has given her time voluntarily and supports large numbers of women with difficult and distressing family legal matters. Many of the women have been victims of abuse and Neeta has given them hope and peace of mind that the law is on their side. She has also supported them to achieve their legal entitlements and move forward with their lives.



Team Award: **Hillingdon Community Transport (HCT)**

HCT has a loyal band of volunteers who give up their time, come rain or shine, to transport older residents and residents with disabilities. They provide transport for a range of trips, such as shopping, lunch clubs and days out to the seaside. They provide a vital link in helping people to get out and about and reduce isolation. They would not be able to provide their services without their volunteers' amazing drive and dedication.



Young Volunteer Award: **Anees Zaman, Hillingdon Women's Centre**

Anees is in high school and volunteered as he believes in empowering women to achieve. He has volunteered as Father Christmas, providing gifts on behalf of the centre and given hope and happiness to individuals who would not be able to afford Christmas gifts. He has also raised more than £1,000 for the centre by participating in a 5K Colour Run.

REWARDED
All of the 2016 winners and their awards.

Highly commended awards were presented to:

- ★ **Long Term Commitment to Volunteering: Brenda Gardner, Rural Activities Garden Centre**
- ★ **Community Volunteer: Tony Grimes, Healing Gardens**
- ★ **Volunteer Team: Com Café Steering Group**
- ★ **Young Volunteer: Sungmin Eric Kim, Uxbridge College**

If you're thinking of volunteering have a look at opportunities on www.hillingdon.gov.uk/volunteering

Be the one... to show them new things

Find out about
fostering



We need foster carers for children of all ages.

Join us at our next information event on
Tuesday 7 February, 6.30pm to 8.30pm
Civic Centre, High Street, Uxbridge UB8 1UW

or visit us on
Tuesday 24 January at any time between 10am and 2pm
Botwell Green Sports and Leisure Centre,
East Avenue, Hayes UB3 2HW

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



www.hillingdon.gov.uk

HILLINGDON WHAT'S ON?

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

There are a lot of activities for all
ages to get involved in across the
borough to kick-start the new
year and keep you entertained
during the winter months.



THEATRE

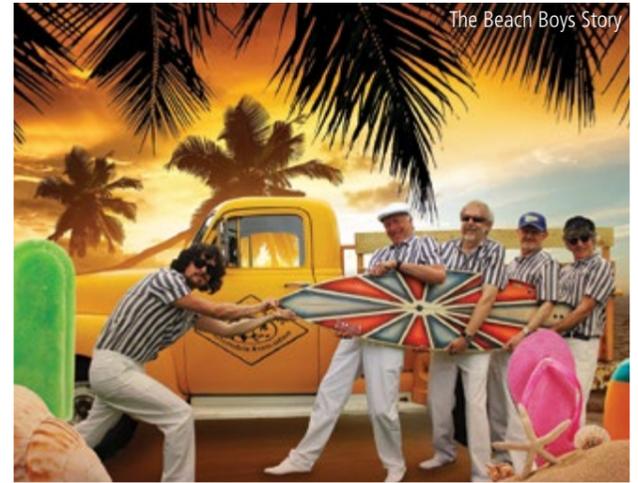
Sleeping Beauty
Saturday 7 to Saturday 14
January, various times
Arrow Players present
their pantomime Sleeping
Beauty. An entertaining
show for all of the family.
**Cost: £9. Some
concessions at £7.**
**Contact: To book tickets
call 020 8428 1349 or visit
www.arrowplayers.org.uk.
St Edmund's Hall**

The Rat Pack
Sunday 15 January, 7.30pm
David Alacey, Des Coleman and
Paul Drakeley star as Frank,
Sammy and Dean in the original
Rat Pack show, which includes
all the great hits *My Way*, *Mr
Bojangles*, *New York, New York*,
Amore, *Come Fly With Me* and
brings the style and excitement
of the Las Vegas heyday to
vivid life. They are joined by
special guest Kenny Lynch.
**Cost: £25. Concessions
£1.50 off. Groups of 8,
one in eight go free.**
**Contact: Book tickets on
becktheatre.org.uk or call the
Box Office on 020 8561 8371.
Beck Theatre**

Aladdin
Thursday 19 to Saturday
21 January, various times
Travel to Beijing for this traditional
family fun pantomime. With all
your favourite characters: Aladdin,
Jasmine, Genie of the Lamp, evil
Abanazar, Widow Twanky, Wishee
Washee and the comedy police.

A wonderful treat for all the
family from the Argosy Players.
**Cost: £15. Concessions
£12.50.**
**Contact: Book online on
www.hillingdontheatres.uk
or by calling 01895 250615.
Winston Churchill Theatre**

The Beach Boys Story
Sunday 29 January, 7.30pm
Prepare to be amazed as five
performers reproduce the
complex orchestral arrangements
and intricate harmonies of
America's biggest ever pop
group. Guaranteed to leave
you with a smile on your face,
with a song in your heart and
reflecting on a truly memorable
live music experience, this is a
show you do not want to miss.
Cost: £20. Concessions £2 off.
Groups of 10, 1 in 10 go free.



**Contact: Book tickets on
becktheatre.org.uk or call the
Box Office on 020 8561 8371.
Beck Theatre**

**Proscenium presents
The Seafarer, by
Conor McPherson**
Wednesday 1 to Saturday
4 February, 7.45pm
It's Christmas Eve in a scruffy
house in Baldoyle, Dublin and
Sharky has returned to look
after his irritable, ageing brother,
who's recently gone blind. Old
drinking buddies Ivan and Nicky
have called in too, hoping to
play cards. But with the arrival
of a stranger from the distant
past, the stakes are raised ever
higher. In fact, Sharky may be
playing for his very soul.
Cost: Tickets £12.
**Contact: Book online on
www.hillingdontheatres.uk
or by calling 01895 250615.
Compass Theatre**

MUSIC

**Nathan Carter
and his band**
Thursday 26 and Friday
27 January, 7.30pm
Nathan Carter is one of the most
successful live acts across the Irish
music scene and is fast becoming
a household name, with his fine
performances of heart-felt, upbeat
and infectious pop ballads.
Cost: £29.
**Contact: Book tickets on
becktheatre.org.uk or call the
Box Office on 020 8561 8371.
Beck Theatre**

Winter concert
Saturday 28 January, 7.30pm
The Uxbridge Choral Society
will hold their winter concert at
Bishopshalt School. The choir will
sing *Israel in Egypt* by Handel,
conducted by Jeff Stewart.
**Cost: £12 adults (children
under 12, £6) available from
www.uxbridgechoralsociety.
org.uk, any choir member
or on the door.**
Bishopshalt School

Folk music concert
Thursday 23 February,
8pm to 11pm
Tannahill Weavers are a legendary
Scottish band who have been
thrilling audiences worldwide
since 1968. They have more than
20 CDs to their name and are
currently on a worldwide tour.
**Cost: £10 on the door.
Students £4.**
**Contact: For more details
call 07941 006017 or visit
tinyurl.com/uxfolk.
Uxbridge Folk Club**

Movie Classics
Saturday 11 March, 7.30pm
Enjoy an evening of music from
the Hillingdon Philharmonic
Orchestra of movie classics,
including *Gone with the Wind*,
Schindler's List, *ET*, *Indiana
Jones*, *Lawrence of Arabia*, *633
Squadron* and many more. A
spectacular concert for all ages.
**Cost: £12. Concessions
£10. 11-to-16-year-olds
£5. Under-11s free.**
**To book: Book online at
www.hillingdontheatres.uk
or call 01895 250615.
Winston Churchill Theatre**

AUTHOR EVENTS

**Match of the Day
with Steve Wilson**
Friday 24 February,
7.30pm to 9pm
Get your footy fix and come along
to meet football commentator
and *Match of the Day* contributor
Steve Wilson. He will be
interviewed by a member of
library staff, answer questions
and sign books. Make sure you
wear your favourite football
shirt! Books will also be on sale.
Cost: Free.

Contact: Email southruislip-library@hillingdon.gov.uk to attend.
South Ruislip Library

KIDS

The first hippo on the moon

Saturday 21 and Sunday 22 January, various times

From bestselling children's author David Walliams comes an explosively funny space adventure for children aged over three. Featuring puppetry, music and a giant space race to the moon.

Cost: £18.50. Family offer of four tickets for £66. Children £2 off.
Contact: Book tickets on becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

So you think you know about dinosaurs?

Sunday 12 February, 2.30pm

Come and test your knowledge against Ben Garrod (the TV scientist in *Attenborough and the Giant Dinosaur*). With the help of TV film footage and photos of his own palaeontological dinosaur digs, he will tell you everything you ever wanted to know about dinosaurs - and more. This is an interactive show where children will be given the chance to ask questions and show off their dinosaur knowledge to the audience.
Cost: £17.50. Family offer of four tickets for £56. Concessions £1.50 off.
Contact: Book tickets on becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Alice in Wonderland

Wednesday 15 February, 2pm

Follow Alice and the White Rabbit as they set off on a colourful, topsy-turvy adventure like no other and meet a host of outlandish characters including the troublesome twins Tweedle Dum and Tweedle Dee, the notorious Queen of Hearts, the Cheshire cat and of course, the Mad-as-a-bat-Hatter!
Cost: £12.50. Concessions £2 off. Family ticket £40.
Contact: Book tickets on becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Monstersaurus

Saturday 18 February, 1pm

Follow the young inventor Monty as he creates a whole world of wacky inventions and incredible monsters. But he has a problem, now he has made them all, what is he going to do with them? This energetic show full of thrills, spills, magic and mayhem will delight the whole family with original music and plenty of audience participation.
Cost: £8.



Monstersaurus

Contact: Book online at www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Geology Exhibition: Uxbridge Rock Show

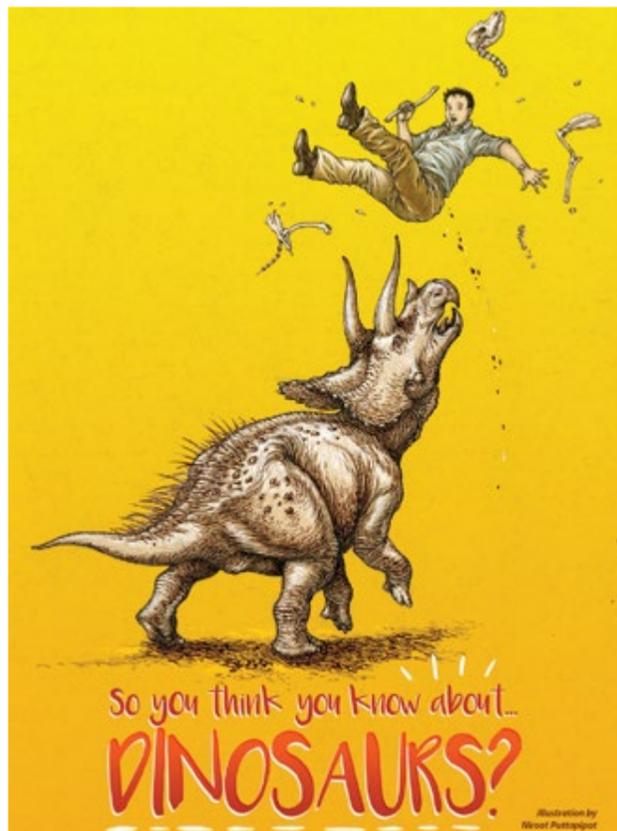
Saturday 11 to Thursday 23 February
Harrow and Hillingdon Geological Society will be holding their Rock Show which consists of showcases and posters of rocks, minerals and fossils. It will include igneous, metamorphic and sedimentary rocks.
Cost: Free.
Contact: For further information visit www.hhgs.org.uk.
Uxbridge Library

EXERCISE

Pregnancy yoga

Sundays from 22 January, 11.15am to 12.15pm

Take part in these six-week courses, which prepare women for childbirth with yoga postures and breathing techniques.
Cost: £42.



Running groups with Dash for Fitness

Days and times based on your needs

Join these free adult running groups to make your running more social and fun whilst helping you get fitter, go faster, and go further. Run by an English Athletics approved leader and CYQ Level 3 personal trainer.
Cost: Free.

Contact: Register by emailing dashforfitness@btinternet.com or call Gary and Suzy on 07710 105086.
Various routes starting and finishing in Ruislip

Fitness pilates

Mondays 8pm at Holy Trinity Church Hall and Thursdays 5.30pm at Deane Park Hall

Come and de-stress, stretch out and strengthen your whole body at the same time.
Cost: £8 per session or £25 monthly for one session, £47 monthly for both.
Contact: Email emma@emmabfitness.com for details.
Holy Trinity Church Hall and Deane Park Hall

Diddi dance

Wednesdays, 11am

Funky pre-school dance classes for girls and boys. These 45 minute dance classes for toddlers cover 16 dance styles with locations across the UK.
Cost: Free trial and then £6 per class.
Contact: For more information and to book your free trial call Tejal on 07521 454235, email tejalpatel@diddidance.com or visit www.diddidance.com.
Deane Park Hall

Totally Shredded, powered by Fight Klub

Mondays, 7pm

A fast-paced equipment-free combat style workout set to drum and bass music, designed to smash your fitness levels and leave you sweaty but with a big smile on your face.
Cost: £7 per session or £25 monthly membership.
Contact: Visit www.totallyshreddednorthwood.co.uk for more details.
Holy Trinity Church Hall

Dru Yoga

Sundays, Yeading Community Centre at 9.45am and Thursdays at Barnhill Community High School, 7pm

Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit, improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole self. Dru Yoga is designed to be practised

by people of all abilities, all fitness levels and all age groups.
Cost: £8.

Contact: For more information visit www.lifestyle-dru.co.uk.
Yeading Community Centre

Modern Jive

Ceroc Dancing

Every Thursday 8pm to 11pm in the Middlesex Suite at Uxbridge Civic Centre and every Monday 8pm to 11pm at West Drayton Community Centre

This is a fantastic way to keep fit while having fun, and a very sociable way to spend an evening. Ceroc is a fusion of jive and salsa which is easy to learn and great fun. You don't need to bring a partner. Beginners welcome.
Cost: Entry £9. Bring this advert and get free membership and free first night entry for new members.
Contact: Visit www.clubceroc.com or call 020 8933 4350 or 07860 250961.
Uxbridge Civic Centre and West Drayton Community Centre

Hatha Yoga

Mondays, 7pm to 8pm

Maria has been teaching yoga for more than 25 years. Her class is based on the teachings of Sivananda. Relax, unwind and develop your strength, flexibility and balance. Suitable for all.
Cost: Taster class is £5 then £15 drop-in or six week course booking £50 (starting 20 Feb).
Contact: Call Maria on 07940 722907 or email moreyogawithmaria@gmail.com.
The Stables, Eastcote House

Oaken Leaves English folk dancing

Thursdays, 8.15pm to 10pm

VENUES

Beck Theatre

Grange Road, Hayes, UB3 2UE

Barnhill Community High School

Yeading Lane, Hayes, UB4 9LE

Bishopshalt School

Royal Lane, Hillingdon, UB8 3RF

Compass Theatre

Glebe Avenue, Ickenham, UB10 8PD

Deane Park Hall

South Ruislip Community Centre, Long Drive, South Ruislip, HA4 0HS

English Folk Dancing is a *Pride and Prejudice* or *War and Peace* form of Square Dancing. Come and try it with this friendly mixed group. No previous experience is necessary, as callers will tell you what to do. You don't need a partner to attend. Please wear comfortable shoes.

Cost: £2 per session (including refreshments).
Contact: Call 01895 638008 or 01895 254723 for further information.
Ruislip Methodist Church

Yoga with Juliana

Monday and Saturday mornings, 9.30am and Wednesdays, 7pm

A fluid Hatha yoga practice for the modern body and mind.
Cost: Taster class half price and then £10 per class. Gift vouchers available.
Contact: Visit www.juliana.yoga or email hello@juliana.yoga.
The Stables, Eastcote House

Young at heart yoga for all abilities

Tuesdays, 10am to 11.30am

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 practised 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 email shape.tone@blueyonder.co.uk. Visit www.yogaloretta.co.uk for more information.
Oak Farm Library

Highgrove Pool and Fitness Centre

Eastcote Road, Ruislip, HA4 8DZ

Holy Trinity Church Hall

Gateway Close, Northwood, HA6 2RP

Northwood and Pinner Liberal Synagogue

Oaklands Gate, Northwood, HA6 3AA

Oak Farm Library

Long Lane, Hillingdon, UB10 9PB

The Orangery

Moor Park Golf Club, Rickmansworth, WD3 1QN

LEISURE

Language Clubs of Hillingdon

Every week on a Thursday, 7.45pm to 9.45pm

Friendly clubs offering a chance to practise speaking and hearing Spanish, French, Italian and German, each on a different Thursday of the month, aiming to improve confidence. If you are learning a language, want to brush it up or maintain it, or if you are a native speaker wanting to use your own language, contact the right club for you.
Cost: £3 per visit or £15 for annual membership.
Contact: Spanish Club 01895 253472
French Club 01895 253472
Italian Club 020 8863 3468
German Club 020 8429 1921
St Giles' Church Hall

Quiz 'n' Chips

Sunday 29 January at 7pm

General knowledge quiz and supper in aid of the restoration of Ickenham Hall and Compass Theatre's building and fittings. There will be 10 tables, each seating up to eight people with one team per table. When booking, you'll be asked to choose your supper - fish, sausage, chicken or veggie burger.
Cost: £12.

Contact: Book online at www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Ruislip-Northwood Flower Arrangement Society

Tuesday 7 February, 7pm

Sally Hardy demonstrates a 'Floral Fantasy'. Tea and coffee served in the interval and flower arrangements are raffled at the end of the demonstration.

Cost: National demonstrators visitors £6, area demonstrator visitors £5. Tickets can be purchased on the door.
Contact: For more information call 01923 829621.
Northwood and Pinner Liberal Synagogue

Greek language and culture

Tuesdays, 7.30pm to 9pm

Whether you only have a couple of words of Greek or are a bit more fluent, this is the class for you. Teacher, Maria has lived in England for many years and is a qualified and experienced adult education tutor. Learn the Greek language and culture amongst like-minded people.
Cost: Varies according to attendance, around £7 per class, payable termly.
Contact: To find out more or book call 020 8842 0547.
Deane Park Hall

Art Exhibition and Auction

Friday 10 February, 10am to 7pm

A showcase of assorted artwork, including paintings, ceramics, prints and pottery.
Cost: Free.
Contact: For more information call 020 8382 8112 or visit www.michaelsobellhospice.co.uk.
The Orangery, Moor Park Golf Club



Uxbridge Civic Centre

High Street, Uxbridge, UB8 1LD

Uxbridge Folk Club

Royal Naval Association, 388b Long Lane, Hillingdon, UB10 9PG

Uxbridge Library

High Street, Uxbridge, UB8 1HD

Yeading Community Centre

Ditchfield Road, Yeading, UB4 9BH

Winston Churchill Theatre

Pinn Way, Ruislip, HA4 7QL

West Drayton Community Centre

Harmondsworth Road, West Drayton, UB7 9JL

If you wish to publicise an event, please email details to hillingdonpeople@hillingdon.gov.uk or send to Hillingdon People, 3E/07 Civic Centre, High Street, Uxbridge, UB8 1UW. Events are selected at the editor's discretion.

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Changes to Local Studies opening times

From 1 January 2017, the opening times of Uxbridge Library's Local Studies department will be changing. The new schedule will be as follows:

Monday to Friday, 1pm to 5pm: Open Access
Saturday, 9.30am to 1pm and 2pm to 5.30pm: Open Access
Sunday: Closed

Contact @ archives@hillingdon.gov.uk
01895 250702

HILLINGDON LONDON www.hillingdon.gov.uk/history

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Enquiries **01895 556489**

HILLINGDON LONDON www.hillingdon.gov.uk/freechildcare

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**
communitycancercentre.hillingdon.gov.uk
01895 461 016
- 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 823 999
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**
0345 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 250780/250782
- 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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