

HILLINGDON people

News from your council
September/October 2019

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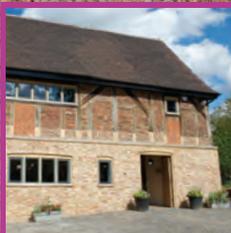
**Access our
libraries online**
Plus refurbishments
on the way

**Get involved in
Recycle Week**

**How you can
become a
Street Champion**



HILLINGDON
LONDON



OPEN HOUSE



CULTURE BITE



VOLUNTEERS



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 For more information, visit our website or call 01895 556644



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COVER PHOTO: CHILDMINDER LIZ WEBB, FROM HAREFIELD, WHO RECENTLY STARTED USING ONLINE LIBRARY APP BORROWBOX, WITH ATIYA MOHAMED, 8, RYAN MCGOVERN DUPREE, 9, AND AREGSON MOHAMED, 5.



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

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Welcome



I am delighted that one of our local MPs, Boris Johnson, is now the Prime Minister. He has already given instructions that there should be a review of the viability and value of the HS2 project and stated that he will be closely following the legal challenge against the proposal to expand Heathrow.

An expanded Heathrow would damage our borough's environment immensely, through the loss of homes, the destruction of protected habitats and an increase in air and noise pollution. It would also significantly impact the health of our residents, particularly the elderly and young.

The next stage of the legal challenge, which may take some years to conclude, will commence in the Court of Appeal on 22 October where the presiding judge, overturning the decision of the Divisional Court to not grant an appeal hearing stated: "The importance of the issues raised in these proceedings is obvious and affords a proper basis for granting permission to appeal. I also accept that the appellants' grounds are properly arguable."

Unfortunately, HS2 Ltd is continuing with their enabling works to support the main construction activity regardless of the review. This means that after many years of council ownership and operation, the council has no alternative but to close Ruislip Golf Course. The HS2 Act gives the authority to HS2 Ltd to undertake necessary works on the course that would prohibit any further golf being played. In time, HS2 Ltd will be required to reconfigure the course to nine holes and return it to the council.

These works and the closure of the course should not be taking place until the review of the viability of HS2 is complete. The council will be lobbying for a commonsense approach to be adopted with no further work taking place whilst the future of the project is in doubt.

In this issue of *Hillingdon People*, you can read about the experiences of some residents using our free and easy-to-use weekly recycling collection services and if you are not currently recycling I would encourage you to do so.

We are also continuing to address fly-tipping. Dumping rubbish on our streets is simply not acceptable and a new task force was created earlier this year to gather evidence and ensure offenders are prosecuted, and this has already seen initial success, see page 7 for more details.

The health and wellbeing of our residents is also important and in this issue you can read about a number of our initiatives to improve air quality in the borough.

This month also marks the start of a new investment programme to refurbish all of the borough's libraries to offer you the best facilities in a welcoming and modern environment.

As always, we will continue to protect our natural environment, invest in our built environment, respect our heritage and encourage civic pride.

Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL

Court of Appeal sets date for councils' Heathrow appeal



Plans for Heathrow expansion face a fresh legal challenge in the Court of Appeal in October.

The Court of Appeal has allowed four days for a new hearing which will start on Monday 21 October. There will be four appeals which will be heard at the same time.

The boroughs (Hillingdon, Wandsworth, Hammersmith and Fulham, Richmond upon Thames and Windsor and Maidenhead councils) will say that the government made legal errors in the steps leading up to the Airports National Policy Statement

(ANPS) and therefore it should be quashed.

The Rt Hon Lord Justice Lindblom said in his ruling that "the importance of the issues raised in these proceedings is obvious and affords a proper basis for granting leave to appeal. I also accept that the grounds of appeal are properly arguable."

The local authorities had warned that expanding Heathrow could bring long-term damage to the health of millions of Londoners with large areas of London and the home counties affected by noise and air pollution from the north-west runway.

They had argued that the third runway could only be built by demolishing thousands of homes, adding large increases in road traffic and making life noisier and unhealthier for millions of Londoners. The government had not looked at this properly.

The Court of Appeal will hear how the Secretary of State failed to consult properly on noise - excluding people who may be significantly affected. It was not possible to assess the noise impact for communities based on actual flight paths as these were not known.

The councils will also show how the Secretary of State failed to consider the effect of expansion on local plans. They will also argue that the Secretary of State did not properly consider the significant adverse impact of Heathrow expansion on protected habitats.

Leader of the Council, Cllr Ray Puddifoot, said: "Being granted permission to appeal is a welcome step in the right direction to overturning the government's highly flawed and misconceived decision to expand Heathrow Airport.

"We have said all along that we will continue to fight this decision in the courts for as long as it takes in order to protect our residents and our environment from the devastating consequences of a third runway and to bring this sorry saga to an end once and for all."

Groundbreaking: Boris Johnson praises scheme to boost services and housing



Boris Johnson, MP for Uxbridge and South Ruislip, paid a visit to the construction of a housing development to formally launch and show his support for a new council scheme designed to both supply new housing and raise income to fund services.

This is the first development by Hillingdon First Ltd, the council's wholly owned company tasked with building much needed homes but at the same time raising revenue to fund council services. The development of 31 flats (19 one bed and 12 two bed for both private purchase and to rent) in Victoria Road, South Ruislip is scheduled for completion in summer 2020.

Mr Johnson visited the site for a groundbreaking ceremony on Friday 9 August and said: "This is an impressive project and the combination of providing homes for local people and generating income to pay for council services is a great initiative."

As well as this Hillingdon First project, conventional affordable and social housing schemes in the borough continue apace.

They include 88 homes in Grassy Meadows built

last year, and another 60 at Parkview in West Drayton which will be completed this autumn. Both are supported living homes which enable elderly people with additional needs to live independently.

There are also 33 flats, which include some earmarked for shared ownership schemes, in Acol Crescent, South Ruislip, expected to be completed in early 2020. They are all part of a wide range of council developments across the borough.

Leader of the Council, Cllr Ray Puddifoot, said: "We formed our own limited company to enable us to build homes for sale or let and retain the profit normally taken by developers. We have a number of such projects planned and I was delighted to be able to invite the local MP and now Prime Minister to launch the first development.

"Sound financial management is the foundation of the important and valued services we provide for our residents.

"This project is a perfect example of how we're always looking to do more for our community, and I was pleased to see that the Prime Minister agreed."



Clubhouse transformed

Court Park is celebrating following the £318,000 transformation of their bowls club - the latest beneficiary of the council's investment in bowling facilities across the borough.

Court Park Bowling Club in Hillingdon has seen its small clubhouse, with tired timber frames and small hall and kitchenette, replaced with a building fit for the future.

The new clubhouse is larger to accommodate growing membership and has a new kitchen, store servery and a meeting room. It was opened on Thursday 15 August by the Mayor of Hillingdon, Cllr David Yarrow.

Leader of the Council, Cllr Ray Puddifoot, said: "One of our key aims is promoting sports and activities for all ages and ensuring that our amenities allow residents to improve their fitness and wellbeing.

"The new clubhouse will also provide members with a much-needed place to socialise."

Club Treasurer, Annette Hennessey, said: "It used to be an old hut but now it's a lovely pavilion and patio."

For more details about the club call 07948 804656.

National award for service transforming young lives

A team changing vulnerable young people's lives has been honoured with an MJ Award, which recognises the very best local government services.

The AXIS project makes a difference to children at risk of exploitation. The team behind it was honoured at the MJ Awards on Wednesday 26 June.

The AXIS project means Hillingdon Council can target its community safety and young people's

services more effectively by using data mapping. It is seen as the future of targeted intervention and joint commissioning.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "I'm delighted that the AXIS project has been recognised for the tremendous benefits it delivers. We have long-since recognised that multi-agency working is the best way to safeguard our children and young people from exploitation of all types.

"Ultimately, this award recognises that vulnerable children and young people in Hillingdon are receiving the level of help and support they need and deserve."



Theatre pond restored

The pond and fountain in the grounds of the Beck Theatre in Hayes were restored to their former glory in June thanks to a £42,000 investment from the council.

The water feature dates back to 1977 and had fallen into disrepair. The fountains and waterfalls were no longer working and the pond was contaminated with silt and rubbish.

The project involved draining the pond and completing a deep clean.

The top course of brickwork was re-built, and all pumps were removed, tested, and replaced where necessary. Works took around five weeks to complete, after which the pond was refilled, the waterfall and fountains re-commissioned, and the aquatic life, which had been relocated, was reintroduced.

The work has created a more welcoming feel to the theatre and a safer habitat for local wildlife.



New sweepers introduced



The council has upgraded its fleet of street sweepers.

Nine new mini sweepers arrived at the end of June and are now being used across the borough. They are more manoeuvrable and more able to get into tighter spaces than their predecessors and can carry bigger loads, meaning fewer trips to the council's depot.

The council needs to replace its fleet periodically to make use of new technologies.

This time, the regular models were joined by a brand new machine - a sweeper and scrubber in one which can focus its powerful motors on buffing away tough stains.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Residents tell us that keeping streets clean is a priority for them, which is why it's so important to keep our fleet up to date and in the best condition."

Hillingdon flies more Green Flags

The borough has been awarded more Green Flags than any other local authority in the UK for the seventh year running.

The total number of flags has increased to 55, (54 of which are maintained by the council) with Dowding Park, Uxbridge North Recreation Ground, Heathrow Villages ward; Stafford Road Open Space, South Ruislip ward; Pole Hill Open Space, Hillingdon East ward and

Sipson Recreation Ground, Heathrow Villages ward receiving the accolade for the first time this year.

Green Flag Awards recognise and reward well-managed parks and green spaces. Each must meet stringent criteria, proving themselves to be clean, community-oriented and environmentally friendly.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "This is great news for the

borough. We're absolutely delighted to be given a record amount of accolades for our parks and green spaces.

"Green Flags are the highest honour a park or open space can receive and they require a great deal of time and hard work to achieve. We have more than 200 green spaces across the borough and I would like to thank



all the community groups, volunteers and council staff who continue to keep our borough looking so welcoming and attractive."

The new flags will be raised at ceremonies in the autumn.

Polish Navy contribution in war commemorated



Two interpretation boards were unveiled at a special ceremony at the Polish Air Force Memorial Remembrance Garden in South Ruislip on Friday 28 June.

Polish Ambassador Arkady Rzegocki, Cllr Ray Puddifoot, Leader of the Council; and the Mayor of Hillingdon, Cllr David Yarrow laid wreaths at the memorial before unveiling the two boards (one in English and one in Polish). They were joined by other dignitaries from the Polish Embassy, military personnel, representatives from the Polish Airmen's Association, the Polish Air Force Memorial Committee and local councillors.

The boards tell the story of the Anglo-Polish agreement, signed on 18 November 1939, which led to a Polish naval detachment fighting alongside the Royal Navy and allies throughout World War Two.

Cllr Puddifoot said: "The Polish Navy's contribution to the war effort cannot be underestimated. Without their bravery, the outcome may have been very different and many more lives could have been lost.

"Our hope is that their stories of immense sacrifice and valour, which are brought to life on these interpretation boards, will be remembered for generations to come."

Young athletes celebrated



The Mayor of Hillingdon, Cllr David Yarrow, held an awards ceremony to acknowledge the achievements of the borough's young athletes who took part in this year's London Youth Games.

More than 100 young people, team coaches and parents attended the evening on Thursday 11 July in the Mayor's Parlour at the Civic Centre, where the Mayor presented the young people with certificates and commemorative t-shirts.

This year, Hillingdon entered more categories than ever before (41 out of 53), competing in volleyball, handball and squash for the first time. Our young people achieved some fantastic results, winning gold in male cricket, silver in female athletics and bronze in sailing, male hockey

and female football. Many individual medals, including gold in a female athletics event, were also awarded.

Hillingdon finished eleventh out of the 33 boroughs in the Jubilee Cup, which is presented to the group who has scored highest in the competition.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "All the young people who participated should be very proud of what they have achieved this year. I am also delighted that young athletes in the borough competed in more competitions than ever before."

If you live in Hillingdon and have children aged seven to 17 who would like to take part in next year's Youth Games, email sportandphysicalactivity@hillingdon.gov.uk.

CCTV system gets results



The Minister for London and Policing came to check out the council's CCTV control room during the summer.

Nick Hurd, who is also the local MP for Ruislip, Northwood and Pinner and Minister of State at the Northern Ireland Office, visited on Friday 21 June.

Mr Hurd was shown around by Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, who told him how a recent £2.75 million investment has seen the borough's entire network of more than 1,000 cameras across the borough replaced with state-of-the-art digital, wireless devices. These provide 24-hour coverage, seven days a week.

Cllr Mills, said: "We're very proud of our CCTV network and I'm very glad that MP Nick Hurd was able to come as Minister for London and see why.

"This is a new generation of technology which we invested in to directly respond to the concerns of our residents who often tell us that tackling anti-social behaviour, fly-tipping and crime is a key concern of theirs."

Recent figures give a snapshot of the cameras' value to law enforcement. There were 164 incidents passed on to

the police to follow-up between June and July.

There were also 21 incidents of fly-tipping caught on camera, helping the council track down offenders.

Criminal finds himself behind bars after he gets up close to our CCTV

Not everyone is such a big fan of our CCTV as us, the police and our residents.

A vandal found himself in jail when he attacked a camera with a metal bar in Christophers Drive, Hayes.

Everything was caught on camera by the robust equipment and the clear images helped police track down the culprit, Jamie Webb of Botwell Lane, Hayes.

The 38-year-old was sentenced for the crime at Isleworth Crown Court on Thursday 20 June, along with a raft of other offences.



The full list of his crimes were theft of a motor vehicle, criminal damage, going equipped for theft, failure to surrender, aggravated vehicle taking and dangerous driving. He was sentenced to a total of 47 weeks in jail for the offences.

Task force takes on the fly-tippers



A new council team has been tracking down fly-tippers in the borough and has already helped see offenders served with hundreds of pounds of fines.

The task force patrols Hillingdon to clean up dumped rubbish and gather evidence so offenders can be prosecuted.

Sixty fixed penalty notices have been issued since April. The team's formation came at the same time that the maximum fine was hiked from £100 to £400.

Repeat offenders can be taken to court where even tougher penalties can be handed out, including fines of up to £50,000, as well as jail time.

Leader of the Council, Cllr Ray Puddifoot, said: "Residents are fed up of

fly-tippers acting as if the rules don't apply to them. Thanks to our new team, more and more fly-tippers are getting the message that they simply can't get away with dumping rubbish on our streets."

If you want to report a fly-tip or find out more visit www.hillingdon.gov.uk/flytipping or call 01895 556000.

If you have any large unwanted household furniture, the council runs a free bulky waste collection service. You can find out more at www.hillingdon.gov.uk/bulkywaste.

New dog walker licences

A new licensing scheme for professional dog walkers is being introduced to make it fairer for everyone using our parks.

People who are paid to walk dogs will need a licence and be restricted to walking six at a time in Hillingdon's green spaces. Those operating without a licence could face a fine of up to £100.

The change helps to maintain the environment and support the upkeep of the parks and people's enjoyment of them, through the effective management of commercial dog walking.

Like similar schemes across London, there is a charge to cover

administration costs. The licence costs £175 for residents and £250 for non-residents.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property, and Business Services, said: "Our residents tell us they love our parks but have also shared their concerns about there being too many professional dog walkers. This licensing scheme is a good solution to the problem and is fair to everyone involved."

Professional dog walkers have until Wednesday 30 October to apply. Visit www.hillingdon.gov.uk/dogwalking or email licensing@hillingdon.gov.uk for an application form or to find out more.

Visit www.hillingdon.gov.uk/dogwalking or email licensing@hillingdon.gov.uk for an application form or to find out more.

Dementia-friendly screenings at the Compass

Following the success of the Beck Theatre's dementia-friendly film screenings which were launched earlier this year, the council has decided to start to host a series of screenings at the Compass Theatre in Ickenham from this autumn.

Movies from a range of eras and genres will be screened, with the series complementing the Beck's screenings by presenting titles that may resonate with attendees from different times in their life.

Cinemas can offer a way for people living with dementia to reconnect with memories. The screenings will also provide an environment where attendees can feel safe and relaxed, as the room will be tailored to suit the audience. A comfortable environment will be created by keeping the house lights on low, clear signage will be provided, sound levels will be lowered and attendees can sing, talk or move around during the film.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "I am delighted that we will be providing these additional film screenings so more of our residents can enjoy a classic film that will hopefully bring back some memories."

"This will be a welcome addition to the range of other services we offer, including coffee mornings and Tover tafels (interactive light game tables) at our

libraries and work with the Alzheimer's Society and other partners within the Dementia Action Alliance, which all helps to make Hillingdon as dementia-friendly as possible."

The film programme and more information about support in Hillingdon can be found on www.hillingdon.gov.uk/dementia.



Taking the initiative - How groups are benefiting from council funding

Have you heard about the Leader's Initiative for Older People? Read on to find out how the scheme can benefit you and your loved ones.

Community groups have been running events and activities for local older people across the borough and beyond thanks to grants provided by the council.

These are part of the Leader's Initiative for Older People, a scheme which is dedicated to keeping over-65s in Hillingdon safe, active and independent.

In the past few years, activities have included trips to the seaside, garden parties, visiting attractions in central London, afternoon teas, and Christmas lunches.



EXCITING DAY TRIPS Julie Kirwin, Pat Gilbert, Pat Coetzee and Jean McLeod in Brighton

council because they can't afford it or don't have the mobility or don't have family to support them."

The Ruislip Royal British Legion was also full of praise for the initiative which supported visits to the seaside last year, as well as Christmas parties and other events. It also funded a trip to Southend and another to Brighton this summer.

"I think the scheme is excellent," said **Treasurer Elaine Davies**. "Everyone really looks forward to the activities. We're very grateful."

The funding for activities and events is just part of the Leader's Initiative for Older People which has been running since 2005. It also includes a wide range of projects, such as providing thousands of free burglar alarms, free swimming and swimming lessons, free allotments, tea dances, financial advice, the

Brown Badge Scheme to make it easier for older people to park, and a heater loan scheme for those whose heating fails in the winter.



Heater loan scheme

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

said: "The value of these experiences for the borough's older people far outweighs any cost."

"Our Initiative for Older People is one of our most important schemes, and one that the council is very proud to run. It's great to see there is so much support for it in our community."

You can find out more about the initiative and submit ideas for new projects at www.hillingdon.gov.uk/leadersinitiative

Visit our historical sites

Enjoy a free sneak peek behind the doors of some of the borough's heritage buildings and architecturally unique spaces as part of London Open House weekend this month.

On Saturday 21 and Sunday 22 September, residents will gain unique access to a number of council-owned sites not usually open to the public.

The venues taking part are Manor Farm, Ruislip (HA4 7SU); Eastcote House and Gardens (HA5 2QS) and Cranford Park (TW5 9RZ).

Manor Farm will open its Pram Shed exhibition of farming tools from the 18th and 19th centuries between 10am and 5pm on both days. Manor Farm House and the 700-year-old Great Barn will also be available to explore on the Sunday.

Eastcote House Gardens' Grade II listed buildings, the Stables and Dovecote, will be open between 10am and 5pm on the Sunday, with volunteers from the Friends of Eastcote House Gardens running tours and providing information about the buildings and historical information. A classic car rally, organised by the Friends of local classic car clubs, will take place from 11am until 4pm.

Between 10.30am and 4.30pm on the Saturday and 12.30pm and 4.30pm on the Sunday, St Dunstan's Church, the stables of the former Cranford House and the secret garden will all be open for exploration in the grounds of Cranford Park. At the church, visitors will be able to see a range of monuments, including the remains of its 14th century wall paintings. A display about the history of the park, which for 300 years was a private estate of the Earls of Berkeley, can also be viewed. Members of the Cranford Park Friends group will be giving informal tours of the sites and collecting visitors' memories for the park's memory wall.

Team wins national award



Hillingdon employees have been shown to be among the top trading standards teams in the country after being recognised in the Regulatory Excellence Awards for their work at Heathrow Airport.

As one of the UK's 14 port authorities, the council is responsible for inspecting cargo at the airport. The trading standards team won a Highly Commended award at the ceremony on Thursday 20 June for carrying out their work to such a high standard.

The team was one of 11 finalists and won for work inspecting cargo consignments at the airport and removing

products that do not meet British and European safety standards.

A typical inspection sees officers checking a variety of goods, including toys, cosmetics, jewellery and electrical items, and removing those which don't meet British and European safety standards. The goods are to be sold online and at shops across the UK and Europe.

Other finalists in the category included Amazon UK, the British Standards Institution and the British Toy and Hobby Association, as well as other local authority trading standards teams and regulatory organisations.



Christmas lunches

Everyone who has taken part says it has helped them to make friends and be given opportunities they would never had the chance to experience.

Rylstone Sheltered Housing's tenants' club, in Harefield, is one group which has benefited from the initiative. They held a garden party and a Christmas party last year and recently arranged for a meal out at the Toby Carvery in Denham, which nearly two thirds of their residents attended.

"It's a great scheme, people love it," said **Grace Gemegah who manages the housing scheme**.

"A lot of residents wouldn't be able to come to these activities without the funding from the



OPEN HOUSE The Pram Shed exhibition

Blooming marvellous entries for annual horticulture competitions

Green-fingered residents showcased their gardening skills for two 'in Bloom' competitions during the summer.



Judges toured Eastcote on Thursday 4 July and Harmondsworth on Friday 12 July for the annual London in Bloom competition, which encourages communities to make London a greener place to live.

This was the first year Eastcote and Harmondsworth were entered into the competition by the council under the 'Village' category.

Members of our green spaces team accompanied judges Andrew Williams and George Player, as they explored sites, which included the listed buildings Eastcote House Gardens off High Road Eastcote, and The Case is Altered pub and Haydon Lodge in Southill Lane.

The group also met local volunteers, community groups and residents who all play a vital role in maintaining the local environment throughout the year. The judges benefited from the local knowledge of the Friends of

Eastcote House group volunteers Lesley Crowcroft, Chris Groom and Susan Toms. Additionally, they visited Eastcote War Memorial on Field End Road, and were greeted by Jeff Duley, Frank Underhill and Mary Sewell from Eastcote Royal British Legion Club and former councillor, Catherine Dann.

Later they viewed the village's new eco-friendly 'rain garden', also on Field End Road, which is designed to help drainage and prevent surface water flooding.

Speaking at the end of the tour, Andrew said: "Today's visit to Hillingdon has been very interesting. We really got an excellent sense of everything you do here to look after the village and its green spaces. It was also wonderful to meet so many local residents who are clearly passionate about where they live and being involved in keeping Eastcote green."

In Harmondsworth, the team took judges Felicity Workman and Simon Richards on a tour of the village's key places of interest, including the recreation ground; the Great Barn, which dates back to 1426; and the village green. Additionally, they explored floral



displays along residential streets School Road and Summerhouse Lane and met with plot holders from Moor Lane Allotments.

Judges also visited a number of sites nominated in the 'Parks' and 'Cemeteries' categories, including Long Meadow, Highgrove Woods, Ruislip Lido, Manor Farm, West Drayton Cemetery and the Polish Air Force Memorial Garden of Remembrance.

The council also put forward Uxbridge in the 'Business Development District' category - which is about showcasing an area that is a wonderful place to work, live and shop.

Results are set to be announced in September.

Rather than holding a concentrated six-week programme of events in the autumn, our new-look festival will run throughout the year, offering residents the chance to attend even more events.

CULTURE bite

HILLINGDON ARTS & LITERATURE FESTIVAL

The council will host a selection of themed events in the borough's libraries, theatres and heritage sites.

September events

September is the month for gin lovers, featuring a special author event and more.

Louise Doughty
Monday 30 September, 7.30pm to 9pm
Great Barn, Manor Farm, Bury Street, Ruislip, HA4 7SU
Cost: £10
 Join the bestselling author of *Apple Tree Yard* as she discusses her gripping new novel *Platform Seven*. You will also receive a free copy of the book.

The Odyssey with Daniel Morden and Hugh Lupton
Sunday 6 October, 6.30pm to 8.45pm
Winston Churchill Theatre, Manor Farm, Pinn Way, Ruislip, HA4 7QL
Cost: £5
 Two of the UK's most popular storytellers and award-winning authors, Hugh Lupton and Daniel Morden, have toured the world telling traditional stories in performance. Join them as they take us through Homer's timeless epic. Suitable for adults and children aged over 10.

Witch
Wednesday 30 October, 7.30pm to 9.30pm
Great Barn, Manor Farm, Bury Street, Ruislip, HA4 7SU
Cost: £7.50
 The London premiere of *Witch*, followed by a Q&A with the cast and writer. Based on a real court case from 1687 in Lyme Regis, this is a play about witch trials that contains neither a trial nor any witchcraft. Instead, it focuses on the human story behind such accusations. Suitable for ages 11 and above.

October events

In October we will be celebrating all things historical, from local history to murder mysteries, as well as a bit of folklore thrown in too. Culture Bite activities will also link with the annual Hillingdon Literature Festival events.

Hillingdon Literature Festival
Friday 4 to Sunday 6 October, times, prices and venues vary
 Culture Bite is partnering with the annual festival organised by Brunel University for a host of events across the borough, which will include literary performances from internationally renowned authors, writing workshops, debates, industry masterclasses and more. For full details visit www.hillingdonliteraryfestival.com.



What is planned for future months

Heading into the next year, following the Christmas and New Year festivities, a series of events will be held to help residents feel reinvigorated. From focusing on

wellbeing to reading aloud, there will be something to suit all tastes.

The following month will continue down a similar path, themed around wellbeing, featuring poetry readings, feel-good authors and film screenings.

For a full list of events, visit www.hillingdon.gov.uk/culturebite or any library. Purchase tickets at www.hillingdontheatres.uk

HILLINGDON in BLOOM

Judging for the council's very own horticultural competition, Hillingdon in Bloom took place during July and August.

The popular contest received more than 50 submissions from residents, businesses, community groups and schools from across the borough.

Nicola Setterfield, a teacher from Newnham School in Ruislip, explained how nursery pupils aged between three and four planted their entry. She said: "The children love it as they enjoy getting messy, finding the worms and snails and having a go at planting.

"For us, it's all about the students learning about growth and the environment around them."

Baj Mathur, from Ruislip

(pictured), entered for the first time on behalf of his wife Sharda, who has been tending to their garden for the last 42 years. He said: "After seeing an advert in *Hillingdon People*, I felt I had to enter my wife's beautiful garden. Ever since we moved here back in 1977, whenever the weather allows, Sharda will be outside working on our garden."

Winners will be announced at the Autumn Show at The Great Barn, Manor Farm, Ruislip on Saturday 21 September from 1.30pm. Residents can come along and attend the show for free and view entries from a variety of categories. For details, visit www.hillingdon.gov.uk/autumnshow.



Get inspired this Recycle Week

Recycle Week runs from Monday 23 to Sunday 29 September. Hear from Hillingdon's residents and businesses who say recycling is more important than ever before.

The council provides residents with various ways to recycle. Unlike many boroughs that are charging for or reducing collections, we continue to offer free, weekly and easy-to-use recycling and waste collections for our residents. Each week we collect dry mixed recycling, food waste, garden waste, textile recycling and general waste. Recycling is important as it protects our planet and the local environment. It reduces the pollution

caused by getting rid of waste and saves natural resources, such as wood and minerals. Making new items from raw materials costs much more and uses more energy than those made from recycled products. The council also saves money for every item recycled, which can be spent on essential services. But don't just take it from us. Residents and local businesses often tell us about why they're passionate about recycling.



Staff at Hillingdon Hospital's operating theatres

Anaesthetist Dr Melissa Dransfield, said: "We are used to making a difference to people's lives and recycling is no different. It is a key improvement that a health provider at the heart of the community should be making. "Clinical waste is obviously dealt with separately, but in theatres we also get a lot of recyclable material - from packaging to plastics to paper - and as our trust supports us in recycling, we make the effort to separate it into the correct receptacles. "The trust is working on supplying more recycling bins in our hospital and educating our staff about what can and can't be recycled." **Operating Department Practitioner, Natalie Wood**, said: "The council makes it easy to recycle because they recycle a wide variety of materials and supply us with the means to collect, store and dispose of them. "Hillingdon's recycling instructions are clear, and because a lot of our staff are from this community, they know how easy it is to do the right thing"

Our residents

John Flaxman (pictured below) and his wife Gillian live in Ruislip. With friends and family visiting frequently, including three daughters and four granddaughters, they know that their recycling bags fill up quickly. "Having grandchildren I am very concerned for their future in this throwaway society," he said. "I think we must all make more effort to recycle as it helps reduce harmful gases from landfill sites, and to preserve the rainforests for future generations. "I find recycling in Hillingdon is easy as it's easy to understand. It clearly states what we can place in each bag, collection is on a weekly basis and the bags are provided by the council free of charge."



Local business owners

Nayan Chande and Yoga Mogantas run MC Group, a restaurant group with five outlets across the borough. They say recycling their rubbish from their businesses: Namaste Lounge, Tamara Lounge, Krave Dessert Café, The Runway Bar & Kitchen, and The Locker Room, is really important to them. With about 5,000 customers across their restaurants every week, recycling makes a big difference to their impact on the environment. "Our team strongly believes in recycling to help protect the environment," said Nayan. "Whether it be for cleaner air, reduction in water pollution or saving energy, we strive to ensure that the small changes we can make within our business are implemented, in order for us to make that difference."



"As a team who are big fans of animals, we also want to protect ecosystems and wildlife globally and if everybody recycled we can stop the endangering of species worldwide. To help future generations, we believe we need to reduce and eventually stop landfill, in order to allow everybody to enjoy the world like we have." Yoga said: "Hillingdon provides a range of options for sizes of containers, frequency of collection and pricing. "This gives us a lot of flexibility making it easier to recycle waste. Knowing that Hillingdon is handling the waste in a sustainable way gives us a driver to ensure we are recycling wherever possible. The reliable service provided by them makes the process very simple for our staff."

Help spread the message

Thanks to all of your efforts the borough recycles 40 per cent of its waste. Last year we composted nearly 18,000 tonnes of garden and food waste, and recycled just over 19,000 tonnes of other waste between our household collections and recycling centres. We want to do more, though, and we'd love it if you could tell more people about the variety of recycling options we provide:

- Did you know that we provide purple textile recycling collections, with the money made from their sale going to the Mayor's Charity Appeal?
- Did you know that with one of the free kitchen caddies that we provide that you can easily recycle food waste each week?
- Did you know you can recycle more difficult items, like car batteries, metal, and vegetable oil at Harefield Civic Amenity Site (New Years Green Lane, UB9 6LX) or at our West Drayton waste site at weekends (Railway Sidings, Tavistock Road, UB7 7QT)?

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "We'd like to encourage residents who aren't taking part in recycling to give it a go. Our collection services are easy to use and it may mean making a few small changes to your daily routine but it can ultimately make a big impact and help to protect the environment now and for generations to come."

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

Eyes and ears of our community

STREET CHAMPIONS

HILLINGDON

We held an event in The Great Barn at Manor Farm, Ruislip on Monday 8 July to show our appreciation for the top regularly reporting community volunteers, known as Street Champions, who do so much to keep Hillingdon's neighbourhoods clean and safe.

The council relies on its network of some 500 Street Champions to actively report issues such as littering, fly-tipping and nuisance behaviour. Street Champions are given a priority telephone number and email address and can report issues as often as they like. Signing up is as easy as filling in a form on the council website, and there is no formal commitment.

Veronica Jones, from Northwood Hills, who has been a Street Champion for five years, said: "As a Street Champion you contact the council about an issue and they quickly deal with it. So, for example, if a hedge is encroaching over a path that children have to walk on or pushchairs have to go down, I can contact them and the council comes within 24 hours to clip it. It's fantastic. And the street cleaners do an amazing job.

"It really gives us a sense of community. I'd say join it; it really helps your area and you can report anything."



Veronica Jones (left) and Eugenia Haywood

Hiren Upadhya, from Uxbridge, a Street Champion of seven years, likes to make a game of it with his son. "Whenever we go for a walk, we say 'let's see how fast we can get this graffiti removed,'" he said. "And he gets excited when it's gone! "I've noticed a difference in my area and generally the borough is very good." Hiren has encouraged a few of his friends to also become Street Champions.



Addressing the Street Champions at the event, **Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration**, said: "Thank you for being our eyes and ears and for helping us make progress. We recognised a long time ago that as a local authority we couldn't solve every problem alone. So we wanted to encourage residents to actively tell us if something was wrong in case we hadn't spotted it. The feedback we're getting is that this ongoing partnership is working to the benefit of us all, whether you're a Street Champion or not. I encourage anyone thinking of joining the scheme to sign up today."



Pat Tugwell and Sue Thomas

Botwell resident Pat Tugwell belongs to the scheme with her friend **Sue Thomas from Hayes End**. "It's too easy to say, 'somebody else will do that,'" said Pat. "People should be encouraged to take ownership of where they live and how they live - we all need to pull together. I used to walk around the park and every tree, bench, waste bin and sign board was covered in graffiti. We don't get any of that now because it's all cleared straight away."



Register to become a Street Champion for your part of the borough at www.hillingdon.gov.uk/street-champions



PACKED PROGRAMME OF SUMMER FUN KEEPS YOUNGSTERS ENTERTAINED

A variety of activities and courses were held across Hillingdon thanks to our FIESTA programme.

The council's ever-popular FIESTA scheme saw more than 70 activities and events held for young people to keep them occupied during the summer holidays.

The variety of sessions meant there were many opportunities for young people to enjoy a selection of their favourite activities, or try their hand at something completely new. They were held at community centres, parks, and other locations across the borough, so there was always something nearby to take part in.

Courses included drama, BMX skills, self defence, motor mechanics, trampolining, first aid and street magic. The were either free or charged at a



low cost and all young people aged five to 19 could take part in them.

WHAT SOME OF THE YOUNG PEOPLE SAID

"The table football has been my favourite," said **Aidan, aged 10, from South Ruislip**, who took part in a Summer Action activity week at Ruislip Young People's Centre.

"I've got to try different things and make a few friends and the organisers make sure everyone can take turns on everything, so it's fair."

Willow, aged nine, from Harefield, also took part in the Summer Activity week. "It's really fun and we learned a lot of new things, like how to make egg-fried rice," she said.



"I think it's really good for young people to get out and be social by doing things like this."

Rhea, aged 10, from Hillingdon, played the narrator in a production of *The Greatest Showman* at South Ruislip Young People's Centre.

"Learning lines was hard at first but once I remembered them and performed it, it was really enjoyable," she said.

"I took part in FIESTA with my friends last year and we won a talent show with our football skills and gymnastics. I think it's really good and I've made lots of new friends."

It is the fifteenth year in a row that FIESTA has been run by the council.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Families tell us the variety of activities available through FIESTA and the low cost make a real difference to them over the summer.

"We're proud to be able to offer this service to young residents and I'm glad to hear all of their positive feedback."

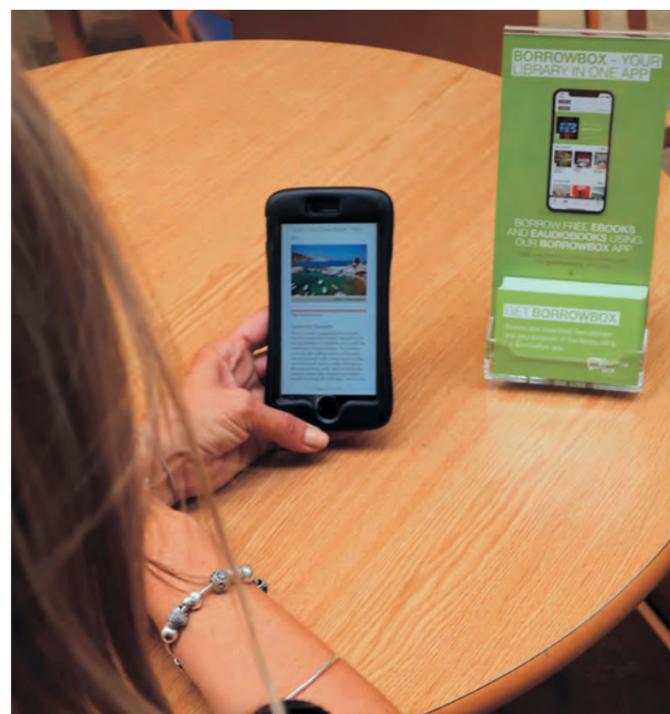


'Appy Families: How residents of all ages are enjoying our libraries' digital services

More and more people are benefiting from the convenience of online loans of books, magazines and other digital resources.

Residents love visiting our 17 libraries, not just to browse the books but to enjoy the many events and activities that are held there. They have become real community hubs. At the same time, we know that many of you have busy lives and it's not always easy to find the time to visit and choose a book, and then to come back to return it when you need to. This is where the council's online library can help to meet your needs. Our digital transformation programme is ensuring that we adapt as these services become more popular. While we know that many of you love to read physical books, we recognise that more and more of you are wanting to read digitally. The popular app BorrowBox enables residents to borrow books

of all genres and audio books 24 hours a day, seven days a week. It was introduced less than three years ago and the service has been growing ever since. It now has more than 4,500 Hillingdon library members signed up. Newspapers and magazines are available with the digital service too, with an app called Pressreader. It includes popular UK broadsheets and tabloids, as well as publications from many other countries in more than 60 languages. **Childminder Liz Webb, from Harefield**, (pictured above) has recently started using BorrowBox. She said she often visits the borough's libraries but is now a big fan of the digital service, too. "I'd recommend it to anyone," she said. "When I first downloaded it I thought 'wow, it's so easy to



use'. It's good for adults and children, as well as those with additional needs as you can change the font type and size. "There's so much choice and you don't have to worry about having to go back to return your book. I get an alert on my Apple watch when my book loan is about to run out. "It's great that it's a free service provided by the council." Residents who have joined the library with their HillingdonFirst card or who have a library card just need to download the apps onto their e-reader, tablet or mobile phone. Anyone who would like help to download the app can bring their device to their local library and friendly staff will get them up and running in no time. Once the loan period is at an end the book will delete itself from the reader - so there is no risk of a late fine. Readers can renew their loan through the app like they would in person.

Cllr Richard Lewis, Cabinet Member for Central Services Culture and Heritage, said: "Unlike many other local authorities across the UK that have closed these facilities, we are incredibly proud of our library service and recognise its importance to local communities. "In Hillingdon we are bucking the trend by continuing to invest in our 17 libraries to ensure they are well resourced and meet the modern day needs of our residents. Our refurbishment programme, which will begin this September, will refresh our libraries' look and feel and equipment. I am looking forward to seeing the final outcome."

Upgrades on the way
From September, the council will begin to refurbish all of the borough's 17 libraries, starting with Ruislip Manor Library. The £3 million works will provide an improved experience for customers with better seating and lighting, more room, upgraded computer equipment, and more. While construction is taking place, our mobile library will be visiting the area twice a week and nearby libraries will be open as usual. More information will be available nearer the time in Ruislip Manor Library, as well as on our website and social media.



A real community hub
Our online loans may be more popular than ever but that doesn't mean our libraries are any less loved. There are activities taking place for all ages such as pre-school storytimes and dementia support groups, plus a rolling programme of other events. You can come to the libraries and use our public computers and free wi-fi. You can also collect your recycling bags and visitor permits. Of course, you can still come and borrow from our extensive collection of paperbacks, hardbacks and talking books using your HillingdonFirst card or library card. Find out more on www.hillingdon.gov.uk/libraries.



You can find further details about BorrowBox and Pressreader and other digital resources at www.hillingdon.gov.uk/libraries

A summer of family fun

The council hosted a variety of free events and activities for residents and visitors of all ages throughout June, July and August.

New Bikespiration on Tour

Our annual Bikespiration event, which celebrates all things cycling, returned this year with a new successful format.



In previous years, the free-to-attend summer event took place on the forecourt of the Civic Centre in Uxbridge. This year Bikespiration went 'on tour', hosting themed events in green spaces across the borough.

It proved extremely popular with residents, attracting more visitors this summer compared with previous years.

The four events took place in June and July at The Closes Park, West Drayton; Dowding Park, Uxbridge; Hayes Community Family Fun Day; Barra Hall Park, Hayes; and Pinn Meadows, Ruislip.

Visitors were able to seek advice and information about cycling in the borough and test out a range of bikes, including tandems, recumbents, KMX carts, e-bikes, a bike bus - which garnered lengthy queues at one point - and more.

Attendees of all ages also took part in cycle training taster sessions, resulting in some of the younger residents cycling for the first time without stabilisers and a wheelchair user enjoying their first-ever bike ride.

The team helped residents get 117 bikes checked through the on-site Dr Bike service and a further 65 bikes were securely marked. A total of £195 was also raised by the tombola and spin the wheel game for the Mayor's Charity Appeal.

A successful Scythe Festival

Our Scythe Festival took place on Saturday 6 July at Pinn Meadows in Ruislip. The annual event, which was first held in 2013, is organised by the council and volunteers from the Friends of Pinn Meadows community group.

The festival, which attracted more than 100 attendees, included a range of activities such as scything (cutting grass by hand), pond dipping and riverfly monitoring.



Millers Ark Farm also brought along a range of farm animals for residents to meet, including pigs, goats, donkeys and chickens.

The Mayor of Hillingdon, Cllr David Yarrow, attended accompanied by Mayoress Mary O'Connor MBE. Both got involved with the day's activities with great enthusiasm.



Hayes Community Family Fun Day

More than 2,000 residents came along to participate in this year's Hayes Community Family Fun Day at Barra Hall Park on Saturday 6 July.



The annual free event, which celebrates Hayes and its diverse community, hosted a fantastically varied programme of free family-oriented entertainment for all ages, including zorb racing, an assault course, arts and crafts and other interactive activities.

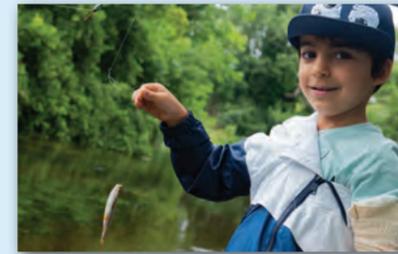


The crowds also enjoyed performances from funky upbeat brass band BrassBound, Jay Kumar and Dance Asia, and Verona Chard and her Musical Balloon Band.

Younger revellers got the chance to meet Otto the Otter and Teddy the Fox who were equipped with ancient magic, props and relics from the greatest fairy tales. Other free entertainment performances included Anyone for Tennis and Prince Amir and Nazreiddin.

Family Fishing Fun Days

Our popular Family Fishing Fun Days returned for their eleventh year on Sundays 28 July and 11 August.



The free events, which welcomed all ages and abilities to have a go at fishing, took place at Little Britain Lake, Cowley.

On the day, equipment and bait was provided, which made it the perfect opportunity for residents to try a new activity for the first time or brush up on their skills.

Visitors also had the chance to enter the 'Catch of the Day' competition and meet top angling commentator Keith Arthur. Younger attendees also enjoyed free bird box making and a range of children's activities.

Catch of the Day prize winners

- 1st** Patrick Healy (28 July)
Eloise O'Connor (11 August)
 - 2nd** Satish Jassal (28 July)
Jahan Nembhard (11 August)
 - 3rd** Pranav Nadendla (28 July)
Georgina Hill (11 August)
- Lucky Dip** Daniel Gregory,
Harry Cui, Mathias Ciomei
and Alexa Kamyra.

Leader of the Council, Cllr Ray Puddifoot, said: "Our ever-popular Family Fishing Fun Days continue to be a highlight in the summer events calendar. Each year, I'm always delighted to see so many families enjoying Little Britain Lake and River Colne and the activities on offer. I hope these events inspire more of our residents to take up fishing and make the most of the wonderful green spaces we have across the borough."



1st prize, Patrick Healy

FAMILY FRIDAYS



The Battle of Britain Bunker Exhibition and Visitor Centre hosted some free and fun family days on Fridays in July and August.

Each week there was a different theme. One was aeroplanes, where attendees got to learn about the history of Second World War aircraft and could compare them to today's modern jets.

Trench art was another theme, where visitors could find out how soldiers transformed debris and by-products of conflict into unique works of art.



One of the clay creations

On one of the Fridays the focus was how the British government used radio during the war, with young people creating unique camouflage designs and war medals from clay to take home.



2nd prize, Satish Jassal



3rd prize, Pranav Nadendla

Playday

Hillingdon once again hosted this free day of fun for children on Wednesday 7 August.



The event, which is linked to the national Playday campaign, celebrates children's right to play and highlights the importance of play in children's lives and how it can shape their development.



Taking place at Hillingdon Athletics Stadium, the event attracted more than 1,000 visitors who enjoyed a diverse range of activities, including space themed arts and crafts to tie in with the 50th anniversary of the moon landing and this year's Summer Reading Challenge, rowing challenges,



football, a climbing wall, dance, the borough's mobile library and more.

The Mayor of Hillingdon, Cllr David Yarrow, was also in attendance supporting this popular event now in its fifth year.

To find out what's on in Hillingdon visit www.hillingdon.gov.uk/events

Breathe it all in - how we're improving your air

Our air quality action plan sets out a range of measures we're implementing to improve air in Hillingdon.

Proposals for the next five years were agreed this summer and many have already been set in motion. There are things we don't have control over, like Heathrow Airport (although we are fighting its proposed expansion) and major roads cutting through our borough, but there are a lot of things that we can do and residents have been working with us to make it happen.

Collect your free trees and help make Hillingdon a greener place to be

We're offering residents a tremendous giveaway. The council is providing thousands of free saplings to help Hillingdon become a greener and healthier place to live, work and visit.

We all want to see more trees in the borough, as not only do they make us feel good about the area we live in, but they also help trap and disperse pollution and clean our air.

Residents, local businesses, community groups and schools are all welcome to collect the saplings from Tuesday 22 October from sites across the borough.

All you need to do is cut out the voucher below, which entitles you to up to 10 saplings, and bring it along to various locations to be redeemed. (More than 10 may be available by request). Collection points include the Rural Activities Garden Centre in West Drayton Road, Hillingdon, UB8 3JZ and libraries. There are a total of 5,000 trees available.

For more details and handy hints on how to plant and care for your new trees visit www.hillingdon.gov.uk/freetrees.

The council wants to increase the number of trees in high pollution areas throughout the borough and has also introduced a new planting programme to ensure they prosper in our parks and open spaces.

This has already begun and includes Stonefield Park, Fairway Recreation Ground, Northwood Recreation Ground, Yiewsley Recreation Ground, Barra Hall Park, and Harmondsworth Recreation Ground.

This is on top of our usual tree planting programme, which sees new trees planted across the borough every year.

No idle threat - stationary motorists who leave their engines running have been facing the cost

Hillingdon was one of the first boroughs to issue fixed penalty notices to drivers who leave their engines running for more than five minutes at a time.

After a successful trial it now operates across the borough. More than 1,430 fixed penalty notices

have been handed out in the three years since August 2016.

Having your engine running while waiting in traffic or parked in the street releases a host of harmful gases which are bad for your health and the environment. It can also be costly, as leaving your engine running can burn more fuel than switching it off and on again and excessive idling can damage your engine's components.

In June, Hillingdon won a bid to the Mayor's Air Quality Fund to take part in a series of idling awareness campaigns. These will take place in the borough during the next year and be focused on schools and other areas, such as town centres, to raise awareness of the issue and provide information.

Protecting our schools - green screens mean pupils can play free of pollution

The council has been installing screens made of wood and woven willow

around playgrounds in the borough to shield them from traffic pollution.

The project began earlier this year with St Andrew's Church of England Primary School in Nursery Way, Uxbridge, and Young Ones Nursery in Gating Way, Uxbridge. At the Young Ones Nursery, the screen was enhanced with a hedge of Portugese laurel.

Parent pledge puts the brake on problem parking near schools

Parents and the council have been recognised for their efforts after they teamed up to help cut down the traffic and pollution surrounding schools.

The council's Parent Parking Pledge sees parents sign-up to a scheme which shows their commitment to making their school surroundings a safer and healthier place to be.

The pilot was launched in February and has already gained the support of more than 920 parents across six schools - St Helen's School in Northwood, St Helen's College in Hillingdon, Hermitage Primary School in Uxbridge, Lady Banks Infant and Lady Banks Junior schools in Ruislip, and Ruislip Gardens Primary School in Ruislip. More are planning to follow this September.

The scheme was announced as a runner-up in the 2019 London Road Safety Award at the London Road Safety Council Annual General Meeting on Friday 12 July in Southwark. The London Road Safety Council runs the event each year to highlight and reward innovation and good practice.

The pledge can include promises by parents to help their children travel actively to school, to agree to drive with consideration for others, to park away from the school gates, to never block a driveway, and to always turn off their engines when parked.

Once they've made the pledge, parents are given a car sticker to put in their window to show the difference they are making to their community.

To find out more, contact the school travel and road safety team at stars@hillingdon.gov.uk.

How your cash can go up in smoke

The borough is a smoke control area which can lead to a £1,000 fine for those who break the rules.

You don't need to worry about a barbeque in your garden (unless you are causing a nuisance to your neighbours) but people who use their fireplace at home or want to light a bonfire may run into trouble if they don't follow the rules.

Fortunately there is a lot of guidance online about fuels you can use which don't emit harmful smoke and other helpful facts at www.hillingdon.gov.uk/smoke.

For more advice, email contactcentre1@hillingdon.gov.uk or call 01895 556000.

Sign up to airTEXT and stay informed

AirTEXT is a free service which anyone can benefit from to keep them informed about high pollution episodes (such as the recent Sahara dust cloud in April) heading towards London.

The service is provided free by the council and can be a great help to people who have respiratory problems, like asthma. Knowing that a high pollution spike is on its way can help people plan their day to ensure they keep themselves protected from the effects of poor air, and have their medication close at hand.

Pollution alerts are sent out automatically to all Hillingdon schools, care homes and GP surgeries

You can find out more and sign up for free on www.hillingdon-air.info.

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

"We know air quality is a key concern for residents as there is nothing more important than the air we breathe.

"We continue to find new ways to ensure residents can breathe easily, now and in the future, including developing and implementing our air quality action plan."



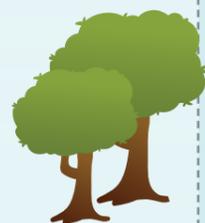
PROTECTING SCHOOLS A wood and willow screen



Free Trees

This voucher entitles the bearer to up to 10 saplings.

For more details about where to collect your trees and handy hints on how to plant and care for them, visit www.hillingdon.gov.uk/freetrees



Community Payback on the move

The scheme rehabilitating offenders while responding fast to residents' concerns.



Offenders who commit less serious offences are working unpaid across the borough as part of their sentence. It's part of an initiative called Community Payback and the work can help them atone for their crimes and be part of their rehabilitation.

It's a national scheme which has been running for many years and involves activities like cleaning rubbish in parks and landscaping. Here in Hillingdon, there's a team that operates a little bit differently - they give residents a say on where they want them to go.

A mobile team of eight offenders directly respond to residents' concerns, making sure they can quickly clean up the areas which most matter to communities.

It has been active since March 2019. Since then 148 offenders have been part of the mobile team, putting in 1,036 hours.

Their work has included clearing fly-tips and overgrown areas.

Leader of the Council, Cllr Ray Puddifoot, said: "Having Hillingdon residents decide where the borough's Community Payback mobile team is most needed is another example of how we

continue to put residents first.

"We've had some positive feedback about how it is benefiting everyone involved - including the offenders themselves who say they get a lot of satisfaction from the gratitude residents show them."

The mobile unit's work is on top of the Community Payback's regular work at 13 parks and council-owned sites across the borough.

The regular, static team's work has included creating a relaxing garden at Harlington Hospice, working at the Dogs Trust in Harefield which has seen teams make a garden, and transforming the grounds of Southlands Arts Centre to help it win Green Flag status for its conservation area which saw the reinstatement of aquatic plants to their large pond.

One of the offenders on Hillingdon's Community Payback scheme said giving back to the

community made him feel good.

"I didn't know what to expect but knowing people appreciated the work I was doing gave me a sense of peace inside," he said.

"It was 110 per cent rewarding and made me want to volunteer afterwards."

If you live in the borough and would like the Community Payback team to visit your area, the best way is to contact your local councillor. You can find their details, including how to contact them, at www.hillingdon.gov.uk/yourcouncillors.

Never seen it so clean - the payback team reacts fast

A private alley in Ruislip was causing a problem for residents until the Community Payback team got involved.

The business responsible for it had closed down and more and more rubbish was being dumped there.

That was until the council was contacted by **77-year-old Phyllis Daniel** which got the payback team involved.

"They arrived in just a couple of days and spent a few hours with their shovels," said Phyllis, who lives near the alley in Bridgewater Road, Ruislip.

"It was very organised, they were very well mannered and very hard working. They got straight down to it and did the job."

"I've lived here for more than 50 years and it's never been so clean. I would recommend them to anyone."

For information on fly-tipping and how the council is tackling this issue, see page 7 or visit www.hillingdon.gov.uk/flytipping.



CLEANING ALLEYS An example of the team's work

Update from the West Area BCU Superintendent

Hello everyone, my name is Richard Watkinson and I am the Chief Inspector for Neighbourhoods for the West Area.

I am taking over this column from Mr Taylor who is moving on to the Roads Transport Policing Command, and I sincerely wish him well.

Whilst I cover the whole of the BCU (Basic Command Unit) I have a special affinity for Hillingdon as I was based here as a team Inspector and a Neighbourhoods Inspector over the past four years; I have even arrested some of your local criminals!

One of the key drivers of the Met Police is the reduction in violent crime, and since I took over my current role in January our main statistic, knife crime with victims under 25, has dropped by more than 50 per cent in Hillingdon, it makes me really proud of the hard work done by my teams and CID in detecting and convicting offenders and keeping our residents safe.

There are still challenges, and a new drive has been launched against robbery offences, with many

more plain clothes officers on patrol in unmarked cars. It is important to note that if you are ever stopped or spoken to by an officer in plain clothes they will have a police warrant card with a photo, name and identification number on it.

I hope you've all had a great summer, and here at West Area we ran Operation Summer Nights to crack down on late night anti-social behaviour. We are now moving in to autumn nights. I look forward to the darker evenings as it means my birthday is approaching but sadly others see it as a way to commit more crime in the shadows. There will be more officers deployed in the evenings to prevent any rise in crime, but you can help us.

Please remember to leave lights on if you happen to go out, make sure sheds and outbuildings are properly secured, and keep doors and windows closed. I know you wouldn't leave your car running in the street with the door open, please treat your house in the same way, it only takes a minute for someone to try to take advantage...

Rest assured we'll be doing our absolute best to keep you safe.

Finally, childhood has changed hugely since I was at school; please remember that if your children start behaving strangely, or appear to have extra money or gifts, clothes or phones, there may be a sinister reason behind it. Grooming of children is sadly still going on, and if you have any suspicions please contact us, we will send officers to advise and help you.

Don't let me end on a sad note though, West Area is one of the safest police areas in London and one of the best performing BCUs, and I know all our staff are doing their best to keep it that way.



Mr Richard Watkinson

Aggie the Alien discovers how earthlings in Hillingdon manage their health

Hillingdon Clinical Commissioning Group (CCG) has launched a new video featuring Aggie the Alien, who recently landed in our borough from outer space and discovered how our residents manage their health.

The video (available on YouTube, search 'Aggie the Alien') was produced by the CCG to give children a greater understanding of how local health services work, and how many common illnesses can be treated at home.

Aggie met a group of children, who told her how their parents keep a self-care kit in the home. Having a self-care kit helps to keep common illnesses under control.

It includes things such as cough medicine, headache tablets, and plasters and bandages for any small injuries. But remember, keep medications

out of reach of children so they don't take them by mistake!

Aggie also found out that the local pharmacy has lots of useful healthcare items and provides expert advice if she has a minor health issue. If the problem is more serious but not an emergency, she can give NHS 111 a call - a trained operator will ask what's wrong and advise on what to do and the best place to go for treatment.



They have all the items we could ever need, and trained experts to give advice on what to do.

Health Help Now is also available. It's a digital app with lots of health advice, a symptom checker and information about local health services. The app can be downloaded for free on the Android and Apple App stores.

You can also read about Aggie's adventure in Hillingdon in her book *Help Aggie the Alien Navigate the NHS* available to borrow for free at all Hillingdon libraries in the family section.



Join us for free tennis

Saturdays at Cavendish Recreation Ground
Field End Road, Hillingdon, HA4 9PG

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Open play sessions with coach: 11.45am to 12.15pm

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HILLINGDON people

To advertise in this magazine visit www.hillingdon.gov.uk/hillingdonpeople

Please mention Hillingdon People when responding to adverts

Voluntary service recognised

More than 150 council volunteers who have jointly accumulated in excess of 1,600 years of service have been rewarded.

The majority of the volunteers attended one of a series of long service presentation ceremonies at council venues across the borough during the summer. They were given pin badges in the following categories: Bronze (for five years or above), Silver (for 15 years and above) and Gold (for 25 years and above).

The awards acknowledged volunteers who support our green spaces, sport and physical activities, museums, theatres and libraries.

Among the 155 recognised was one of the council's longest serving volunteers who received an award for 40 years of service.

Each volunteer received their lapel pin from the Mayor of Hillingdon, Cllr David Yarrow, at the events, which took place at the Battle of Britain Bunker Exhibition and Visitor Centre, the Mayor's Parlour, Ruislip Lido Woodland Centre and Eastcote House Gardens. Those unable to attend were sent their award.

The Mayor said: "In this day and age when so many of us have extremely busy lives with various commitments and external pressures on our time, it is refreshing and uplifting to find that there are still people who provide voluntary service for the benefit of others."

"I hope you will wear your pin with pride and satisfaction in knowing that your efforts really do make a difference for our borough, and that it is something for which we are truly grateful."

Rachel Moustafa, 71, Hayes, received an award for six years of volunteering, where she has been supporting the council's healthy walks programme, leading walks from Yeading Library. She said: "My career was in public health so I have always been passionate about promoting health and wellbeing."

"The healthy walks are a great way to get out and about in the fresh air and to meet new people from different walks of life."

Bob Barton, 64, Hayes, has volunteered for seven years with green spaces and is Secretary of the Cranford Park Friends group. During this time, his duties have varied depending on the season, but have included maintaining Cranford Park's secret garden and community orchard, leading guided walks and cutting back ivy from historic walls.

He said: "It's a wonderful feeling to be recognised. While I enjoy volunteering, this is the icing on the cake for myself and our fellow volunteers who are getting recognised."

Mark Morgan, Ruislip, was recognised for 40 years' service with green spaces. Mark started off at the Ruislip Woods National Nature Reserve, going on to manage the woods for 27 years and he is now a trustee of the site. He continues to volunteer there



FINALLY a way to fix the PAIN of a BULGING DISC

Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging DISC. That's when one of your spinal discs is bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it and that's a major problem: bad information, because in the right hands a lot can be done for you.

To end the misery caused by Bulging DISCs you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. Left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.



The pain of a bulging disc can be successfully relieved in an average of 88% of cases.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs. It's a new procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 88%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specialises in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.

FACT: Not true. The Health Lodge practice in Hillingdon is currently offering an initial consultation with one of their specialists for **Just £49**.

The Health Lodge Bulging DISC Experts in Hillingdon.

The Health Lodge is one of the UK's leading Bulging DISC expert centres, the team of fully-trained spinal care specialists have helped over 4,026 patients find relief from agonising Bulging DISCs. It's one of the first places in the UK to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

According to The Health Lodge, "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your Bulging DISC. This means superior long-term results for most people."

88% of People Find Relief from the Pain and Associated Symptoms...

Because the treatment is non-surgical, safe, and easy, most patients report relief from their pain and associated symptoms early in the process.

Patient Lynda R. from Denham wrote, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg... my wife insisted I go to Atlas. I'm 95% better in just a couple of weeks."

Take the Next Step - END the Suffering... Initial Consultation Just £49

The first step is to secure a thorough examination with one of the specialists at The Health Lodge practice. Call **02088488787** to schedule your appointment. Mention this article (CODE: TC43BDSM5h) and The Health Lodge will happily reduce their usual consultation fee of £195 to just £49!

Only 100 reader consultations are available at this exclusively discounted rate.

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just £49. The normal cost of such an exam is £195 so you will save £146!

Call them now on **02088488787** and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

Call **02088488787** NOW. If it's the weekend or they're away from the phone - the specialists at Atlas promise they will get back to you. So call now on 02088488787 and quote this special discount code: TC43BDSM5h.

FREE training sessions at our outdoor gyms

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- ▶ Sessions last 45 minutes
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Elephant Park, Hillingdon, UB10 9BA

▶ Saturday 14 September, 4.15pm to 5pm

Harmondsworth Recreation Ground, Harmondsworth, UB7 0AT

▶ Sunday 15 September, 10am to 10.45am

▶ Sunday 29 September, 10am to 10.45am

Hillingdon Court Park, Hillingdon, UB10 9JX

▶ Saturday 21 September, 4.15pm to 5pm

Hill Lane, Ruislip, HA4 7JJ

▶ Wednesday 18 September, 3.30pm to 4.15pm

Park Road Green, Hayes End, UB4 8JL

▶ Thursday 19 September, 2pm to 2.45pm

Rockingham Recreation Ground, Uxbridge, UB8 2UW

▶ Thursday 19 September, 5.15pm to 6pm



Shenley Park, Ruislip Manor, HA4 6BX

▶ Saturday 28 September, 4.15pm to 5pm

Stonefield Park, South Ruislip, HA4 6UG

▶ Wednesday 18 September, 2.15pm to 3pm

Swakeleys Park, Ickenham, UB10 8SH

▶ Tuesday 17 September, 5.15pm to 6pm

▶ Women only sessions

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

www.hillingdon.gov.uk/outdoorgyms



HILLINGDON
LONDON

Summer is over and the nights might be drawing in but there are still a range of events, shows, concerts and activities on offer across the borough for residents. There's also plenty of fun coming up for half-term.

THEATRE

An evening with John Betjeman

Thursday 26 September, 7.30pm

A one-man show, performed by Brian Ellis, on the life and poetry of John Betjeman.

Cost: £5.
Book at www.southlandsarts.co.uk.
Southlands Arts Centre

The importance of being Earnest

Thursday 10 to Saturday 12 October, 7.30pm. Saturday matinee at 2.30pm

Argosy Players present Oscar Wilde's most popular play, which tells the story of Jack and Algernon, two bachelors and best friends trying to avoid social obligations. A comedy of love, position, and a handbag.
Cost: £13. Concessions £12. Groups of 10+ £11.50.
Book at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Grease sing-a-long

Friday 25 October, 7.30pm
Get out those pink jackets, grease up those quiffs and get ready to sing along to the 50s musical *Grease!* Your host will get the crowd warmed up with a few songs before the film is screened at 8pm. Adults only.

Cost: £12.
Book at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Live Screening of the National Theatre's A Midsummer Night's Dream

Monday 28 October, 7.15pm

This performance of the much-loved Shakespeare play will be captured live from London's Bridge Theatre. Gwendoline Christie (*Game of Thrones*), Oliver Chris (*Green Wing*), NT Live: Young Marx), David Moorst (*NT Live: Allelujah!*) and Hammed Animashaun (*The Barber Shop Chronicles*) lead the cast as Titania, Oberon, Puck and Bottom.
Cost: £14.50, or £33.50 with a two course meal.
Book at www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Harefield Amateur Dramatic Society presents The Lady Vanishes

Thursday 21 and Friday 22 November at 8pm, Saturday 23 November at 7.30pm

The play is based on one of Hitchcock's films of the same name. The plot follows the investigations of a British tourist on a train who discovers her elderly travelling companion has disappeared, yet when she questions her fellow passengers, they deny she has ever existed.
Cost: £9.50 for Thursday and Friday. £10.50 for the Saturday performance which includes wine and nibbles.
Book tickets on 01895 253346 or janscurr@hotmail.com.
St Mary's Church Hall



HILLINGDON WHAT'S ON?

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

KIDS

Monstersaurus Live!

Saturday 14 September, 2pm and 4pm

Acclaimed, international touring children's theatre company Big Wooden Horse returns to the Compass Theatre with their energetic show full of, magic and mayhem, in which a young inventor creates wacky inventions and incredible monsters. But what will he do with them? The 50-minute shows are suitable for children aged three and up.

Cost: £9.
To book, visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

The Walrus and the Carpenter

Saturday 21 September, 3pm

Inspired by Lewis Carroll's *Alice Through The Looking Glass*, Theatre Rotto – an award-winning, international touring company – will be putting on a 45-minute musical puppet show with audience participation, preceded by a 90-minute puppet activity session.
Cost: £6.
Book at www.southlandsarts.co.uk.
Southlands Arts Centre

October half-term at the bunker

Saturday 19 October to Sunday 27 October, 11am to 3pm

The Battle of Britain Bunker has loads of activities going on, including a discovery trail, arts and crafts, and special bunker tours designed for our family visitors.
Visit battleofbritainbunker.co.uk for more details.
Battle of Britain Bunker Exhibition and Visitor Centre

Let it Go! Frozen theatre workshop

Sunday 20 October, 11am to midday

This workshop is back by popular demand and suitable for children aged five to 10. It gives youngsters the chance to learn to sing songs from the hit Disney film.
Cost: £6.
To book, visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Frozen sing-a-long

Sunday 20 October, 1pm

A screening of the much-loved film but with subtitles so everyone can sing with Anna and Elsa and other much-loved characters. Let it Go...! And dress-up as your favourite character. The film is certificate PG.

Cost: £6.
To book, visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

MUSIC

Eastcote and Ruislip Choral Society

Every Tuesday during term time starting on Tuesday 17 September, 8pm to 10pm

This friendly choir welcome new singers. They sing the established repertoire, and also secular and show music, sometimes with an orchestra and professional soloists. Their Christmas concert will be held on Saturday 14 December at 3.30pm and will feature Benjamin Britten's *Ceremony of Carols* as well as a range of traditional carols. Rehearsals start 17 September.
For more information or to join the choir, call 01895 904556 or visit www.eastcote-ruislip-choral.org.
Ruislip Methodist Church

Brunel Arts lunchtime concert series

Autumn term, first recital Friday 27 September – final recital Friday 29 November. Every Friday at 1.10pm

Join Brunel Arts for 10 weeks of free lunchtime recitals. This is an opportunity to enjoy a range of performances from world class musicians and experience a variety of musical styles. This year artists include Passepartout, London Calling! AMYAS, Consone Quartet, Sam Cave, Jonathan Mayer & Manjeet Rasiya, Nils Franks, Sofia Castillo and the Frank Griffith Jazz Trio.
Cost: Free.
For more information, visit facebook.com/BrunelArts.
Beldam Restaurant

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★★★★★
9 out of 10



RAF Squadronaires

Music by the Royal Air Force: Esprit de Corps 2019 Concert Series

RAF Squadronaires - Wednesday 2 October
Band of the RAF Regiment - Tuesday 12 November
Central Band of the RAF - Tuesday 10 December
All at 7.30pm

Three of the finest military bands in the Royal Air Force will be performing much loved jazz classics starting in October. You'll be able to expect such classics as *Body and Soul* and *The Girl from Ipanema* as well as the music of John Coltrane and Sonny Rollins at the first of the concerts, performed by the Royal Air Force Squadronaires. They will be followed in November by the Band of the RAF Regiment, and in December by The Central Band of the RAF. All three concerts are in support of the RAF Music Charitable Trust. **Cost: £17 or £40 for the series. Book tickets at www.hillingdontheatres.uk or call 01895 250615. Winston Churchill Theatre**

Harrow Symphony Orchestra

Saturday 23 November, 7.30pm
This classical concert will include Prokofiev's *Peter and the Wolf*, narrated by BBC journalist and broadcaster Ritula Shah. There will also be saxophone pieces by Debussy and Glazunov with soloist Rob Burton who was the winner of the Woodwind Section of the BBC Young Musician of the Year 2018, and Beethoven's *Symphony No.6* (Pastoral). **Cost: £15. £14 in advance. Free to under-16s. For more information, visit www.hso.org.uk or email chair@hso.org.uk, or call her on 07749 496757. St Edmund's Church**

Hillingdon Choral Society Advent Concert

Saturday 30 November, 7.30pm
All are welcome to enjoy music and readings for Advent. It will include W S Lloyd Webber's *Prince of*

Peace among other highlights. The conductor will be Peter J Williams. **Cost: £12 adults. £3 children Drop-in, book by email hillingdonchoralsociety@gmail.com or call 0208 582 3694. Ickenham United Reformed Church**

The New Orleans Jazz Bandits weekly performance

Thursdays, 8.30pm
Come along and enjoy a relaxed evening of entertainment from the New Orleans Jazz Bandits playing the music they love. The venue has very pleasant surroundings with comfortable seating and a well stocked bar, selling at club prices. **Cost: Drop-in £5. For more information visit www.facebook.com/NewOrleansJazzBandits. Uxbridge Conservative Club**

LEISURE

Super September Fayre

Saturday 14 September 10.30am to 4pm
Mencap and Ruislip Lions are holding a fair for adults and children. There will be stalls selling toys, books, CDs, plants, and more. There will be cakes, a BBQ, ice creams and drinks, as well as music, reflexology and a fortune teller. Activities for children will include taekwondo, football, a roundabout, face painting, and a petting zoo. The facilities are also suitable for people with physical and learning difficulties. **Cost: £1 for adults. Children free. Email mike.haffner@btinternet.com or call 01923 823085 to find out more. Mencap Hillingdon North**

Michaelmas fair

Sunday 29th September, 3pm to 6pm
There will be a raffle, a tombola, crafts, refreshments, a BBQ, soft play, a bouncy castle and lots more. **Drop-in £1. Children free. St Paul's Church and Hall**

Autumn Show

Saturday 21 September, doors open at 1.30pm
Come along to view this exhibition of locally grown fruit, flowers, vegetables and art. **Cost: Free. Find out more on www.hillingdon.gov.uk/autumnshow. The Great Barn, Manor Farm**

Open days at Harmondsworth Great Barn

Saturday 21 and Sunday 22 September, with the barn open from 10am to 5pm - on Sunday there will be activities for all the family from 2.30pm
All are welcome to visit Harmondsworth Great Barn which is Grade I listed and dubbed the 'Cathedral of Middlesex' by Sir John Betjeman. As well as exploring the barn, family activities held on the Sunday will include displays by morris dancers, a blacksmith and horse-drawn farm machinery. **Cost: Free. Harmondsworth Great Barn**

Quiz and Chips

Saturday 28 September, 7pm
The Friends of Ickenham Hall present a fun, lighthearted, general knowledge quiz. Book your team of up to eight people or join others on the night to make up a team. Tickets include a tasty chip supper, so when booking you can choose from fish, chicken, vegetarian or sausage. **Cost: £13 (includes chip supper). Book on www.hillingdontheatres.uk or call 01895 250615. Compass Theatre**

Apple Day and Macmillan Coffee Morning

Saturday 5 October, 11am to 2pm
This event celebrates the area's once abundant orchards. You can visit the community orchard and join the Datchet Border Morris Men in a traditional 'Wassail', and try apple juicing using a

fruit press. As well as morris dancing, there will be coffee and cakes in aid of Macmillan Cancer Support's 'World's Biggest Coffee Morning'. The event has been jointly organised by Cranford Park Friends and Hillingdon Council. **Email secretary@cranfordparkfriends.org or call 0208 813 6048 to find out more, or visit www.cranfordparkfriends.org. Cranford Park**

Hardy Plant Society Middlesex Group talk - Roses and Peonies

Monday 7 October, 7.30pm to 9.30pm (doors open at 7pm)
Hardy Plant Society Middlesex Group is hosting a talk by Val Bourne entitled *Roses and Peonies - A Marriage Made in Heaven*. Val is an award-winning garden writer, organic gardener and lecturer and there will also be plants for sale. The society are a friendly group of experienced gardeners and enthusiastic amateurs who all share an interest in hardy perennials. They usually meet on the first Monday of every month. **Cost: £5 but members are free (this can be redeemed upon membership). For more information, email hello@hpsmiddlesex.org.uk or visit www.hpsmiddlesex.org.uk. Field End Junior School**

Musgrave Poetry Evening

Sunday 20 October, 7pm
Enjoy classic, obscure, and new poems brought along by anyone who would like to read. They take place in an atmospheric medieval church. **Cost: Free. To arrange to read, contact poetry@decent.red. To listen, just turn up on the night. St Martin's Church**

Language Clubs of Hillingdon

Every Thursday of the month, 7.45pm to 9.45pm
These are friendly clubs offering a chance to practise speaking and listening to Spanish, French,

Italian and German, each on a different Thursday of the month. **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**

Different Strokes support group

Wednesdays, 10am to midday
People recovering from and living with the after effects of a stroke are invited to a weekly support and social group. They can find advice, support, activities and a chance to socialise with people in a similar situation. Activities include meditation and gentle exercise sessions. **Cost: £3. Email Vijay Rai at westlondon@differentstrokes.co.uk for more details. Brunel University**

HISTORY AND CULTURE

Battle of Britain Day

Sunday 15 September, 10am to 5.30pm
Commemorate the anniversary of the Battle of Britain at the Battle of Britain Bunker. Learn how the UK's landmark air defence system worked and how the secret bunker played a key role in the nation's air defence, through special lectures, film screenings and activities. **Cost: Visitor centre £4. Bunker tour £3. Under-18s and Hillingdon First card holders free. Find out more at battleofbritainbunker.co.uk. Battle of Britain Bunker Exhibition and Visitor Centre**

First to Fight: The Polish War 1939

Friday 25 October 7.30pm
Roger Moorhouse's narrative brings to life a cast of generals, politicians, soldiers, and civilians. First to Fight debunks myths that still surround the campaign and challenges our understanding of how Britain and France entered the Second World War. **Cost: Free. Book at culturebite@hillingdon.gov.uk. Uxbridge Library**

From Miracles to Mouldwarp - The superstitious Tudors

Tuesday 29 October, 11am to midday
Join historian, author and playwright Tracey Norman for a discussion exploring some of the superstitions held by the Tudors. The talk will include ghosts, prophecies, omens and, of course, the Mouldwarp legend which attached itself to Henry VIII. **Cost: Free. Book at culturebite@hillingdon.gov.uk. The Great Barn, Manor Farm**

Family Friendly Folklore: Fairies

Tuesday 29 October, 4pm to 5pm
If you're nice to the little people, how will they repay you? If they try to coax you into their parties, how do you avoid getting lost? What are fairies afraid of? Do people still see them today? Folklore author and researcher Mark Norman reveals all. **Cost: Free. Book at culturebite@hillingdon.gov.uk. West Drayton Library**

Spindle, Shuttle and Needle: The Folklore of Wool and Yarn

Wednesday 30 October, 2pm to 3pm
Folklore author and researcher Mark Norman discusses the folklore associated with wool, thread, spinning and associated crafts, through folk and fairy tales, customs and more. **Cost: Free. Book at culturebite@hillingdon.gov.uk. Botwell Green Library**



Family Friendly Folklore

The story of two crosses: A presentation on the life of William H. Coltman, VC, DCM and Bar, MM and Bar Saturday 2 November 2pm
William H. Coltman (1891-1974) was the most decorated non-commissioned officer of World War One, yet as a stretcher bearer, he was awarded all his medals without firing a shot. His incredible life story is told by his great-grandson Tim Coltman. **Cost: Free. Email alistairhenry.ugh@btinternet.com for more information. Battle of Britain Bunker Exhibition and Visitor Centre**

EXERCISE

Yoga with Varsha

Tuesdays, 7pm to 8pm and 8pm to 9pm Thursdays, 1.15pm to 2.15pm Saturdays, 11am to midday and midday to 1pm
Weekly Hatha Yoga Classes are taught by a qualified and experienced yoga teacher. All levels and abilities are welcome. **Cost: First class is £10 and after that there are various pricing packages available. For more information contact Varsha on 01895 602695 or 07867 383748, email info@illuminatedhealth.com or visit www.illuminatedhealth.com. The Stables, Manor Farm**

Yoga with Dinta

Saturdays, 11.20am
Dinta is fully qualified in Dru Yoga which is based on flowing movements, directed breathing, and visualisation. **Cost: £9 per class. To book, call 07870 981885 or email yogawithdinta@aol.co.uk. St Lawrence Church**

VENUES

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

Beck Theatre,
Grange Road, Hayes, UB3 2UE

Beldam Restaurant,
Eastern Gateway Building, Brunel University London, Uxbridge, UB8 3PH

Botwell Green Library,
Leisure Centre, East Avenue, Hayes, UB3 2HW

Brunel University,
Kingston Lane, Uxbridge, UB8 3PH

Compass Theatre,
Glebe Avenue, Ickenham, UB10 8RP

Cranford Park,
TW5 9RZ

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

Harmondsworth Great Barn,
Manor Court, High Street, Harmondsworth, UB7 0AQ

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

Mencap Hillingdon North,
Queens Walk, Ruislip, HA4 0LR

Ruislip Methodist Church,
Ickenham Road, Ruislip, HA4 7BZ

Southlands Arts Centre,
75 The Green, West Drayton, UB7 7PW

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

St Giles Church Hall,
Ickenham, UB10 8BG

St Lawrence Church,
Bridle Road, Eastcote, HA5 2SJ

St Martin's Church,
Eastcote Road, Ruislip, HA4 8DG

St Mary's Church Hall,
High Street, Harefield, UB9 6BX

St Paul's Church and Hall,
Thurlstone Road, Ruislip Manor, HA4 0BP

The Great Barn,
Manor Farm, Bury St, Ruislip, HA4 7SU

The Stables,
Manor Farm, Bury Street, Ruislip, HA4 7QL

Uxbridge Conservative Club
46 Harefield Road, Uxbridge, UB8 1PJ

Uxbridge Library,
High Street, Uxbridge, UB8 1HD

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

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.

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 Abandoned Vehicles ▶ Environment and Anti-Social Behaviour ▶ Flytipping ▶ Graffiti ▶ Parks and Green Spaces ▶ Pest Control ▶ Roads and Pavements ▶ Special Collections ▶ Street Lighting and Cleansing ▶ Waste and Recycling 01895 556000

Learning

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

Library Information Desk 01895 250714

School Admissions www.hillingdon.gov.uk/schooladmissions 01895 556644

School Transport 01895 250008

Truancy Hotline 01895 250858

Leisure

Battle of Britain Bunker Exhibition and Visitor Centre battleofbritainbunker.co.uk 01895 238154
 Botwell Green Sports and Leisure Centre 020 8561 0956
 Highgrove Pool and Fitness Centre 01895 630753
 Hillingdon Sports and Leisure Complex 0345 130 7324
 Hillingdon Theatres www.hillingdontheatres.uk 01895 250615
 Queensmead Sports Centre 020 8845 6010
 William Byrd Pool 020 8897 9390

Local democracy

Council Meeting Dates and Agendas 01895 250636
 Electoral Services and Registrars 01895 558250
 Conservative Group Office 01895 250316

USEFUL SERVICES AND AGENCIES

Advice and support

Addiction, Recovery, Community, Hillingdon (ARCH) 01895 207777
 Age UK Hillingdon 020 8756 3040
 Alzheimer's Society Hillingdon 01923 823999
 Asphaleia Action 01895 272478
 Carers Trust Hillingdon 01895 258888
 Centre for ADHD and Autism Support 020 8429 1552
 Communicare Counselling Service 01895 256056

Citizens Advice Consumer Helpline 03454 04 05 06
 Citizens Advice Hillingdon 0344 848 7903
 Disablement Association Hillingdon (DASH) 020 8848 8319
 HD Carers Support Group 07752 169849
 Healthwatch Hillingdon 01895 272997
 Hillingdon Autistic Care and Support (HACS) 020 8606 6780
 Hillingdon Brain Tumour and Injury Group 01895 713205
 Hillingdon Carers 01895 811206
 Hillingdon Independent Domestic Violence Advocacy (HIDVA) 020 8246 1745

HILLINGDON CONTACTS

Labour Group Office 01895 250780
 Mayor's Office 01895 250763

Planning

www.hillingdon.gov.uk/planning
 Building Control, Inspections and Dangerous Structures 01895 558170
 Dangerous Structures (out of hours) 01895 250111
 Local Land Charges 01895 556115

General

Adoption and Fostering www.hillingdon.gov.uk/fost-adopt 0800 783 1298
 Brown Badges 01895 277277
 Council Tax and Benefits www.hillingdon.gov.uk/counciltax 0300 123 1384
 Families' Information Service www.hillingdon.gov.uk/fis 01895 556489

Fraud Hotline www.hillingdon.gov.uk/reportfraud 0800 389 8313

Hillingdon First Card www.hillingdon.gov.uk/hillingdonfirst 01895 556677

Hillingdon Social Care Direct (adults and children) ▶ Blue Badges ▶ Freedom Passes ▶ Meals Service ▶ TeleCareLine 01895 556633

Housing Services www.hillingdon.gov.uk/housing 01895 556666

Substance Use and Misuse or Sexual Health 01895 250721

Trading Standards www.hillingdon.gov.uk/tradingstandards 01895 250164

All other council enquiries (not listed above)
 01895 250111

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 Hillingdon Parent Carers Forum www.hillingdonpcf.com
 Hillingdon U3A 07532 268002
 Hillingdon Women's Centre 01895 259578
 Home-Start Hillingdon 01895 252804
 P3 Navigator Advice Centre 01895 436114

Samaritans 116 123 (freephone)
 Victim Support 08 08 16 89 111 (freephone)
Environment and street scene
 Affinity Water 0345 357 2407

Hospitals
 Harefield Hospital 01895 823737
 Hillingdon Hospital 01895 238282
 Mount Vernon Hospital 01923 826111
 Northwick Park Hospital 020 8864 3232
 Watford General Hospital 01923 244366
 NHS 111
Police and Fire
 Metropolitan Police Non-emergency 101
 Textphone 18001 101
 Hillingdon Neighbourhood Watch 020 8246 1869
 Hillingdon Fire Station 020 8555 1200

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