

Hillside Junior School

HILLINGDON people

News from your council
November/December 2019

www.hillingdon.gov.uk

School improvements New facilities for Hillside schools

Heathrow expansion plans flawed

New extra care housing

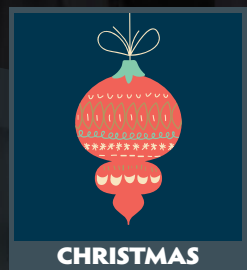
Popular playgrounds refurbished



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AUTUMN SHOW



CHRISTMAS



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Advertising deadline for next edition: Friday 22 November.

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Welcome



As we approach the end of another year and begin to look forward to the festive season I am pleased to be able to report that Hillingdon Council is continuing to provide facilities and services to our residents that are the envy of those who live in other boroughs.

In this edition of *Hillingdon People* you can read about our investment in extra care housing schemes, Scout and Guide facilities, library refurbishments and the continuation of our school building programme to ensure that every child in Hillingdon has a school place.

Our continued policy of sound financial management enables us to continue to invest in facilities such as a new leisure centre and swimming pool in West Drayton and still be able to offer assistance to the Mayor of London to try to ensure that the borough has adequate facilities for local police officers. Following commitments to provide an additional 20,000 police officers by 2022 it would seem very inappropriate to lose Uxbridge Police Station as an operational base going forward. Accordingly we have remade our offer to the Mayor to purchase the police station and allow its continued use, and this is currently being considered.

You will also be able to read about the flawed Heathrow expansion proposals, and how our staff in green spaces, working with local residents, are going from strength to strength, gaining 5 more Green Flags for our parks and open spaces - the most for any local authority in the United Kingdom for the seventh year - on top of which Hillingdon received 20 awards in the London in Bloom competition, maintaining Hillingdon's reputation as one of the greenest boroughs in London.

As we count down to Christmas the council has increased the Christmas lights budget to provide lighting displays in 28 locations across the borough and the council is offering a series of events and activities for residents of all ages to get you in the festive spirit.

Finally, I would like to wish all Hillingdon residents a Merry Christmas and a happy and healthy New Year.

Ray Puddifoot
Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL



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Youngsters enjoy another stellar reading challenge

A record number of young people took part in this year's space-themed Summer Reading Challenge during the summer, which marked the 50th anniversary of the moon landings.

More than 10,200 children (900 more than in 2018) visited their local libraries to take part in the challenge called Space Chase. It was a landmark anniversary for the Summer Reading Challenge, too, as it is now 20 years since it was launched.

The free annual initiative is led by the national Reading Agency which aims to get 4 to 11-year-olds to

visit a library six times and borrow at least one book each time. Participants were given rewards for reading, including monster pencils, alien stickers, and flying finger rockets powered by elastic bands. Children who visited on all six occasions were given a certificate and a medal.

There were also more than 70 events and activities, including a space camp at the Great Barn in Ruislip where visitors were set challenges while assigned to one of four imaginary ships.

As ever, there were popular Starborg Cards (which are unique to Hillingdon) to collect.



SPACE CAMP
Attendees meet a Dalek

Variety of improvements on the way for Ruislip

As part of our ongoing town centre improvements programme, work is being carried out in Ruislip.

In April, the council launched its shop front grant scheme for Ruislip and we have had an unprecedented number of expressions of interest. As part of this flagship scheme that has benefited 227 small businesses across the borough, successful applicants have 80 per cent of the cost of shop front improvements, such as new signs, awnings, refurbishments and minor repairs, covered, as well as access to professional design expertise.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "The scheme is a practical and economical way of attracting new customers, while improving the look of an area."

A new drinking fountain will also be installed in the high street this autumn. It will be of the same style as those introduced in 31 of the borough's parks, and has a main bottle filler and two mixed-level bubbler taps. One of the taps is at an accessible height for children and people with disabilities and the other



More than 100 residents of all ages and abilities attended free tennis sessions at Cavendish Recreation Ground during summer and autumn.

Hillingdon joined national sports charity Tennis For Free to hold coach-led sessions, with all equipment provided for free.

Participants, ranging from 5 to 50 plus, learnt new skills and improved their game.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "We were delighted to join forces with Tennis For Free to make this popular

sport more accessible to all of our residents.

"The tennis coaches and resident feedback has been very positive with requests for more free coaching for a longer period.

"It has never been easier to stay fit, socialise, look after your wellbeing and have fun outdoors in our award-winning parks and green spaces."

The scheme, which will run until Monday 23 November, aims to help more people access the sport and reap the benefits of better physical health and wellbeing.

For more information about tennis courts in the borough, visit www.hillingdon.gov.uk/tennis.



is at ground level for pets.

Hoardings around the site of the former Citizens' Advice Bureau in the high street have been given a splash of colour and adorned with some interesting facts. The artistic boards are intended to brighten up the site and signpost residents and visitors to the historic Manor Farm site.

The large letters spelling out the location's names

each contain an interesting fact about the town.

Residents who enjoy the designs will soon be able to take part of them home thanks to some new shopping bags which the council is creating in time for Christmas.

For more details about our town centre improvement programme, visit www.hillingdon.gov.uk/towncentres.

Offer to buy Uxbridge Police Station renewed by council

As part of our ongoing commitment to support policing in the borough and keep residents safe, the council has renewed its offer to buy Uxbridge Police Station to enable its continued use by local police officers.

The decision, agreed at a Full Council meeting on Thursday 12 September, followed an announcement on Thursday 5 September of plans to provide an additional 20,000 police officers by 2022.

It is the second time the council has put in a formal bid to the Mayor's Office for Policing and Crime to buy the police station. The council first made the offer in December 2017 in a bid to save it from closure. However, the offer was rejected.

Leader of the Council, Cllr Ray Puddifoot, said: "Uxbridge Police Station has not yet been sold but we understand that this will occur during 2020/21. Given that

Hillingdon will have additional police officers by that time we need to ensure they have adequate operational facilities.

"We are regularly told by residents and businesses that there is a lack of a police presence in Uxbridge and the surrounding area and given that the issue of police numbers is being addressed we have written to the Mayor's office to resubmit our offer to buy the police

station to assist with the retention of this operational facility.

"This is a genuine attempt to help deal with the issue of adequate policing and we urge the Mayor of London to proceed quickly with the offer made."

The purchase, estimated at £5 million, would be funded from the projected underspend of £10 million in the 2019/20 General Fund Capital Programme.



NEW FACILITY OPENED
Cllr Morgan, Trustee and Project Director Richard Plume, Cllr Melvin, Cllr Bianco and Chairman of the Fundraising Committee Leo Mindel

New centre for Scout group

The 1st Northwood Scout Group celebrated the official opening of their new centre following a fundraising campaign which included a £115,000 investment from the council.

The building was opened by Northwood ward councillor Cllr Carol Melvin and Northwood Hills ward councillor John Morgan on Thursday 19 September. They were also joined by Cllr Jonathan Bianco, Cabinet Member for Finance Property and Business Services and Cllr Duncan Flynn who are both Northwood Hills ward councillors.

The new scouting centre, in Northwood Way, is bigger, better equipped, and replaces a building that had been built in 1956.

The build was completed in May. The Beavers, Cubs, Scouts and Explorers who use it now have much more room for activities and will benefit from a new kitchen to learn cooking skills.

The building cost £335,000, with the council providing £115,000, the 2017 Mayor's Charity Appeal raising £30,000 and the remaining £190,000 coming from the group.

Leader of the Council, Cllr Ray Puddifoot, said: "Uniformed groups like the 1st Northwood Scouts play a key role in local communities. One of the council's priorities is providing high quality facilities and services for young people and we hope that this new building will be of great benefit to them and allow membership to flourish."

Library refurbishment now underway at Ruislip Manor

The council has begun the first stage of a £3 million investment programme to refurbish all 17 of Hillingdon's libraries and help them to continue to meet the needs of residents.

The refurbishment of Ruislip Manor Library, in Linden Avenue, has already begun. The library will be closed until early December. In the meantime the mobile library is making two extra stops, parking in Linden Close on Tuesdays between 3.40pm and 4.30pm and Thursdays between 9.30am and 10.10am.

The nearest alternative libraries are Manor Farm, Eastcote and South Ruislip, where you can still benefit from a range of library services, such as borrowing paperbacks, hardbacks and talking books; attending events, activity and support groups; using computers and collecting recycling bags. Parking visitor vouchers normally purchased from Ruislip Manor Library can be bought at South Ruislip Library instead.

Charville Library in Bury Avenue, Hayes, will be the next to be refurbished. The work is scheduled to last about 10 weeks, starting on Monday 9 December.

All library refurbishments will include modern seating and lighting plus more space for reading and other activities. There will also be extra space for people to plug in their laptops, and more study room on PC desks. The interior of the buildings will be improved with new colour schemes and carpets and new toilets will be added.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "We're focusing on each of the borough's libraries with this new refurbishment programme, tailoring our plans for each building on the feedback we have received from residents.

"The work will create a brighter and lighter feel and improve the existing facilities while also expanding our offer to provide new equipment, services and space to meet library users' needs."



How meals on wheels can help you and your family

More residents are enjoying our meals on wheels service and we're keen to ensure people don't miss out.

The service is available for older residents, people living with dementia, those with mental health problems or those with physical disabilities. It can also help people who need support following a stay in hospital.

Meals on wheels provides a hot meal 365 days a year and drivers can deliver peace of mind, too, as they check on their customers. They ensure customers are drinking enough, help if they need them to cut up their food, and can contact next of kin if there is no-one home at the time of a visit. All staff wear a uniform and carry an ID badge.

Results of a survey in September showed that residents were very happy with the service and the quality of the food, with more than 98 per cent rating them both as excellent or good.

Prices are kept low to ensure as many residents can benefit as possible - the standard lunchtime meal is

just £5.25. Ninety-four per cent of people surveyed said the value for money was good or excellent.

Eileen Johnson (pictured), aged 90, of Northwood, said she enjoys all her meals and looks forward to seeing her driver every day. Her daughter Debbie, said: "It's an excellent service. It's very professional and gives me peace of mind."

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "It's great to see how valued our meals on wheels service is in our community, not just for the value and quality of the food, but for the kindness and attentiveness of the drivers.

"I would encourage anyone thinking of exploring what benefits the service could provide for them or their family to get in touch and find out more about what the service can offer."

If you think you could benefit from the service, or know someone who could, find out more at www.connecttosupporthillingdon.org/meals.

Volunteers take part in community planting days

Residents helped bring colour and biodiversity to Elephant Park at two council-run community planting days on Tuesday 24 and Saturday 28 September.

The council is carrying out works to the park to create new wetland habitats to

improve the area, protect the environment and encourage wildlife to the site.

Volunteers helped to plant 250 wetland plants including marsh marigolds, purple loosestrifes, forget-me-nots and yellow flags as well as native wildflower seeds in time to bloom next spring.

Ponds and ditches will provide a new and important wetland area for amphibians, such as newts, frogs and toads, together with aquatic invertebrates, including pond skaters and water boatmen. The scheme will also alleviate the risk of flooding in the area.

The scheme cost £61,000 and the council received a grant of £40,000 from the Mayor of London.



Council joins London's first Regional Adoption Agency

On Tuesday 8 October the council joined with Coram Ambitious for Adoption, the capital's first Regional Adoption Agency (RAA).

It is a partnership between Coram, the UK's oldest children's charity, and several local authorities in London, bringing together their expertise to match children more quickly with their new adoptive families.

Coram Ambitious for Adoption will be the first port of call for adoption enquiries and provide access to support for all of Hillingdon's adoptive families as well as those in Bromley, Waltham Forest, Harrow, Redbridge and The City of London. Coram is judged Outstanding by Ofsted and has more than 40 years' experience in finding vulnerable children permanent loving families.

Leader of the Council, Cllr Ray Puddifoot, said:

"The new arrangement is a positive move for Hillingdon, offering us the opportunity to work with Coram and the other local authority areas to further improve the offer and outcomes for adopters and looked after children.

"We have 346 children in our care and around 15 young people are adopted each year. Our aim is to ensure that children who are adopted are provided with a loving home. Working in partnership with Coram Ambitious for Adoption will make the adoption process simpler and enable us to provide the same high standard of service so that we can ensure a happier future for children in need."

Find out more about adoption at www.hillingdon.gov.uk/adoption.

Motorists warned not to drive over pavements in Hillingdon

The council is reminding motorists not to drive over the borough's pavements as this can cause damage to the pavement and underground pipes and cables, resulting in costly repairs.

Motorists should not drive over pavements to reach their property if they do not have a dropped kerb installed. Motorists who are caught doing this are required to pay for the damage, and if they refuse can be taken to court where they could be fined.

Since the introduction of its Domestic Vehicle Crossover Policy in July this year, the council has taken an even tougher stance on illegal crossing of footways and will install bollards to prevent persistent unauthorised crossing.

Residents can apply for a dropped kerb, which strengthens the pavement, preventing any damage to it and any utility service below the surface. It also prevents damage to your vehicle.

Once you apply, the council will assess the pavement outside your property and, if your application is approved, give you a quote for the cost of the work. Planning permission is not normally required but may be necessary.

Domestic dropped kerbs should only be used by private light goods vehicles. Lorries that drive over pavements to make deliveries or collections can cause a

great deal of damage, as well as developers who store building materials on pavements. Businesses are also required to pay for any damage caused. Dropped kerbs can be installed on a temporary basis to allow for building works to take place.

To report pavement damage visit www.hillingdon.gov.uk/reportdamage. To find out more about dropped kerbs visit www.hillingdon.gov.uk/vehiclecrossovers.



Hayes historic statue restored

During the summer, the council restored the Christ on the Cross statue on the Hayes War Memorial.

The statue, which was erected between 1917 and 1919 and is situated on Church Road, had revealed serious signs of deterioration. It had been thought that the figure was bronze, however following an assessment, it was found to be cast iron with an applied faux bronze finish.

The statue was taken away in July and a thorough examination revealed the extent of the damage. It was hollow with holes cut into the back and upper arms, and this had allowed water inside the casting.

This, over many years, had caused extensive rust,

corrosion and prominent cracks to appear on the statue's arms, legs and feet.

A.F. Jones Stonemasons Ltd and George James & Sons blacksmiths carried out the repairs, reconstructing various areas using gas welding techniques and other specialist methods. The interior was treated with wax and oil, the holes in the casting were blocked and sealed to prevent future corrosion, and a specialist paint finish was applied to replicate the original bronze finish.

The statue was reinstated on Tuesday 17 September.

For more information about memorials in the borough, visit www.hillingdon.gov.uk/warmemorials.



Gritting fleet upgraded

A fleet of brand new gritters will help to keep the borough's roads open and safe for residents this winter.

The council has taken delivery of eight new gritting vehicles - one for each gritting route in the borough - that can carry at least one-and-a-half tonnes more grit.

The vehicles are efficient, regularly maintained and fitted with the latest technology.

Residents of Northwood Hills and neighbouring areas may notice a 'jumbo gritter' spreading on their roads. The supersize truck can carry an impressive six tonnes of grit, allowing it to treat rural and notoriously steep routes such as Ducks Hill and Waterford Road with greater ease.

Also new to the fleet is a small gritting van for parts of the borough that the bigger gritting lorries can't access.

The council's gritting team operates between

1 November until mid April. They keep a close eye on weather forecasts to ensure key roads are gritted during snow or ice.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, (pictured) said: "These brand new, state-of-the-art gritters have much greater capacity and are far less likely to require maintenance.

"We know how important it is for residents and businesses to still be able to access hospitals, schools and town and village centres during wintry weather, and we pride ourselves on our reputation as one of the best councils for keeping roads open and everyone moving. These new vehicles will allow us to be even more resilient."

For more information about the service and what roads are treated during wintry weather, visit www.hillingdon.gov.uk/gritting.

Brexit settlement advice

Should Brexit take place, people from the European Union, European Economic Area or Switzerland will need to apply to continue to live and work in the UK beyond 30 June 2021.

The status you will be given will depend on the length of time you have spent in the UK when you apply.

Settled status will be given to people who have lived in the UK continuously for five years or more. You will then be able to remain in the UK indefinitely and

apply for British citizenship after 12 months.

Pre-settled status will be given to people who have not lived in the UK for five years continuously. You will be able to apply for settled status once you have been in the UK for five years continuously.

You can find more information via www.gov.uk/eu-settled-status. If you have any questions, please call the EU Settlement Scheme Resolution Centre on 0300 123 7379.

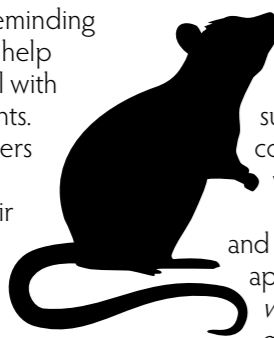
Advice for residents on pests

The council is reminding residents of the help available to deal with unwanted rodents.

Property owners are responsible for ensuring their premises are free from infestation and should

contact a pest control company. Private renting tenants should contact their landlords.

All homeowners aged 65 and over are eligible for free rat and mice treatment, and there are subsidised rates for council tenants and leaseholders. The service is provided for the council by Dial



A Pest, which also deals with other infestations, such as wasps, cockroaches and woodworm.

For more details and to book an appointment visit www.hillingdon.gov.uk/ratsandmice.

In cases where landlords or private owners do not effectively deal with rats on their property, residents are advised to contact the council's anti-social behaviour team, who will consider taking enforcement action. You can find out more at www.hillingdon.gov.uk/antisocialbehaviour.



Girl Guides welcome their new clubhouse

The Mayor of Hillingdon, Cllr David Yarrow opened a new facility for Harefield District Guides on Tuesday 3 September.

The clubhouse, off Vernon Drive, which was funded by the council as part of a programme to invest in new facilities for young people and uniformed groups, replaces a 50-year-old building which had become rundown.

The £380,000 project started in January this year. The new timber-clad structure blends in with the surroundings.

Other features include an accessible bathroom, kitchen, outdoor activity area, cycle stands, secure fencing, and a new heating and hot water system.

The larger building will also accommodate the growing number of Guides and local community groups.

The opening was attended by Harefield

ward councillors Cllr Henry Higgins and Cllr Jane Palmer; Amanda Medler, Chief Guide - who was once County Commissioner for Middlesex North West; Julie Mander, District Guider and Treasurer; and Guides and Leaders from past and present, including Shirley Higgins and Maureen Linsey.

Cllr Yarrow said: "This facility will provide a welcome and safe environment where 1A Harefield Guides, 2nd and 3rd Harefield Brownies and 1st Harefield Rainbows can grow. That's a total number of around 75 girls plus 10 leaders and assistants who will all benefit greatly from the use of this fantastic new space and the opportunities it will provide."

Harefield Guides is currently looking to recruit new members and leaders. Contact Julie by emailing mander6@virginmedia.com.

Tougher new rules on drone usage are introduced

On Thursday 12 September, the council introduced a robust new local drone policy.

The measures authorise £100 on-the-spot fines for flying unauthorised drones or small unmanned aircraft (SUAs) near Heathrow Airport or in the borough's parks and open spaces. A failure to pay could result in a £1,000 penalty.

Hillingdon is believed to be the first council to

adopt a 'total airspace' approach to drones.

Seventy-four per cent of the borough's airspace was already covered by the national drone 'no-fly' zones around airfields. These include Heathrow Airport, RAF Northolt and Denham Aerodrome, where it is illegal to fly any drone of any mass, including toys, without explicit permission. Endangering any aircraft in these areas can result in police action.

The new policy puts new restrictions on drone use on public land outside existing 'no fly' zones.

While the council recognises the benefits of drones for accredited activity, the growth in drone use combined with the breadth of airspace, air traffic volume and lower flying altitudes, raises the risk of a major aircraft accident.

On private land, any recreational use of drones,

including model aircraft, outside the restricted zones around airports or aerodromes is still permitted by CAA guidelines.

However, users must follow the national Drone Code and be aware of congested areas. Additionally, a new drone registration scheme will come into force on Saturday 30 November.

To view the policy, visit www.hillingdon.gov.uk/drones.



New free befriending service in Hillingdon

Age UK is re-launching the Good Neighbour Scheme, which sees trained volunteers visit older residents who may feel isolated or are housebound.

This council-funded service, which first launched in 2018, is dedicated to reducing social isolation and loneliness through volunteers providing companionship.

In many cases, individuals may only receive paid visitors, such as homecare or a meals on wheels service. So the volunteers' weekly visits as a 'Good Neighbour' may often be a link to the outside world and a gateway for other valuable support and advice for that person.

The Good Neighbour Scheme is a flexible client-led service that caters for the needs of the resident rather than a 'one size fits all' approach. The idea is to provide practical support a person might call on a neighbour for.

The volunteer's role will be matched to the individual requirements of the person, so the help could be in the form of enabling a visually impaired person to respond to their mail, helping someone learn how to use information technology (computers), going out for a short walk or just simply sitting and having a cup of tea and a chat. Having someone to talk to for perhaps even one hour a week could boost an individual's confidence greatly.

The Good Neighbour Scheme wouldn't be possible without the volunteers who give their time to



befriend an older person and make a difference to someone's life.

For anyone interested in getting involved, the scheme is looking for people who are able to spare one hour a week to befriend an older person.

All volunteers receive training and are fully supported so they can help clients lead a more satisfying later life.

As a Good Neighbour you can visit someone who lives alone in their own home, or be part of the Home Buddy Scheme, where you visit someone who lives in supported accommodation.

Alice's* story

Alice aged 80 lives in Ruislip. She was referred for Good Neighbour support due to a loss of sensation in her feet and lower legs, which had caused her confidence with walking to decrease.

The volunteer accompanied her on short walks for four weeks and during this time there was a notable increase in her confidence. The volunteer also noticed that the pavement outside Alice's* home was broken and uneven, and this was further impeding her confidence. The volunteer reported this to the council and two weeks later the pavement repairs had been completed. The volunteer also identified that Alice was possibly eligible to receive Attendance Allowance, and with her consent, made a referral to the Age UK Hillingdon Information and Advice Service for some support with this claim.

*Client wished to remain anonymous



The volunteer could alternatively be part of the Telephone Buddy Scheme, designed to offer friendship over the telephone.

If you are interested in becoming a volunteer, find out more on www.ageuk.org.uk/hillingdonharrowandbrent/get-involved/volunteering or call the Befriending Services team on 020 8589 0071.

Are you aged 60 and over? If you live alone and are unable to go out unless accompanied or have very limited social contact, you may be eligible to receive this service. Call 020 8589 0071 to find out more

Protecting the public's health:

The team which stops harmful food entering the country



More than 20,000 tonnes of food and other products of animal origin arrived at Heathrow Airport last year from countries outside the EU, destined for the UK or to be sent around the world. The council checks these imports meet legal regulations to prevent poor quality or harmful goods reaching their destinations. *Hillingdon People* spent time with the environmental health team to find out more.

Miguel Patricio isn't your average vet. He and his team of three inspect animal products destined for the dinner plate in a specially designed border inspection post.

Miguel, as the senior vet, has to ensure that he keeps on top of ever-changing rules and regulations and that they are followed by the council's imported food team.

The vets work with environmental health officers, like senior officer Mark Abbott, to ensure everything meets the stringent regulations for food safety and that live animals (such as lobsters and crabs) aren't mistreated in transit.

Their work includes opening up containers to check the animals' health, testing the quality of the products, and checking paperwork is up to scratch.

Some of it may seem like a lot of red tape but it ensures the teams are protecting both human and animal health.

"We do have to fail inspections sometimes, usually because of the wrong paperwork," said Mark.

"Fish for example, could be an endangered species or come from an area that is being overfished so we need to ensure we know where it's coming from."

Sometimes the food is rejected because it is spoiled. Mark added: "You can tell when it's not fit for human consumption as soon as you open the box. The smell stays with you. It takes a while before you can clear it from your nose."

Of the 20,000 tonnes of food and other animal products received at Heathrow Airport and processed by the team between September last year and August this year, about 200 tonnes was rejected.



Senior vet, Miguel Patricio

The team has to work quickly as the cargo needs a fast turnaround - it is why they came by air in the first place. The containers could be going on to somewhere in the UK or anywhere else in the world. Boxes of crabs from Scotland were on their way to China the morning of our visit, while giant snails from Nigeria were destined for London's markets.

A tricky new trend that the team has been dealing with recently is people's taste for jackfruit which mainly comes from Malaysia. It is melon-shaped but bigger, heavier, spiky and difficult to handle.

Various types of fruit and veg are sent to the lab to ensure food safety, like checking the level of pesticides. With jackfruit, this is a challenge. An extra forklift had to be brought in to help move the fruit around.

"I have to call someone down to help me lift them," said Mark.

Miguel said he was grateful for the efficiency of the Border Inspection Post teams at APH Ltd and Eurobip who run the warehouse logistics (including driving the forklifts) and ensure that the products are swiftly moved from the aircraft to the examination areas.

Eurobip also has a separate area for products not intended for human consumption. They range from pet food such as dog chews, to animal blood products used for scientific research into things like vaccines and cancer treatments. These must also be subjected to veterinary checks to ensure the products are fully compliant with the import conditions including storage transport temperature.

Miguel explained that without the work of the imported food and environmental health teams, there would be no scrutiny over what enters the food chain.

"It would lead to outbreaks of diseases and food poisoning," he said.

"Things like E coli and salmonella could get into the chain, as well as heavy metals like cadmium and mercury. It also protects our livestock from diseases like foot-and-mouth disease and avian flu. African swine fever, for example, isn't a danger to humans and is present in many countries including EU countries, however we want to keep it outside the UK so it doesn't affect our pigs.

"We're here to protect everyone's health."



Senior health officer Mark Abbott

Council responds to flawed Heathrow expansion proposals

On Friday 13 September the council submitted its response to the Heathrow Airport Limited (HAL) consultation highlighting a multitude of flaws in their plans to expand Heathrow.

In June, HAL launched a consultation on their emerging expansion proposals. This was the first time many had seen the sheer scale of the project and the very serious consequences, both to people and the environment.

The consultation was HAL's opportunity to demonstrate they had developed an expansion proposal that would meet the much lauded claims of transforming the economy whilst protecting the lives of residents and the environment.

However, despite a sprawling mass of nearly 150 documents encompassing tens of thousands of pages, the consultation presented a project that fundamentally fails to live up to the hype.

The council scrutinised the documents, producing a 250 page response that identified a multitude of errors, inconsistencies and a distinct lack of credibility in what is being proposed.

In particular HAL claims that they can:

- divert the whole of the M25, several rivers, demolish houses and schools, divert the A4, build new hotels, build the third runway and complete extensive safety trials within just four years.
- demolish more than 700 houses, including the whole of Longford but retain part of the historic village

of Harmondsworth just a matter of metres from the new airport boundary and the new A4 route.

- ignore the impacts of vast areas of well used open space, such as Little Harlington Playing Fields without any coherent understanding as to the impact this will have on thousands of people.
- increase passenger numbers by 60 million per year whilst claiming they can achieve the target of no additional airport related traffic on the roads than at present. (This conclusion was based on their own evidence but was not shared).
- ensure air pollution will be maintained at acceptable levels (which is also based on their own evidence that has not been shared).
- channel several rivers in the Colne Valley into one new corridor under the new runway and still maintain it as a 'natural' environment through the use of artificial lighting and ventilation using 'bladeless fans'.

They have provided no meaningful information on flight paths and noise impacts but somehow reach the conclusion it will be acceptable to residents. HAL also acknowledges that they are not sure what will happen with the communities that are not

demolished such as Sipson, Harlington and what remains of Harmondsworth.

They have also acknowledged that one school will be demolished but fail to recognise that at least two others will be subject to noise impacts that would most likely force their closure.

Leader of the Council, Cllr Ray Puddifoot, said: "The consultation has reinforced what many have long suspected; that the true impacts of Heathrow expansion are far greater than disclosed at the time it was given support.

"What is just as bad is that the consultation also undermined the wild claims of how beneficial Heathrow expansion would be to the UK economy; a primary reason for choosing to expand Heathrow. For example, the Airports National Policy Statement claimed Heathrow expansion would result in up to 114,000 local jobs but the consultation presents a more underwhelming figure of 60,000 jobs created across the whole country.

"Simply put, the consultation has revealed that the harm is far greater than originally revealed whilst now being of far less benefit than claimed.

"The council will continue to fight to ensure decision makers see past the wild claims and realise the enormous and irreversible harm it will bring. The next government should review expansion plans now to avoid wasting people's time as this project meanders expensively to the obvious conclusion that it will never happen."

The council's consultation response can be viewed at www.hillingdon.gov.uk/heathrow

Have a merry Christmas in Hillingdon

Throughout November and December we will be spreading festive cheer and Christmas tidings with celebration events, colourful lights and free parking.

Visit your local lights switch-on

This year, the council is investing £285,000 in Christmas lighting displays across 28 locations, including four community-led events from Ickenham Festival Committee, Northwood Residents' Association, Northwood Hills Residents' Association and Ruislip Manor Chamber of Commerce.

There will also be an additional seven new switch-ons across the borough, meaning even more residents will have the chance to enjoy the festive illuminations. The new displays will be in a variety of locations on the Uxbridge Road and in Hayes.

Other displays will be spread throughout the borough, including Harefield, Harlington,

Harmondsworth Road (Sipson), Harmondsworth, Sipson, Hillingdon East, Ruislip, South Ruislip, Uxbridge, Yiewsley and West Drayton.

The Uxbridge town centre switch-on will be on Saturday 16 November at 6pm and residents can enjoy live music and entertainment, and meet Christmas characters and Santa Claus.

In Hayes, lights will be switched on by the Mayor of Hillingdon, Cllr David Yarrow, on Wednesday 20 November at St. Anselm's Church from 4.30pm. There will also be performances from local school choirs.

There will be carols and hymns from a combined choir formed from local schools and seasonal music

from Hillingdon Music Service's brass band on the Civic Centre forecourt, Uxbridge, on Friday 29 November from 5.30pm.

The lights on the forecourt and the 33-foot Christmas tree will be switched on by the Mayor of Hillingdon. Additionally, there will be £5 lucky dip boxes to buy, filled with donated presents from local businesses and tradespeople, all in aid of the Mayor's Charity Appeal, plus complimentary hot drinks and snacks (subject to availability) and wreaths and seasonal floral arrangements on sale.

New for this year will be a seasonally decorated wooden arbour seat, where residents can take photos or selfies during the Christmas period.

Free events at your local library

Libraries across Hillingdon will be hosting a range of events and activities for adults, families and young people throughout December.

Ruislip Belles and Beaux Hand Bell Ringers will be spreading Christmas cheer as they ring in the festive period at Uxbridge Library (Friday 29 November at 10.30am), South Ruislip Library (Friday 6 December at 10.30am) and Manor Farm Library (Friday 13 December at 10.30am).

A Christmas card making session will take place at Eastcote Library (Thursday 5 December at 4pm), while Oak Farm Library will host a special light-up card making workshop (Saturday 7 December at 2.30pm).

There will also be the chance to make a caring Christmas card, where you can include season's greetings, kind words or even a book recommendation, which will be given to someone who may not otherwise receive a card.

If you're interested in making Christmas tree decorations, visit Botwell Green Library (Saturday 7 December at 1pm), Northwood

Library (Tuesday 10 December at 10.30am) and Eastcote Library (Thursday 12 December at 4pm).

Residents coming to Yeading Library (Saturday 7 December from 10am) can have their very own portrait taken by an Elf of very few words - with ridiculous and hilarious results. While Botwell Green Library will be hosting Elves and a Goodometer (Saturday 14 December from 12.30pm), where families can enjoy performances throughout the afternoon and find out if they've been naughty or nice. The Christmas Nutkins will also be visiting Uxbridge Library (Saturday 21 December from midday) and foraging for the right present for everyone.

Panto lovers can head to Oak Farm Library (Friday 3 January from 3pm) for Pantomime Pandemonium, where visitors can get into the spirit with games and activities inspired by pantomimes.

For a full list of activities, visit www.hillingdon.gov.uk/christmas

Panto season at the Compass

"Fe Fi Fo Fum... beware, the people of Hillingdon!" *Jack and the Beanstalk* is coming to the Compass Theatre this December, providing entertainment for the whole family. This magical production, brought to you by DKproDuKtions and the council, will run between Thursday 5 December 2019 and Sunday 5 January 2020. For pricing, times and to book, visit www.hillingdontheatres.uk or call the Box Office on 020 8561 8371.

Christmas trees for sale

For anyone interested in purchasing a real Christmas tree this year, head over to our Rural Activities Garden Centre in Yiewsley. A wide selection of cut trees will be available from Saturday 30 November, as well as homegrown potted trees, wreaths and other decorative accessories.

Free parking this festive season

The council wants to ensure Christmas shopping is an enjoyable experience for all while also supporting local businesses, so once again has introduced free weekend parking in the lead up to the festive period.

Residents can use their HillingdonFirst card to enjoy free parking in council-owned car parks and on-street parking bays on:

- Saturday 30 November and Sunday 1 December
- Saturday 7 and Sunday 8 December
- Saturday 14 and Sunday 15 December
- Saturday 21 and Sunday 22 December

Remember to take your card with you and follow the instructions on the machines when getting the ticket to ensure no charge is applied.

On Christmas Day, Boxing Day and New Year's Day it will be free for all residents and visitors to park at each of the council's car parks and on-street parking bays.

The HillingdonFirst card also offers discounts at a range of local businesses, which can help reduce the cost of Christmas shopping. For more information and to apply for one, visit www.hillingdon.gov.uk/hillingdonfirst.

Leader of the Council, Cllr Ray Puddifoot, said: "Christmas is a very important and special time of year for residents, retailers and businesses throughout the borough. As a council, we are committed to investing in events and decorative displays in Hillingdon during the festive period, and I hope everyone enjoys the celebrations and displays taking place."

Festive guide to recycling

During the Christmas period, residents are encouraged to reuse items, recycle wrapping paper and packaging, and use food leftovers to create a range of new dishes, to help reduce the amount of waste generated and protect our environment.

Dry recycling

You can recycle cards, wrapping paper, books, magazines and catalogues, cardboard, paper, tin cans, glass bottles, jars, cartons, plastic bags, trays and bottles. Glitter and foil cannot be recycled and will contaminate materials during the recycling process. If something has glitter or foil on it, put it in your general waste.

Food waste

Don't throw away leftovers, why not try out a new recipe to create a new dish or freeze leftovers? Food waste can also be recycled using the free kitchen caddy provided by the council. Line the caddy with compostable corn starch bags or newspaper, which will help keep it clean and stop the food freezing to the inside of the caddy during the cold winter months.

Christmas trees

You can recycle trees with our usual garden waste collections in January. The tree should be placed at the edge of the property boundary and visible to collectors.

If you live in a flat, call the council on 01895 556000 to request collection from Monday 6 January. Trees should be placed next to your bin store or collection point for waste bins, without blocking access to the bins.

All decorations and pots should be removed, trees taller than six foot should be cut in half and artificial trees should be taken to one of our civic amenity sites or a pick-up arranged via the council's bulky waste collection service.

Refuse and recycling collection dates

Normal collection day	Revised collection day
Monday 23 December	Monday 23 December
Tuesday 24 December	Tuesday 24 December
Wednesday 25 December	Friday 27 December
Thursday 26 December	Saturday 28 December
Friday 27 December	Monday 30 December
Monday 30 December	Tuesday 31 December
Tuesday 31 December	Thursday 2 January
Wednesday 1 January	Friday 3 January
Thursday 2 January	Saturday 4 January
Friday 3 January	Monday 6 January
Monday 6 January	Tuesday 7 January
Tuesday 7 January	Wednesday 8 January
Wednesday 8 January	Thursday 9 January
Thursday 9 January	Friday 10 January
Friday 10 January	Saturday 11 January

Please leave your rubbish out for collection by 6am.

Please leave your rubbish by your front gate, but not on the pavement.

Separate arrangements are in place for flats and business premises.

If you have any queries or would like to report a missed collection, visit www.hillingdon.gov.uk/recycling or call 01895 556000.

For more information on waste and recycling, visit www.hillingdon.gov.uk/rubbishandrecycling



Festive fun at the bunker

On Saturday 21 December, the Battle of Britain Bunker Exhibition and Visitor Centre will be displaying wartime era Christmas cards from their collection for families to take a closer look at, as well as inviting visitors to make their own cards inspired by the collection. Nana the Reindeer, will also be attending the museum between 11.30am and 2.30pm.

Christmas market

Uxbridge town centre will host a Christmas market from Saturday 16 November to Saturday 28 December, featuring 30 wooden chalets offering a range of gifts, mulled wine and treats. There will also be Santa's Grotto, choir performances, Christmas train and fun activities for all the family.

New homes for older people provide independence

The council celebrated the opening of the latest of its extra care flats which will help older residents live independently.

Park View Court in Farrier Close, Yewsey, will soon be home for up to 63 people after Cllr David Yarrow, the Mayor of Hillingdon, cut the ribbon on a plaque at the site's official opening on Thursday 17 October.

It follows a similar development, Grassy Meadow Court in Hayes, which has 88 flats and was opened last year. Together they add up to a £39 million investment from the council in affordable supported housing for older people.

Close attention was paid to detail, colour, and design of the buildings to enable residents with dementia, or impaired memory, learning and reasoning to navigate with ease and remain independent.

Grassy Meadow Court is on track to obtain a 'Gold' Dementia Design Accreditation Award following an inspection by the University of Stirling.

Both complexes have 24-hour care on-site plus communal gardens, a restaurant, cafe and hairdressing salon, and each self-contained flat has its own balcony or winter garden.

Park View Court has 57 one-bed and three two-bed flats. Together with Grassy Meadow Court, it brings the number of extra care developments in the borough to four, which together make up a total of 240 flats.

Extra care housing is designed specifically for people aged over 55 with additional care needs, that enables people to live independently whilst providing reassurance and peace of mind to friends and family. The developments provide the security and privacy of a home of your own, a range of on-site facilities and staff are available day and night to provide care as required.



Why Grassy Meadow Court residents love where they live



Martin Loudering, 59, needs support following a stroke in 2014 but thanks to the facilities and help of staff he says he has become much more independent.

He said: "My life has changed for the better. I feel more confident doing things for myself because I know that if I have a problem I can press my pendant and someone will come straight away. I feel I can walk around the grounds with my head held high. The care I'm receiving here is wonderful, I'm really grateful."



Trevor Hodges, 86, damaged his legs and arms after a fall and has arthritis which affects his mobility but says that being at Grassy Meadow Court has been really helpful.

He said: "I have a carer who does my shopping every week as I had a fall before it's very comforting knowing that there's always someone there. There's a lunch cooked daily which I look forward to and I really can't fault the facilities. It's great."



Queenie Morton, 87, can't walk unaided after she had an operation on her veins on both her legs.

She said: "I love it here. I've loved it since day one. I enjoy the company of the other residents and the staff. I like my flat and there's a lovely view from my balcony."

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

"These developments provide older people who have additional needs with the very best housing and support. We know they make a real difference in helping people lead independent lives and we're delighted to now be opening the doors of Park View Court."

For more information and details of eligibility criteria, visit www.hillingdon.gov.uk/extracarehousing, email socialcaredirect@hillingdon.gov.uk or call 01895 556633

Another bloomin' marvellous year

Once again the high standard of the borough's parks and green spaces was recognised at this year's London in Bloom awards, while residents demonstrated their green-fingered expertise and had their talents recognised at our Hillingdon in Bloom and Autumn Show competitions.



London in Bloom results Gold

- **London village**
Harmondsworth Village
- **Our community**
Friends of Eastcote House Gardens
- **Common of the year**
Poors Field
- **Large conservation**
Long Meadow
- **Small park of the year**
Rural Activities Garden Centre
- **Park of the year**
Eastcote House Gardens and the Polish Air Force Memorial Gardens
- **Large park of the year**
Ruislip Lido
- **Walled garden**
Friends of Eastcote House Gardens
- **Business landscape**
Stockley Park
- **Large cemetery**
Breakspear Cemetery

Silver gilt

- **Large London village**
Eastcote Village
- **Small cemetery**
West Drayton Cemetery
- **Our community**
Friends of Pinn Meadow
- **Small conservation area**
Highgrove Woods
- **Large conservation**
Pinn Meadows
- **Heritage park/garden of the year**
Manor Farm

Other awards

- Uxbridge BID won silver in the Business Improvement District category
- Both Friends of Eastcote House Gardens and Friends of Pinn Meadows were voted as 'outstanding' in the 'it's your neighbourhood awards'



Winners: Eastcote Village



Winners: Harmondsworth Village

Hillingdon wins big at London in Bloom 2019



The borough collected a string of accolades at this year's London in Bloom awards, maintaining its reputation as one of the greenest boroughs in London.

Hillingdon won a total of 20 awards (11 gold, six silver gilt, one silver and two special commendations) including 'park of the year', 'best walled garden', and 'common of the year'.

This was the first year that Harmondsworth and Eastcote were entered into the competition by the council in two 'village' categories.

Both the south and the north of the borough were recognised, with Harmondsworth winning the 'London village' category and Eastcote being awarded silver gilt and winning best 'large London village'.

On their tour of Harmondsworth, judges explored the village's

recreation ground, Great Barn and village green. They saw floral displays along School Road and Summerhouse Lane and met plot holders from Moor Lane Allotments.

The judges who visited Eastcote toured sites including listed buildings, Eastcote War Memorial and the eco-friendly 'rain garden' on Field End Road, and met volunteers, community groups and residents.

For the second year running, the council's Rural Activities Garden Centre, which provides educational and employment opportunities for adults with additional needs, was voted best 'small park of the year'.

London in Bloom has run for more than 40 years. This year's awards ceremony took place at the Arts Pavilion in Mile End on Friday 20 September. Entries were judged in July.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "Our success at this year's London in Bloom awards cements our place as one of the greenest London boroughs. We're particularly proud to see our villages of Harmondsworth and Eastcote topping their categories for the first time.

"I'd like to thank everyone who contributed to the borough's success again this year, from everyone in our green spaces, waste and maintenance teams, to all the residents who worked with us to showcase our neighbourhoods at their very best."



Hillingdon in Bloom 2019 results

The winners of the council's very own horticultural competition, Hillingdon in Bloom, were announced at this year's Autumn Show in September.

The judges had a tough time due to the overwhelmingly high standard of entries from across the borough. The contest received more than 50 applications from residents, schools and businesses across 11 categories.

Judge, Tim Gutierrez, said: "It has been yet another wonderful year of judging with fantastic gardens

across the borough that bring colour, joy and beauty. The competition is always a highlight of our year and it is truly a pleasure to see all the efforts of our residents who are making Hillingdon a lovely place to live."

The annual gardening competition encourages residents to improve their local environment through the imaginative use of flowers, trees, shrubs and landscaping.

First place entries were awarded certificates and garden centre vouchers.

First place winners

- **First time entrant**
Michelle Rogers, Taylors Meadow
- **Best residential garden**
Maria Hernandez-Humm, Harefield
- **Best novelty display**
Janet Valerie Halls, West Drayton
- **Best school display**
Pield Heath House School, Hillingdon
- **Best business**
The Woodman Pub, Ruislip
- **Best community project/residential street**
John and Janet Edwards, Yiewsley
- **Best window box**
Janet Valerie Halls, West Drayton
- **Best hanging basket**
Maria Jose Mendonca Bello, Hillingdon
- **Room Cup**
Shan and Phillip Baker, Uxbridge
- **Best tree pit**
Giovanni hair salon, Ruislip
- **Greening the grey**
Hayes End Library

Award-winning produce displayed at Autumn Show

Hundreds of visitors flocked to the Great Barn at Manor Farm, Ruislip, to see the impressive fruit and vegetables on display at our annual Autumn Show.

The popular council-run competition, which took place on Saturday 21 September during Open House weekend, received 388 entries from residents of all ages across 52 categories. These categories included heaviest marrow, matching marrows, jars of jam and arranged vegetable baskets.

Judges included Cllr Jonathan Bianco, Paul Richards, the council's Head of Green Spaces, Sport and Culture, and Gerry Edwards, an accredited Royal Horticultural Society judge.

Best in Show was won by Terry Clements from Harefield for his Dahlia.

The Best in Show children's category was won by Jasmine Nockles, from Northwood for her artwork. Newnham Infant and Nursery School took first place for their Gardener's Trousers.

Rachel Thomas, from Eastcote, was awarded first place in the Cupcake and Chutney categories, and second in the Jam 'stoned fruit' category. She said: "The Autumn Show is a fantastic event, exceptionally well organised, and has a fabulous location with a wonderful community feel. It is open to all ages and I would highly recommend residents to enter next year."

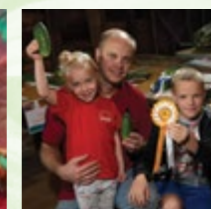
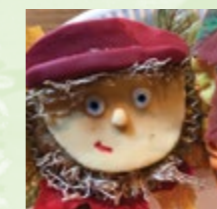
Hayes End Library's sow and grow group came first in the Adult Art category. **Branch Manager Franka Aichour**, said: "The event

was absolutely superb, and so well organised. Coming here you get a real sense of the community coming together as the atmosphere is so warm and friendly.

"We cheered so loudly when our name was called out. We were so overwhelmed and honoured to win."

The winning submissions were awarded rosettes, certificates and garden centre vouchers.

For a full list of winners and more photos, visit www.hillingdon.gov.uk/autumnsow



Providing high quality learning environments

Schoolchildren at Hillside infants and junior schools in Northwood have received new facilities as part of the council's school improvement programme.



The two schools previously resided within the same building, but each now has their own individual premises.

A brand new three-storey building for the junior school has 12 additional classrooms, a multi-use assembly hall, a production kitchen, toilets, cloakroom, group spaces, a staff and administration space and storage area.

The new junior school was opened by the Mayor of Hillingdon, Cllr David Yarrow, on Thursday 3 October.

The existing school building has been reconfigured for infants and nursery children, providing a greatly improved teaching environment with a fit-for-purpose layout, with a new central core reception, ICT room, food science room, servery, corridors and toilets.

The refurbished infant school was officially reopened by the Mayor of Hillingdon, Cllr David Yarrow, on Thursday 10 October.

Other work has included the rearrangement of the existing grass pitch and landscape around the site. This has provided a football pitch, a six-lane running track and two multi-use games areas. The car park has also been reorganised to increase capacity and accessibility, and create a new parent drop-off point.

The new-build started in earnest in October 2017 and finished in April 2019, and the restructure of the existing building started in April 2019 and finished in September.

Co-Headteacher of the junior school, Veronica Shepherd, said: "It's made a huge impact to the children's education. We're really grateful to the council who were good to work with and willing to make changes when we made suggestions for improving the building.

"Having the studio, the food tech room and more space has meant that we can provide a wider curriculum and parents have told us that they love it too. The children have been really enthusiastic and say they're proud to be learning in the new building."

Andrew Davies, the school's other Co-Headteacher, said: "The larger classrooms and extra space have made a big difference. We have been able to improve the whole learning environment for the children. This is helping us to deliver a wider and more creative curriculum, making a big impact on the children."

Pupils said they were delighted with the improvements. **Junior school pupil Chloe Oliveira, aged 10,** said: "We have a studio now so we have more dance and drama and we can have more after-school clubs.

"We have smart boards in the classrooms which we can use with special pens which are great and the playground is bigger."

Poppie Haines, aged 10, added: "It feels more like being at secondary school now, it feels like I'm more grown up."

Rebecca Fennell, Headteacher of the infant school, said: "We are delighted with the adaptations made to the building.

"The new space is a delight for the children and staff. It allows us to provide many more creative and physical opportunities for our children."

Both schools now have more capacity. The infant school will be able to accommodate 270 pupils across their year groups and the junior school has places for 360 children.



Andrew Davies and Veronica Shepherd with Cllr Yarrow

Leader of the Council, Cllr Ray Puddifoot, said: "This project is part of the council's ambitious £254 million primary and secondary school expansion and improvement programme - one of the largest in London. The council is committed to putting families first by continuing to invest in improvement works, so we can continue to offer high quality educational facilities and create new places to give our young people the best possible start in life."

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



The exterior of the junior school



Rebecca Fennell with Cllr Yarrow

Helping Hillingdon become a greener place to live

We're always working with residents on new ways to make Hillingdon a cleaner and greener borough. These include helping to improve air quality, encouraging more residents to get involved in recycling, and ensuring our green spaces are safe and clean.

New campaign launched to tackle engine idling in the borough

In Hillingdon it is an offence to idle your engine unnecessarily when stationary. Drivers who leave their engines running can be fined up to £80.

Poor air quality is a major health concern and harms the environment. The main source of air pollution is road transport.

Some vehicle journeys cannot be helped, but leaving your engine running when parked (idling) creates unnecessary pollution. Putting a stop to idling is a simple way we can all help to clean up the air that we breathe.

The council is working with the Mayor of London to call on drivers to switch off their engines when parked for more than five minutes at a time, to help improve local air quality.



The council will be installing 'No Idling' signage in the coming months outside schools and at idling hotspots across the borough.

We're keen to spread the message to residents young and old and will be holding a range of awareness raising events across the borough and education sessions at schools.

We will also be providing participating schools with 'No Idling Zone' banners to put up outside their gates.

Additionally, we are encouraging local schools to sign up to our Parent Parking Pledge, a scheme which sees parents sign-up to make

a commitment to reduce pollution and improve safety around schools. It includes parents making promises such as walking to school more and parking away from the school gates.

If your school would like to participate in the Parent Parking Pledge initiative, email stars@hillingdon.gov.uk.



If you or your school would like to find out more about our engine idling campaign or sign up to participate, visit www.hillingdon.gov.uk/airpollution

Please don't litter or fly-tip your waste

Fly-tipping and littering blights neighbourhoods and the street scene and incurs a cost to the council to clear - money that could be spent on essential services.

Most people help us in our work to remain one of the cleanest and greenest boroughs. However, there are still instances of littering and fly-tipping despite our weekly free and easy-to-use waste and recycling collections, free bulky waste collection service, civic amenity sites and litter bins across the borough.

The council is warning that it can and does take action against

those who do fly-tip and litter.

Anyone caught fly-tipping can be fined £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 a prison sentence. People caught littering can receive a £100 on-the-spot fine.

More than 3,000 fines for littering were handed out between September 2018 and August 2019. There have also been 17 people fined for fly-tipping since May, when the maximum fine was raised from £100 to £400.



Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "More and more residents are helping to protect the environment and are interested in what the council is doing to keep the borough green and clean.

"I was delighted to see so many residents and businesses getting involved with our community initiatives and I hope even more will take part to support our goal of being an even cleaner and greener borough. Changes, whether big or small, to your daily lifestyles or routines help to reduce pollution and protect the environment for generations to come."

New team being introduced to patrol parks

A new team of officers will soon be patrolling parks, car parks and other open spaces in Hillingdon to help tackle anti-social behaviour.

The council has two Public Spaces Protection Orders (PSPOs) and one is for all parks and public spaces in the borough. The orders tackle anti-social behaviour such as street drinking, begging, lighting fires and urinating in public.

The officers will hand out on-the-spot £80 fixed penalty notices for those failing to comply with a PSPO. If taken to court, repeat offenders

can receive a fine of £1,000.

The new officers will be introduced in the coming months, and will also help to stop professional dog walkers operating without a licence. The licences were introduced earlier this year to prevent professionals from walking more than six dogs at a time in Hillingdon's green spaces and help maintain the upkeep of the park and people's enjoyment of them.

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

Events promote the environmental benefits of recycling

Monday 23 to Sunday 29 September was Recycle Week and Hillingdon supported this national campaign by running various events.

The council hosted a stall in Uxbridge High Street on Wednesday 25 September, where more than 200 residents and businesses spoke with the waste and recycling team about the council's free weekly recycling services.



Cllr Burrows at the stall during Recycle Week

It was also an opportunity to order free food waste caddies and recycling bags.

Residents met Cllr Keith Burrows, the council's Cabinet Member for Planning, Transportation and Recycling, who discussed the council's ongoing work to be cleaner and greener.

The event also gave local traders the chance to find out about the council's business waste collection service.

What our residents said about our services...



Charlotte Barker, 34, from Eastcote, is a big fan of the kitchen caddy which enables residents to recycle food waste. She said: "It makes it really easy and it doesn't smell like my main bin as it shuts tight. I think it's really important to recycle and the council makes it really easy to do here."



Leela Harah, 65, from Uxbridge, said we have a responsibility for future generations and must recycle. She said: "I work in

a hospital and I'm always talking to the children about what's good to recycle and what not to throw away. It's important. I won't be here in the future but my kids will and it's sad what's happening to the environment. We have to do whatever we can."



Tammy Gibbons, 53, from Harefield, took the opportunity to collect some clear sacks for dry mixed recycling. Residents can also order these

online or collect these from libraries and the Civic Centre. She said: "I think recycling is very important as it all has an impact on protecting the environment. A lot of people say they can't be bothered but I think it's essential in modern times."



New resident Abd Habak, 26, from West Drayton, said he was impressed by how easy the council makes it for residents to recycle. He said: "We only moved here in June and we never had these options before. I think they are much more keen on recycling here. We could even get our old furniture collected for free which is amazing. I've just learned about the free textile recycling by visiting this stall too."



The bags of litter ready for recycling

The council also organised a litter pick at Lake Farm Country Park on Tuesday 24 September.

The council's green spaces team joined volunteers from the Friends of Lake Farm community group to collect any discarded litter to ensure the green space is even cleaner for visitors.

Thirteen bags of litter were collected, nine of which could be recycled. The council is encouraging residents to use the bins provided at parks and to recycle items, and to not litter in the borough's streets and green spaces.

More recycling awareness stalls and litter picks are being planned across the borough during the autumn.

For information on waste and recycling in the borough visit www.hillingdon.gov.uk/rubbishandrecycling

Celebrating everything Hillingdon's green spaces have to offer

We are proud to invest in the borough's green spaces to provide high quality recreational places for residents and visitors.

Hillingdon is one of the greenest boroughs in London with 200 parks and 1,800 acres of green space - five times the size of Hyde Park - featuring canals, rivers, parks, open spaces and woodland.

Each year our green spaces team works with communities and local groups to increase the borough's tally of Green Flags - which recognise well-managed parks and green spaces.

Less than a decade ago Hillingdon had only six of these awards but through a winning combination of council investment and community support, the borough has had the most Green Flags in the UK for seven years in a row and now has 55 Green Flags (54 of which are maintained by the council).

We are also investing in the parks to provide a wealth of new facilities and activity sessions, maintain existing amenities, keep areas clean and safe, and provide residents with high quality places for leisure and recreation.

Quality of parks recognised

In this year's Good Parks for London report, which was published last month, Hillingdon's parks scored extremely highly on quality.

The report, which is compiled annually by Parks for London, a charity committed to safeguarding London's parks and green spaces, has a series of criteria to evaluate how well London boroughs protect and invest in their parks and green spaces.

Green flags raised

Flag raising ceremonies took place on Fridays 20 and 27 September at the council's five new Green Flag sites.

Flag raising ceremonies were held at Dowding Park, Uxbridge North ward; Harmondsworth 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 which received the accolade for the first time.

Residents, community groups, ward councillors and officers from the council's green spaces team attended the ceremonies, alongside Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services and the Mayor of Hillingdon, Cllr David Yarrow, who both raised each flag.

Pupils from Harmondsworth Primary School attended the Harmondsworth ceremony and children from Tiny Muddy Boots Preschool came to the Pole Hill Open Space flag raising.

Each Green Flag award-winning park must meet stringent criteria, proving themselves to be clean, community-orientated and environmentally friendly.



Safeguarding our green spaces



Harmondsworth Recreation Ground



Pole Hill Open Space



Sipson Recreation Ground



Stafford Road Open Space



Residents keeping fit at Hillingdon Court Park

Free fitness sessions on offer

Residents can work out for free with professional trainers thanks to the introduction of new exercise classes at some of Hillingdon's parks.

Exercise experts Our Parks works with councils across the country to run sessions outdoors and launched free sessions in the borough in October.

Activities are being run at Harefield Village Green in Rickmansworth Road, Harefield; Hillingdon Court Park in Parkway, Hillingdon; and Barra Hall Park in Freemans Lane, Hayes, and you can now book a place at one of the classes.

A variety of sessions take place on Tuesdays, Thursdays and at weekends. They include boxercise, circuit training, bootcamp-style sessions and activities for children aged between three and seven. Anyone aged 16 or over can attend the adult classes, young people attending the children's classes must be accompanied by an adult.

This initiative allows the council to offer more outdoor physical activity sessions to help residents improve their health and fitness and also adds to the range of facilities on offer in Hillingdon's parks and green spaces.

Karen, 47, from Ickenham, who has attended a variety of sessions, said: "Using Our Parks has given me the freedom to get fit my way. There are a variety of fun outdoor classes in Hillingdon, with trained instructors who encourage you to improve your performance whatever your experience or age.

"Taking your children along to all sessions is encouraged if childcare is an issue and booking just one class at a time means you don't have to commit way in advance. Best of all, it's free. Thank you Our Parks."

Registration is required and booking ahead is advised. Find out more at www.hillingdon.gov.uk/freefitness.



Harmondsworth Recreation Ground

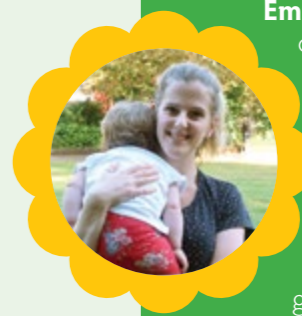


Dowding Park

Cllr Jonathan Bianco, Cabinet Member for Finance Property and Business Services, said: "Our green spaces are highly valued by our residents and we work hard with the local community to improve and maintain them. We are also always thinking of innovative new ways for residents to make the most of their leisure time there. "We hope more and more people discover what our green spaces have to offer and try out some of the new Our Parks fitness sessions."

What you love about our parks

We asked residents out enjoying the late September sunshine what they felt made their local park so special.



Emily Randall, 33, comes to Fasnidge Park every day with her 10-month-old, Daisy. She said: "I love it. We've been coming here pretty much since Daisy was born. "It's a beautiful bit of green space in an urban area. It feels like you're in the middle of the country. I always get books out from the library and read them to her here. And she likes looking at the dogs, too."

Charlie Smith, often visits Harmondsworth Recreation Ground with her two young sons. She said: "The children and I visit the park in all weathers mainly to walk the dog, and after school so the boys can play with their friends. "The park along with the rest of the village, including the people in it, is a lovely place."



Joe Bainbridge, 20, visits Fasnidge Park every day. He said: "This park is probably my favourite as well as the other one nearby (Dowding Park) which has the football field. I use it for sport mostly, playing tennis in the court or football on the grass. "I really like the tennis for free sessions which you can book in advance and is really easy to do."

Ana Jurman, 30, comes to Dowding Park with her six-month-old son Ian and her dog Paddy every day. She said: "I really like it, it's really well maintained. I mainly come here because of the dog, he loves it and when Ian is older he will really like it."

For more information about our green spaces, visit www.hillingdon.gov.uk/greenspaces

Update from the West Area BCU Superintendent

As the days continue to get shorter, we continue to focus on late evening night duty patrols and burglary.

Work to drive down crime across Hillingdon has seen recent operations in Northwood, where drugs, knives and firearms were all seized; a night duty operation in Eastcote which has seen a dramatic reduction in both anti-social behaviour and drug dealing; as well as our fight against drugs and violence in and around Hayes and Yeading.

The council-funded team scored a notable success recently, arresting a drug dealer and using the new fast-track process to get him to court within 24 hours; previously they would have been released whilst the drugs were sent to the lab leaving them free to continue dealing.

Of course you can continue to help us by keeping your lights on and making your homes look inhabited when you are out. If you buy or receive lots of gifts, don't leave the big empty boxes on display so everyone can see what exciting things there are to steal!

I spent some time recently visiting my elderly parents and I was appalled by the amount of unsolicited telephone calls they received. It reminded me to tell you all that no reputable firm will call you and request your bank details, or request that you transfer money, and this includes the police.

If you get a call that concerns you, take the details of the caller and the reference number and put the phone down. You can call the organisation that the caller claimed to be representing (such as a bank or building society) on a number you already have for them, such as those in any letters you may have from them. Use another phone if you cannot wait a good 10 minutes to prevent them 'holding' the line. The police will never ask you to transfer money or take it out of an account. We can always be contacted on 101 to ensure the validity on any call we might make. We won't mind you calling us to do so.

I'm sure you have already read about the huge investment that Hillingdon Council has put into revamping their CCTV systems - well I've seen the finished product and it's better than anything I have ever worked with in Westminster. In addition, a former detective with a passion for tackling burglaries is helping to look after and run the CCTV system for the council and I am looking forward to seeing some very positive results. And I know you're all thinking: 'but it's getting dark'. Believe me, these cameras see in the dark too.

Finally, as Christmas approaches, so does the party season. As always we will be fronting a big drink drive campaign, and I hopefully do not need to remind you not to drink and drive. Being over the limit is measured by a body's tolerance to alcohol and a whole host of other factors, so a hardened drinker can be over the limit after just one pint. I have been to too many accidents where people have been killed or seriously injured by drivers under the influence of drink - there are no excuses, and a ban will have a massive effect on your job and your family. You could even go to prison.

Please get engaged with the police too. If you haven't already, join us on OWL, the online watch link, we can update you regularly with incidents of note in your local area (owl.co.uk) We also run ward panels both in a meeting format and also over the internet, they are a great way of meeting and, if necessary, challenging your local police. Without your involvement we cannot tackle the issues that really matter to you.

Happy Christmas.

Mr Richard Watkinson



A new way of working launched in GP Practices

Local residents attended a public meeting on Wednesday 25 September at Brunel University to hear about a new way of working for GP surgeries across Hillingdon, aimed at providing a more modern, joined up health service.

Groups of neighbouring GP surgeries have formed Primary Care Networks (PCNs) to start providing patients with a wider range of health and wellbeing services based around the needs of their local areas. Eventually PCNs will include a wide range of staff and services, including pharmacists, physiotherapists, paramedics, physician associates and social prescribing support workers. This will help to free up GP time to concentrate on more complex patient needs.

PCNs bring health and social care closer to home and will help to make the NHS more efficient for patients and staff. It is part of the NHS Long Term Plan to transform physical, mental, emotional and social healthcare and make it more digitally driven.

Hillingdon Clinical Commissioning Group (CCG) Chair Dr Ian Goodman, said: "Care needs for people living in Hillingdon have changed over time due to an ageing population, increase of long-term conditions and financial pressure. To better meet the needs of our patients, our GP surgeries will be working innovatively together as PCNs to provide patients with a wide range of services in their local community. At the heart of each PCN is strong local partnerships; with the community, hospitals, mental health services, the local authority and voluntary services. PCNs will change the way patients receive care - making it more local and easier to access the services people need."

For further queries about PCNs, contact NHS Hillingdon CCG on HILLCCG.HCCGCommunications@nhs.net.

Raising awareness of road safety

A range of initiatives are organised by the council to educate young people about road safety.

Safe Drive Stay Alive

Our annual Safe Drive Stay Alive road safety campaign, which features a series of events aimed at raising awareness of the importance of safe driving, returns this month.

Students from across the borough will have the chance to hear hard-hitting real life accounts from live speakers, and view a film which will take pupils on a journey with a group of friends whose decisions have huge consequences. Participating Hillingdon schools and sixth forms will attend the events between Monday 25 and Friday 29 November at the Winston Churchill Hall, Ruislip.

While the programme is mainly aimed at teenagers who might soon be taking driving lessons or passing their test, members of the public also have the chance to attend. A special performance, which is free and open to everyone, will take place at the same venue, on Thursday 28 November at 6.30pm.

Representatives from the emergency services will describe some of the tragedies they have encountered, and parents of victims and teenagers will explain how their lives have been affected by poor decisions made behind the wheel.

Each performance will last for an hour-and-a-half and the special performance for the public will be followed by an opportunity to ask questions.

The Safe Drive Stay Alive events are organised by the council in conjunction



Last year's Safe Drive Stay Alive event at the Winston Churchill Hall

with the Metropolitan Police, London Ambulance Service, London Fire Brigade and Transport for London.

Junior Roadwatch

Earlier this year, the council's school travel and road safety team in partnership with the Metropolitan Police and Transport for London, and St Helen's College, launched Junior Roadwatch - a road safety and speed awareness scheme.

The initiative's aim is to improve road safety on roads close to primary schools by reducing the speed limit, changing driver behaviour by educating drivers on the dangers of speeding, and educating young people about the importance of road safety.

In April, six pupils from St Helen's College in Hillingdon took on the role of Junior School Travel and Road Safety (STARS) Champions and accompanied the police during the school day as they monitored the speed of drivers along Long Lane, Hillingdon. Any drivers who were found to be exceeding the speed limit were stopped and, subject to safeguarding checks, given the choice of being interviewed by the young people or receive a ticket for speeding.

As a result of the initiative, motorists' behaviour changed upon seeing the team along the road, with many reducing their speed. However one speeding motorist was stopped and opted to speak with the pupils.

The driver, who said he felt ashamed for being stopped, explained that he was running late but also understood the importance of the scheme.



Junior STARS Champions in action

Shirley Drummond, Headteacher at St Helen's College

said: "We are very proud of our pupils for being involved in Hillingdon's pilot scheme in conjunction with the Met Police and the council.

"Our involvement in the project has had a very positive impact within our school community, raising awareness of the volume and speed of traffic on the roads around our school.

"After working with the police, our children have become Roadwatch Ambassadors, delivering important safety messages about speed on our roads to their parents. We now have very eager younger children in the school interested in becoming the next Junior STARS Champions at St Helen's College."

This scheme will be rolled out to participating schools across the borough this autumn.

If you would like to attend the public Safe Drive Stay Alive event, you can register at www.hillingdon.gov.uk/safedrivesevent



Junior STARS Champions with Metropolitan Police officers



Residents celebrate the council's investment in playgrounds

Two popular playgrounds are the latest to benefit from our Chrysalis funding scheme - a way residents can enhance the community facilities they care about.

Families celebrated the re-opening of playgrounds in Brackenbury Village Open Space and Bessingby Park, which have new equipment and landscaping following a £185,000 investment by the council.

The playgrounds in Ruislip and Ickenham, were both officially re-opened by the Mayor of Hillingdon, Cllr David Yarrow on Tuesday 8 October.

The ceremonies were attended by children from Pentland Field School and Lady Bankes Infant and Nursery School, who got to try out the new play facilities.

The previous equipment had become tired at both sites and residents said they were keen to see a greater variety of facilities for youngsters to enjoy, including more for older children.

The playgrounds are suitable for children aged from 2 to 16. They include safer surfaces, swings, roundabouts, towers with slides and

a rope bridge, and a zipwire. They also cater for young people with disabilities, with the inclusion of cradle swings and accessible roundabouts.

Youngsters from Pentland Field School, in Pentland Way, were delighted with the new equipment they tried out for the first time at Brackenbury Village Open Space.

Alfie Major, aged nine, said: "It's lovely. Everyone is so happy. It's more fun now and there's more to climb and play on."

Tyler Whittenbury, aged eight, said: "I think it's great. The slide is my favourite. I love all the different colours. It makes me happy."

Assistant Headteacher Sarah Pierpoint, said: "We use this park a lot. It's really great that it's so bright and colourful now. The wheelchair accessible roundabout is particularly good. The park has been given a new life."

Children from Lady Bankes Infant and Nursery School, in Dawlish Drive, were the first to explore the playground at Bessingby Park.

Cian Barrins, aged five, said: "I think it's brilliant because they've put in the best playground stuff."

"It was muddy before and I went a bit but now I'll go a lot more - infinity times more!"

Headteacher Sue Dyer, said: "I think it's fantastic as we're encouraging children to get as much exercise as they can and enjoy the outdoors as much as possible."

"It's been transformed into such a lovely space."

The residents who applied for Chrysalis funding say the improvements will encourage children to spend more time having fun outside with their families.

"I think it's very much improved," said **Calogero Mosca, from Ruislip,**



Pupils from Lady Bankes Infant and Nursery School waiting for the ribbon to be cut at the playground in Bessingby Park

who applied to improve the playground at Bessingby Park.

He added: "The new safer surfacing means you don't get muddy and the equipment is closer together, so it's easier to keep an eye on your children. I also think the zipline is great fun for the kids."

"I think it's going to encourage children to go out more and their parents to take them out more often."

"It's great that the council puts the funding in to do this, and the Chrysalis team kept in contact to give me updates on the progress. It was all very professional."

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "The Chrysalis scheme allows us to work closely with residents to enhance council-owned community facilities that matter to them. We welcome all applications from residents to continue to improve amenities across the borough's parks and town centres."

If you'd like to find out more about the Chrysalis scheme or make a suggestion, you can visit www.hillingdon.gov.uk/chrysalis or call 01895 277309

Children and staff from Pentland Field School at the opening of the playground in Brackenbury Village Open Space





Need an evening or weekend GP or Nurse appointment?



Your local Hillingdon GPs offer evening and weekend appointments with a GP, Nurse or Health Care Assistant at our Extended Access Hubs.

- **Can't make daytime appointments?**
- **No appointments available?**

Then ask your GP practice receptionist about our hubs. If your practice is closed, the NHS 111 service can book your appointment.

Our Extended Access Hubs are at: Eastcote Health Centre, Uxbridge Health Centre and HESA Medical Centre.

The Confederation, Hillingdon provides a range of enhanced medical services for children and adult patients registered with Hillingdon GP practices . Our services include :

- Care Home Support Team
- Care Connection Teams
- Paediatric Clinics
- Paediatric Phlebotomy
- Cervical Screening
- 24 Hour Blood Pressure Monitoring
- Clinical Pharmacists
- Weight Action Programme

Please visit our website for more details:
www.theconfederationhillington.org.uk

Supporting people who are finding it difficult to cope

The local branch of Samaritans is helping residents in need of support and always welcomes new volunteers to listen to those in need.

The charity, which is based in Press Road, Uxbridge, has around 90 volunteers. Linked to the charity's national network, they ensure there is someone on the phone to help anyone experiencing feelings of stress or despair, or who just needs to talk, seven days a week, 24 hours a day. The Hillingdon branch also has drop-in sessions at a range of times throughout the week.

Volunteers are highly trained to support people dealing with a multitude of issues, including relationship problems, bereavement, financial difficulties, loneliness, depression and thoughts of suicide.

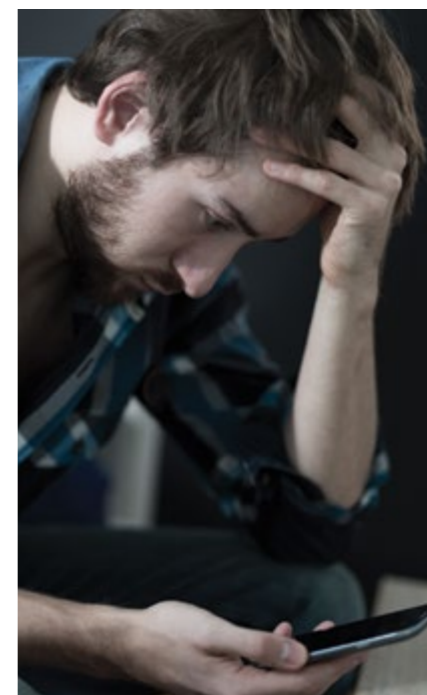
Hillingdon Samaritans, which has operated in the borough since 1973, receives a grant from the council which covers about a quarter of its running costs. The grant contributes towards the cost of training volunteers whose number has doubled in just the last year. The increase has helped meet a rise in the demand for the charity's support.

"I think a lot of people are becoming more aware of mental health issues and how they can help their colleagues, family and friends who are suffering," said **Kay, director of the Hillingdon branch.**

"The increased number of volunteers has helped us a great deal. It has meant we've been able to do a lot more on the outreach side too."

Outreach means taking their message out to the community - to raise awareness of the support Samaritans can provide as well as mental health in general, and to encourage people to listen to their friends, family and colleagues. Volunteers visit schools, colleges, libraries and local businesses.

Kay said that the financial support from the council also means volunteers can spend less time fundraising and more time putting their training to use supporting others.



She said: "We have definitely seen a reduction in suicides over the last few years and the focus has been on emotional support.

"There have been cases where people have very definite plans to take their life and by the end of the call they're much less likely to do that and are thinking that maybe there are other options.

"We're also getting more visitors to the centre who arrive very, very worried and who are leaving more upbeat and seeing there is a light at the end of the tunnel!"

If you need support

You can call Samaritans for free on 116 123, visit the Hillingdon branch at 2 Press Road, Uxbridge, UB8 1AT, email jo@samaritans.org or write a letter to Chris, Freepost, RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA.

You can find out more about Samaritans at www.samaritans.org.uk

SAMARITANS

Hillingdon

Would you like to volunteer?

Listening volunteers are asked to complete 45 shifts throughout the year, some of which are during the night. Full training is provided, including a mentor.

Anyone aged over 18 can volunteer, except police officers.

Listening is not the only role. The charity is also looking for a trustee to help oversee the governance and compliance of the charity, as well as some basic admin duties.

There are also opportunities to help with marketing and publicity, recruitment, and fundraising. You can find out more at volunteer.samaritans.org/volunteer.

A volunteer in their own words

"I joined Samaritans because I wanted to do something positive with my spare time. I find it extremely rewarding and I have learned so much since I started. I use my new listening skills every day, not just on the phone at Samaritans.

"There are many people who are not so fortunate and have really challenging lives.

"A few events in the last year really made me appreciate the amazing family and friend support network that I have. Being able to lean on others when you are going through difficulties is something that I had taken for granted.

"There is a real family feel at the Hillingdon branch, with so much support and training to give you the confidence to provide the callers the support that they need. I really feel like I am part of something and that my role as a volunteer is adding so much value.

"I would urge anyone who is considering signing up to go along to their local branch introduction. It really helped me to realise that this is where I can help."

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Call Matt on 07838 116459

It's nearly Christmas and there are lots of seasonal events in Hillingdon for all of the family joining the regular year-round favourites.



THEATRE

RolePlay by Alan Ayckbourn
 Wednesday 13 to Saturday 16 November, 7.45pm
 Ruislip Dramatic Society invites you to this hilarious dinner party from hell. Julie-Ann and Justin are about to announce their engagement, but then a gangster's moll and her gun-toting minder literally drop in from upstairs. Add to this Justin's alcoholic mother and Julie-Ann's highly prejudiced parents and you have all the ingredients for this wonderfully funny Ayckbourn comedy. Contains strong language.
Cost: Full price £12. Concessions £11 on Wednesday and Thursday only.
 To book tickets visit www.hillingdontheatres.uk or call 01895 250615 or 07856 246517.
Compass Theatre

Christmas Comedy Crackers
 Wednesday 4 December, 7.15pm
 Fancy a change from the usual work Christmas party? Then why not try this Christmas Comedy event? The alternative night out will bring you festive fun and laughter from a cracking compère and two comedians, plus a delicious festive meal and a little bit of magic. Ideal for an outing with workmates or a group get-together with friends. Full line-up to be announced. For over-18s only.
Cost: £27.50.
 To book, visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Jack and the Beanstalk
 Thursday 5 December to Sunday 5 January.
 Evening performances, 7.30pm, matinee 4pm
 DKProDuKtions and Hillingdon Council proudly present Jack and the Beanstalk - a GIANT of a pantomime, suitable for the whole family. Get ready to roar with laughter as you cheer on hero Jack on his climb to defeat the Giant, and save the village and his best friend - Daisy the cow. Packed with all the traditions of pantomime and featuring the feisty, fun loving Dame Trot. This magical show is sure to have you dancing in your seats.
Cost: £17 adults. £13 under-16s. Family of four £52. Discount rates for large groups and off-peak shows.
 To book tickets, visit www.hillingdontheatres.uk or call 01895 250615.
£13 on the door.
 To book, visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Gold, Frankincense and Murder: Dining Event
 Thursday 5 December, 8pm
 You'll get more than you bargained for with this

HILLINGDON WHAT'S ON?

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

festive whodunnit comedy crime 'n' dine mystery. It raises the curtains on the backstage antics, upsets and shenanigans between parents and teachers at the Buryham School Reunion. With a case that unravels over the gala performance of the Nativity, it'll take more than three wise men to solve it. Will you be flocking with the shepherds to point the finger and identify the killer or will you succumb to the temptations of Gold, Frankincense and Murder? Catch a killer and get more than the usual turkey this Christmas with Moneypenny Productions. Enjoy a festive three-course meal whilst you try to solve this Christmas Crime Not recommended for under-18s.
Cost: £47.50.
 To book, visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Sleeping Beauty
 Friday 6 December to Sunday 29 December, times vary depending on the day. A relaxed performance for people with disabilities will be held on Tuesday 17 December, 1.30pm.
 The lovely Debbie McGee will be conjuring up pantomime sparkle in Hayes this Christmas. When a beautiful princess is given a sixteenth birthday present by her wicked godmother, she is placed under a terrible curse and forced to sleep for 100 years.



Can Prince Charming and the princess' friends break the evil spell and help true love survive? Packed with all of the traditional pantomime ingredients, Sleeping Beauty will be spectacularly brought to life with an abundance of song and dance, side-splitting comedy, and plenty of festive fun.
Cost: £26 to £29.50. Concessions £24 and £27.50. Discounts available for families and groups.
 To book, visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

The Elves and the Goodometer
 Saturday 14 December, 12.30pm, 1.30pm, and 2.30pm
 Two elves and their 'Goodometer' are checking to find out who's been naughty and who's been nice over the past year. Simply place your hand on the front of this special machine and one of the presents will light up to indicate whether you've been good, borderline or naughty. The results are sensitively controlled by the performers and huge amounts of laughter are generated within groups of families, friends and those watching.
Cost: Free, no need to book.
Botwell Green Library

KIDS
Young Makerspace: Light up Christmas cards
 Saturday 7 December, 2.30pm
 Learn the basics of electricity and circuits by making your own holiday cards for your friends and family, in this hour-long workshop. Suitable for ages 8 and above.
Cost: Free but places must be booked in advance.
 To book, email oakfarm-library@hillingdon.gov.uk or call 01895 556242.
Oak Farm Library

The Santa Show
 Sunday 15 December to Tuesday 24 December
 It's Christmas Eve at the North Pole and Santa's elves Boomer and Twinkle are making their final preparations when disaster strikes. The 'nice list' has been tampered with and all the children's names are in the wrong order. Santa needs your help

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: TC43BDSMSH) 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: TC43BDSMSH.

to resolve the problem before Christmas gets cancelled. Suitable for children aged two and up, it includes audience participation, songs, a gift and the chance to meet Santa.
Cost: £13. £11 for under-16s.
To book tickets visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Pantomime Pandemonium
 Friday 3 January, 3pm
 It's behind you! Get into the pantomime spirit with games and activities inspired by the Great British pantomime in this hour-long session suitable for ages six to 10.
Cost: Free, no need to book.
Oak Farm Library

Code Club
 Fridays during term-time, 3.30pm to 4.30pm
 Young people aged between nine and 13 can learn coding concepts building knowledge week by week. Learning happens via easy to follow step-by-step guides, using coding languages such as Scratch, Python, and HTML.
Cost: Free.
To book, call 01895 556275.
Harlington Library and Learning Centre

MUSIC

Music by the Royal Air Force: Esprit de Corps 2019 Concert Series
Band of the RAF Regiment, Tuesday 12 November
Central Band of the RAF, Tuesday 10 December
 Both at 7.30pm.
 Two of the finest military bands in the Royal Air Force will be performing much-loved jazz classics during November and December. The first concert is described as a musical reflection on some of the biggest events in RAF history, while the second will



Central Band of the RAF



Harrow Choral Society

feature a mixture of military, light classical and big band music. The concerts are in support of the RAF Music Charitable Trust.
Cost: £17 each.
Book tickets at www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Music from the Hapsburg Empire
 Saturday 23 November, 7.30pm
 Soloist Indira Grier joins the Hillingdon Philharmonic Orchestra to perform Dvořák's magnificent *Cello Concerto* at this special concert celebrating music from the countries of the Hapsburg Empire. The programme will also include Dvořák's *Slavonic Dances*, Kodaly's *Hary Janos Suite* and Suppé's *Poet and Peasant Overture*.
Cost: £12. Concessions £10. Children aged 11 to 16-years-old £5. Under-11s free. Family of four £22.
To book, visit www.hillingdontheatres.uk or call 01895 250615 or 01895 674223.
Winston Churchill Theatre

Winter concert of U3A Singers
 Saturday 7 December, 7.30pm
 The singers will be treating an audience to a performance entitled '*As Long As I Have Music*'. The first half will feature a medley of tunes from *The Sound of Music*, while the second half will be Christmas favourites.
Cost: £10 on the door, which includes light refreshments. Children free.
Call 01895 812229 to find out more.
Christ Church

Carols at Crown
 Sunday 8 December, 4pm to 5.30pm
 Enjoy a traditional carols service, with musical performances and a Christmas message from comedian turned preacher, Andy Kind. At the same time, the kids can enjoy a show from a visiting theatre company.
Cost: Free.
Find out more at www.crown.church/carols.
Bishopshalt School

Ruislip Belles and Beaux Ring in Christmas
 Friday 13 December, 10.30am
 Enjoy tea, coffee and a mince pie as the hand-bell ringers of Ruislip Belles and Beaux ring in some Christmas cheer.
Cost: Free.
No need to book, just turn up.
Manor Farm Library

Eastcote and Ruislip Choral Society Winter Concert
 Saturday 14 December, 3.30pm
 The society will be performing Britten's *Ceremony of Carols* as well as others for the audience to join in with. The choir meets every Tuesday from 8pm to 10pm.
Cost: £12 on the door. Under-12s free.
To find out more about the concert or the choir, visit www.eastcote-ruislip-choral.org or call 01895 904556.
St Edmund's Church

Harrow Choral Society
 Saturday 14 December, 7.30pm
 The society's Christmas Celebration has all the ingredients for a perfect start to the festivities with seasonal music old and new, a superb historic setting, celebrity guest reader Rita Tushingham and a good helping of audience participation to add to the mix. The programme includes *Jauchzet frohlocket* from Bach's *Christmas Oratorio*, Taverner's *The Lamb*, plus other well-known and well-loved carols.
Cost: £18. Free for under-16s.
Visit www.harrowchoral.org.uk, email boxoffice@harrowchoral.org.uk or call 020 8863 7830.
Harrow School Old Speech Room

Ultimate BublÉ
 Thursday 19 December, 8pm
 Think of Christmas, think of BublÉ! Delight in a showstopping festive three-course menu, then swing to the smooth sounds of this fantastic tribute act, setting you up for a perfect festive season with dancing until late.
Cost: £47.50, with discounts for groups and early booking.
To book, visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Hounslow Community Brass Band
 Tuesdays, 7pm to 8.30pm during term time
 Learn a new instrument or brush up on your skills by joining this group which meets at the Reach Academy in Hounslow, a short journey from Hillingdon. Anyone aged 18 or over can join and instruments are available on loan for free.
Cost: £42 a term.
Email rachelm@watermans.org.uk, call 020 8232 1010, or visit www.watermans.org.uk and search for 'brass band' to find out more.
Reach Academy

Hillingdon Choral Society's workshop: get a handle on Handel
 Saturday 25 January, 10am to 4pm
 Do you enjoy music such as *Zadok the Priest*, and *Messiah*? You can now learn to sing them and many more with the Hillingdon Choral Society.
Cost: £15.
To find out more, visit hillingtonchoralsociety@gmail.com or call 020 8582 3694.
Ickenham United Reformed Church

LEISURE

Ruislip and Pinner Travel Club
 Fridays, fortnightly from 1 November until early April, 7.30pm
 The club meets to share holiday and travel experiences, good and less good, with illustrated talks by members. Destinations featured this season include Argentina, Bosnia, India, Cambodia, Oberammergau and Jordan. New members and visitors welcome.
Cost: £20 for annual membership. £3.50 for visitors, which is refunded if they decide to pay the annual fee.
Email warwickhillman@gmail.com or call 020 8866 2987.
Emmanuel Church

Eastcote Sub Aqua Club (ESAC)
 Every Tuesday from 8.30pm
 ESAC is a friendly club that welcomes new members who would like to learn how to dive as well as existing divers looking for a club where they can dive with friends every week. Find out if diving is for you by booking a 'try dive'.

Cost: Try dives are £25. Other costs vary.
For more information visit their Facebook page or www.esac.org.uk.
Highgrove Pool

EXERCISE

Stretch-a-cise: Over-60s keep fit and relaxation group
 Every Thursday, 11am to midday
 Gentle exercises and relaxation followed by a cup of tea with a friendly and supportive group of like-minded people.
Cost: £5.
Call 020 8842 0547 to find out more.
Deane Park Hall

Dash for Fitness running group
 Mondays, 7.30 to 8.30pm
 A free group which encourages running for fun and to meet new people while helping people get fitter, go faster, and go further. Beginners and runners of all levels are welcome, although under-18s must be accompanied by an adult.
Cost: Free.
Email dashforfitness@btinternet.com or call Gary on 07710 105086 to find out more.
Various routes starting and finishing in Ruislip

Exercise with Alice
 Mondays and Thursdays, 10am to 11am
 Easy, fun dance exercises for people aged 60 plus. Exercises can be standing or seated and are suitable for disabled people. Alice is a qualified professional West-End dancer and comedienne.
Cost: £5. No need to book.

For more information, call Alice on 07966 175 530 or email exercisewithalice@yahoo.co.uk.
Ickenham Guide Hut

Zumba and body conditioning classes
 Tuesdays, 7.30pm to 8.30pm
 Bring your own yoga mat for these exercise classes.
Cost: £7 per session.
To book call Trisha on 07919 276539, or email her at trisha@zumbawithtrisha.co.uk.
Northwood Methodist Church

Pilates with Suzy Barton
 Tuesdays, 1.30pm to 2.30pm
 Pilates exercises focus on improving posture, core strength and flexibility. These classes are suitable for everyone regardless of age, ability, or fitness level. Suzy is an ex-British gymnastics squad member and fully-qualified instructor.
Cost: £10 per class or £100 for a block of 12.



Ruislip Running Club

To find out more, email suzybartonpilates@btinternet.com or call 07850 687488.
The Stables, Manor Farm

Ruislip Running Club
 Monday, Tuesday and Thursday evenings plus a Sunday run.
 Ruislip Running Club helps people to run and stay motivated. Club activities include a beginners couch to 5K programme, support on building distance and speed, as well as training for long distance running. Members are invited to run as much or as little as they like. All abilities are welcome. And there is also a junior club for youngsters aged four to 14.
Cost: Membership fees vary, contact the club for more details.
Email ruisliprunningclub@gmail.com to find out more.
Ruislip Cricket Club

VENUES

Beck Theatre
 Grange Road, Hayes, UB3 2UE

Bishopshalt School
 Royal Lane, Uxbridge, UB8 3RF

Botwell Green Library
 East Avenue, Hayes, UB3 2HW

Compass Theatre
 Glebe Avenue, Ickenham, UB10 8RP

Christ Church
 Redford Way, Uxbridge, UB8 1SZ

Deane Park Hall
 Long Drive, Ruislip, HA4 0HS

Emmanuel Church
 High Street, Northwood, HA6 1AS

Harlington Library and Learning Centre
 Pinkwell Lane, Hayes, UB3 1PB

Harrow School Old Speech Room
 High Street, Harrow-on-the-Hill, HA1 3HP

Highgrove Pool and Fitness Centre
 Eastcote Road, Hume Way, Ruislip, HA4 8DZ

Ickenham Guide Hut
 Community Close, Ickenham, UB10 8RE

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

Manor Farm Library
 Bury Street, Ruislip, HA4 7SU

Northwood Methodist Church
 Oaklands Gate, Northwood, HA6 3AA

Oak Farm Library
 Sutton Court Road, Uxbridge, UB10 9PB

Reach Academy
 High Street, Feltham, TW13 4AB

Ruislip Cricket Club
 Kings College Road, Ruislip, HA4 7JZ

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

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

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

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www.facebook.com/UxbridgeChoralSociety
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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
 Haste Hill Public Golf Course
 01895 250777
 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
 Uxbridge Public Golf Course
 01895 556750
 William Byrd Pool
 020 8897 9390

Local democracy
 Council Meeting Dates and Agendas
 01895 250636

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



Electoral Services and Registrars
 01895 558250
 Conservative Group Office
 01895 250316
 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

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
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 020 8555 1200

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