

HILLINGDON people

News from your council
September/October 2021

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KINGSHILL LOCAL

**POST
OFFICE**

Hayes shopping parade transformed



**Compass Theatre
welcomes you back**

Film industry jobs boost

**Four more outdoor
gyms open**



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COVER PHOTO: JASMIT SINGH OWNER OF THE POST OFFICE ON KINGSHILL AVENUE, HAYES.



Advertising deadline for next edition: **Friday 1 October 2021.**

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Welcome



During the summer, most coronavirus legal restrictions and social distancing measures were lifted. It was thanks to the success of both the vaccination and testing programmes that we were able to take the final step on the government's roadmap out of lockdown, and it marked a change in how we now live with COVID-19.

As we all get used to the 'new normal' it's important to remember that coronavirus hasn't gone away and we still need to act carefully. To help keep Hillingdon safe you should continue to get tested regularly and I encourage residents to have both doses of the COVID-19 vaccine. If you're also offered boosters and flu vaccinations in the coming months please take them.

With all business sectors operating again, the council is supporting town centre retailers to recover and build back better through a grant from the government's Welcome Back Fund. This autumn, we will be helping to breathe new life into high streets by organising promotional events to increase footfall; helping businesses to adapt to online trading and strategically market their products; launching a new town centre marketing campaign; and introducing new temporary street furniture to celebrate and welcome back customers safely and support outdoor eating. You can read about this on page 22.

Additionally, our town centre improvement programme continues, and as you can read on page 18, a range of work is currently underway to revitalise shop fronts and the streetscape in Kingshill Avenue Parade, Hayes to boost footfall and enhance its appearance.

Ensuring residents have access to high quality leisure facilities remains a priority and during the summer we opened four brand new outdoor gyms across the borough, with five more on the way (page 23); invested £370,000 to enable the outdoor lido at Hillingdon Sports and Leisure Complex to be heated and operate all year round to expand swimming capacity (page 5); and our golf courses are also offering low-cost play for residents of all ages and capabilities (page 14).

This month's Recycling Week is encouraging people to step up and recycle more to tackle climate change. While our recycling rates have increased, we want to do even better, and our recycling roadshow is currently on tour to show you how easy it is to recycle in Hillingdon. This month, we're also introducing an enhanced textile recycling service to make it even easier for you to give unwanted clothes a new lease of life. You can read more about this on page 26.

This autumn we are also introducing a new tree sponsorship scheme, Trees for Streets, in partnership with the Trees for Cities charity to increase the number of trees in our communities and improve air quality. If you want to sponsor a tree and have a location in mind, I'd encourage you to read page 15 and get involved.

As *Hillingdon People* went to print, the council announced its plans to support the government's Afghan resettlement scheme. Read more on page 24.

**Cllr Ian Edwards
LEADER OF THE COUNCIL**

Schoolchildren shine a spotlight on climate change

Primary schoolchildren across Hillingdon showcased their artistic talents by taking part in a competition to express their thoughts, ideas and feelings on climate change.

The council's Climate Change competition ran from Thursday 22 April (Earth Day 2021) until Saturday 5 June (World Environment Day). Children were given the freedom

to express themselves through any art form and examples included eye-catching posters, videos, comic strips and models.

The winners were announced on Thursday 17 June to coincide with Clean Air Day. Aaraa, from Harlyn Primary School's nursery class, Sebastien from Year 1 at Warrender Primary School and Dina from Year

3 at Harefield Junior School all scooped the top of prize of a £50 Amazon voucher.

Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration, said: "This competition has shown us that young people are not only passionate, but they are demanding action in the fight against climate change."

"We're determined to play our part and that's why we've set an ambitious target for our own operations to be carbon neutral by 2030."

Pledge to do your bit for the local environment and help keep Hillingdon a clean and green place to live and work by visiting www.hillingdon.gov.uk/environment-pledge.



WINNERS From left to right: Aaraa, Sebastien and Dina

Green-fingered Beavers make library garden bloom



Beavers from 4th Eastcote Scout Group have helped to transform the garden area at Ruislip Manor Library into a welcoming space for the community to enjoy.

On Monday 5 July, the Beavers helped to plant a variety of flowers including geraniums, sunflowers and snap dragons and also weeded and tended to the flowerbeds.

The Beavers had been learning about the importance of insects to help pollinate plants and they built a bug hotel from bricks and a variety of

natural materials such as pine cones, hay and twigs to encourage insects to visit the library garden.

Rocks were decorated to add some interest to the flowerbeds, as well as bunting to highlight the theme of this year's Summer Reading Challenge, Wild World Heroes! The busy Beavers also made bird feeders and created colourful tree hanger decorations.

Their hard work earned the Beavers their Gardener Activity Badge by helping them to understand what tools you need

in the garden and how to use them safely, as well as finding out what plants need to grow.

Lucy Limb, Beaver Leader 'Conker', from 4th Eastcote Scouting Group, said: "Working together with the library team on the garden space has been very special for the six and seven-year-olds who had been stuck inside for so long during lockdown. Teaching life skills and connecting young people to their community and the outdoors is very rewarding."



Rosie Whittle, Group Manager for Ruislip Manor and South Ruislip Libraries, said:

"We were delighted to be approached by the Beavers to help us brighten up the garden at Ruislip Manor. They were a wonderful group and have helped to create a welcoming and attractive space, thank you!"

Over time, the library hopes to work with other local community groups to develop the small garden into a space for everyone to learn about gardening, plants and supporting wildlife.

Construction begins on more homes for our residents

The Leader of the Council, Cllr Ian Edwards, visited a building site in St Helen's Close, Cowley on Thursday 1 July to mark the start of construction of five new houses.

During the visit, Cllr Edwards, who was joined by Cllr Jonathan Bianco, Cabinet Member for Property and Infrastructure, reviewed blueprints for one three-bed and four two-bed homes and met with senior council directors and representatives from the building contractor NFC Homes to discuss the plans.

The properties will be located within easy reach of local shops, schools, Cowley Recreational Park, and Brunel University, and will have bus links to West Drayton railway station, Hillingdon Hospital and Uxbridge town centre.

The development is the second project for Hillingdon First Limited – a company set up by the council in April 2018 to enable the authority to build high-quality homes for sale or let, creating a sustainable revenue stream to help fund future homes for local people, as well as council services.

In January 2021, the first Hillingdon First development of 31 flats was completed on a site adjacent to South Ruislip Library on Victoria Road. In April, the council also finished 10 new homes at affordable rent in Ditchfield Road, Yeading, and work is underway to build five three-bed houses in Moorfield Road Cowley, which should be ready in early spring 2022.

Speaking during the visit to St Helen's Close,



NEW HOMES Cllr Edwards and Cllr Bianco at St Helen's Close

Councillor Bianco said: "As with the plot of land in Moorfield Road, we've demolished 22 under-utilised garages to make way for these new homes. With an estimated completion date of summer 2022, we won't have to wait too long before families are moving in and enjoying the benefits of being in such a prime location."

"One of our top priorities is ensuring that residents have access to well-designed, safe, modern and energy-efficient homes. Therefore, we will continue to build new homes and work with developers to maximise the number of affordable units, while modernising our existing council housing."

For more information visit www.hillingdonfirst.co.uk.



HEATED POOL The Mayor of Hillingdon and Mayoress Reeta Chamdal with The Lido Ladies, Nicola Forster and Jessica Walker

Uxbridge leisure centre lido now heated

On Saturday 7 August, the lido at Hillingdon Sports and Leisure Complex in Uxbridge was heated for the first time as part of a joint initiative between the council and its leisure centre provider Better to enable residents to use the historic outdoor pool all year round.

The council has invested £370,000 in the project which will provide more swimming capacity in the borough for residents to keep fit and healthy.

To mark this new venture, a tropical island themed event took place at the lido, featuring two former *Love Island* TV stars, Steel Pan players, a limbo competition, a Hawaiian Shirt competition, swim stalwarts The Lido Ladies and, of course, swimming. Families, fitness swimmers, elite athletes and swimming clubs all attended to take a dip and celebrate the pool being heated all year round.

The Mayor of Hillingdon, Cllr Roy Chamdal; and Cabinet Member for Families, Education and Wellbeing, Cllr Susan O'Brien were also present to mark the occasion.

New lighting is being introduced at the site to improve visibility during the darker winter mornings and evenings, shower facilities outside are now heated, and new covers will act as a heat retainer and keep the pool clean. In keeping with the council's climate

change ambitions to be carbon neutral by 2030, the lido will also use renewable energy to heat the water.

Leader of the Council, Cllr Ian Edwards, said: "We are continuing to deliver first-class leisure facilities for residents to support their fitness and wellbeing."

"We're delighted to be working in partnership with Better to expand our swimming offer in the borough and provide warm water swimming at Hillingdon Lido all year round."

"The leisure centre is looking forward to welcoming visitors to the lido throughout the autumn and winter and I hope that residents enjoy this new experience."

For more information and to book, visit www.better.org.uk/hslc.

Army boards complete tribute to Polish Forces

Two new interpretation boards commemorating the efforts of the Polish Army during the Second World War have been installed at the council's Polish Forces Remembrance Garden in South Ruislip.

The boards were unveiled (pictured right) at a special ceremony on Sunday 6 June, the 77th Anniversary of D-Day, by His Excellency Professor Arkady Rzegocki, Ambassador of the Republic of Poland to the Court of St James's and Cllr Sir Ray Puddifoot MBE, the council's Armed Forces Champion.

The event took place in the Remembrance Garden next to the Polish Air Force Memorial, in the presence of the Mayor

of Hillingdon, Cllr Roy Chamdal and representatives from The Polish Ex-Combatants' Association, the Polish Air Force Memorial Committee and the Polish Airmen's Association.

Standing alongside the existing interpretation boards for the Polish Air Force and the Polish Navy, the Army boards complete a poignant tribute to the combined efforts of the Polish Forces in bringing about the end of the conflict.

The two Polish Army boards detail the Polish Army's contribution to the Allied effort and as with



the previous boards on display one is written in English and one in Polish.

Cllr Puddifoot said: "The Polish Forces Remembrance Garden pays tribute and honours the Polish Army who together with the Polish Air Force and Polish Navy played a significant part in defeating Nazi Germany in the Second World War.

"With the inclusion of a

tribute to the Polish Army here in the Polish Forces Remembrance Garden we hope to provide both a lasting tribute and show our gratitude to the men and women of Poland who fought for, and helped retain, our freedom."

For more information on the Polish Air Force in Hillingdon, visit www.hillingdon.gov.uk/polishtrail.

Supporting employers to stamp out domestic abuse



Employers have a key part to play in preventing and tackling domestic abuse and the council is involved in a new initiative in partnership with Hillingdon Women's Centre, The Sharan Project and Get Ready for Work (GRoW).

The Workplace Safespace employers' initiative started in August 2020 and is aimed at businesses

and organisations in and around Hillingdon who are invested in supporting their staff, customers and clients to tackle and reduce domestic abuse.

To date, more than 50 companies and organisations have participated, and more than 200 employees and volunteers have been trained and supported.

Vicky Lechuga, Manager of Hillingdon Women's Centre, said:

"Domestic Abuse is a global issue and is more prevalent than you can imagine. As employers and members of the community, we have a responsibility towards our colleagues. The Workplace Safespace programme brings a unique opportunity to learn and promote zero-tolerance against domestic abuse while providing appropriate support for those experiencing it."

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said:

"Domestic abuse is a devastating crime, which has a long-term effect on people's lives.

"As one of the largest employers in the borough, it's our responsibility to lead by example and

we're proud to be part of the Workplace Safespace employers' initiative.

"The COVID-19 pandemic has thrown not only domestic abuse into the spotlight but also the important role that employers have to play in tackling it. We want to ensure that local businesses have the policies in place to help their staff recognise the signs of abuse and information on how they can signpost victims to support."

If domestic abuse is happening to you, it's important to tell someone and please remember you are not alone, and that support is available. For more information, visit www.hillingdon.gov.uk/abuse.

For more information on Workplace Safespace and how to sign up, visit www.workplacesafespace.org.

Design a Christmas card competition

Residents of all ages are encouraged to get creative and enter the council's Christmas card competition.

Local people are invited to submit a festive image related to the borough and one winning entry will be selected by Leader of the Council, Cllr Ian Edwards to feature on this year's corporate Christmas card.

To enter, please supply your image as either a jpeg or pdf attachment (not embedded in the body of an email); the image can be either portrait or landscape

but must be high-resolution (at least 300dpi and 216mm by 154mm in size) and only one entry per person is permitted.

Please remember to consider how your design will look when scanned as glitter and some other collage materials can lose their effect.

Email your entry to corporatecommunications@hillingdon.gov.uk by 5pm on Friday 29 October 2021. For more information, visit www.hillingdon.gov.uk/christmas-card.



New service helps residents achieve a healthier weight



A new 12-week NHS weight loss programme for local people is being delivered by the council and NHS partners, The GP Confederation and Hillingdon CCG.

Health Lifestyle Action is a free 12-week weight loss programme developed by doctors and delivered by knowledgeable and friendly facilitators.

The programme is open to residents aged over 16 who have a Body Mass Index (BMI) of 30+ who are committed to losing weight (or have a BMI of 27.5 with underlying health conditions such as high blood pressure or diabetes).

Evening and weekend sessions are available, lasting between 1.5 to 2 hours focusing on diet,

exercise and leading a healthy lifestyle.

Groups are limited to 12 to 15 participants, ensuring that individual support is delivered in a friendly and supportive environment.

Ken, aged 64 from Hillingdon, said: "The programme gave myself and my wife the tools we needed to lose weight. Hearing about the struggles of others and their efforts to lose weight and get fitter introduced us to aspects of a healthy lifestyle we had not considered before.

"My own success is driven by my goal to be able to get into a plane seat without having to ask for a belt extension to buckle up.

"So far, I have managed to lose more than three stone on the programme and intend to continue until I have reached a healthier weight for my height."

For more information, visit www.hillingdon.gov.uk/weight-loss or email hillccg.weightadmin@nhs.net.

Virtual reality training aids understanding of trauma

An innovative virtual reality (VR) training programme is being used to support the council's adult and children's social care teams to help them better understand the experiences of vulnerable residents.

Working alongside the Cornerstone Partnership, the programme utilises VR technology to gain a deeper understanding of the trauma and neglect children in care have experienced, as well as an insight into the day-to-day reality of residents living with dementia and autism.

VR scenarios include a child experiencing neglect in a rundown home, a child in the womb experiencing domestic and substance abuse, and other scenarios which

help staff to experience the everyday challenges faced by residents who have dementia and autism.

In October 2019, the council purchased 24 headsets and multiple training sessions are currently being rolled out.

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "VR technology is one of the ways we're helping our staff to better understand and recognise certain challenging situations.

"We're committed to providing excellent care and support for residents and the unique insight which this immersive training provides is something that we're keen to explore using in other areas."



Walk this way - towpath transformation continues

The council, in partnership with the Canal & River Trust, has successfully transformed another stretch of towpath along the popular Grand Union Canal.

The section, between Culvert Lane and Rockingham Road, Uxbridge (pictured below) has been reconstructed, resurfaced and increased to two metres in width where possible.

A hard-wearing buff resin surface has been laid along the pathway to improve year-round access for pedestrians and cyclists. Vegetation along the canal has also been cut back.

Since the works were completed in July, the council and the Canal & River Trust are planning to move on to the next phase of improvements which includes the installation of new signage to highlight local attractions and access points to and from the towpath.

Once complete, more than two kilometres of canal between Hayes and Uxbridge will have been upgraded in the past three years, including the

route between Hayes, Stockley Park and Trout Road, West Drayton.

Cllr John Riley, Cabinet Member for Public Safety and Transport, said:

"Hillingdon has more towpaths than any other London borough and we want to make the Grand Union Canal a popular route for commuters and local people to enjoy.

"Being by the water is great for boosting mental health and we hope that these improvements will encourage people to leave their cars at home and enjoy the health benefits of using this scenic route instead."

Residents are invited to come along to a celebration event on Saturday 25 September, from 10am to 3pm, to see for themselves what the canal has to offer. There will be led walks, guided cycle rides, Dr Bike sessions and much more – look out for updates on the council's social media channels.

For more information about the project, visit www.canalrivertrust.org.uk/bettertowpaths.



Council secures measures to tackle pigeon nuisance at Ruislip railway bridges



PIGEON PROOFING at South Ruislip station

New measures to tackle pigeon mess hotspots in Ruislip are set to be installed by TfL following a long campaign of lobbying by the council.

The good news comes after Cabinet Member for Public Safety and Transport, Cllr John Riley, wrote a letter to Transport for London's Commissioner of Transport, Andy Byford.

The letter urged Transport for London (TfL) to take more effective action and Mr Byford responded, agreeing to some new mitigations which he promised would be installed this autumn.

Complaints from residents about the birds' mess under the railway bridge on West End Road near Ruislip Gardens Tube station and at South Ruislip, date back several years.

During this time, the council had been in

talks with Network Rail and TfL (which own rail and Tube bridges) to take action, but measures to stop the birds roosting under the bridges had failed.

However, the council's street cleansing team visits the sites frequently to clean the bird mess away, but unfortunately, it's a never-ending task as the pigeons roost each evening.

Cllr Riley, said: "We're delighted that TfL has agreed to help us tackle this pigeon problem once and for all.

"The mess from these pigeons can pose a health risk to the many residents that pass under these bridges daily. It is also unsightly and unpleasant. TfL's proposed measures of sloping surfaces and mesh netting will force the birds to roost elsewhere."

Hillingdon residents and groups enjoy music, dancing and high tea

The Fassnidge Memorial Trust and Uxbridge BID in partnership with the council hosted a 1940s-themed tea dance for Hillingdon charities and community groups for those aged 65 and over on the Civic Centre forecourt in August. *Hillingdon People* went along to see the festivities.



The special event, which took place on Wednesday 4 August, was organised with support from Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing, and Cllr Jane Palmer, Cabinet Member for Health and Social Care.

The team behind the day hoped the dance offered a nice excuse for people to get together and enjoy themselves after such a long time, where many have had to forego seeing friends and family during the pandemic to keep themselves and loved ones safe.

Leader of the Council, Cllr Ian Edwards; Mayor of Hillingdon, Cllr Roy Chamdal; and Mayoress Reeta Chamdal were also in attendance and spent the afternoon getting to know many of the guests and even serving tea.

Festivities included a traditional afternoon tea of sandwiches, scones and cake served on vintage bone china, retro decor and a live jazz band singing popular hits from the 1940s. Attendees, many of whom were dressed in vintage attire, gracefully danced the afternoon away on the bespoke sparkling dancefloor and talked about how wonderful it was to be back at a tea dance.

Lynda Dalton, 80, from Ruislip, attended with her husband **Anthony** (pictured below). She said: "Today has been like a blast from the past! It's been lovely to enjoy a day like old times. I have loved getting together with everyone, hearing the classics and most of all, spending the afternoon dancing."

Cllr Chamdal also made a special request to the band to play 70s classic *How Deep Is Your Love* by the Bee Gees, which saw him and the Mayoress enjoy a turn around the dance floor.



Kira Gibson, Marketing and Events Manager for Uxbridge BID, said: "Uxbridge BID was

delighted to help organise the Love Summer Tea Dance! A wonderful day was had by all - attendees and organisers alike! We danced, had a delicious afternoon tea and waltzed to the live band. Our aim was to bring those most affected by the recent few months out and back into our town centre for food and fun and we are so pleased they had a lovely day. We can't wait to do it all again!"

The Mayor of Hillingdon, said: "I was delighted to host our first tea dance since restrictions were lifted and it was a happy and joyous occasion for everyone present.

"Along with the wonderful company, we had a splendid tea followed by some great dancing, which was enjoyed by all - even I had a spin around the dance floor.

"I enjoyed getting to know some of the senior members of our community better and I'm looking forward to meeting many more residents and community associations during my mayoral year."

Compass Theatre welcomes back visitors

Following the lifting of government restrictions for venues and events in July, the Compass Theatre in Ickenham prepares to reopen at full capacity next month. *Hillingdon People* finds out about the theatre's upcoming shows, how they are keeping audiences safe and how you can get involved as a volunteer.



WELCOME BACK Fjóla Stenning, Box Office and Audience Development Manager and the Compass Theatre's caretaker Roger Ware

The Compass Theatre welcomed back audiences in July after a long break when the venue was forced to temporarily close at the start of the coronavirus pandemic in March 2020.

While the Compass was unable to host most in-person activities and events during its closure, the hiatus kept the theatres team busy behind the scenes as they prepared to officially reopen on Monday 19 July.

However, during early summer as restrictions started to ease, comedy fans were still able to enjoy stand-up in the theatre's garden and youth theatre workshops were also able to take place with reduced audience sizes and social distancing restrictions in place.

To continue to keep attendees safe the theatre has introduced measures in line with government and industry guidelines, such as regular COVID-19 testing of theatre employees and volunteers, enhanced cleaning in between performances and there is increased ventilation in the theatre.

The theatre has also been operating at half its capacity or less since reopening as an extra precaution but will be hosting full capacity audiences from next month.

While face coverings are no longer legally required, visitors should still consider wearing them in enclosed and crowded spaces.

Theatre goers are also encouraged to purchase tickets in advance online or on-site using contactless card payments.

The venue's return will also see something totally new this year with the launch of the Compass Puppet Club. Embracing all things puppetry,

the venue will be hosting workshops in the coming months in puppet creation, puppet performance skills, puppet show production and more. There will also be number of puppet-themed events, including *The Elves* and the *Shoemaker* presented by the Theatre of Widdershins during the October half-term holiday.

The theatre's new community arts group has also started making papier-mâché and rod-style puppets of characters for a puppet version of *Hans, The Witch and The Gobbins*.

If you would like to get involved in the community arts group or puppet workshops, contact the Compass Puppetry Club group on Facebook, or email boxoffice@hgflorg.uk. Alternatively, you can call the theatre's box office on 01895 250615 or visit www.hillingdontheatres.uk for more details.

Clr Jonathan Bianco, Cabinet Member for Property and Infrastructure, said: "I am delighted to see the return of our Compass Theatre after its temporary closure.

"The theatres team and local groups are very excited to put on performances again, and we have introduced a range of measures to keep both audiences and staff protected.

"There's a wonderfully diverse programme of shows taking place this autumn and winter at our much-loved venue, and I encourage any theatre lovers to have a look at the event listings and consider booking one of the fantastic upcoming productions."

For more information, visit www.hillingdontheatres.uk

Become a theatre volunteer

The Compass Theatre relies on volunteers to help support the running of the theatre.

Volunteer roles include working behind the bar or in the box office, ushering a show, working in the wardrobe department, gardening, making puppets or joining the Friends of Ickenham Hall committee. The committee helps to raise funds for the Grade II listed hall

(located on the theatre's grounds), maintain the gardens and support activities at the Compass.

No experience is required to volunteer but if you're able to help out at least once a month, that would be ideal. During busier periods, such as during panto season, more frequent help is often needed. Roles are open to anyone aged 16 and over, or aged 18 and over for the bar and box office.

For more information, email boxoffice@hgflorg.uk, or call Hillingdon Box Office on 01895 250615 or visit www.hillingdontheatres.uk

Film industry jobs boost for Hillingdon



LIGHTS, CAMERA, ACTION A CGI of West London Film Studios proposed expansion

The council is working with businesses to increase investment in our local economy and to help create further job opportunities for local people. The latest addition under this initiative is the expansion of the Hayes-based West London Film Studios which is expected to generate up to 580 new jobs.

The West London Film Studios has been one of the borough's best kept secrets, while at the same time hosting a range of high-profile film and TV productions. Guy Ritchie's film *The Gentlemen*, the BBC's *Killing Eve* series and Amazon Prime's *Good Omens* are just a few of the many well-known productions which have been made there.

The current studios, located in Springfield Road, Hayes, has gained popularity within the industry during the last five years and are operating at full capacity.

Tilda Wylie, General Manager, West London Film Studios, said: "The West London Film Studios is a small independently-owned studio which is now embedded in the local community. The UK's tax incentives, along with the rise of streaming platforms (such as Netflix) have generated an influx of projects looking to shoot in the UK.

"However, the shortage of studio space, especially in London, has been an ongoing issue and has resulted in some projects going abroad or not going ahead at all. The lack of space has resulted in a loss of inward investment for the UK."

For this reason, expansion was the next logical step for the studios. Their new development, which was approved by the council in December and the Greater London Authority in July, will provide four new studios and supporting facilities. The additional facilities will include workshops for set construction, painting, prop making and storage, dressing rooms, makeup and wardrobe departments, and offices to accommodate the production teams.

It will also ensure that existing film production remains in the borough and help to boost trade for local businesses, such as hotels, taxis and catering firms. According to the studios, the current site contributes between £18 and £24 million towards the local economy. They also estimate that the expansion could create up to 580 new jobs at the studios and in the businesses that support the film sector.

The film industry has a wide range of jobs, and the creation of additional studio space allows more projects to be made and in turn creates further employment opportunities in a variety of sectors.

Examples of job opportunities include roles in the construction industry such as carpentry and rigging; film production and post-production and set design, costume, makeup and prop making positions. Other studio team posts will be created in areas such as management, operations, maintenance and front of house.

The expansion works are expected to start later this year and be completed by autumn 2022.

Clr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration,

said: "The West London Film Studios' expansion is an exciting venture for the borough and demonstrates the confidence which major industries have in doing business here.

"The UK has a thriving film industry and this expansion will help to create many new jobs for local people in this area, as well as supporting our local economy as it recovers from COVID-19."

Fun activities and courses for children and young people

Our Fiesta summer activities programme and annual Playday proved as popular as ever this year, so we met with some local children and parents to find out what makes the courses and activities so fun and enjoyable. We also take a look at the action-packed programme enjoyed by young people eligible for free school meals.

Throughout the summer holidays, children enjoyed dozens of activities including dance, sports, motor mechanics, young enterprise courses, cooking and virtual reality sessions as part of our annual Fiesta initiative.

Fiesta has been running in Hillingdon for 18 years and courses are offered to children and young people in years 1 to 13 who live or are educated in Hillingdon at various venues across the borough. The low-cost activities are designed to encourage younger residents to try something new, make new friends and keep active during the school holidays.

This year, approximately 1,200 young people took part. **Shaida Rahman from Hayes** brought her daughter **Safiyyah**, aged nine, along to the Summer Action Week at West Drayton Young People's Centre. She said: "It's a fantastic scheme and as a key worker it's really helped us with childcare during the summer holidays. It's a chance for Safiyyah to make new friends, try out new activities instead of being stuck at home in front of a device."



READY, STEADY, COOK Cookery classes at West Drayton Young People's Centre

Jaime Varela Melende, aged 14, from Hayes attended the Introduction to Motor Vehicles course at West Drayton Young People's Centre. The course has been designed to help young people develop their problem-solving skills and learn to work as part of a team. Upon completion, attendees will receive an Institute of the Motor Industry Level 1 Unit accreditation.

Jaime said: "I really like cars and finding out how to check the engine to do repairs. I'm learning a lot including what tools to use."

Another highlight of the Fiesta programme included fencing at Queensmead Sports Centre in South Ruislip. Designed for young people in years 7 to 13, the week-long introductory course covered both foot and sword work and attack and defence play.

Annabel, aged 12 from Ruislip, said: "This is the second time I've done fencing and I'm really enjoying learning new skills." **Anja, aged 12 from Uxbridge**, added: "It's really fun to try something new and I'm enjoying perfecting my defence skills."



UNDER THE BONNET An introduction to motor vehicles at West Drayton Young People's Centre



EN GARDE Fencing at Queensmead Sports Centre

Supporting families during the school summer holidays

The council also offered several free activities for children aged between four and 12 who are eligible for free school meals, as part of the government's Holiday Activity and Food Programme.

As well as free places on the council's Fiesta programme, highlights included a Get Active Holiday Camp at Hillingdon Sports and Leisure Complex in Uxbridge. Activities included multi-sports, arts and crafts, team games and science experiments.

Tree Tops Club at Botwell Green Sports and Leisure Centre in Hayes and Queensmead Sports Centre in South Ruislip put on a range of fun and engaging activities which included inflatable fun, laser tag, archery, messy play and construction.

Young people interested in the performing arts came along to sessions organised by Skipz Productions at Harlington Secondary School in Hayes. Highlights included drama workshops, singing and dance classes, as well as art, sport and nutritional education classes.

For children passionate about football, QPR Soccer School put on training sessions at Botwell Green Sports and Leisure Centre in Hayes to help young people perfect skills needed on the pitch, such as dribbling, passing, attacking, defending and shooting.

Holiday, Activity and Food Active Camps took place at venues across the borough, and children enjoyed quizzes, games, sports activities, arts and crafts and a delicious packed lunch.

Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing, said: "We look forward to our annual Fiesta and Playday events every year as we know how much local families enjoy the exciting variety of courses and activities on offer."

"School holidays, particularly the long summer break, can be difficult for families because of increased costs such as food and childcare."

"We are very proud of the programme we've put on for children eligible for free school meals which ensured that they were able to enjoy fun, educational and stimulating experiences during the break."

Playday 2021

Here's what families had to say:

In addition to Fiesta, the council's popular Playday returned to Hillingdon on Wednesday 4 August for the seventh year.

A range of 16 free taster sessions took place across the borough to mark this year's national day of play.

Approximately 300 mums, dads, carers and children came along and enjoyed activities, including cycling, storytelling, fitness classes and cricket. There was also a Forest School at Harefield Children's Centre, an introduction to BMX racing at Lake Farm in Hayes and even a teddy bears' picnic at Yeading Park.

"My daughter's attention is so much better engaging in outside activities."

"Being outside in a safe place where the children can explore is great."

"Myself and my two children attended today's family walking football session in Uxbridge and we had such a lovely time and are now looking to sign up to do the family walking football session in half-term!"





Golfers enjoy the delights of Hillingdon's greens

As players flock back to the borough's council-run golf courses post-lockdown, *Hillingdon People* catches up with golfers old and new to find out the attraction of this increasingly accessible sport.

On a warm July afternoon, **Malachy Tully** sunk another ball in gleaming sunshine on Haste Hill Golf Course's putting green chuckling, "I never thought I would be playing golf. I always played football and tennis."

The 18-year-old is one of many people newly smitten by the addictive sport, which is no longer a pursuit exclusive to the wealthy. This is in part thanks to affordable, council-owned courses like Haste Hill in Northwood, with its picturesque vistas and manicured greens which are open to the public no matter the age or ability.

With lockdown restrictions subsiding, golfers are flooding back to fairways, with veteran players rubbing shoulders with those now keenly learning the differences between the vast array of clubs.

"I got into golf with my Uncle Pat. We just started playing about a year ago just hitting balls on the driving range and then we started going on the putting green and I really enjoyed that and we've just kept going ever since," explained Malachy, who's originally from Shepherd's Bush, but now lives with his uncle just a short distance away from Haste Hill.

"I love it, I love putting, I love driving and I'm going to keep playing. In the heat I don't want to be running around too much sometimes, so when I play golf it's just a nice, chilled out, relaxed sport. I love the peace and quiet on the greens and the fairway," he said.

Karen Partridge and Sian Whitbread are regulars at Haste Hill. Both ladies originally began playing as their husbands were golfers, but have since become passionate players themselves, lured by the sweeping greenery of Haste Hill and are delighted to be back playing post-lockdown.

"It's a big challenge, it's a real head game as well as physical exercise. It's just lovely being outside as well, especially after lockdown, it's been a real treat," said Karen.

"I think this course is the most beautiful in the area," added Sian. "I've played a few around the area, but this is by far the best."

For more information on our public golf courses, visit www.hillingdon.gov.uk/golf

Where you can play

Haste Hill Golf Course (pictured above) opened in the 1920s and is in the north of the borough in The Drive, Northwood. Its 18-holes, with a par 68, and length of 5,750 yards is regarded as one of the most picturesque courses in Middlesex. The 6-hole putting green is available for practice to get a feel for the green speed before heading out.

Uxbridge Golf Course is in the centre of the borough in The Drive, Uxbridge. Golfers are welcome to warm up in the practice nets and on the putting green, before heading



Sian Whitbread



Karen Partridge



Malachy Tully

out to play the 12 holes on offer at this course. The par 47 course is 3,767 yards long with undulating fairways not for the fainthearted! After your round, why not sit back and relax in the clubhouse, with a refreshment, served by the clubhouse operators Hole 19 Ltd?

Attractions at the two courses include play and pay golf (which is from as little as £6 at Uxbridge) and golf shops offering clothing and equipment, plus trolley, buggy and club hire.

Both courses are open seven days a week, 364 days a year (closed Christmas Day)

Continuing to enhance the borough's green credentials

Hillingdon is one of the capital's greenest boroughs, with 200 parks set across 1,800 acres of open space. Following the council's climate emergency declaration in January 2020, steps are being taken to improve local biodiversity - here are some of the environmentally-conscious initiatives taking place.

Branching out with a new tree sponsorship programme

The council is one of the first London authorities to join the Trees for Streets campaign, a new national street tree sponsorship scheme which aims to increase the number of trees in our communities.

The not-for-profit initiative is being run by the national tree charity Trees for Cities. It launches next month in Hillingdon and will provide residents with the opportunity to have a tree planted and maintained in their neighbourhood.



The council wants the borough's streets to be happy places and hopes that people will use this programme to celebrate positive milestones, such as a graduation, birthday or anniversary.

Those interested in taking part can request a place for a tree to be planted via the charity's website www.treesforstreets.org/hillingdon. The council's green spaces team will then assess the chosen location, and if it's suitable arrangements will be made to plant a tree during the winter - which is the best time to plant young trees to ensure they grow and thrive.

Residents can choose between two types of sponsorship. They can opt to sponsor a tree and water it themselves, or sponsor a tree but have the council look after the watering.

The scheme follows the Trees for Cities campaign, a project run in partnership with the charity, which has so far seen more than 230 residents plant trees in green spaces, streets and schools across the borough.

For more information, visit www.hillingdon.gov.uk/sponsor-a-tree



WILD FLOWERS at Windmill Hill, Ruislip

Successful wildflowers and long grass scheme

Last October, the council planted British annual flowers, as well as flowering species from other regions, alongside roads at 30 locations across the borough - with at least one verge featuring in each of Hillingdon's 22 wards.

The initiative follows the success of the borough's flower planting programme from the previous year.

The wildflowers add a splash of colour to the borough while encouraging more pollinators to the areas, such as bees and butterflies. This work also reduces the use of diesel mowers and lowers the cost of maintenance.

The scheme has gone down very well with residents across the borough, who have contacted the council to compliment the verges.

Jo-Anne Wheeler from West Drayton said: "My hubby and I had to go to the Beck Theatre for COVID-19 tests and the verges and roundabouts we passed on the way were beautiful. It was such a delight to see so many gorgeous wildflowers."

Lucy Hayes from Northwood said: "The wildflowers look wonderful at the end of Northwood Way, and in fact, all over the borough. My children love looking at them and the wildlife they attract."

In a further effort to enhance local biodiversity levels, during May more than 20 grass verges and green spaces were left to grow by the council as a pilot and part of the eco-friendly 'No Mow May' project - an initiative organised by wildlife conservation charity Plantlife and championed by hundreds of organisations and gardeners throughout the UK.

Highly-manicured short grass looks neat, but has a low ecological value as it benefits fewer species. Letting grass grow longer encourages other species to grow amongst it and this in turn increases the number and variety of plants and animals, enriching our local ecology.

The trial grass sites were monitored before and after the scheme to check for an increase in plant and animal species. On inspection, the council's green spaces team was pleasantly surprised to find a range of flowers were able to grow, including cuckoo flowers along O'Neil Walk in South Ruislip and a rare bee orchid off Trumper Way in Uxbridge.



For more information, visit www.hillingdon.gov.uk/greenspaces

Plaque unveiled in honour of Tashan Daniel



IN LOVING MEMORY OF TASHAN Celia, Oceanna and Chandy Daniel at the plaque unveiling

An event, organised by the council, was held at the Hillingdon Athletics Stadium in Uxbridge on Friday 23 July to unveil a plaque to honour Tashan Daniel, a young Hillingdon resident who was tragically killed in an unprovoked attack in September 2019.

Tashan trained with the local athletics club and had a passion for competitive sport, with the aspiration to one day become an Olympian. Following his death, the council set up an award scheme in Tashan's name to support young residents to achieve their ambitions in sport, culture and education.

Tashan's parents, Chandy and Celia, and sister, Oceanna, were joined by the Mayor of Hillingdon, Cllr Roy Chamdal; Cllr Jane Palmer, Cabinet Member for Health and Social Care and Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing, to unveil

the plaque in the company of 120 friends and family.

Speaking at the event, Tashan's dad said: "This is a very proud and emotional day for us. I'd like to say a big heartfelt thank you to the council for organising this event today.

"We were always extremely proud of Tashan throughout his life and of his achievements. He was our inspiration, and we miss him every day. I'd like to thank the former Leader of the Council, Cllr Sir Ray Puddifoot, who was instrumental in getting the plaque and bursary scheme set up which we think is an amazing scheme to help young people within the borough.

"I would also like to thank Cllrs Palmer and O'Brien who help to run the bursary – it has been a privilege to be involved in the selection process and we look forward to working with them in the years ahead."

In 2020, the council gave funding to six young residents to support their aspirations in sport, culture and education. Three of the six award recipients, Ryan Carstairs, Abdirahim Hamud and Sophie Harper (pictured right) attended the plaque unveiling and were formerly presented with certificates to mark the occasion.

Applications for 2021 are currently being assessed by a panel, including a member of the Daniel family and an announcement on the next round of awardees will be made in the autumn.

The memorial bursary is available to Hillingdon residents up to the age of 21, with support to the maximum value of £2,000 per person, per year.

For more information on the award, visit www.hillingdon.gov.uk/tashan-daniel-award



PAYING TRIBUTE Friends and family attend the plaque unveiling

Tackling knife crime

Incidences of knife crime are low in Hillingdon but every London borough must be vigilant, create awareness and work in a preventative way.

Since January, more than 3,000 schoolchildren have engaged in educational workshops delivered by the council, the police and St John Ambulance to prevent knife crime.

For primary schoolchildren in years 5 and 6, sessions focus on knife crime and exploitation before they transition to secondary school. Secondary schoolchildren in Year 7 learn more about the consequences of carrying a knife with hard-hitting 'Your Life, Your Choice' sessions, which include weapons that have been confiscated by local police officers and graphic real-life images of knife wounds.

The Brilliant Parents parenting programme is another preventative measure that recruits and trains 'parent champions' in Hillingdon to offer advice, guidance and support to local families. The scheme helps build community resilience by ensuring that parents can recognise the signs of exploitation and protect young people from criminal activity and youth violence.

In areas of the borough where emerging patterns of youth violence have been identified, mobile teams visit and engage with children out on the street to educate them about the risks of knife crime. A series of in-depth targeted programmes are also run throughout the year for young people at risk of youth violence, offering educational workshops and mental health and wellbeing sessions.

To target hard-to-reach children at risk of knife-related crime, the council's

award-winning AXIS programme uses advanced technology to gather information from a range of sources in the local community to identify and support children from the earliest possible stage. This level of early intervention aims to prevent escalation into social care or the council's Youth Justice Service.

Statistics show that children who have been a victim of knife crime are more likely to carry a knife with them, so the council also works with the charity Victim Support to offer a bespoke programme to children who have been victims of knife-related crime.

For young people who have been convicted of knife-related offences, the council's Youth Justice Service focuses on rehabilitation. Working together with the London Mayor's Office for Policing and Crime, officers deliver intervention sessions for children aged 10 to 17 to help them understand the risk factors of carrying a knife and support diversion. To date, 87 per cent of children who engaged with the intervention sessions from April 2019 to March 2021 have not committed a further knife-related offence.

In addition to preventative measures and rehabilitation, the council and police also facilitate several overt operations each year in the community as part of an ongoing drive to reduce weapon-based violence.

Teams of officers undertake weapon sweeps in local parks and work in collaboration with British Transport Police to erect temporary knife arches at Tube stations to confiscate weapons. Since January, six operations have resulted in

a number of weapons being recovered from parks or members of the public.

The council has also installed three knife bins in the borough to encourage residents to safely and securely dispose of unwanted knives and bladed items in large, steel containers. These are located at Devonshire Lodge Car Park in Eastcote, and both Pump Lane Car Park and Judge Heath Lane in Hayes. Knives should be wrapped up and sealed with tape before they are disposed.

Hard calls save lives

Are you close to someone on the fringes of knife crime? Do the right thing, please give information, 100 per cent anonymously, through the independent charity Crimestoppers.

No piece of information about knife crime is insignificant or too small. Any information you give to Crimestoppers can make a difference in reducing knife crime and the harm it causes to families.

Crimestoppers never ask your name and they cannot trace your call, your IP address or the device you use. Fill in their quick online form or call 0800 555 111. It could save a life.

For more information, visit www.hardcallsavelives.co.uk.

Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing,

said: "We were honoured to mark Tashan Daniel's legacy with a plaque at the Athletics Stadium at Hillingdon Sports and Leisure Complex where he trained.

"We are committed to tackling knife crime in the borough and will continue to work closely with our partners to educate young people on the dangers of carrying a knife."



2020 AWARDEES Abdirahim Hamud, Ryan Carstairs and Sophie Harper

For more information on how we can all play our part in keeping Hillingdon safe, visit www.hillingdon.gov.uk/safety

Hayes shopping parade transformation underway



REVITALISED Kingshill Avenue transformed with new paving and street furniture

A parade of shops and the streetscape along Kingshill Avenue in Hayes is undergoing a £422,000 revitalisation thanks to the council. *Hillingdon People* visited the area and met a few local business owners and residents to find out more.

Kingshill Avenue Parade consists of approximately 30 shops, which include convenience stores, a post office, several takeaways and a range of independent cafés.

Works started in May on a range of improvements to boost footfall for businesses and enhance the area for residents and local families who support the shops.

Nine independent businesses along the street have applied to the council's popular shop front grant scheme where owners can apply for an 80 per cent grant towards the cost of works up to a maximum of £4,800. To date, three owners have received funding to modernise and renovate their shop fronts including **Jasmit Singh** who has owned the post office in the heart of the parade for the past three years. He said: "This grant has really helped to support my small business and the works have given a more modern look to the entire road. The improvements are helping to drive more footfall to the area, and it's really helped to improve the aesthetics of the parade."

Owner of Brentside Cars, **Russell Breach**, said: "Our family business has been here since 1974 and we're really pleased to have been able to apply to the shop front grant scheme. The works along the pavement have really lifted the parade and are helping to regenerate the wider area."

Local businesses will also benefit from having their private forecourts repaved and better parking for customers through the demarcation of individual parking bays. The council is also working with landlords to improve the appearance of any vacant shops to make the commercial space more attractive for prospective tenants.

Colourful screening and air purifying wildflower planters are also set to be introduced, once paving and resurfacing works have completed on the Adelphi Way junction, to obscure an unattractive brick wall and create an attractive focal point in the heart of the parade. The junction will also benefit from a raised crossing along a section of the road to provide an informal crossing point for pedestrians to help slow down traffic.

An eye-catching mural will also be installed on the post office corner in the autumn to cover a redundant shop window. The artwork is in the form of a postcard depicting a postal worker delivering a letter and marks the early twentieth century phenomenon of sending postcards which is also in keeping with the period of the building.

New energy-efficient streetlighting with LED dual lanterns were installed in January 2021 to improve visibility for both motorists and pedestrians along the parade and carriageway.

Extensive lengths of guard railing, bollards and outdated and unnecessary street furniture will also be removed, and new paving, planters, contemporary benches, cycle stands and trees will help to lift and transform the streetscape.

Works to Kingshill Avenue Parade are expected to be completed in September at a total cost of £422,000 (£322,000 will come from the council's highways budget and £100,000 from the council's Chrysalis programme).



BRENTSIDE CARS Russell Breach (left) with his dad Russell



KINGSHILL LOCAL POST OFFICE Jasmit Singh



COMING SOON Eye-catching mural on the corner of the post office

Cllr John Riley, Cabinet Member for Public Safety and Transport, said:

"With many more residents working from home during the pandemic and being unable to venture further afield, they have been supporting retailers much closer to home.

"With this in mind, we recognise the importance of our local shopping parades and the need to ensure they remain attractive places for people to visit and shop.

"We're also committed to reducing crime and anti-social behaviour and our popular alley gating scheme helps to improve security for residents on private land. Since it was created in 2008, more than 100 alley gates have been installed in Hillingdon.

"As a council we're committed to regenerating our town centres, and this year's record spend on highways represents our ongoing commitment to improving Hillingdon's streetscape."

Alley gates help to reduce anti-social behaviour

Alley gates are to be installed along the private service road to the rear of 262 to 288 Kingshill Avenue improving security for businesses and the residents who live above the shops.

The council consulted with residents and businesses during June and July and alley gates are set to be installed towards the end of September/early October. The works are expected to cost around £10,000.

Local resident, Betty Curtis from Hayes, said: "The service road has been blighted with rubbish being dumped there including old mattresses, dirty nappies and food waste.

"Having gates installed will make a huge difference and will resolve the anti-social behaviour which residents have been experiencing and we're really grateful for the council's support."

For more information on the council's alley gating scheme and to apply, visit www.hillingdon.gov.uk/alleygatingscheme.

Record spend on highways

Every year the council invests millions in the borough's roads and pavements to keep residents safe and moving.

In addition to the Kingshill Avenue Parade highway improvements, the council is implementing a record number of highway improvement schemes in 2021/22 at a total cost of just under £11 million. In 2020/21, the council's budget for highway improvements was just under £8 million.



LIFTING THE AREA New planters and bike stands

For more information on town centre improvements, visit www.hillingdon.gov.uk/towncentres and for details of the Chrysalis programme, visit www.hillingdon.gov.uk/chrysalis

Continuing to + KEEP HILLINGDON SAFE +

Step four of the government’s roadmap out of lockdown emphasises the part we all must play in keeping each other safe. The council continues to support residents who are self-isolating and the council's COVID-19 Community Hub is on hand to provide information and advice.



Latest guidance

Individuals who have been fully vaccinated and those aged under 18 no longer need to self-isolate if they are identified by NHS Test and Trace as a close contact of someone with COVID-19.

They are advised to take a PCR test as soon as possible to check if they have the virus and for variants of concern.

You can order a PCR home test online or by calling 119 or going to a test site.

Coronavirus remains a serious health risk. You should stay cautious to help protect yourself and others.

The government recommends:

- meeting outside, or opening windows and doors for indoor visitors
- staying at home if you think you have symptoms and taking a PCR test
- wearing face coverings in crowded and enclosed places and on public transport
- checking in to venues when you go out
- washing your hands with soap regularly, and for at least 20 seconds
- getting vaccinated if you are aged 16 or over (or 12 to 15 if COVID-19 poses a serious health risk).

For more information, visit www.gov.uk/coronavirus



Get tested regularly

Even if you’re vaccinated, there’s still a chance you can pass COVID-19 on, so you should keep getting tested regularly.

Also, many people who get infected with COVID-19 have no symptoms.

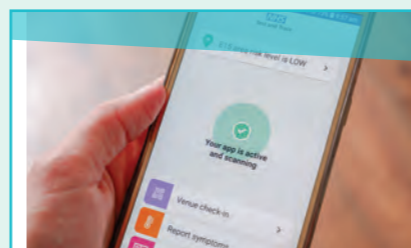
Getting into the habit of twice weekly testing (every three to four days) as part of our everyday lives will help us to keep each other safe.

You can get regular rapid lateral flow tests if you do not have symptoms of COVID-19. Find out more by visiting www.hillingdon.gov.uk/community-testing.

If you have any COVID-19 symptoms:

-  a continuous cough
-  high temperature
-  or loss or change to your sense of smell or taste

you should self-isolate and book a test by visiting www.gov.uk/get-coronavirus-test or calling 119. If you test positive you should self-isolate for 10 days.



Download the NHS COVID-19 app

It is the fastest way to see if you’re at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community, helping to stop the spread of coronavirus.

The app has a number of tools to protect you, including contact tracing, information on local area restrictions and venue check-in.

Enjoy hospitality and shopping safely by downloading the app today - visit covid19.nhs.uk to find out more.

Supporting families

Families whose children were eligible for free school meals or identified as needing further support received vouchers from the council to assist with the cost of food during the summer holiday period.

An initial allocation of £15 per child, per week for each eligible child went out to families in July to cover the first three weeks of the summer holidays.

Another set of vouchers was issued to families with eligible children in August for the remainder of the school summer holidays.

This latest round of vouchers saw more than 9,000 children benefit from assistance during the six-week holiday period.



Look after your mental health and wellbeing

The easing of restrictions has enabled us to get back to the people and things we love. However, it’s understandable to sometimes feel worried or anxious about returning to ‘normal’ activities.

The coronavirus outbreak has been hard for us all and we have all experienced the effects differently, including those who have been shielding.

Even positive change can lead to anxiety, and it can take time to readjust to things we have not done for a while.

Feelings of post-lockdown anxiety are likely to pass with time as we get used to the ‘new normal’ but it’s important to do what we can to take care of our mental health.

Public Health England’s Better Health – Every Mind Matters campaign has a range of resources, expert advice and practical tips to support your mental health and wellbeing. It also has information on how you can support children and young people.

Find out more by visiting www.nhs.uk/oneyou/every-mind-matters.



Need support?

The council’s COVID-19 Community Hub can provide information to residents about local coronavirus-related support services.

This includes advice for residents who are experiencing financial difficulties.

If you receive a positive COVID-19 test result or you are told by NHS Test and Trace to self-isolate because of close contact with someone who has COVID-19, you may be eligible for a Test and Trace Support payment if you are on a low income and you cannot work from home while you are self-isolating.

Cllr Martin Goddard, Cabinet Member for Finance, said:

“Test and Trace payments are set to continue for those who need

support but eligibility criteria has changed. To be eligible, applicants must be employed or self-employed, unable to work from home and losing income as a result. They need to have been told to self-isolate by NHS Test and Trace, notified to self-isolate by the NHS COVID-19 app, or be a parent or guardian of a child who has been told to self-isolate.

“To find out more, visit www.hillingdon.gov.uk/individual-financial-support.”

The hub is open Monday to Friday, from 9am and 4pm, and can be contacted by calling 020 3949 5786 or emailing COVID19hub@hillingdon.gov.uk.

Visit www.hillingdon.gov.uk/community-support to find out more.

Leader of the Council, Cllr Ian Edwards,

said: “Thanks to the success of the vaccination and testing programmes we can tentatively take these next steps, as we transition towards living with COVID-19. However, we still need to act carefully and remain cautious.

“To help keep Hillingdon safe you should get tested regularly and I encourage residents to take both doses of the COVID-19 vaccine.

“Please continue to play your part in the fight against COVID-19.”

For more information, visit www.hillingdon.gov.uk/coronavirus

BUILDING BACK BETTER HIGH STREETS

The closure of non-essential shops during the lockdowns has accelerated an unprecedented growth in online sales. *Hillingdon People* explores how the council is helping local businesses to recover from the impact of COVID-19.

There has been a big shift in our buying and spending habits and the council is committed to helping the borough's businesses to navigate the post-pandemic retail landscape.

The council was awarded £545,710 from the government's Welcome Back Fund to support a safe return to high streets and help businesses to build back better from the pandemic.

In July, the council appointed brand, design and communications agency Whistlejacket London; high street regeneration specialist Retail Revival Ltd; and Meristem Design, an agency which specialises in creating bespoke green solutions for public spaces to support businesses with their recovery until February 2022.

Whistlejacket London has been commissioned to develop 'Welcome Back' branding to highlight how Hillingdon is open for business and that it is safe for residents to

return to their high streets. They are also creating attractive signage to reinforce important public safety messages, as well as merchandise giveaways as part of a wider marketing campaign.

Retail Revival Ltd has been appointed to help support businesses by organising promotional events to increase footfall; providing advice to help improve the appearance of shop fronts and window displays; supporting businesses to adapt to online retail trading, as well as encouraging the use of film and social media and other marketing strategies to raise awareness of their products and services.

Meristem Design has been brought on board to provide and maintain temporary street furniture such as parklets, planters and freestanding hand sanitisers to support the safe reopening of the borough's high streets. The temporary street



furniture will be initially trialled in Uxbridge, Eastcote, Ruislip and Northwood to support outdoor eating before being rolled out to other town centres.

Cllr Martin Goddard, Cabinet Member for Finance, said:

"Since March 2020, the council has allocated more than £80 million of government support funding to more than 4,300 local businesses, involving almost 12,000 individual grant payments.

"As we emerge from the pandemic, we've brought on board industry experts to breathe new life into our town centres and support businesses with their growth and recovery from COVID-19.

"We all have a part to play in supporting our high streets and the next time you are considering an online purchase, please think about whether it's possible to support a local business instead."

Hundreds of businesses are also part of our HillingdonFirst card scheme and offer discounts and promotions on various products and services, including food and drink, clothing, travel, leisure and hair and beauty. Simply show your HillingdonFirst card at the point of paying. Visit www.hillingdon.gov.uk/hillingdonfirst to find out more and order your card today.



Use our directory to find out what shops and businesses are open in your area or sign up to promote your business. For more information, visit www.hillingdon.gov.uk/businessdirectory

Funding more leisure facilities

Four brand-new outdoor gyms opened across Hillingdon in July thanks to the council's Chrysalis programme which enhances council-owned community facilities.

Residents celebrated as the Mayor of Hillingdon, Cllr Roy Chamdal, cut a ceremonial ribbon to officially open the new fitness equipment in Greenway Open Space, Yeading; Harefield Village Green; Northwood Recreation Ground; and Lake Farm Country Park, Hayes, on Thursday 1 July.

The Mayor was joined by his wife, Mayoress Reeta Chamdal, and Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration and Cabinet lead for the Chrysalis scheme and ward councillors.

The installation work, which started in early June and took four weeks to complete, has seen each site receive a range of exercise equipment. These include pull-up bars, bikes and chest presses. Colourful floor graphics also feature marking out lanes and designated areas for specific exercises, such as running, star jumps and burpees.

A total council investment of £155,000 was spent on the gyms, which offer residents of all ages and abilities a variety of different equipment to enjoy a free workout.

Harefield resident and **Secretary of Harefield Residents' Association, Wendy Rice-Morley** applied to the Chrysalis programme for the installation of an outdoor gym. She

decided to make the submission as she thought it would benefit the entire community, especially those who are not members of local leisure centres.

She said: "I think the gym would be very well used and is certainly supported by residents.

"It would help the elderly who want to keep active, and the local health centre could even recommend people to use it"

Onkar Dhoor from Northwood requested equipment at Northwood Recreation Ground. He explained: "I noticed there is no area for people to perform even the most basic calisthenics workouts.

"Calisthenics workouts are suitable for all ages and facilities like this also bring communities together."

Maxine Cain from Hayes applied for facilities at Greenway Open Space. She said: "I think a gym would benefit a lot of residents of all ages and abilities."

Hayes resident and local Street Champion, Patricia Tugwell, recommended the gym at Lake Farm Country Park.

She said: "I do believe many people would benefit from this facility. Early mornings, when I am walking in Lake Farm, there are many joggers who are trying to do press-ups and stretches on the benches. Anybody running in Lake Farm would then have to go to Barra Hall Park to use the outdoor gym there, so there are residents who would very much like to be able to exercise locally."

Each year, funding is available as part of the Chrysalis programme to support improvements within parks, green spaces, allotments and other community facilities.

Projects chosen for 2021/22 include three playground improvements and five more outdoor gyms - four will be brand new and one an upgrade to existing facilities. By the end of the year there will be 37 outdoor gyms across the borough.



OPEN AIR FITNESS Councillors and residents at Northwood Recreation Ground



NEW GYM at Greenway Open Space



NEW EQUIPMENT at Harefield Village Green



ENHANCING Lake Farm Country Park to help local people get fit

To suggest an improvement via the programme, visit www.hillingdon.gov.uk/chrysalis. To find out more about our parks, visit www.hillingdon.gov.uk/leisure

Council pledges support to help refugees from Afghanistan

The council has pledged to support the government in welcoming refugees from Afghanistan and offered to receive families when the Afghan Relocations and Assistance Policy was first announced.



Like other local authorities, Hillingdon has been concerned by recent events in Afghanistan, and the council is continuing to work with the UK government's emergency Afghan resettlement scheme to see what further help it can provide, while recognising the enormous shortage of affordable large family homes locally.

As a gateway borough to the UK, council officers already work hard to support many asylum seekers (the second highest number in London) from a variety of countries, including Afghanistan, by funding access to social care, housing, education and other services.

While the council is committed to helping refugees, it has to balance this with the need to fund existing services and support Hillingdon residents to achieve their housing needs.

Leader of the Council, Cllr Ian Edwards, said:

"Hillingdon residents expect us to fulfil our humanitarian duty and assist refugees who are seeking safety in this country and we are keen to do this. As a port authority, we are supporting a high number of asylum seekers without sufficient funding. This in turn creates additional pressure on our finances, and we are asking the government to plug the gap and encourage more local authorities to play their part.

"We are working with the government to identify what more we can do to help with the resources, particularly the housing, available to us in Hillingdon."

How the council is supporting those arriving from Afghanistan

The council is working with local and national partners, including the government, to ensure those arriving from Afghanistan are well looked after.

This is a fast-moving situation. However, the immediate priority is helping refugee families who have risked their lives to assist our Armed Forces. The Home Office has outlined its Afghan Relocation and Assistance Policy, and as part of this scheme we will be helping to house a number of refugees within the borough and ensure they have access to financial assistance from the government.

We are awaiting further details on how the Home Office plans to support other Afghan refugees who may arrive in the future.

How you can help

Voluntary organisations have reported being overwhelmed with generous donations and are asking for no more to be sent at this time.

To find out how you can help and for more information, email strongercommunities@hillingdon.gov.uk and visit www.hillingdon.gov.uk/refugee-support.

For more information and details on how you can make a financial donation, visit www.rescue-uk.org and www.redcross.org.uk.

Have you considered downsizing your council home?

If you're living in a property with more rooms than you need, the council can help you downsize to a smaller, more suitable house.

Whether you can no longer manage your home or afford unoccupied bedrooms, or just wish to move to smaller accommodation, the council can assist. There are a variety of options for those wanting to downsize, and financial incentive packages are available for eligible tenants, which can help with the costs associated with moving. The financial assistance could also be an opportunity to clear rent arrears. Other benefits to downsizing include having a more suitable and affordable property to live in, cheaper monthly bills and having a place that is much easier to manage.

You can apply for a transfer through the Locata Home website. Their service can help you find a home appropriate to your needs; provide advice and information about training, benefits and employment opportunities. As an under occupier, you will also be eligible for a higher banding.

For downsizers aged 60 and over, the council can offer warden control sheltered schemes.

Alternatively, bungalows are also available for residents aged over 60 who are looking to downsize but do not wish to move to sheltered accommodation. Many have their own gardens and walk-in showers.

Cheryl from Harefield recently downsized from a two-bedroom first-floor flat to a one-bedroom bungalow (pictured right). She needed to move for medical reasons as she suffers from chronic arthritis and could no longer manage her stairs. Cheryl also only had a bath in her previous property which she had struggled to use. Through the scheme she moved to a smaller and more manageable property, all on one level and with a walk-in shower.

She said: "My previous property had gotten too big for me. It also had a large garden which I was struggling to manage and with the place being two-bed, I was paying bedroom tax. Moving has been a bit of a challenge because of COVID-19 but I can't fault the entire team who supported me through it.

"I'm happy to downsize as it benefits me, but also because I think it is a family home and it is time for a family to live there now. I hope me moving gives someone the chance to have a fresh start and a climb up the ladder."

For more information about downsizing and to apply to transfer, visit www.locata.org.uk/locatahome



Extra-care housing

Are you thinking of moving or leaving your old home because of life changes or health problems that mean it is difficult to remain where you are?

Extra-care housing is designed to enable people aged 55 and over with additional care needs to live independently. It also provides the security and privacy of a home of your own, on-site facilities, and staff are available day and night.

Find out if you are eligible by calling the council's Social Care Direct team on 01895 556633 or email socialcaredirect@hillingdon.gov.uk.

Further details are available at www.hillingdon.gov.uk/extra-carehousing.

Would you like to move to the coast or countryside?

If you are a council tenant aged 55 and over, another option for you could be to apply for a transfer out of the borough and move to a seaside or rural location.

Seaside & Country Homes offers the opportunity to move to bungalows and flats, managed by housing associations located mainly across the south coast, but also in eastern England and the west country.

Some of those who have moved in the past chose to do so to be closer to family or friends and, for many, the

appeal lies in a quieter, more relaxed way of life, living among people of a similar age. An applicant's priority is based on the size of the home they would vacate, should they move. Therefore, the larger your property, the greater priority you will have.

For more information, visit www.london.gov.uk/seaside.



Leader of the Council, Cllr Ian Edwards, said:

"Downsizing to a smaller property not only benefits the person moving, as it offers a way to live somewhere that suits the individual's personal and financial circumstances, but helps those requiring larger council accommodation in the borough.

"If you're thinking about making the move to somewhere more manageable, I encourage you to get in touch as there are various packages and financial incentives available."

Let's recycle for Hillingdon

This month, Recycling Week takes place from Monday 20 to Sunday 26 September to raise awareness of how recycling can help to tackle climate change. Our recycling roadshow toured the borough during the summer sharing just how easy it is to recycle more and waste less. This month, we're also introducing an enhanced textile recycling service to give unwanted clothes a new lease of life.

Now in its eighteenth year, Recycle Week is a celebration of recycling across the country. In Hillingdon, our recycling rates have increased this year by a fantastic 2 per cent to 42 per cent, but let's continue to 'step it up' - by recycling even more you can help the fight against climate change.

Recycling roadshow success



During the summer our officers toured the borough to answer your questions about all things waste and recycling. They visited 10 areas, and have spoken with 1,500 residents, of which around 300 signed up to the council's food waste service. The roadshow is set to return in the spring.

Sign up today to recycle your food waste



In May, we introduced a separate food waste collection service and a new fleet of trucks to help increase the borough's recycling rates.

Previously, food and garden waste were collected at the same time by the same vehicle.

Recycling food waste is easy and free for residents.

All you need is:

- a five-litre kitchen caddy
- compostable bags; and
- an outdoor caddy.

These are supplied for free when you sign up for this service on the council's website - www.hillingdon.gov.uk/food-waste.

Residents can also sign up online to receive automatic food waste bag deliveries from the council.

The council is working hard to roll out the food waste collection service to flats and schools.

In June, a public vote took place to name the council's new food waste trucks and saw nearly 4,000 residents cast their vote on their favourite names which were put forward by primary schoolchildren.

The competition, which coincided with the introduction of the separate food waste collection service, invited primary schoolchildren to submit fun and creative names.

With the council receiving more than 300 entries, a panel of judges took on the tough job of shortlisting only 15 entries for a final vote by the public.

The panel included the Mayor of Hillingdon, Cllr Roy Chamdal; Cllr Eddie Lavery, and members of the council's waste and recycling team.

The chosen names and winners (pictured above) were announced on Thursday 15 July: Scrappy Dappy Food - Lucy, 7 The Green Gobbler - Barney, 7 Sir Recyclelot - Annabel, 6 R2 Bin 2 - Isaac, 5 Happy Scrappy - Eva, 6.

Encouraging more residents to recycle

If you live in a flat, you will begin to see brand new bins and signage to help you recycle all of your dry recyclables. Examples include glass bottles, newspapers, cereal boxes, tin cans and plastic bottles.

More than a dozen council-owned sites in Uxbridge, West Drayton, Hayes, Northwood, Eastcote and Ruislip now have the new bins and signage. They will be introduced

to further council and non-council owned sites in the coming months.

Council officers have also been speaking to thousands of people who live in flats, advising them of the borough's recycling options, how to reduce their waste and avoid contamination. They will continue to monitor recycling at the sites and carry out further engagement with residents as necessary.



Enhanced textile recycling service



From Monday 20 September, our textile collections will change. We're enhancing the service and making it easier and quicker for you to recycle unwanted clothes, shoes and accessories (such as scarves, gloves and jewellery).

Instead of offering kerbside collections, we've partnered with the charity TRAIID to run a free home collection scheme - and you can even include small electrical items.

This improved service is open to all residents - including for the first time residents living in flats (who were previously unable to use our textile kerbside collection service).

The service allows you to book a collection of a minimum of one large bag or three small carrier bags of textiles on a day that suits you.

TRAID will accept clothes, shoes, accessories and also linen (e.g. curtains). They do not accept duvets or pillows.

You can also donate unwanted small to medium-sized electricals like hairdryers, toasters or mobile phone chargers alongside your donated textiles.

This means that also clothes/electricals in a good condition can be given a new lease of life in

new homes once they are sold at their stores.

All profits raised from the scheme help fund international development projects to improve conditions and working practices in the textile industry. The scheme also helps educate people of all ages about the impacts of textiles on the environment and people's lives, and how we can make more sustainable choices.

All you need to do is:

- Book a collection at a day and time that suits you either online at www.hillingdon.gov.uk/textile-recycling, by calling 020 8733 2580 or by emailing recycling@traid.org.uk.
- Bag your donations/electrical items.
- Wait for TRAIID to collect them - they will arrive in a branded van and knock on your door so you don't need to leave them outside. However, if you want to, you can leave them outside your door on your chosen collection day.

As we've introduced an enhanced service, you no longer need to request purple recycling bags from the council but if you have some leftover they can still be used for this purpose.

The council also partners with The Salvation Army to provide textile banks at locations across the borough - please visit our website to find out more.

For more information, visit www.hillingdon.gov.uk/textile-recycling.

Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration,

said: "If we can do one thing to help our planet it's to recycle more of the waste that we produce, and there are so many ways to do that in Hillingdon. From food waste and garden waste collections to dry recycling and textile recycling, I encourage everyone to get involved and do their bit by recycling as much as they can.

"It's great to see our younger residents involved and talking about recycling. Our food waste truck naming competition saw hundreds of entries and thousands of votes, and I was delighted to meet the winners in July. I hope that it encourages young people to champion recycling and inspire their friends and family to recycle more and help protect the environment.

"Similarly, it was great to attend one of our roadshow events and hear how popular these have been. Thank you to everyone who has come over to speak to our officers, pick up their recycling bags and also sign up to our food waste service."

Find out more about recycling in Hillingdon by visiting www.hillingdon.gov.uk/recycling

Hillingdon Abbots Rugby Club



JOIN OUR CLUB!



Youth and Adult Rugby

HARFC are looking for new players of all abilities

5 – 17 years (youth rugby) and 18+ (senior rugby)

*** No previous experience necessary ***

*** Boys and girls youth rugby ***

*** Experienced Coaches ***

*** Youth training every Sunday 10am-12noon (September - May) ***

*** A great way to keep fit, play team sports, and have fun ***

*** Organised fixtures against other local clubs ***

*** Friendly local club with changing room facilities and clubhouse ***

*** Social activities ***

For more information or enquiries, please contact

Youth Rugby: harfcjuniors@gmail.com

Senior Rugby: harfcsenior@gmail.com

Website: hillingdonabbotsrfc.rfu.club



Address: Pole Hill Open Space, Gainsborough Road, Hillingdon, UB4 8PS

Enjoy fireworks safely

Many of us can look forward to enjoying colourful fireworks displays this autumn and winter – whether at home or at an organised event, your safety and those around you is important. Read our top 10 tips for a safer fireworks party.

Whether you're planning to hold your own display or attend an event for Bonfire Night, Diwali or New Year – we want you to enjoy yourselves and stay safe.

Please follow safety and crowd control measures in place if you're attending an event and be considerate of your neighbours.

It's against the law to set off fireworks between 11pm and 7am, except on certain occasions. Bonfire Night (Saturday 5 November) fireworks must end at midnight and fireworks for New Year (Friday 31 December) and Diwali (Thursday 4 November) must end at 1am.

Our Trading Standards officers conduct inspections of businesses selling fireworks to ensure they are safe, legitimate and have a licence to sell them.

Please be mindful that for some people (and pets) loud noise and smoke from fireworks can be frightening and affect health and wellbeing. If you're having a party, you may want to make your neighbours aware, including those who are elderly, families with small children and those with pets as they may want to keep them indoors.

Fireworks don't usually last long enough to be considered a breach of noise regulations, and with several fireworks often going off at the same time it can be difficult to prove beyond reasonable doubt that any one person or event is responsible.

However, fireworks can sometimes be deemed a nuisance, and the council has a team of dedicated officers to investigate complaints.

If you experience noise nuisance and it's affecting you, you can report it to us at www.hillingdon.gov.uk/fireworks or by calling 0800 694 0240. However, before reporting please talk to your

neighbours to find out if they're affected as well; talk to the person causing the problem - they may not realise how it is affecting you and you may be able to reach a compromise. If you are a private tenant, contact your landlord or residents' association.

The Firework Code

Only adults should set up firework displays, light fireworks and safely dispose of fireworks once they have been used.

Children and young people should be supervised and watch and enjoy fireworks at a safe distance.

Follow these top 10 tips for a safer fireworks party:

- 1 Plan your firework display to make it safe and enjoyable, and check the time you can legally set off fireworks.
- 2 Only buy fireworks which carry the CE mark, keep them in a closed box and use them one at a time.
- 3 Read and follow the instructions on each firework using a torch if necessary.
- 4 Light the firework at arm's length with a taper and stand well back.
- 5 Keep naked flames, including cigarettes, away from fireworks.
- 6 Never return to a firework once it has been lit.
- 7 Don't put fireworks in pockets and never throw them.
- 8 Direct any rocket fireworks well away from spectators.
- 9 Never use paraffin or petrol on a bonfire.
- 10 Make sure that the fire is out and surroundings are made safe before leaving.

Further guidance on handling fireworks safely is available at www.london-fire.gov.uk

Leader of the Council, Cllr Ian Edwards, said: "I urge everyone to be cautious during the upcoming festive season while they enjoy the fireworks.

"Whether you're watching from your garden or at a large event, please follow all safety measures for a safe and enjoyable experience.

"Not everyone enjoys fireworks, so please consider your neighbours if you are letting them off in private gardens."

Help keep Hillingdon's air clean and smoke-free

Pollution from wood burning stoves and garden bonfires can be damaging to people's health, particularly if they have an underlying respiratory condition which may make them more vulnerable to COVID-19.

The main pollutant emitted by burning solid fuels like wood is ultra-fine particulate matter, also known as PM2.5. It's not visible to the naked eye, so even 'smokeless' fuels and appliances may be causing pollution. PM2.5 is widely acknowledged as being the air pollutant which has the greatest impact on human health and is especially damaging to children.

From 1 January 2022, all new wood burning and multi-fuel stoves and fireplaces will have to pass rigorous tests to determine their emission and efficiency outputs.

For more information, visit www.hillingdon.gov.uk/smoke.

Update from the West Area Chief Inspector

Hello everyone. Firstly, I would like to introduce myself, my name is Shaz Shah and I am the new Acting Chief Inspector for Neighbourhoods.

It is a complete honour to be asked to undertake this role which comes with it huge responsibilities for ensuring that the police deliver on their promises to the communities they serve. I have worked within neighbourhood policing for a few years now, so I hope I can bring that experience with me in the new role.

Secondly, I would like to take this opportunity to introduce your new Neighbourhoods Policing Inspector, Dan Lipinski. Dan comes to us on promotion having previously protected the royal family and royal premises. Dan left Hillingdon three years ago where he was a response sergeant and has existing knowledge of the make-up of Hillingdon. Conversely, we will be losing Police

Sergeant James Bishop to a new role as a tutor sergeant for new Metropolitan Police recruits. I wish him every success and hopefully we will have a new person in post shortly.

As we all know, COVID-19 has taken up every single newspaper headline during the last two years and we are at what appears to be the end of government restrictions. We have seen a noticeable increase in people taking advantage of the sunshine. Please be assured we have a policing plan in place and there are sufficient resources to ensure a smooth transition back to normality. Over recent months, you may have noticed an increased police presence on the borough's streets, and we will continue to monitor and respond to any changes in government advice.

As we move from summer into autumn, our objectives remain the same. Along with the rest of London

we want to continue to reduce violence/knife crime, anti-social behaviour, robbery, burglary and violence against women and young girls. Violence against women and young girls is very high on my agenda. The circumstances surrounding Sarah Everard highlighted a key issue in which we all have a responsibility to work together as a community to stamp out. No woman or young girl should ever feel intimidated, scared or change their behaviour in any open space because they fear the behaviour of others.

In future updates, I hope to share some exciting stories and details of the results your local policing team has achieved. Until then stay safe and thank you for your continued support.

Shaz Shah
Acting Chief Inspector for Neighbourhoods

Access independent advice and support

We can all face problems which seem complicated or intimidating. Citizens Advice Hillingdon is here to ensure that no resident faces their problems alone. *Hillingdon People* finds out how you can access independent advice or get involved through volunteering.

Citizens Advice has been helping local communities since the Second World War. The charity's original purpose was to advise on problems arising from the war such as rationing or homelessness after air raids.

Today, the main areas they provide support with include benefits, debt, employment, housing and homelessness, as well as family problems or immigration queries.

Last year, 4,762 residents received advice on 21,275 issues. Due to the pandemic, the most frequently asked questions included how to cope with bereavement; advice on furlough or redundancy; how to manage on reduced pay and how to claim benefits.

In 2020/21, the council supported the charity with a core grant of £280,000 to help local people access free, confidential and independent advice.

Help is at hand

If you're struggling, please get in touch with the charity sooner rather than later because every problem is easier to solve in the early stages.

A wealth of information and advice on your rights is available online at www.citizensadvice.org.uk. Citizens Advice Hillingdon has specialist advisers on hand covering areas such as employment, debt and benefits, and can also provide non-specialist help with many other problems. Several local solicitors are also available to offer a free initial appointment for complex legal issues.

If you need to speak to the charity urgently, please request a call back via www.hillingdoncab.org.uk/get-advice/request-a-callback and one

of the team will try to call you back the next weekday. Interpreters can also be arranged.

Jill Harrison, Chief Officer of Citizens Advice Hillingdon, said: "I have been involved with the charity since 1990 - as a volunteer, an advice worker and now as a Chief Officer. I am immensely proud to lead the service in Hillingdon and it is a privilege to have spent most of my working life helping others. If you think you would like to join us, please do contact us."

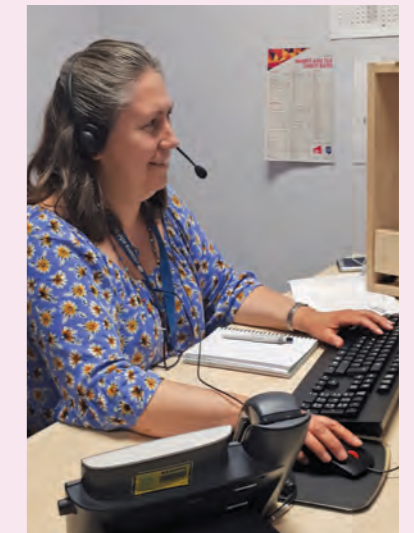


Cllr Douglas Mills, Cabinet Member for Corporate Services and Transformation

said: "If you're struggling, please don't try to solve the problem alone - Citizens Advice Hillingdon is here to support you."

"Demand for support to help residents manage the financial impact of COVID-19 is likely to remain high. If you think you have the spare time to support those who may need help, please do get in touch to find out more about the rewarding volunteer opportunities that are available."

For more information and to get involved, visit www.hillingdoncab.org.uk or call 0808 278 7893 (Monday to Friday, 9.30am to 3.30pm). You can also keep up-to-date with the charity's activities by following them on Twitter @hillingdoncab



Become a volunteer

The charity has more than 20 local volunteers who help with the day-to-day running of the organisation. Roles include looking after the reception desk, running the charity's social media accounts, answering the telephone and providing face-to-face advice.

Local resident **Penny** (pictured above) recently started volunteering with Citizens Advice Hillingdon. She said: "I finished my training in July and have started doing solo calls. It is going well so far and I am enjoying finding out about all the different ways we can help clients."

"It's been an intense experience and my brain is working overtime to process all the information, but I'm told that it should get easier as time goes on! Everybody has been super friendly, and unfailingly supportive in answering my endless questions!"

Find out more about the charity's autumn volunteer recruitment and training programme by visiting www.hillingdoncab.org.uk/support-us/volunteering.



The NHS in north-west London is asking people to come forward for screening as normal when invited and not to delay speaking to their GP if they notice any unusual changes in their body.

Since the start of the pandemic, the number of people taking up screening appointments and attending their referral appointments has dropped markedly.

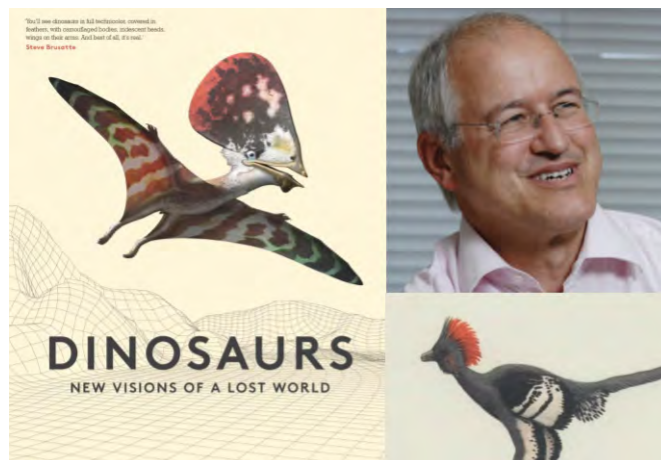
One in two people will develop some form of cancer during their lifetime. Signs and

symptoms that could be a sign of cancer include unexplained blood that doesn't come from an obvious injury, an unexplained lump, weight loss which feels significant to you or an unexplained pain that lasts three weeks or more.

It could be nothing serious, but finding cancer early makes it more treatable, so just speak to your GP. Your NHS is here to see you, safely.

Find out more by visiting www.nwLondonccg.nhs.uk.

HILLINGDON WHAT'S ON?



LIBRARIES

Reading Friends Coffee Morning

Wednesday 29 September and Wednesday 27 October, 10.30am to 11.30am

Come along and have a chat and explore interesting topics, such as health and wellbeing and local history. The online coffee morning is open to those aged 18 and over. **To book, please email hayesend-library@hillingdon.gov.uk with your name, library card or HillingdonFirst card number, the date you'd like to attend and a contact telephone number.**

Once Upon a Bump

Monday 11, 18 and 25 October, from 11.30am to 12.15pm

Join us for singing, stories and a chat. The event is open to expectant and new parents. **To book, email libraryevents@hillingdon.gov.uk with your name, library card or HillingdonFirst number, the date of the activity you'd like to attend and a contact telephone number. Find out more at discover.hillingdon.gov.uk/library-events.**

Uxbridge Library

Dinosaurs: New Visions of a Lost World by Professor Michael J Benton

Thursday 30 September, 7pm to 8pm on Facebook Live

Dinosaurs are not what you thought they were - or at least, they didn't look like you thought they did. The world-leading palaeontologist Michael J Benton explains how rapid advances in technology and amazing new

fossil finds have changed the way we see dinosaurs forever. **Find out more at discover.hillingdon.gov.uk/library-events.**

Culture Bite Lunches: A M Shine

Wednesday 13 October, 1pm to 1.45pm on Facebook Live

Gothic horror aficionado A M Shine talks about his love of all things macabre and his latest spine-chilling novel, *The Watchers* - a unique and claustrophobic horror adventure set in the remote, unknown forests of Galway where mysterious creatures keep humans as pets for observation. Please note this event is open to 16-year-olds and over. **Find out more at discover.hillingdon.gov.uk/library-events.**

EXHIBITIONS

The Lend-Lease Act - 80th Anniversary

An online exhibition to mark the 80th anniversary of the Lend-Lease Act, when the United States pledged to supply vital food, equipment and materials during World War Two. The exhibition also highlights the United States military in Hillingdon. **Find out more at www.hillingdon.gov.uk/lend-lease-act.**

Faces of the Battle: A Local Perspective

A gallery commemorating local RAF airmen, from Hillingdon and the surrounding areas, who participated in the Battle of Britain. The virtual display, which features personal stories, military achievements and photographs highlights the bravery and sacrifices these

Hillingdon has a range of free (unless specified) in-person and online activities to keep you entertained throughout September and October.

men made during this pivotal moment in British history. **Find out more at www.hillingdon.gov.uk/faces-of-the-battle.**

EXERCISE

Led walks in Hillingdon

Monday to Saturday across the borough. The Walk Hillingdon programme runs free guided walks through many of the borough's award-winning parks including Gutteridge Woods, Stockley Park, and Ruislip Lido and Woods. Booking in advance is essential to ensure safe group sizes can be maintained. **Find out more and book at discover.hillingdon.gov.uk/led-walks.**

Tennis court hire and coach-led sessions

A hiring fee £5 per hour, per court has been introduced at seven tennis sites (Cavendish Recreation Ground, Churchfield Gardens, Fassnidge Park, Hillingdon Court Park, Rosedale Park, Swakeleys Park and The Closes.) Payment can be made when booking a court. Free coach-led tennis sessions for young people aged over 12 years are on offer once again at Cavendish Recreation Ground. **Find out more and book at www.hillingdon.gov.uk/tennis.**

Walking Football

Monday to Friday, various times and venues

Free inclusive walking football sessions take place weekly in Hayes and Uxbridge. These include dedicated sessions for women and girls, some for the whole family and specific sessions for men aged over 35. **Find out more at www.hillingdon.gov.**



uk/walking-football. **Botwell Green Sports and Leisure Centre and Hillingdon Sports and Leisure Complex, Uxbridge**

LEISURE

Heritage Open Days

Friday 10 to Sunday 19 September, various times and venues

Every September, venues across the borough throw open their doors to celebrate Hillingdon's heritage, community and history. It's your chance to see hidden places and try out new experiences. 'Edible England' is this year's theme and food is a key topic for many of the historically themed events. There's a huge range of free activities on offer including a vintage car rally, nature walk, haiku poetry session and guided tours of an archaeological dig. **Find out more at www.hillingdon.gov.uk/heritage-open-days.**

Polish Air Force exhibition

A special exhibition recognising the outstanding contribution the Polish Air Force made during the Second World War is on display at the Battle of Britain Bunker Exhibition and Visitor Centre. Tickets need to be pre-booked ahead of your visit. You can also take a virtual free tour of the attraction and learn more via the range of online resources which explore historical events including the Battle of Britain, Normandy landings and Dunkirk evacuations. **Cost: Admission is free for Hillingdon residents with a HillingdonFirst card, under-18s and Defence Discount Service cardholders. The cost is £4 for adults (£7 including a bunker tour) and £3 for over-65s (£5**

including a bunker tour). **Find out more and book at www.battleofbritainbunker.co.uk and bunker@hillingdon.gov.uk. The Battle of Britain Bunker Exhibition and Visitor Centre**



Comedy Compass

Sunday 10 October, 7pm, and Sunday 14 November, 7pm

Comedy Compass compère Lewis Bryan is back with a great line-up of talent in this new outdoor setting. These are over-18 only events. **Cost: £8. Find out more and book at www.hillingdontheatres.uk. Compass Theatre**

Duck Pond Markets

First and third Sunday of the month, 10am to 3pm

Foodies markets on the first Sunday of the month. Artisan markets on the third Sunday of the month. **Find out more at www.duckpondmarket.com. Manor Farm**



Manor Farm House Visitor Centre

Wednesday to Fridays, 12pm to 3pm and the first and third Sunday of the month, 11am to 3pm

The visitor centre is located inside the beautiful Tudor Manor Farm House and provides an excellent introduction to Manor Farm's rich history, which has been documented since medieval times. The Grade II listed building, with many original features remaining, includes one of the oldest examples of domestic wallpaper still to remain on its original wall in England, two permanent display rooms with artefacts, interactive displays, and more. **Find out more at www.hillingdon.gov.uk/manor-farm. Manor Farm**



A Masked Ball

A Masked Ball

Thursday 14 October to Saturday 16 October, 7.30pm and 2.30pm on Saturday

Harrow Opera presents this operatic production featuring illicit love, treason, betrayal, conspiracy, supernatural prophecy and assassination. Sung in a modern English translation by Peter Clarke, Verdi's once banned opera spreads its dark shadow with glorious and passionate melody. **Cost: £20. Concessions £16. Groups of 10 and more £15. Find out more and book at www.hillingdontheatres.uk or call the box office on 01895 250615. Compass Theatre**

VENUES

Beck Theatre

Grange Road, Hayes, UB3 2UE

Botwell Green Sports and Leisure Centre

East Avenue, Hayes, UB3 2HW

Cavendish Recreation Ground

Field End Road, Eastcote, HA4 9PG

Churchfield Gardens

Eastcote Road, Ruislip, HA4 8BE

Compass Theatre

Glebe Avenue, Ickenham, UB10 8PD

Fassnidge Park

Rockingham Parade, Uxbridge, UB8 2UW

Hillingdon Court Park

Parkway, Hillingdon, Uxbridge, UB10 9JX



Old-World

Old-World by Aleksei Arbuszov

Thursday 21 October to Saturday 23 October, 7.45pm and 2.15pm on Saturday

Are you ever too old for love? The medical head of a sanatorium confronts an extraordinary patient, following complaints from other patients of her habit of reciting poetry in the middle of the night and singing at dawn. Gradually their mutual interests deepen into lasting affection. Proscenium

Paul Zerdin Hands Free



presents this Olivier award-nominated comedy; warm, gentle and guaranteed to lift the spirits. **Cost: £14. Groups of 10 and more (offline sales only) £10. Find out more and book at www.hillingdontheatres.uk or call the box office on 01895 250615. Compass Theatre**

Paul Zerdin Hands Free

Thursday 30 September, 7.30pm

Paul Zerdin and everyone's favourite puppets are heading to Hayes. Hands Free features Paul giving us a glimpse into his own world showing us what it's like to be able to throw your voice in everyday situations where anything and everything can talk back! Don't miss out on your chance to see the winner of *America's Got Talent* and the star of London's Palladium Panto. **Cost: £24. Find out more and book at www.becktheatre.org.uk or call the box office on 020 8561 8371. Beck Theatre**

The Battle of Britain Bunker Exhibition and Visitor Centre

Yew Tree Road, Uxbridge, UB10 0BE

The Closes

Church Close, West Drayton, UB7 7PY

Uxbridge Library

High Street, Uxbridge, UB8 1HD

Hillingdon Sports and Leisure Complex

Gatting Way, Uxbridge, UB8 1ES

Manor Farm

Bury St, Ruislip, HA4 7QL

Rosedale Park

Albion Road, Hayes, UB3 2RY

Swakeleys Park

The Avenue, Ickenham, UB10 8LD

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

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Special Collections ▶ Street Lighting and Cleansing ▶
Waste and Recycling 01895 556000
Licensing ▶ Animal Welfare 01895 277433
Food Health and Safety 01895 250190

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

Addiction, Recovery, Community, Hillingdon (ARCH) 01895 207777
Affinity Water 0345 357 2407
Age UK Hillingdon 020 8756 3040
Alzheimer's Society Hillingdon 01923 823999
Asphaleia Action 01895 272478
Carers Trust Hillingdon 01895 811206
Centre for ADHD and Autism Support 020 8429 1552
Citizens Advice Consumer Helpline 03454 04 05 06
Citizens Advice Hillingdon 0344 848 7903
Communicare Counselling Service 01895 256056
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 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 01895 250230
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 all@hillingdonnhw.co.uk
Hillingdon Fire Station 020 8555 1200

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