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January/February 2023

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Contents

January/February 2023

▶ **Cover stories**

- ▶ **10 Launching our Council Strategy**
Read about our vision and priorities for the next four years.
- 11 Continuing to put residents first**
Budget proposes council tax well below inflation rate.
- 13 Subscribe for a MyAccount**
Join the many transacting with us online.
- ▶ **16 Get healthier and fitter in 2023**
Hillingdon offers many leisure activities and facilities.
- ▶ **18 Greening the borough**
Find out how we're creating a cleaner, greener future for residents.
- 20 Supporting the performing arts**
Our theatres continue to host a variety of productions to delight audiences.

Regulars

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

COVER PHOTO: WALKING FOOTBALL SESSION IN ACTION AT HILLINGDON SPORTS AND LEISURE COMPLEX.



Advertising deadline for next edition: **Friday 3 February**

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Welcome



Happy New Year and welcome to the January edition of *Hillingdon People*. As one year ends and we look towards the next, it is clear that the current economic challenges will remain.


Disappointingly, government grants are nowhere near meeting the additional cost pressures for local authorities, particularly the demand for social care services.

The council tax and social care precept increase for the new financial year will be well below the rate of inflation. And while fees and charges will also be increased to bring them more in line with other outer London boroughs – even with these increases (which will support the most vulnerable and maintain our key frontline services) you will pay amongst the lowest levels of council tax in outer London and the lowest fees and charges per capita of any other authority in London. You can read more about the proposed budget on page 11, and as usual, you can have your say on the proposals until Sunday 29 January at www.hillingdon.gov.uk/budget-consultation.

The council was extremely disappointed with the Mayor of London's announcement in November that the Ultra Low Emission Zone (ULEZ) will be expanded London-wide from August 2023. As you can read on page 5, we will be working jointly with other outer London boroughs and using all means at our disposal to stop these plans, which will hit the poorest in our communities hardest, from going ahead. What we really need is increased investment in our public transport links – something that has been ignored by the Mayor.

On a lighter note, I am pleased to announce that residents can now apply to the council for free public liability insurance and road closures to hold street parties to celebrate King Charles III's coronation in May. To find out more and apply see page 4.

And, if your new year's resolutions included getting fitter and improving your health and wellbeing you can see some of the leisure options available in the borough on pages 16 and 17, while if you want to pledge to become more environmentally friendly in 2023 then we have a range of tips on how you can reuse and recycle more on page 25.



Cllr Ian Edwards
LEADER OF THE COUNCIL

Christmas card winners



Alethea Prescilla Fernandes

During autumn last year, residents submitted creative festive designs as part of a competition to have their artwork featured on the council's corporate Christmas card.

In total, 12 entries were received and the Leader of the Council, Cllr Ian Edwards selected winners for both the adult and child categories.

Alethea Prescilla Fernandes, age 14 from Hayes, won the children's category with her colourful watercolour painting of a Christmas tree. Runners-up were Casey Chung, age 6 and Ali-Ayyub Zeeshan, age 7 from Uxbridge, with their pictures of Father Christmas delivering presents.



Amy Marchant

Amy Marchant, age 40 from Hillingdon, was winner of the adult's category with her beautiful bauble design. Runners-up were Barry Moore, age 78 from Ruislip, with his painting of snowy timber-clad cottages at the end of Kings End, Ruislip and Susan Munro, age 75 from Ickenham, with her depiction of an elf decorating a snow-frosted toadstool.

Cllr Edwards, said: "Congratulations to our winners who faced stiff competition from the other applicants – their winning designs featured on our brand-new e-cards as we made the move this year to a digital and more efficient format."

New Retreat for residents

A new six-bed respite home offering a safe non-clinical space for people in need of mental health support officially opened in Ruislip in November.

The project, a joint venture between Central and North West London's (CNWL) NHS Foundation Trust, the council and the Integrated Care Board, was first piloted in summer 2022.

The Retreat, is designed like a home not a hospital to provide a relaxing environment for its guests and offer each person a personalised care plan to help them get through a particularly difficult time and support them to return home, or back into the community. Comfort Care Services, a specialist

care organisation, works closely with CNWL's Home Treatment Team to support residents.

Referrals to The Retreat can only be made from urgent care services, such as Accident and Emergency (A&E) departments and local GPs.

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "The Retreat supports our residents, offering them a safe space where they can get help and support outside of a hospital setting.

"The 24-hour service is open all year round and provides short stay crisis support for some of our most vulnerable residents, giving them a much-needed alternative to A&E."



Sandra Taylor, Executive Director of Adult Services and Health; Cllr Palmer and Gee Bafhtiar, CEO of Comfort Care

Apply to hold a street party for King Charles III's coronation

To help celebrate King Charles III's coronation, residents wishing to mark the occasion by holding a street party on Saturday 6 May can now apply to the council for free public liability insurance and road closures.

Cul-de-sacs, quiet roads that are not 'through roads', and roads not on bus routes are likely to be the easiest to arrange parties for but if your road can't be closed, we may still be able to assist by suggesting an alternative open or green space nearby.

Leader of the Council, Cllr Ian Edwards, said: "Street parties are a great way to bring communities together.



Residents celebrate at the Broadwood Avenue Platinum Jubilee street party in Ruislip

"I hope the free service we are offering will encourage everyone who enjoyed them previously to get involved again

and that it will also inspire others to apply and join in to celebrate this historic occasion."

The closing date for applications is Tuesday 28 February.

For more information and to apply, visit www.hillingdon.gov.uk/coronation.

While national events to mark the King's coronation are still being planned, the council will also be arranging further activities and a full programme will be announced nearer the time.

Council vows 'all means necessary' to fight Mayor's ULEZ expansion plans

The council has vowed to pursue all available options as it seeks to overturn the Mayor of London's 'completely unfair' decision to expand the Ultra Low Emission Zone (ULEZ).

Transport for London (TfL) announced in November 2022 that proposals to expand the ULEZ to incorporate all London boroughs would go ahead, despite the council having publicly stated its strong opposition.

TfL consulted earlier this year on Mayor of London, Sadiq Khan's plans to include outer London boroughs in the ULEZ.

At the time the council strongly objected to the proposals.

Then in July, at its Full Council meeting, a motion in objection to the plans was unanimously passed. Most recently, the party leaders from both sides of the council's chamber joined forces to write to the borough's GLA representative, Dr Onkar Sahota, in November, urging him to oppose the expansion plans.

The letter stated that the £12.50 daily charge will hit the poorest families in Hillingdon the hardest and it cited the Independent



Impact Assessment – released alongside TfL's consultation into the plans – which stated the scheme would not deliver the environmental benefits it claimed.

Following the expansion announcement in November, the council released a statement, jointly with Harrow, Bexley and Croydon councils, agreeing to join forces and use all means at their

disposal to fight the plans. Bromley has also joined the opposition group.

Leader of the Council, Cllr Ian Edwards, said: "Hillingdon remains vehemently opposed to these half-baked plans and we will do everything in our power to stop it from going ahead.

"Unlike urban parts of the capital, our residents don't have the luxury of a frequent, multi-layered transport system. Many have little option other than to use their cars for everyday travel. Imposing the ULEZ charge is not only wrongheaded but is completely unfair and will hit the poorest in our communities hardest.

"What Hillingdon really needs is not another tax but increased investment in its public transport links."

Accessible services for residents at heart of family hub

It's been a successful first year for the council's Uxbridge Family Hub following its opening in December 2021.

The hub, which under one roof brings together all the support a family may need from pregnancy through to young people turning 19 (or 25 if they have special educational needs), provides more accessible services for families and young people and has had more than 20,000 individual visits during the past year.

Professionals from the council, as well as those from the health, community and voluntary sector work together to provide high-quality and joined up support, ensuring that children, young people and families get the right help at the right time.

Services provided include: the adolescent development service which delivers free



SUPPORTING FAMILIES A young resident enjoys the many play facilities on offer at the hub

sessions for young people who may require additional targeted support; the supervised contact team; the youth justice service; the children's centre for Uxbridge; and the special educational needs team. Partnership agencies and commissioned services, include health visiting and midwifery services, the psychological support team, and the P3 charity which offers advice and support on benefits, money and finances, housing and mental health issues. Services are offered both in person and digitally,

giving visitors access to counselling, mentoring, baby groups, sexual health clinics, mental health support and much more.

Having closer working relationships with other services has had extremely positive effects. For example, the children's centre staff have worked closely with the supervised contact team and social workers to arrange with families who have supervised contact with their babies to attend the hub's baby group sessions. This enabled extra support for these families,

helping them to develop relationships, parenting skills and healthy lifestyles. One parent commented: "I love seeing my baby interact with other babies, he always looks forward to the bubbles at the end of the session."

Cllr Susan O'Brien, Cabinet Member for Children, Families and Education, said:

"The family hub model is championed by government, with many local authorities now following this concept.

"The hubs are a way of combining a range of services locally to improve residents' access to support, they build connections between families, professionals and service providers, and put cohesive, closer relationships at the heart of family help."

For more information about Uxbridge Family Hub, visit www.hillingdon.gov.uk/uxbridge-family-hub.



Revitalising and transforming Hayes town centre

In November, the council's works to transform the streetscape along Kingshill Avenue concluded and the Adelphi Way junction now benefits from an attractive screening made up of colourful stainless steel fins (pictured above). The works cost £35,000 and were funded from the government's Welcome Back Fund which was set up to support high streets with their post-pandemic retail recovery. Designed to conceal the existing telecommunications

site, the new addition to the high street also features purifying wildflower planters and creates an attractive focal point in the heart of the parade. In 2021, Kingshill Avenue underwent a significant revitalisation totalling £422,000 (£322,000 came from the council's highways budget and £100,000 from the council's popular Chrysalis initiative). Other highlights of the works included an eye-catching mural installed on the post office corner,

new energy-efficient LED streetlighting, as well as new paving, planters, contemporary benches, cycle stands and trees. **Cllr Eddie Lavery, Cabinet Member for Residents' Services,** said: "We recognise the importance of our local shopping parades and the need to ensure they remain attractive places for people to visit and shop. "As a council, we're committed to regenerating our town

centres and in 2023 we're embarking on an ambitious programme to help drive economic growth." This year, the council's plans include enhancing the shopping parades at Sutton Court Road (Hillingdon) and Mulberry Parade (West Drayton). In the spring, a new mural is set to be installed under South Ruislip bridge and the streetscape surrounding West Drayton station will benefit from a range of improvements.

New tarmac helps our drive towards greener roads

In autumn 2022, four roads in Hillingdon participated in a resurfacing trial using a new, more environmentally friendly form of tarmac. Works were undertaken at Springwell Lane (Harefield) in July, Church Road (West Drayton) in August, Brickwall Lane (Ruislip) in October, with Lees Road (Uxbridge) completing in November. The new tarmac incorporates a specialist bitumen (a form of petroleum) which allows it to be produced at a much lower temperature (up to 40 degrees). As the process requires less energy, the carbon dioxide emissions associated with its manufacture are reduced by up to 15 per cent.

In addition, the lower temperature means less fumes and steam are produced, providing a safer working environment for contractors as well as having less of an impact on air quality. Another benefit of the lower temperature means that a larger area

can be laid during the same shift. This also allows roads to reopen to traffic quicker without the risk of deformation, minimising disruption for road users. The tarmac mix also incorporates recycled materials such as demolition waste and old tarmac which has

been lifted during road resurfacing works. **Cllr Jonathan Bianco, Deputy Leader and Cabinet Member for Property, Highways and Transport,** said: "We aim to be carbon neutral by 2030 and this means we must look across all our operations to see how we can deliver our services in the most environmentally friendly way possible. "Our highways team is currently calculating the emissions savings across the four roads, and we will review the overall effectiveness of the pilot before making a decision on whether to roll out the new tarmac across the borough."



Cllr Bianco reviews the works on Brickwall Lane, Ruislip

COVID-19 memorial installed to remember residents

In November, a permanent memorial at Breakspear Crematorium, Ruislip, to remember the borough's residents who have tragically lost their lives to COVID-19 was unveiled by the council. The calming water feature, which is in the top tier of the site's West Chapel terrace, was officially unveiled by the Mayor of Hillingdon, Cllr Becky Haggar, in the presence of the Mayor's Consort, Mr Marios Kaikitis, Leader of the

Council, Cllr Ian Edwards and Cabinet Member for Residents' Services, Cllr Eddie Lavery. The lasting tribute is two metres high and made from a polished stainless steel panel and set into a living wall. It is accompanied by a plaque dedicating the space to the more than 800 Hillingdon residents who have lost their lives to the disease. **Cllr Edwards** said: "The COVID-19 pandemic impacted so many people and we felt it was extremely



important to create a permanent memorial in the borough to remember those who have died. "This new feature is intended to provide a

place of quiet reflection and remembrance for families, loved ones and visitors and is a beautiful addition to the crematorium site."

Support with the cost of living during the cold winter months

In response to the increasing cost of living, the council is continuing to offer and promote a range of initiatives and programmes to support residents this winter. The government's Help for Households scheme includes cost of living payments for households on means-tested benefits; disability cost of living payments; pensioner cost of living payments and winter fuel payments; the energy bill support scheme which will deliver a £400 non-repayable discount automatically to household energy bills in six instalments until the end of March; help with the cost of childcare; advice on energy saving; welfare support; and help for those seeking employment. Additionally, the council is administering some of the support provided by government. This included the council tax energy rebate at the end of last year and the Household Support Fund. The council tax energy rebate also had a discretionary element where the council

established a scheme that provided support to low-income households who weren't eligible for the government's main energy rebate scheme. The Household Support Fund initially ran between April to September 2022 and a new grant is in place for October 2022 to March 2023, with just over £2 million allocated to the council to deliver a discretionary scheme. Hillingdon's Household Support Fund is providing food vouchers during the school holidays to eligible families; a one-off £80 cost of living voucher to support utility costs for households eligible for benefit-related free school meals; a one-

off £60 food voucher for care leavers receiving care leaver services; a one-off payment of £650 to residents who, on 1 October 2022, were in receipt of housing benefit only and not eligible for the government's cost of living payment; and a one-off food/utility cost voucher for those in extreme hardship who meet qualifying criteria. The council is also continuing to run its Hillingdon Activities and Food Programme during the school holidays for school-aged children in receipt of free school meals and provide support for council tenants who are struggling financially.

Community warm welcome centres are also in operation across the borough this winter at Hillingdon libraries and community buildings. Residents can drop in for financial advice, a hot drink and a chat with other residents (opening hours and locations are available on the website link below). **Cllr Martin Goddard, Cabinet Member for Finance,** said: "With inflation at a 40-year high, interest rates rising and higher energy bills, we understand that residents are concerned about the pressures this is creating on their household purse and that this winter will be a difficult time for many. "It's extremely important that we continue to ensure that the schemes we're delivering support those most in need and raise awareness of the range of support available so residents can access help and advice." For more information on these schemes, visit www.hillingdon.gov.uk/cost-of-living. If you do not have computer access, our libraries have PCs you can use for free.



Talking about men's health

A men's health event for local people was held at Uxbridge Library on Thursday 17 November.

Men across the borough came to listen as health professionals spoke about mental health issues, testicular and prostate cancer concerns, and how to make healthy lifestyle choices.

They also had the opportunity to have a free health check and their blood pressure taken.

Six stalls provided information, advice and details of the support available for men in the borough. Stallholders included MyHealth, Hillingdon Carers Trust, The Cove Café and Talking Therapies.

The day began with a talk on testicular cancer from a Hillingdon GP. She talked about the importance of regularly checking for lumps or abnormalities in the testicles and then seeing your GP if you find something.

Hillingdon Talking Therapies then gave advice about what to do if you are feeling low, anxious, stressed, or struggling with relationships. They spoke about the importance of reaching out to friends and family, and the benefits of organisations such as Talking Therapies.

If you are worried or anxious, call 01895 206 800 or email cnwl.hillingdontalkingtherapies@nhs.net for help.

Next was a talk on prostate cancer. Trevor Walker, who survived the disease, spoke about his personal experiences. He explained that around 2,400 men aged between 15 and 45 are diagnosed with the illness yearly.

Most importantly, he emphasised the importance of self-examination and asking your GP for a simple prostate specific antigen (PSA) blood test to help diagnose problems.

If you want to learn more about prostate cancer, visit www.orchid-cancer.org.uk.

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "Many men are reluctant to talk about their health, especially their mental wellbeing. With women much more likely to see their GP than men, we must encourage them to speak more openly about their concerns."

"The day was about showing men that there are many local organisations available that can help. If you're worried about something, don't suffer in silence; please reach out to a friend, family member or health expert for help."



Speaker Trevor Walker talks about prostate cancer and the importance of self-examination

Love your heart this February



The council has organised more than 50 events and activities to mark February's National Heart Month.

The programme will be celebrated in libraries across the borough, where residents can take part in health checks, talking therapy sessions and free activities to help improve their overall fitness.

This year's campaign launches with a health fair at Uxbridge Library on Friday 3 February, from 10am to 2pm. Here you will find health and advice stalls offering you a chance to try new activities and ways to improve your fitness. You'll also discover new techniques to help you relax and find your inner calm.

If you miss this event, don't worry – you can catch the mini health fair and coffee morning on Friday 10 February, from 10am to 2.30pm, at Manor Farm Library.

Ickenham Library is hosting Love Life, a mindfulness still life drawing session for adults on Tuesday 14 February, from 2.30pm to 4pm. Or why not come along to their 'enchanted hour' – a cosy scene after closing time, where readers are invited to come and share or listen to passages, poems or music that have touched their heart recently?

During half-term, younger residents aged four to 11 can also take part in our heart month children's challenge at any of the borough's libraries. This includes targeted activities to encourage

young people to get fit outdoors and enjoy a creative time at home.

Uxbridge, Botwell Green and Ruislip Manor libraries are also inviting families to join them for their interactive Story Detectives dance performances and workshops.

Additionally, residents of all ages are encouraged to harness the mindful power of knitting and crochet at Charville Library – or at home. Sessions take place every Friday morning for adults, or on Saturday mornings for families where you can crochet or knit six-inch/15.25cm squares which will be turned into children's blankets. You can use any double-knitting yarn and we'd suggest using 4mm sized crochet hooks or knitting needles. The finished blankets will be donated to one of the Mayor's chosen charities, the Daniella Logun Foundation.

Cllr Palmer, said: "This February, we encourage you and your family to join in our free heart month activities."

"They have been designed to give local people advice and information on how to make small changes to help you live a healthier lifestyle."

For more information and to access the full programme and timings, visit www.hillingdon.gov.uk/heart-month.

Creating play opportunities for local children of all ages

Following the success of our Summer Playday last year, we are holding a Winter Playday on Tuesday 14 February, from 10am to 4pm, in the Pavilions Shopping Centre to promote good family health and play opportunities for children.

As part of February's Healthy Heart month, Playday is an opportunity for families to find out more about ways to keep active, healthy and take care of your loved ones.

Representatives from our children's centres, libraries and sports teams will be joined by Dental Health, GLL, MyHealth, Homestart, NHS and



police teams to provide you with information and advice about health checks and services for children and adults.

There will also be free, fun-packed activities,

including dance taster sessions, colouring, storytime, a baby corner, games and more.

Find out more about the Winter Playday event by visiting www.hillingdon.gov.uk/playday or contact the council's sport and physical activity team at sportandphysicalactivity@hillingdon.gov.uk.

Cllr Susan O'Brien, Cabinet Member for Children, Families and Education, said: "The Playday events are a great way to celebrate the importance of play for children of all ages. The events also give parents and carers the opportunity to speak to professionals from a range of council and health services and get advice on how to help keep their families healthy."

Hillingdon's adult class of 2021 graduates



Deputy Mayor, Cllr Ahmad-Wallana celebrates with Hillingdon's class of 2021

Learn Hillingdon – Adult Community Education held its formal certificate presentation ceremony for the 2021/22 cohort of adult learners at the Civic Centre, Uxbridge on Friday 18 November.

The 110 former students, who had all worked hard to receive a qualification, with Learn Hillingdon – many studying a full year or longer – each received

their certificate from Deputy Mayor, Cllr Shehryar Ahmad-Wallana at the ceremony which was attended by almost 200 people and included guests and fellow learners.

The presentation was also an opportunity for many of the learners to reunite and catch up with former classmates they had not seen for several months.

Funmilola Glover who studied English Level 1 to help her to gain confidence both at home and in the workplace, said: "I write reports at work without worrying about spelling errors and now I speak fluently and confidently in meetings, at home and at social gatherings."

Steffi Fernandes, who studied Digital Skills, said: "The course helped me to learn more about the

browser, internet, copy, cropping, designing and how to use the internet wisely as well as all the applications and accessibility on the phone and computer. I would love to learn more!"

Cllr O'Brien, said: "Congratulations to all our adult learners for successfully completing their studies with us. They are such excellent ambassadors for Learn Hillingdon and demonstrate the benefits of lifelong learning for all."

"I wish them all every success on the next step of their journeys and I really hope their stories inspire others to take the plunge and learn something new with us."

Learn Hillingdon – Adult Community Education offers more than 500 part-time courses to adults aged 19 and over. New courses are added throughout the year.

To see the full range on offer for 2022/23, visit www.hillingdon.gov.uk/adultlearning.

Launching our Council Strategy 2022-26

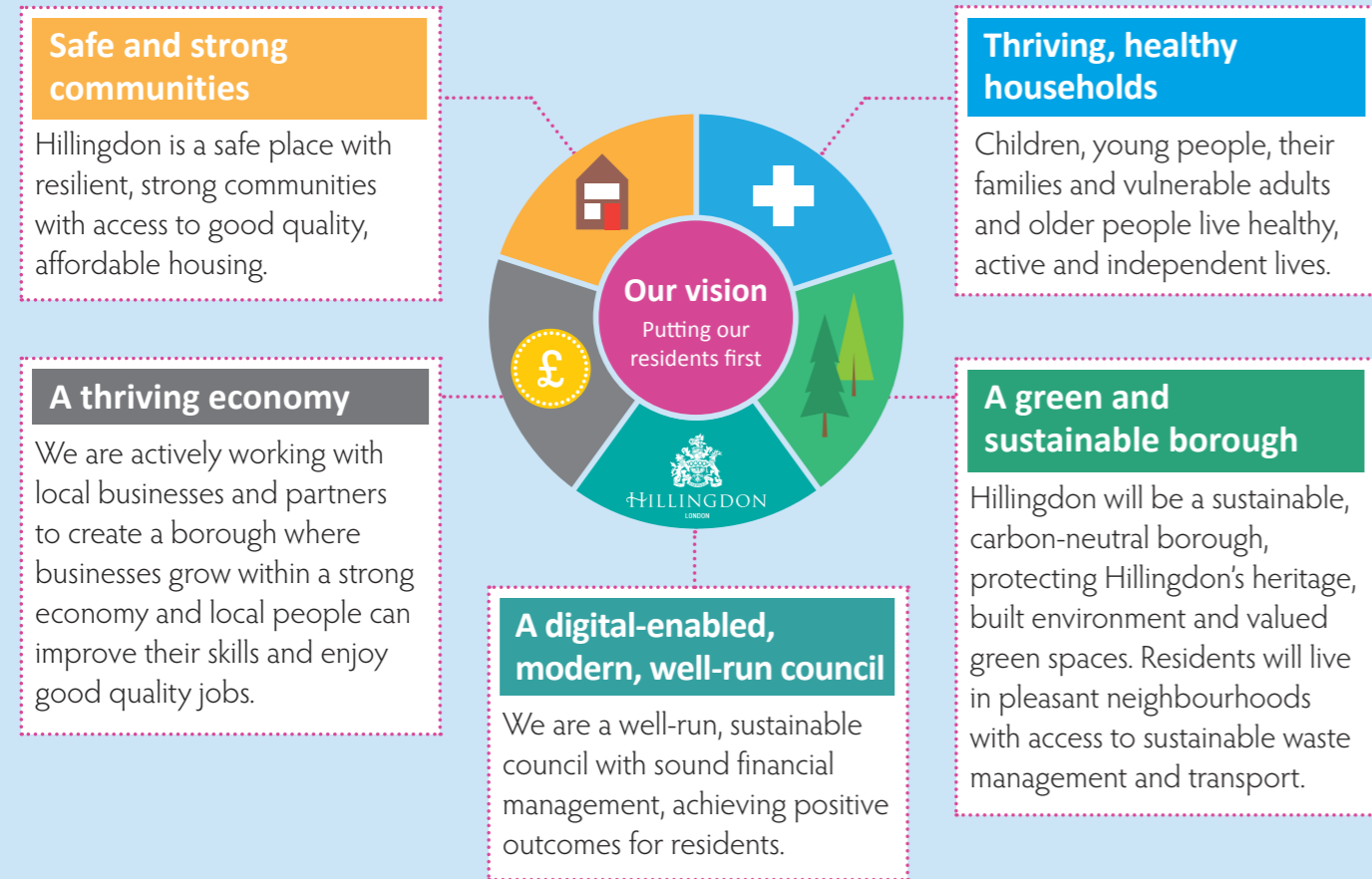
Our Council Strategy was agreed at November's Full Council meeting and sets out our vision and priorities for the next four years. Delivering high-quality services for local people is at its heart and we outline the council's five commitments to residents.

The strategy for 2022-2026 highlights the council's vision of putting residents first, and its ambition statement for residents that Hillingdon is a safe, inclusive, more digital borough with a strong economy.

The draft strategy was consulted on during the summer. More than 350 responses were received, and comments were largely positive and supportive of the council's vision, commitments and priorities.

Leader of the Council, Cllr Ian Edwards, said: "This document sets out our course for the next four years and provides us with an overarching framework for council policy, business planning and performance management. "Against a very challenging and fast-moving backdrop, we remain committed to providing local people with strong leadership, sound financial management as well as ensuring that we transform how we work to sustain our high-quality core services and facilities."

Our five commitments to local people



For more information and to view the full Council Strategy 2022-2026, visit www.hillingdon.gov.uk/council-strategy

Continuing to put residents first

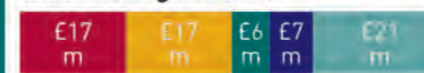
The council's budget for 2023/24 proposes a council tax and social care precept increase of 4.99 per cent, well below the rate of inflation. It also proposes increasing fees and charges towards full cost recovery for discretionary services used by residents. Even after these increases, Hillingdon residents are set to pay amongst the lowest levels of council tax in outer London and the lowest fees and charges per capita of any other authority in London.

Government funding is not meeting the additional cost pressures being experienced by local authorities, in particular an increase in the cost of and demand for social care services (see graphs below).

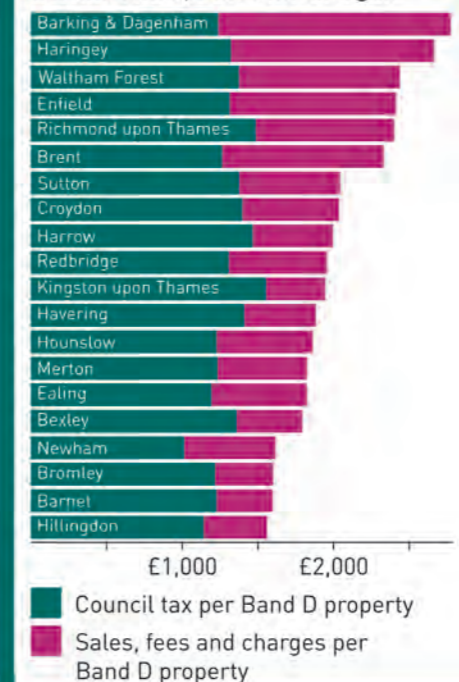
To minimise the funding requirement from residents, Hillingdon has continued its transformation programme saving £13 million in 2022/23 by reducing senior management, cutting back-office and administrative costs and improving service efficiency by making better use of technology such as introducing a new digital parking permit system and improving the efficiency of waste collections, amongst others.

The council's transformation programme will continue to play a key role moving forwards and has been expanded to deliver further savings of £21 million in 2023/24.

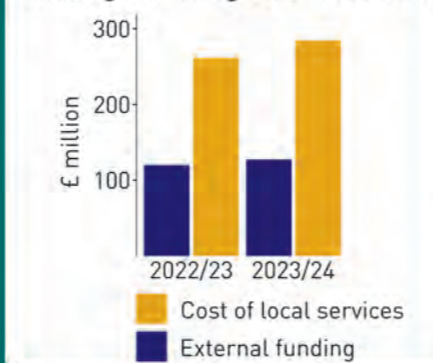
Balancing additional expenditure with funding 2023/24



Outer London pre-pandemic council tax and sales, fees and charges



Funding the rising cost of services



Core council tax will increase by 2.99 per cent and a levy of 2 per cent to fund social care will also be charged (income that is ringfenced to fund residents' adult social care). In practice, this equates to a total increase of £1.21 a week for a Band D property.

The council has, for many years, been charging one of the lowest levels of fees and charges across all London boroughs. The council's proposed increases across fees and charges for 2023/24 will bring the authority more in line with other outer London boroughs. Hillingdon is also one of very few local authorities not to charge for a first residents parking permit and this is no longer sustainable.

The increase in council tax and fees and charges will support the most vulnerable and maintain the award-winning core frontline services residents have come to expect.

We will continue to maintain and invest in services for residents, including free weekly waste and recycling collections, leisure facilities, town centre improvements, road surfacing and the delivery of new homes and school places. The council has built and maintained a substantial capital programme which will see investment of £340 million in infrastructure, facilities and schools and a further £621 million on increasing and improving the council's housing stock for the period 2022/23 to 2027/28.



Cllr Martin Goddard, Cabinet Member for Finance, said:

"Against the backdrop of ongoing challenging economic conditions, our planned budget is set to be achieved through a combination of delivering prudent increases in council tax and fees and charges, whilst maintaining key frontline services and preserving reserves. "We know that these increases will be unwelcome news in the face of the cost of living crisis but the reality is that despite them, Hillingdon residents will continue to get a better deal than many in London and beyond due to the council's proven track record in sound financial planning and commitment to putting them first."

Visit www.hillingdon.gov.uk/budget-consultation before Sunday 29 January to have your say on the proposed budget



Amore Dessert Café's Andrea serves up a tasty treat

Start saving today with HillingdonFirst

For more than a decade, the council's HillingdonFirst card has been offering residents exclusive discounts, offers and preferential rates on various products, services and facilities across the borough.

The card ensures residents receive preferential rates at council-owned leisure centres - Botwell Green Sports and Leisure Centre (Hayes), Highgrove Pool and Fitness Centre (Ruislip), Hillingdon Sports and Leisure Complex (Uxbridge) and Queensmead Sports Centre (South Ruislip).

Residents will also receive discounted rates at council-owned car parks and on-street parking bays.

Car visits to Harefield Civic Amenity site are free for residents with their HillingdonFirst card. Find out more by visiting www.hillingdon.gov.uk/harefield-civic-amenity.

In addition, West Drayton Waste Weekends are open to Hillingdon residents with a HillingdonFirst card or a driving licence and a household bill. Find out more by visiting www.hillingdon.gov.uk/waste-weekends.

Check out your local library
Your HillingdonFirst card is also your library card. It allows you to borrow books, talking books and access our wide range of fantastic online resources.

To activate your membership, visit one of our libraries in person, call one of our branches or email librarycontact@hillingdon.gov.uk and a member of the team will assist.

If you've not been an active library user in the past three years, you'll need to reactivate your membership.

Exclusive discounts and offers
Hundreds of businesses have signed up to the scheme and offer discounts and offers on various products and services.

Simply show your HillingdonFirst card at the point of paying. If you are a local business and would like to sign up, visit www.hillingdon.gov.uk/HFBusiness.

Amore Dessert Café on Field End Road, Eastcote has signed up to the scheme offering 10 per cent off all orders over £10. Owner **Bhaumik Patel** said: "As an independent business owner, during these tough times every little bit helps.

"And I think the HillingdonFirst card is a great way for us to reward our existing customers as well as attract new ones."

Who can apply?
Membership of the scheme is free. Anyone aged 18 and over who lives in the borough can apply for a HillingdonFirst card. Residents aged 17 who drive can also apply.

Please note that if you haven't used your card since January 2019, you'll need to apply for a new card by visiting www.hillingdon.gov.uk/hillingdonfirst.



Getting started

Once you receive your HillingdonFirst card, don't forget to register it to your MyAccount so that if it gets lost, damaged, stolen or becomes faulty, you can request a replacement online.

To find out more visit, www.hillingdon.gov.uk/myaccount.

Changing address?

If you are changing address inside Hillingdon, remember to update your details on MyAccount and if you are moving outside the borough, please don't forget to cancel your card online.

Cllr Douglas Mills, Cabinet Member for Corporate Services, said:

"We're committed to putting residents and businesses first and the HillingdonFirst card is one of the many ways we do just that.

"It's really easy to apply for the card online, so visit our website today to start saving. And if you're a local business, why not sign up to see how the scheme can help promote your services and drive footfall?"

For more information on HillingdonFirst, visit www.hillingdon.gov.uk/hillingdonfirst



A thriving economy

New subscribers and more online services for MyAccount

More than 100,000 residents are now contacting us online and have registered for the council's MyAccount, a digital customer portal on our website, which allows you to view and check the status of reports and requests in one place, 24 hours a day, seven days a week.

In the past year, 126,000 reports or requests have been handled by our contact centre. More than 72 per cent of these were made digitally via our website and MyAccount - showing how much easier it is to contact us at a time that is convenient to you and without having to queue on a phone.

Additionally, you're able to follow up on reports and requests directly with the teams dealing with them without having to go through our call centre. While you don't need a MyAccount to report certain things, such as fly-tipping, requesting recycling bags or telling us about a problem in a road, reporting it via MyAccount helps you stay informed with real-time updates.

The MyAccount online customer portal is part of the council's long-term plan to maximise the use of digital platforms for the benefit of residents. More services have been added in recent months, and alongside environmental issue

reporting, you can also manage your HillingdonFirst account and council tenants and leaseholders can link their details to the MyAccount to request repairs, and view and make rent payments.

Our call centre is also using a new voice automated system, which integrates with MyAccount, to help callers find forms and information online to help them avoid the need to wait in call queues and frees up customer service agents to resolve more difficult enquiries.

During the coming months, we will be adding more services to the voice automated system and also MyAccount, which will allow you to make more transactions with us in this way and personalise your account according to your needs.

Are you signed up yet?

Registration is done via the council's website - www.hillingdon.gov.uk/myaccount - and is quick and easy. Simply enter your email address and

follow the instructions to verify your account and set up a password.

Paul Duberley, from West Drayton, said: "MyAccount has made the process of interacting with the council much easier, and the great thing is you only have to register once. From then on, everything you've requested or reported is recorded in one place.

"I can request most of the common things I would normally have called the council about online now, at my own convenience."



Cllr Douglas Mills, Cabinet Member for Corporate Services, said:

"It has never been quicker or easier to contact the council online.

"As part of our commitment to be a digital-enabled, modern, well-run council, we want residents to have more digital choices across a range of services and to be able to interact with the council at a time that's convenient to them, while being more cost effective for us.

"We will be adding more options to MyAccount this year which will help residents and businesses transact with the council more efficiently."

To find out more and register for a MyAccount, visit www.hillingdon.gov.uk/myaccount

A digital-enabled, modern, well-run council





Integrated perinatal mental health services support women and families

In November, The Princess of Wales made a special visit to the borough to see how the council, Hillingdon Perinatal Mental Health (PNMH) and other local services are working together in an exemplary way to support women through their pregnancies and early motherhood.

In her first official visit as Royal Patron of the Maternal Mental Health Alliance (MMHA), Her Royal Highness visited Colham Manor Children's Centre and heard how local organisations work collaboratively in the borough to provide early access to multi-agency support and therapy in one place and how this has had a life-changing impact on Hillingdon women and their families affected by perinatal mental health issues.

During the event, which was hosted by the MMHA, the Princess joined a mother and baby group and spoke to women about their experiences with pregnancy and mental illness and how they were supported by the health initiatives available locally.

She also took part in a table discussion with representatives from the council, Hillingdon PNMH, midwifery, health visiting, Talking Therapies, Birth Companions and HomeStart to hear about how the different services work together and why it works so well.

The council and other organisations deliver a range of services at sites across the borough, from midwifery care, health visitor reviews, wellbeing

and therapy sessions, to parent support and child development initiatives.

Local organisations recognised the ongoing stigma for mums in seeking support during the perinatal period, which can result in them not receiving help at an early stage, and received training in 2018 to become Perinatal Mental Health Champions. They also trained volunteers in the community to ensure more people can recognise when women need support.

Saher Hussain, from Ruislip, said: "It was wonderful meeting the Princess. The support offered by the perinatal mental health services has been invaluable to me, and the community – especially for mums. They have also had such a positive impact on me and my relationship with my baby."

Why is perinatal mental health so important?

The perinatal period is usually defined as the time between conceiving a baby until the end of the first postnatal year.

It is vital that women receive treatment and support as early as possible, as if left untreated, mental illness can have a significant and long-lasting impact on women and their families.

Do you need help?

If you are pregnant or have recently had a baby, or have a child aged up to five years, and are experiencing anxiety, low mood or are struggling with life changes, speak to your midwife, health visitor, GP or make a self-referral to Talking Therapies at talkingtherapies.cnwl.nhs.uk/hillingdon.

Alternatively, visit www.hillingdon.gov.uk/childrenscentres.

Cllr Susan O'Brien, Cabinet Member for Children, Families and Education, said:

"We are delighted the Princess of Wales visited Hillingdon and found out more about the exemplary joined up work between the council, Hillingdon PNMH and our wider partners.

"One in five women experience mental health problems during the perinatal period, and it's vital that they receive treatment and support as early as possible during this time to prevent suffering, isolation and to ensure children have a healthy start.

"We are delivering lots of perinatal services to help parents and carers receive crucial support when they need it most, this in turn helps children grow up in thriving and healthy homes."



Thriving, healthy households

'Unseen hero' iconographic artwork for new Battle of Britain marketing campaign

This spring, a new marketing campaign is launching aiming to bring a wider audience to one of the borough's hidden tourist attractions.

The Battle of Britain Bunker Exhibition and Visitor Centre, tucked away in its leafy corner of Uxbridge has always welcomed visitors with a love and interest in military history.

But the state-of-the-art visitor centre and its unique accompanying subterranean venue have a broader appeal, particularly when you find out a little more about the brave people who worked there, many of them young women.

The bunker played a vital role in the success of the Battle of Britain in 1940 through strategic command of the Royal Air Force and Allied fighter aircraft, but many staff working there couldn't tell their families what they did, so clandestine was their work.

The artwork for the new campaign is inspired by three of those young women portraying them in an iconic, retrospective style.

Cllr Eddie Lavery, Cabinet Member for Residents' Services, said:

"The Battle of Britain Bunker Exhibition and Visitor Centre is an attraction on par with many of those in central London, but lesser known due to its – by design – clandestine location.

"This year we're working hard to make people aware that it's a unique, fun and different experience with a broad appeal that will be appreciated by visitors across the capital, as well as those closer to home."

These women were ordinary people doing extraordinary work at one of the most critical times in British history. Yet, those who passed them in the high street would have had no idea these women were shaping history, in a vast concrete bunker 60-feet underground.

They are very much among the unseen heroes of the Second World War.

Immerse yourself in Hillingdon's history

A new audio addition to the bunker aims to enhance the visitor experience.

Launched in December, a new immersive soundscape experience welcomes you at the bunker entrance, taking you back to September 1940, where RAF Police guards greeted you at the bunker entrance requesting passes and ID cards to access the top-secret building.

Visitors will hear the informal conversations between RAF staff and hear the real names of the men and women who served in the bunker during the Battle of Britain in 1940.

Find out more about the Battle of Britain Bunker Exhibition and Visitor Centre at battleofbritainbunker.co.uk



DISCOVER THE UNSEEN HEROES OF WWII AT WEST LONDON'S TOP MILITARY HISTORY SITE

A green and sustainable borough



Get healthier and fitter in 2023

If you're looking to improve your fitness in 2023, Hillingdon has plenty of ways to help you embrace the new year and the new you.

It's never too late to get fit and healthy. In fact, being physically active is one of the best ways to improve physical and mental health in people of all ages.

For many of us, ageing can make exercise more challenging. This can include stiff and sore joints, physical weakness (as we age, our muscle mass naturally decreases), and conditions such as arthritis and osteoporosis.

However, the good news is that it is never too late to get more active.

That's why we provide and can recommend a range of exercise programmes for people of all ages, especially for our older residents.

If you enjoyed playing football in your youth, or would like to give it a try, you can join FA Accredited Uxbridge Amblers Walking Football Club.

So, what makes walking football different? **Mick Geraghty, Club General Secretary**, said: "As the name suggests, there is no running. The game is played at a walking pace. It's also a non-contact sport.

"It's the perfect game for people in later life and a great way to

stay fit. Studies have shown it can help treat mild to moderate hypertension and help people lose weight. There are also substantial mental health benefits."

Mick Harvey, aged 72, from Uxbridge (pictured below), said: "I have found over the years that walking football is a great outlet for people who want to get back into the game. Not only does it keep me fit, but it's also a great way to meet friends. I say to all the lads who come along to join that you don't play walking football because you're good at it, but because you enjoy it."



George White, aged 69, from Uxbridge (pictured above) agrees that it's a great way to broaden your social circle. He said: "I have been playing since 2015. It's good exercise and a great way to meet people. The social side is a huge part of the club, and it's great to get together to share our love of football."

Uxbridge Amblers has partnered with the council to offer free walking football sessions for men on Wednesday mornings, between 10am and 11am, on the 3G pitches at Hillingdon Sports and Leisure Complex. Sessions for women are available on Friday evenings, from 6pm to 7pm, at the same location.

Mixed sessions for people who are recovering from a long-term illness, living with a disability or just starting physical activity are also offered on Mondays, from 2pm to 3pm, at Yiewsley and West Drayton Community Centre, UB7 9JL.

To book a space, or for more information about the sessions, please email Sarah Durner at sdurner@hillingdon.gov.uk.

If you want to find out more about walking football or to progress into more active competitive matches, contact Mick at mgconsult5275@aol.com or visit www.uxbridgeamblers.co.uk.

If walking football isn't your thing, the council's chairiobics classes are a low-impact chair-based form of exercise which focus on improving your strength, flexibility, coordination and stamina.

The free classes take place in 10 of the borough's libraries and are open to residents aged 65 and over. Booking is required, visit www.hillingdon.gov.uk/chairiobics to find out more.

Other free activities for over-65s

Tea dances

Older residents can enjoy free monthly tea dances incorporating a variety of musical styles and dances, including classic ballroom, bhangra and line dancing. The council-run events are held at the Civic Centre, Uxbridge; Yiewsley and West Drayton Community Centre and Botwell Green Sports and Leisure Centre. Find out more and book at www.hillingdon.gov.uk/dances or by calling 01895 556688.

Swimming

Free weekly swimming lessons, which cater for varying abilities, are available for over-65s at three of the borough's swimming pools. Older residents can also swim at these pools for free. Classes and sessions can be booked at Hillingdon Sports and Leisure Complex (indoor pool only), Botwell Green Sports and Leisure Centre or Highgrove Pool by visiting www.better.org.uk or downloading the Better UK phone app.

Open air fitness for all ages

Being outside in natural light has been proven to support good mental health and wellbeing.

Remember free led walks take place, Monday to Sunday, in many of Hillingdon's award-winning parks. Find out more and book at discover.hillingdon.gov.uk/led-walks.

There are also 37 outdoor gyms in parks and open spaces across the borough designed to encourage residents to keep fit and active outside for free. The facilities are suitable for all ages and fitness levels. For a full list of gyms, visit www.hillingdon.gov.uk/outdoorgyms.

Free exercise classes are held by fitness experts Our Parks at some of Hillingdon's parks. Lessons include boxercise, circuit training, bootcamp-style sessions. Anyone aged 16 and above can attend

the adult classes. Young people attending the children's classes must be accompanied by an adult. Find out more at ourparks.org.uk/borough/hillingdon.

Tennis can help to maintain your health, fitness, strength and agility, as it allows you to have a whole-body cardiovascular workout.

Find a court near you and book by visiting www.hillingdon.gov.uk/tennis.

A round of golf is another great way to socialise outdoors while working out your arms with each swing. Haste Hill and Uxbridge public golf courses welcome all abilities and are open all year round. Discounted rates for over-65s are also available at Haste Hill between 7.30am and 10am, Monday to Friday, except on Bank Holidays. Find out more and book a session at www.hillingdon.gov.uk/golf.

Join your local leisure centre

Whether you're taking the first steps on your fitness journey or you're looking to stay in shape, our four leisure centres run in partnership with Better – Botwell Green Sports and Leisure Centre (Hayes), Highgrove Pool and Fitness Centre (Ruislip), Hillingdon Sports and Leisure Complex (Uxbridge) and Queensmead Sports Centre (South Ruislip) – offer a range of equipment and memberships to suit you.

Better health memberships

This membership is perfect for adults and juniors looking for access to a range of activities more than once a week, at any time of the day. Memberships are available for one location, the local area or UK-wide. Reduced prices available for off peak times and eligible junior, senior and concessionary categories.

Pay as you go

Pay as you go is a great choice for all ages who like the option to visit occasionally each month. There's no monthly fee and you benefit from special pay-as-you-go rates for all locations across the local area. Reduced prices available for eligible junior, senior and concessionary categories.

For information and to sign up, visit www.better.org.uk/hillingdon.

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

said: "Start the New Year by focusing on your physical and mental health by taking part in the many events and fitness programmes across the borough.

"We have some of the best sports and leisure facilities in London, many of which continue to receive significant investment.

"It doesn't matter how old you are or your ability, there's a form of exercise which everyone can enjoy – visit our website and start your fitness journey today!"

For more information on activities that can be enjoyed inside or outside, visit www.hillingdon.gov.uk/leisure



Creating a cleaner, greener future for residents

Our vision for a cleaner, greener Hillingdon continues to gain momentum. A variety of trees are being planted across the borough this winter, two new flood alleviation schemes have been installed and anti-pollution green screens are being rolled out to more primary schools.



The council's tree strategy outlines our commitment to planting 500 trees across Hillingdon each year. This includes replacing those which need to be felled or relocated, as well as tree planting at new locations.

In November, our efforts were bolstered when the council was awarded a grant of £150,000 from the government's Woodland Creation Accelerator Fund. The fund has been created to support local tree planting by employing new staff to provide the professional expertise needed to drive tree planting and woodland creation activity.

The grant will be used to hire an environmental project officer and four winter seasonal staff to support tree planting initiatives.



GREENING THE BOROUGH Community planting at Rosedale Park

Help us to plant more trees across the borough

In Ruislip, residents have been volunteering their time and energy to help the council in a project to convert two hectares of plain grassland into a thriving nature haven.

The work, in Bridgwater Road Fields (also known as Spider Park) off Bridgwater Road, has been aided by seven winter 'community planting days'.

Residents are joining forces with the council's green spaces team and The Conservation Volunteers, to plant 8,000 young trees, called 'whips', on the set days which began in November and finish at the end of this month.

The trees are a mix of species, including maple, hazel, oak, wild cherry, guelder rose and wayfaring tree.

These whips will grow to create small copses which will form vital habitats for plants and animals.

Alongside the planting, the project also includes creation of a hay meadow and pollarding of the older crack willows from the riverbank, so limbs don't split and fall into the water, clogging the flow. Work will also take place to restore the existing pond.

If you'd like to get involved, the final Bridgwater tree planting sessions take place on Saturday 21 and 28 January, from 10.30am to 2pm. Sessions are open to all but must be booked in advance. Find out more at discover.hillingdon.gov.uk/tree-planting.

Winter is the ideal time to plant trees, so why not join our sponsorship scheme with our partners Trees for Streets?



As a bonus, the Mayor of London has pledged that for every tree sponsored privately through the scheme before the end of March 2023, he will plant one tree in a priority location in the borough.

To sponsor a tree, visit www.hillingdon.gov.uk/sponsor-a-tree.

Three new anti-flooding schemes are introduced

In November, new anti-flooding schemes were unveiled in Bessingby Park, Ruislip and in Elephant Park and Hillingdon Court Park, Uxbridge.

Work on the projects began last winter and will now protect nearby homes from floods following heavy rainfall and address localised flooding issues affecting footpaths and play areas.

In Bessingby Park, heavy rainfall had caused some footpaths to become unusable. So, a large 'swale' has been created on the eastern side of the park. This is a shallow depression in the ground, fringed with wildflowers, with rocks in the middle. Plants will be added in the spring.

Following rainfall the swale will fill with water, retaining it so it disperses slowly back into the ground. The

rocks and plants will provide foraging opportunities for birds and wildlife.

In Hillingdon Court Park, a pond has been built in the corner of the park most prone to flooding.

This will hold up to 850 cubic metres of water in situ following rainfall. It will flow into an adjoining ditch and protect homes in the north-east corner of the park against flooding.

Following large downpours, the water from Hillingdon Court Park will flow into nearby Elephant Park. Here, the water course that previously flowed underground has been newly-exposed to create a ditch, with more large rocks added to attract wildlife, and a capacity for holding 1,050 cubic metres of water.

The three projects were funded by grant money totalling £200,000.

Green screens rolled out to more primary schools

The council approved £116,000 of funding for green screens to be installed at 13 more schools across Hillingdon in November.

In 2021, 25 schools benefited from the council's green screens initiative – with this latest phase bringing the borough's total to 38.

The screens are made of roadside trees, hedges, willow and green vegetation, and form a natural filtering barrier from the pollution emitted by vehicles on the road.

Works commenced in January, and schools involved are Oak Farm Primary School (Uxbridge), The John Locke Academy (Uxbridge), St Matthew's C.E Primary School (West Drayton), Wood End Park Academy (Hayes), St Martin's C.E Primary School (West Drayton), Lake Farm Park Academy (Hayes), Laurel Lane Primary School (West Drayton), Brookside Primary School (Hayes), Belmore Primary Academy (Hayes), St Mary's Catholic Primary School (Uxbridge), Dr Tripett's C.E Primary School (Hayes), St Bernadette Catholic Primary School (Uxbridge) and Nanaksar Primary (Hayes).

The works are scheduled to complete in the spring.



Cllr Bianco and Cllr Lavery at Bessingby Park

Trees for Cities partnership continues to thrive

Partnerships with organisations, such as Trees for Cities, are also an integral part of the council's tree strategy.

The council and the community came together last October and November with the help of charity, Trees for Cities, to plant beautiful new trees in Rosedale Park, Hayes and Philpot's Farm, Uxbridge.

At Rosedale Park, the October community planting day took place with a willing team of 31 local residents who helped plant 17 'heavy standard' (well-established) young trees.

A further nine trees were added to the park by Trees for Cities after the community planting event, transforming the park's appearance, from wide-open grassland to a landscape dotted with trees, which

will grow to become vital homes for local wildlife.

The trees were a mix of species, including sweet gum, mulberry, cherry, walnut, maple, crab apple and more. All carefully selected to give stunning blossoms in the spring and colourful foliage in the autumn.

In November, to mark the start of National Tree Week (Saturday 26 November to Sunday 4 December), local people were joined by the Amadiya Muslim Women's Association and students from Brunel University at Philpot's Farm to plant 6,190 'whips' (sapling trees) and 'standards' (established young trees).

The projects were completed with funding help from the Urban Tree Challenge Fund and the Forestry Commission.



Providing opportunities to engage with the performing arts

Our Winston Churchill and Compass theatres continue to host a variety of theatrical and musical productions for all the family as well as being dynamic and flexible spaces used by both the council and community-based groups to promote the arts.

The council's theatres are high-quality performance venues, offering a varied programme of amateur and professional shows which regularly attract large audiences.

Productions have bounced back in the past 18 months following the theatres' brief hiatus during the COVID-19 pandemic where they temporarily closed in line with government guidelines.

While the Compass Theatre in Ickenham continued to offer performing arts classes where guidance allowed it to and delivered its 2020 pantomime (a highlight of the theatrical year) to the borough's schools in a specially filmed format, the Winston Churchill in Ruislip was transformed into a protective equipment storage centre before becoming one of the borough's key vaccination centres.

The Compass was first to reopen its doors to productions and local theatregoers in July 2021 and between then and December 2022 it staged a variety of amateur shows, including *Argosy Players' variety show*, Harrow Opera's performance of *Verdi's A Masked Ball*, Proscenium's take on Aleksei Arbuszov's *Old World*, Widdershins Puppet Theatre show, *The Elves and the Shoemaker* and offerings from Ruislip Operatic Society and Starlight Theatre who regularly hire the Winston Churchill but relocated their productions while it was temporarily closed.

The height of the theatrical year for audiences is usually the professionally produced Compass pantomime, a co-production between the council and David Kemp Productions Ltd. Panto returned to Hillingdon with *Beauty and the Beast* in 2021 and 2022's offering of *Cinderella*. Pantomime sales were up in comparison to pre-pandemic for both years thanks to



Some of the cast of this year's *Cinderella* pantomime outside the Compass

the specially filmed offering in 2020 marketing this local production and theatregoers wanting to re-immense themselves in real-life theatre following the various lockdowns. *The Santa Show*, another professional co-production with David Kemp Productions, also took place both years for younger audiences.

In September 2022, the Winston Churchill reopened with Mel Brook's comedy musical, *Young Frankenstein*. The RAF's Esprit De Corps concerts took place between October and December and KLOS theatre company performed the musical *Me and My Girl* in November.

Theatregoers can enjoy an exciting programme of shows and events throughout 2023.

Highlights at the Compass during January, February, March and April include the comedy *A Bunch of Amateurs* from Proscenium, Revolting

Children - a two-day half-term theatre workshop for children aged seven to 11, the comedy play *A Month of Sundays* from Proscenium, and *The Wizard of Oz* our Easter professional pantomime from David Kemp Productions Ltd.

While the Argosy Players will recreate *Rumpelstiltskin*, WOS productions will perform *The Drowsy Chaperone* musical, Hillingdon Music Society are offering Disney's *The Little Mermaid*, Hillingdon Philharmonic Orchestra will provide an evening of music entitled *A Night at the Opera*, and Ruislip Operatic Society takes on the Gershwin musical *Crazy for You* at the Winston Churchill Theatre.

As well as providing performance space for local and professional theatrical groups, the venues also provide space for other council and community arts activities.



For the Compass this includes the Saturday morning Compass Kidz musical theatre classes for children; the Stars at Knight School of Drama Saturday speech and drama classes for young people; the Compass Puppet Club, a group of volunteers trying their hand at puppet making and performance; after school music classes with Hillingdon Music Service and Stage Talent Academy; and after school ballet classes with Pegasus School of Dance.

While at The Winston Churchill Theatre, The Arts Society Hillingdon and U3A Hillingdon hold regular lectures and meetings.

Art exhibitions take place at the Compass Bar Gallery and Winston Churchill's neighbouring Manor Farm, Cow Byre. Both theatres are also used for the council's author events, FIESTA programme for children during the summer school holidays and as

rehearsal space for professional and amateur companies and individuals.

The Compass also hosts Compass Costumes, a volunteer-run costume hiring service for producers and individuals offering five rooms of theatrical costumes.

The Winston Churchill Theatre has 346 seats, a refreshments bar and is equipped with modern lighting rigs and a PA system, while the Compass Theatre has a 158-seat auditorium packed with a full range of technical facilities, including lights, sound equipment, amplifiers and speakers,

Both can be hired by local theatrical groups, school and community art groups for their productions and events. Each venue comes with dressing rooms, and the Winston Churchill includes access to a car park and kitchen. To hire these spaces, email artsvenues@hillingdon.gov.uk or call 01895 277643.



Compass Connections' performance of *Footsteps* in September 2022

Volunteer with us

A range of volunteering opportunities are available at both sites for residents to gain experience of live theatre. Roles include ushers, bartenders, box office positions, puppeteers and wardrobe assistants.

In return for experience and broadening your skills, you'll also gain a sense of achievement and meet friendly and interesting people. You'll also get the chance to see shows for free.

For more information, call 01895 250615 or email boxoffice@hgfl.org.uk. You can also register at www.hillingdontheatres.uk.

For this spring's events and activities, download our latest Hillingdon Culture and Heritage brochure at www.hillingdon.gov.uk/history.

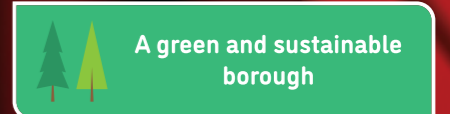


Cllr Eddie Lavery, Cabinet Member for Residents' Services, said:

"Our Winston Churchill and Compass theatres are fantastic venues, offering a great mix of shows and concerts for all the family as well as a varied programme of community arts activities.

"With an exciting programme of performances and sessions planned for 2023, why not see what they have to offer?"

For more information on this year's exciting programme, take a look at our what's on guide on page 28 and visit www.hillingdontheatres.uk



Supporting community events and projects across the borough



From left to right: David Smith, Cllr Corthorne, Cllr Riley, Lyn Sutherland and Tony Hart

Credit: Bob Sutherland

Each year, the council's ward budget scheme funds local improvements and initiatives proposed by residents.

The programme, which has now been running for 10 years, has funded a total of 790 projects across all 21 of the borough's wards.

So far this year, the council has approved funding for 21 proposals, with the money being used in a variety of ways, including day trips, events and activities, refurbishment and repair works, new furniture and equipment, plants and uniforms.

Four organisations which have benefited from funding in 2022/23

Daniella Logun Foundation, Yiewsley

The foundation, which is a children's brain tumour charity, received £1,500 to hold a Family Fun Day at St Matthew's Church Hall on Saturday 24 September 2022.

September was Childhood Cancer Awareness Month and the community-based charity wanted to galvanise the local community

to come together in a lively, fun atmosphere to talk about the difficult subject of childhood cancers, raise awareness of the holistic wellbeing challenges faced by children experiencing cancer and their families, and encourage people to support and promote the charity so they can reach more families.

Angela Logun, Co-Founder and CEO, said: "The Daniella Logun Foundation is grateful for the Yiewsley ward budget award.



The Mayor of Hillingdon enters the event accompanied by her daughter and the co-founder of the charity

Through this scheme, we were able to deliver our second family fun day and funds were allocated towards key purchases, including kid's face painting, arts and crafts and printed materials, a pop-up gazebo, some event decor, food, drink and low-cost local supplier services."

Hillingdon Play Association, Yeading

Hillingdon Play Association is a voluntary organisation which advocates, supports, promotes and

coordinates play for children and young people in the borough.

The group received £1,000 to purchase a community defibrillator and garden furniture to allow parents attending their centre in Hayes to sit outside.

Coordinator, Valerie Mohammadi, said: "We are extremely grateful for the support from the Yeading ward budget.

"The defibrillator is a very important piece of life-saving equipment housed at the centre for the use of the community. It is something I have felt was needed in this area for a long time. I do hope we never need to use it but if we do, we are covered."

Howletts Lane residents, Ruislip

Local resident, **Lyn Sutherland,** applied for ward budget funding on behalf of volunteers from her road who take an interest in their living environment and work together to enhance its visual appearance for the benefit of the whole community.

She received £150 to purchase dwarf daffodil bulbs for the road's volunteers to plant in the grassed area of the centre of the road in October 2022.

Lyn said: "We got together to do this to bring some cheer to everyone after the winter. Also, to help the early pollinators and improve our environment. I hope we inspire others to do something similar. Many hands make light work. We put in 1,500 bulbs in no time at all!"



Valerie Mohammadi, Denise Titouh and Nacera Titouh with the defibrillator

Bell Farm Christian Centre, West Drayton

The centre, which is both a church and charity, works with the local community to alleviate hardship, loneliness and stress.

They provide a range of activities and initiatives for all ages, including holiday clubs and events for children, parent and toddler groups, a dining centre for older residents, English and digital skills classes, and advice and information to those in need.

They received £1,024 to put towards the cost of their summer holiday club for children in the area in August 2022.

Diane Faichney, Head of Projects, said: "The funding from the

West Drayton ward budget allowed us to get an entertainer, pay for electric go karts, and on the final day rent an obstacle course. More than 70 children benefited from the week and the generous grant made the week extremely exciting for the young people. By the end of the club new friendships had been formed and mental wellbeing improved. We are extremely grateful to our local ward councillors for their help and support."

Cllr Douglas Mills, Cabinet Member for Corporate Services,

said: "It's amazing how many projects across the borough this scheme has supported during the past 10 years.

"Our ward budgets continue to allow councillors to support residents and groups in delivering area-specific projects that are beneficial to their local communities and instil a sense of pride.

"If you want to make a difference for your local group or area, I encourage you to contact your local ward councillor with your proposal."



Children go karting at the Bell Farm summer holiday club

For more information on ward budgets and what funding has been used for in your area, visit www.hillingdon.gov.uk/wardbudgets



NHS services – knowing where to get the right help when you need it

There are lots of NHS services to help you. Choosing the right service means you will get the right help quickly.

Pharmacy – your local pharmacist can help with your medication questions and minor health concerns, including: rashes, coughs, colds and minor infections. Pharmacists are trained health professionals who can see you face-to-face, without an appointment, just pop into the pharmacy and ask to speak to the pharmacist.



They can also advise where to get further help if needed.

GP services – you can now contact your practice online through the practice website.

You can use the online service to ask about: a medical concern, medication and book appointments. This service is in addition to contacting the practice in person and over the phone.

Evening and weekend GP and nurse appointments are available near you. If you call your GP



practice out of hours, the answer phone will list the contact details to book these appointments.

111 – should be the first place to contact if you are not sure where to go for help. 111 online (www.111.nhs.uk) or on the phone can quickly direct you to the right service for your medical needs. Medical professionals will be on hand to provide advice, call you back, direct you to the right service or book an appointment for you.



Update from the Neighbourhoods Superintendent

Project Vigilant

As highlighted in previous columns for *Hillingdon People*, Violence Against Women and Girls (VAWG) is a key priority for Hillingdon Police teams and we continue to build on the enhanced activity which we started earlier in 2022. As part of this work, I'm pleased to announce that following a successful pilot, which saw a 24 per cent reduction in VAWG offences, that an operation called 'Project Vigilant' has been rolled out in earnest across the winter nights period.

Project Vigilant operations seek to target the night-time economy and public spaces where VAWG offences are prevalent. It utilises plain clothed and uniformed officers working in conjunction to seek out predatory offenders who are potentially looking to commit an offence. Officers work to engage and disturb potential offenders before a crime is committed either by using simple engagement

and distraction techniques or by ensuring someone leaves an area.

Prevention is the aim of Project Vigilant as well as being an excellent way of gaining intelligence on persons who may present a risk to females.

Increasing police officer diversity

The Metropolitan Police Service (MPS) has long recognised the need to have a workforce that is more representative of the communities which we serve, and this is the case within Hillingdon as much as it is across other London boroughs.

To this end, there is an aspiration to have a representative workforce that mirrors the population of the capital. We have faced challenges in meeting this aspiration, however I'm pleased to say that we have made good progress in a number of areas with the number of female officers and those from under-represented communities significantly higher than they were 10 years ago.

I am currently the local lead for recruitment activity for the borough

and oversee a team dedicated to meeting this aspiration. The team coordinates community engagement activity and partnership working to increase recruitment opportunities as well as creating bespoke recruitment events.

Policing is a great career, and we welcome applications from everyone no matter what their background is, and if you are female or from an under-represented community then please explore the opportunity to help us serve your communities in as best a way as possible.

Please visit the MPS recruitment site for more information at www.met.police.uk/car/careers.

Superintendent Anthony Bennett
Neighbourhoods Superintendent
West Area BCU

Let's make 2023 your year to go greener

The start of a new year is the perfect time to make resolutions – why not pledge to become more environmentally friendly and support the council's carbon reduction targets?

Thanks to your help, last year Hillingdon's general waste decreased by more than 2,000 tonnes, and overall you recycled more than 42,000 tonnes.

Additionally, your support was appreciated as we changed some of our waste and recycling collection routes at the end of last year. This will help to improve the collection rounds, make them more efficient and reduce carbon emissions.

It was also impressive to see more than 100 of you sign up to our very first Zero Waste Challenge in October. Participants collectively reduced their general waste by 28 per cent and their food waste and dry mixed recycling by 22 per cent.

Recycling is important as it protects our planet and the local environment. It also reduces pollution caused by the disposing of waste, while saving natural resources such as wood and minerals. Additionally, making new items from raw materials costs more and uses more energy than those made from recycled products. Furthermore, for every item recycled the council can save money, which can in turn be used on delivering other essential services.

Three easy recycling resolutions

This year, we're hoping you will continue to help us increase our recycling rates by making some sustainable New Year's resolutions.

Before you start, make sure you visit www.hillingdon.gov.uk/recycling and check you've got everything you need to recycle. In the handy 'do it now' section you can sign up for automatic



bag deliveries for clear, dry mixed recycling sacks and food waste caddy liners or order one-off dry recycling bags and food waste caddy liners. You can also sign up for food waste collections by ordering a kitchen caddy and external storage bin, request garden waste bags and book a slot for a bulky waste collection.

1. Recycle and reuse more – to really make a dent in reducing the borough's household waste we need to recycle and reuse as much of it as possible.

We provide free and easy-to-use weekly collection services for dry mixed recycling, food waste and garden waste. Through our partnership with the charity, TRAIID, we also offer a free textile collection service. Find out more about these and what you can recycle at www.hillingdon.gov.uk/recycling.

Finding out where to recycle everyday items, like old make-up bottles, batteries, and coffee cups; through to bigger items like furniture, can be tricky, so we've developed a new online guide for a range of schemes and programmes available outside of the council. Find out more at www.hillingdon.gov.uk/recycling-schemes.

2. Give items a new lease of life – think twice before you discard items that can be repaired or repurposed.

You can get electrical items repaired at lots of places in and around Hillingdon and find your nearest facility on the Restart Project's Electrical Repair Service Directory at www.hillingdon.gov.uk/unwanted-electricals.



Recycle-a-Bike in Uxbridge will repair and refurbish bicycles for a small fee and use their profits to help people struggling with their mental health find employment. Find out more at www.recycleabike.co.uk.

With a bit of ingenuity and a lick of paint, you can make smaller pieces of furniture, like dining chairs and coffee tables, look like new. Visit our reuse centre at Harefield Civic Amenity Site to collect quality, affordable household items to take home and update.

If an upcycling project's not for you, you can donate your items at charity shops, for bigger items our bulky waste collection is easy to book at www.hillingdon.gov.uk/bulkywaste, or you can donate items at our Harefield reuse centre or at our West Drayton Waste Weekends for other residents to get use from these.

Alternatively, you can donate good furniture to the Trinity Hospice charity, which will collect from your house. Visit www.wearetrinity.org.uk for details.

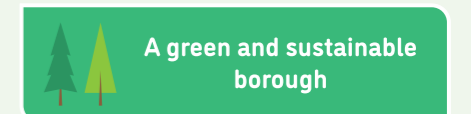


3. Challenge yourself with us – our first Zero Waste Challenge was such a success we're going to hold even more in 2023. Look out for details on our social media channels and at www.hillingdon.gov.uk/zero-waste.

As with last time, we'll be asking you to sign up via our website, take the pledge to reduce your waste across four weeks and fill out a weekly survey of what you've saved and what you've wasted. In return you will get weekly email tips from us, focusing on different areas of recycling and waste reduction, to inspire you.

At the end, apart from reducing your waste and (hopefully) developing lifelong sustainable habits, you could win an eco-friendly prize.

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



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Caring for the people who care

Carers Trust Hillingdon supports residents who care for family members, friends, and neighbours. *Hillingdon People* finds out about the work of this vital charity and the volunteering roles available.

A carer is someone who provides help and support to a family member or a friend who may not be able to manage because of frailty, illness, mental health problems or a disability.

Anybody from any background and of any age can be a carer and each carer's experience is unique to their own circumstances.

Carers are often unpaid and taking on a caring role can put great pressure on someone.

The council funds Carers Trust Hillingdon to provide practical and emotional support to carers, as well as respite from their caring duties.

Sally Chandler, Chief Executive at Carers Trust Hillingdon, said: "We are the lead organisation for the Hillingdon Carers Partnership, which is a group of local charities working together to support people living with the challenges of caring.

"Caring can be a lifelong commitment, including looking after a disabled child. It can also be a short-term but equally intensive responsibility, for example, caring for someone who has suffered from a stroke.

"For many, caring can happen later in life when their health starts to deteriorate. Many carers over 70 years old provide care for their spouse with dementia or significant physical disabilities associated with age.

"Whilst caring can be enjoyable, for many, the responsibilities can significantly impact the physical and mental health of those providing this care."

Supporting carers
 Among the services it provides, the charity supports young carers who are aged between five to 24.

This includes providing regular youth clubs and social activities, emotional support, workshops and intensive family support. They also help young people as they transition from school to further education, employment, or training.

The charity also runs a specialist outreach programme with local schools to help identify young carers and raise awareness of how they can be best supported.

Support for adults includes help with claiming carer-related benefit entitlements, health and wellbeing courses, as well as access to counselling sessions. Importantly, the charity also offers carers much-needed breaks through organised social groups, activities, and peer support sessions.

Get involved
 There are several ways you can get involved with Carers Trust Hillingdon. Roles include providing administrative support at the charity's offices and cover at their advice centre, both based in Uxbridge.

Other opportunities include helping to run the charity's young carers' clubs, carer cafés, art groups and peer support groups. They are also keen to recruit volunteers who have experience of providing counselling or alternative therapies.

Volunteering in action
Advice Centre Volunteer Les Kaye (pictured right) cared for his wife for 10 years until she passed away in 2006. In 2007, he decided to become a volunteer for Carers Trust Hillingdon.

Les said: "Volunteering here has positively impacted my life. I have learned new skills, including working with computers, and helping to run drop-in sessions in café and outreach clinics at Hillingdon Hospital.

"My role now includes working in the reception at the advice centre. This involves meeting and greeting carers and visitors, answering the phone, and helping my colleagues with the admin.

"Carers Trust Hillingdon volunteers are always made to feel part of the team, and my co-workers are always helpful and supportive. It is a rewarding experience, and I highly



recommend contacting them to see how you can help."

If you would like to volunteer, please contact the charity on 07395 282 825 or visit www.h4all.org.uk/volunteering for a list of the volunteering opportunities available.

If you know a family member or someone who would benefit from Carers Trust Hillingdon's services, contact them on 01895 811206 or visit carerstrusthillingdon.org for more information.

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "There are an estimated 30,000 carers in Hillingdon and they have such an important part to play in our communities.

"We want to ensure they receive the help and advice they need to be supported in their caring roles.

"There are a range of rewarding volunteering opportunities available at Carers Trust Hillingdon, so please do get in touch with the team to learn more."



Find out more about the support available for carers on the council's website at www.hillingdon.gov.uk/carers



HILLINGDON WHAT'S ON?



HALF-TERM ACTIVITIES

Half-term at the bunker
February half-term holiday,
10am to 4pm

Come along to the Battle of Britain Bunker for craft activities throughout the February half-term holiday.
Cost: Included in admission fee to the bunker visitor centre. Free for under-16s.
Book online at www.battleofbritainbunker.co.uk.
Battle of Britain Bunker

Medieval Codes
Monday 13 February,
1pm to 3pm

A family event where you can design a shield, discover the hidden meanings in heraldry, learn about Saxon runes and write your name in runic.

Cost: Free, but booking is essential.
Book by emailing archives@hillingdon.gov.uk.
Botwell Green Library

Revoluting Children
Thursday 16 and Friday 17
February, 10am to 4pm

A two-day musical theatre workshop in the February half-term holiday for ages seven to 11. Listen up maggots! It's your chance to sing and dance to your favourite songs from *Matilda the Musical*. Come along for a jam-packed theatrical experience.
Cost: £60 each for the two days.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Hillingdon Libraries Story Detectives
Thursday 16 February, 11am at Ruislip Manor Library
Thursday 16 February, 3pm at Botwell Green Library
Saturday 18 February, 11am, 1.30pm and 3.15pm at Uxbridge Library

A 45-minute performance followed by a 30-minute workshop. Created by choreographer Katie Green, the story detectives take families on an adventure around the library, using dance to find clues and solve a mystery. Suitable for ages 7+.
Cost: Free, but advance booking essential.
Book online at www.hillingdon.gov.uk/library-events or call 01895 556262.

Victorian Toys
Friday 17 February, 2pm to 4pm
A family event where you can explore and play with Victorian toys, including some from the museum's collection.
Cost: Free, but booking is essential.
Book by emailing archives@hillingdon.gov.uk.
Uxbridge Library

THEATRE

A Bunch of Amateurs
Wednesday 18 to Saturday 21
January, 7.45pm
Fading Hollywood hero Jefferson Steel thinks he's coming to England to play *King Lear* with the Royal Shakespeare Company, only to discover he's signed up to appear with an amateur drama group in Stratford, a Suffolk

Hillingdon has a great mix of activities to keep you and the family entertained as we start the New Year. Find out more about events which are happening locally at discover.hillingdon.gov.uk/events.

backwater. Proscenium presents this hilarious comedy by Ian Hislop and Nick Newman.
Cost: £16/Groups 10+ £10/Concessions (over-60s and students) £14.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Rumpelstiltskin the Panto
Thursday 19 to Friday 20
January, 7.30pm, Saturday 21
January, 2.30pm and 6.30pm
Written by Phil Gossan, based on a panto by Judy Shone, and featuring the Lynne Chilver School of Dance.
Cost: £12.50/Concessions (under-18s and over-65s) £10/Group booking charity discount available.
Book online at www.ticketsource.co.uk/argosyplayers.
Find out more at www.argosyplayers.org.uk.
Winston Churchill Theatre

Disney's The Little Mermaid
Wednesday 8 to Saturday 11
March, 7.30pm and Saturday 11
March, 2.30pm
Hillingdon Musical Society proudly presents this musical based on the Hans Christian Andersen book. This fishy fable will capture hearts with songs including Under the Sea, and Part of Your World. Mermaid Ariel pursues a human prince in the world above, by bargaining with the sea witch – but the bargain isn't what it seems, and she'll need help to restore order under the sea.
Cost: £16/Concessions (under-16s, over-60s and students) £10.
Book online at www.starlightytc.com/booking.
Winston Churchill Theatre

A Month of Sundays
Wednesday 8 to Saturday 11
March, 7.45pm
Spending their twilight years in a Surrey rest home, best friends Cooper and Aylott respond to the absurdities and indignities of age with wit and humour. Proscenium

presents this award-winning comedy by Bob Larby, the writer of *The Good Life* and *As Time Goes By*.
Cost: £15/Concessions (over-60s and students) £13/Groups 10+ £10.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

The Drowsy Chaperone
Wednesday 22 to Saturday 25
February, 7.45pm and Saturday 25
February, 2.30pm
WOS Productions is delighted to present this playful and heartfelt parody of a 1920s musical comedy. The Man in the Chair is eager to tell you about his favourite Broadway musical. He selects the record and as it plays, the show magically blooms to life around him. Winner of five Tony Awards including Best Original Score.
Cost: From £14, plus seven per cent online booking fee.
Book online at www.wos-productions.org.uk or call 07391 988077.
Winston Churchill Theatre

High School Musical
Wednesday 22 to Friday 24
March, 7.30pm
Starlight Ruislip is proud to present the Disney classic, *High School Musical On Stage*, featuring a super-talented young cast, great songs from there film, and the classic story of Troy, Gabriella, and the other pupils at East High. Stardust hope you can join them for this family-friendly production.
Cost: £13/Concessions (under-16s, over-60s and students) £10.
Book online at www.starlightytc.com/booking.
Winston Churchill Theatre

Compass Puppet Club
Saturdays in term-time,
2pm to 4pm
Members of the Compass Puppet Club have been busy making a full cast of puppets with plans to stage a new, puppet version of *Hans, The Witch and the Goblin*, by Alan Cullen. The club is now welcoming more volunteers to learn how to puppeteer, to voice the characters, and help with the stage production.

A great community arts opportunity for adults, young people aged 14+, or younger with an accompanying adult.
Cost: Free.
Find out more by emailing boxoffice@hgfl.org.uk or call 01895 250615.
Compass Theatre

LEISURE

Bird Walk
Saturday 28 January,
midday to 1pm
Red kites, robins, maybe even a kingfisher? As part of the RSPB's Big Garden Birdwatch, come along to Hillingdon Archives and Museums Service's guided bird spotting walk for a chance to see these amazing birds and many others besides. Each participant will be given a 'spotter's guide' to help them along the way.
Cost: Free, but booking is essential.
Book by emailing archives@hillingdon.gov.uk.
Cranford Park

Birds of Manor Farm
Sunday 29 January,
midday to 3pm
As part of the RSPB's Big Garden Birdwatch, come along and discover the range of birds that visit Manor Farm. Identify the birds, listen to birdsong, join a nature trail, and make simple feeders and decorations to take home. Participants will be given a 'spotter's guide' to help them along the way.
Cost: Free, no need to book.
Manor Farm

In The Orchard
Pruning: Wednesday 15
February, 10am (suitable for families with children aged 11+)
Grafting: Sunday 12 March,
10am (for ages 18+)
Cranford Park's historic orchard has more than 50 varieties of apple and pear planted in the walled garden

which once belonged to Cranford House. These workshops will enable people to learn how to care for the trees and help maintain the orchard.
Cost: Free, but booking is essential.
Book by emailing archives@hillingdon.gov.uk.
Cranford Park

Hillingdon Language Clubs
Thursdays, 7.30pm.
A chance to practise your Spanish, French or Italian in a friendly social group. Native speakers also welcome.
Cost: £15 per year or £3 per visit. Visit www.hillingdonlanguageclubs.wordpress.com to send an email, or tel. 07759 804960 (Spanish Club), or 07751 940934 (French), or 01895 674292/ 674586 (Italian).
St Giles Church Hall, Ickenham

EXHIBITIONS AND TALKS

Hillingdon's Musical History
Monday 16 January, 5.30pm
to 6.30pm
A light-hearted look with Paul from the Archives and Museums Service, as he explores the borough's musical past – from Stephen Storace to The Sweet, from Tippett to Tubeway Army. Musical tastes change through time, but the experience of composing, performing, and gaining recognition remains the same.
Cost: Free.
Find out more by emailing archives@hillingdon.gov.uk.
Oak Farm Library



Compass Theatre,
Ickenham,
Uxbridge, UB10 8RP

Cranford Park,
The Parkway,
Hounslow, TW5 9RZ

Ickenham Library,
Community Close/
Long Lane,
Ickenham, UB10 8RE

Discovery
Throughout February, during library opening hours
This exhibition explores Hillingdon's archaeological discoveries, from the Palaeolithic (Old Stone Age) to the Middle Ages – 800,000 years of human history!



Cost: Free, no need to book.
Ickenham Library

Film and TV Hillingdon
Tuesday 21 February,
10am to 4pm
Ever wondered where they 'Bend it like Beckham'? Can't quite put your 'Goldfinger' on where you've seen that airfield before? Don't want to 'Carry On' not knowing anymore? Then this minibus tour is for you! Visit some of the locations in Hillingdon made famous by the silver screen, both big and small. Suitable for ages 16+.
Cost: Free, but booking is essential.
Book by emailing archives@hillingdon.gov.uk
Across Hillingdon

DEMENTIA-FRIENDLY ACTIVITIES

Daytime Discos
Tuesdays 31 January,
28 February and 14 March,
1pm to 3pm
Friendly sessions for those living with dementia and their carers to reminisce and dance as Brian Rowan sings and plays music from the 60s, 70s and 80s. Space is limited so advance booking is advised. Send song requests to boxoffice@hgfl.org.uk
Cost: £5 (includes one free carer ticket).
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre



Hillingdon Libraries Friends Coffee Mornings
Weekly at libraries across the borough
Hillingdon's dementia groups are for residents who are in the early to mid-stages of dementia, and their carers. The groups offer an opportunity to socialise, meet others also living with dementia and enjoy a range of activities such as reminiscence, chair-based exercise, Boccia, bingo and art.
Cost: Free, but booking is essential.
Find out more at www.hillingdon.gov.uk/dementia-activities.

Uxbridge Library,
High Street,
Uxbridge, UB8 1HD

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

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

St Giles Church Hall
38 Swakeleys Road,
Ickenham,
UB10 8BE

Manor Farm,
Bury Street,
Ruislip, HA4 7SU

VENUES

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

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

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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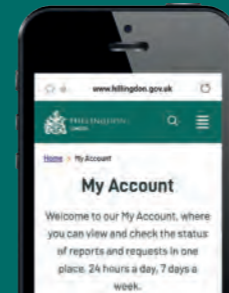
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Benefits
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Births, deaths and ceremonies
www.hillingdon.gov.uk/births-deaths-ceremonies

Businesses and licensing
www.hillingdon.gov.uk/business

Councillors, meetings and consultations
www.hillingdon.gov.uk/council

Council tax
www.hillingdon.gov.uk/counciltax

Families' Information Service, fostering and adoption
www.hillingdon.gov.uk/families

Fraud Hotline
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 0800 389 8313

Health and wellbeing
www.hillingdon.gov.uk/health

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

Hillingdon Social Care Direct (adults) (including TeleCareLine and Meals Service)
www.hillingdon.gov.uk/socialcare
 01895 556633

Leisure (including parks, leisure centres, theatres and events)
www.hillingdon.gov.uk/leisure

Libraries
www.hillingdon.gov.uk/libraries

Planning and Building Control
www.hillingdon.gov.uk/planning

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www.hillingdon.gov.uk/schooladmissions

Stronger Families Hub
www.hillingdon.gov.uk/stronger-families

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