

# HILLINGDON people

News from your council  
March/April 2023

[www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

**Fighting ULEZ  
expansion**

**Developing  
local talent**

**Budget agreed  
for 2023/24**

**Play time for  
young musicians**



HILLINGDON  
LONDON



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NEW COURSES



WHAT'S ON

# Waste and Recycling Spring 2023

## Easter

Normal collection day	Revised collection day
Friday 7 April <small>(Good Friday)</small>	Saturday 8 April
Monday 10 April <small>(Easter Monday)</small>	Tuesday 11 April
Tuesday 11 April	Wednesday 12 April
Wednesday 12 April	Thursday 13 April
Thursday 13 April	Friday 14 April
Friday 14 April	Saturday 15 April

## Early May Bank Holiday

Normal collection day	Revised collection day
Monday 1 May <small>(Bank Holiday)</small>	Tuesday 2 May
Tuesday 2 May	Wednesday 3 May
Wednesday 3 May	Thursday 4 May
Thursday 4 May	Friday 5 May
Friday 5 May	Saturday 6 May

## Bank Holiday for the King's Coronation

Normal collection day	Revised collection day
Monday 8 May <small>(Bank Holiday)</small>	Tuesday 9 May
Tuesday 9 May	Wednesday 10 May
Wednesday 10 May	Thursday 11 May
Thursday 11 May	Friday 12 May
Friday 12 May	Saturday 13 May

Please leave your rubbish out for collection by 6am.

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

Separate arrangements are in place for flats and business premises.

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



# HAF's coming back for Easter

**Our free Holiday Activities and Food (HAF) programme returns for the Easter holidays.**

From Monday 3 to Thursday 6 April and Tuesday 11 to Friday 14 April 2023, eligible children and young people can take part in a range of activities – including multi-sports, performing arts and life skills – at locations around Hillingdon.

Food and drinks are provided free too.

Families receiving benefits-related free school meals can register/book their child's place from Monday 20 March at [www.hillingdon.gov.uk/haf-easter](http://www.hillingdon.gov.uk/haf-easter) using the access code they will be sent from [hafprogramme@hillington.gov.uk](mailto:hafprogramme@hillington.gov.uk)

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COVER PHOTO: MATILDA COTTON, AGED 10, AT A HILLINGDON MUSIC SERVICE REHEARSAL.



Advertising deadline for next edition: **Friday 31 March.**

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# Welcome



Residents and local businesses have repeatedly expressed their anger to the council about the expansion of Sadiq Khan's Ultra Low Emission Zone (ULEZ) which is set to come into force in August. Last month the council, as part of a coalition with Bexley, Bromley, Harrow and Surrey councils launched a Judicial Review to challenge Transport for London and the Mayor of London's decision to expand the ULEZ to outer London boroughs. The council is opposed to the expansion, which will mean owners of non-compliant cars will have to pay £12.50 for any journey in or within the borough. You can read more about this on page 11. The council also set its budget for 2023/24 last month. Disappointingly, government funding is once again not meeting local authorities' additional cost pressures, particularly the increase in the cost of and demand for social care services. To minimise the funding requirement from residents, the council will continue to make its savings, embracing new ways of working and producing further reductions in service costs in 2023/24.

We have kept the council tax rise well below the rate of inflation at 4.99 per cent and the updated fees and charges bring them more in line with those set by other outer London boroughs. Despite this, residents will continue to pay amongst the lowest levels of council tax in outer London and our fees and charges are the third lowest of all outer London boroughs. You can read more about the council's budget on page 13. Even though we continue to face difficult economic circumstances and as a direct result of the council's sound financial management, it is able to maintain frontline services for residents including keeping our free weekly waste and recycling collections. The council will continue its programme of road and pavement resurfacing and will be investing in new facilities for residents including a new outdoor and water activity centre, new libraries in Northwood Hills and Yiewsley, the West Drayton leisure centre, town centre improvements, educational facilities and projects to reduce the council's carbon footprint. You can read about some of the current projects related to these services in this edition of *Hillingdon People*.

Cllr Ian Edwards  
 LEADER OF THE COUNCIL

## Have your say on services

The council wants residents to play a part in shaping services, and our Older People's Assembly and Assembly for People with Disabilities are a chance for you to do just that.

They offer a unique opportunity to speak to and hear from councillors and officers, as well as partners and outside experts.

Attendees can raise issues of concern relating to older people's or disability services, discuss what's working well and make suggestions for how life in the borough can be improved.

Either the Leader of the Council, Cllr Ian Edwards, or Cllr Jane Palmer, Cabinet Member for Health and Social Care, chair the panel alongside council officers. External guest speakers offer insight into their areas of expertise, such as public health, the NHS and Transport for London.

The next Older People's Assembly takes place on Thursday 16 March at 2pm at the Civic Centre, Uxbridge and the next Assembly for People with Disabilities is due to take place in April, with the date to be confirmed.

For more information and to book your place, visit [discover.hillingdon.gov.uk/op-assembly](http://discover.hillingdon.gov.uk/op-assembly) or [discover.hillingdon.gov.uk/disabilities-assembly](http://discover.hillingdon.gov.uk/disabilities-assembly).



## Residents build their fitness with Couch to 5K

Last year, we commissioned Hayes and Harlington Road Runners to lead free eight-week courses to give residents the opportunity to participate in the Couch to 5K programme as part of a group.

Couch to 5K is a running plan for beginners, aimed at helping them to gradually work up to running five kilometres.

Three successful programmes have been held in Hillingdon, starting in January and September 2022 and January 2023, with a total of 175 people signing up to take part.

Two runs a week were held in Hayes and Stockley Country Park, with the final run of the programme always taking place at a local parkrun. The 2023 cohort took part in their final run on Saturday 25 February 2023 at the brand-new parkrun at Stockley Country Park which launched in January.

Participants have said they have benefited enormously from these courses, seeing improvements in their fitness, stamina, breathing and weight, as well as their mental health. Many have commented that it was also an opportunity to socialise and meet new people in a welcoming,



GETTING FIT  
Couch to 5K cohort

positive, safe and encouraging environment. On completion, many have resolved to maintain their running whether independently, via a local running club or joining a parkrun.

**Julie Vanderplank, aged 37 from Hillingdon,** saw the programme advertised on Facebook. She said: "I wanted to get fit and lose weight. I'm just about to start week four and I'm loving it – there's such an uplifting feeling when you complete each run."

**Cllr Jane Palmer, Cabinet Member for Health and Social Care,** said: "Taking up running may seem daunting, particularly if you feel you're out of shape or unfit but it is a great way

to improve cardiovascular fitness, strengthen muscles and bones, burn calories and maintain a healthy weight. Regular physical activity can also significantly improve mental health, self-confidence and your quality of life."

The next Couch to 5K course will take place on Wednesday 6 September. Find out more at [discover.hillingdon.gov.uk/couch-5k](http://discover.hillingdon.gov.uk/couch-5k).

The new parkrun at Stockley Country Park takes place every Saturday at 9am. For more information and to register, visit [www.parkrun.org.uk/stockleycountry](http://www.parkrun.org.uk/stockleycountry). The council is also considering creating a weekly junior parkrun in the borough and is looking for volunteers to help run it. Interested? If so, email [jheggie@hillingdon.gov.uk](mailto:jheggie@hillingdon.gov.uk).

## Voter ID now needed at polling stations

From May 2023, voters in England will need to show photo ID to vote in elections.

While Hillingdon does not have any scheduled local elections taking place this year, the council wants residents to be aware of these changes and prepare accordingly.

From October 2023, the photo ID requirements will apply to UK general elections. Accepted forms of photo ID will include passports,

driving licences, eligible travel passes, blue badges and PASS cards. Find out more at [www.hillingdon.gov.uk/voter-id](http://www.hillingdon.gov.uk/voter-id).

If you don't have an accepted form of photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate. Find out more at [www.gov.uk/apply-for-photo-id-voter-authority-certificate](http://www.gov.uk/apply-for-photo-id-voter-authority-certificate).

Postal voters will not be affected by the changes



and will be issued with their postal ballot papers as usual. If you vote by proxy, your proxy must have an approved form of photo ID, to be issued with a ballot paper.

For more information on these changes, visit [www.hillingdon.gov.uk/voter-id](http://www.hillingdon.gov.uk/voter-id).

PHOTO: LIPOWSKI MILAN / SHUTTERSTOCK.COM

## Car pound gets green light

Plans for a new pound to store cars that have been removed for parking illegally near Ruislip Lido were given the go-ahead by the council's Planning Committee in January.

The development, at North View Car Park, Eastcote, forms part of the council's new enforcement plan to tackle the historic issue of people flocking to park in roads neighbouring the lido during the summer months.

Due to be operational this summer, it will also be used year-round to store any illegally parked vehicles that have been removed from the borough's streets.

Any vehicles found illegally parked will be towed to the pound and only released to the owners upon payment of a fee – comprising a release fee, daily storage fee and Penalty Charge Notice. Any vehicles not collected will be disposed of.

The plans were first mooted in 2021 but a suitable location could not be found, so the council assessed its own 33 car parks to see if one could be used in combination as a pound. North View Car Park, which has a single narrow entrance and is bordered by the railway on one side and gardens on the other, was considered

the most suitable option for minimum disruption to residents.

The increase in homeworking following the COVID-19 pandemic has also meant car parks are used less than in pre-pandemic times, which means there would also be less impact on car park users.

New lighting, fencing and CCTV cameras will be installed at the car park as part of the development, along with a payment office.

**Leader of the Council, Cllr Ian Edwards,** said: "We've pledged to create a green and sustainable borough with pleasant neighbourhoods.

"Those residents living in roads close to Ruislip Lido have an annual headache in the summer months when people from across the local area and beyond flock to enjoy this hugely popular attraction, but park anywhere they feel they can.

"We've listened to residents and already clamped down on this issue with increased levels of enforcement last summer and this pound is the latest string to our bow for keeping streets clear of illegally parked cars both at the lido and boroughwide."



## Residents encouraged to have say on library strategy

In February, the council's Cabinet approved the council's draft Library Service Strategy 2023-27 for consultation.

Residents, partners, businesses and community groups can now have their say on the vision for the service for the next five years.

The strategy outlines a commitment to building on existing successes and introducing new initiatives so as many people as possible can experience our libraries' vast benefits, while ensuring they are sustainable for the future.

It focuses on five key areas: reading, literacy and culture; health and wellbeing; improving digital services and inclusion; information and learning; and sustainable service delivery.

The cornerstones of a traditional library – books, computers and information – remain and they will continue to offer much-loved services, such as the Home Library Service, the mobile library and a diverse programme of free or low-cost events and activities.

Yet, the council wants to be more ambitious and go further by looking for

new ways to promote the service and attract new visitors. This will include setting up new initiatives to respond to what residents need and delivering digital solutions to enhance customer experience and the digital library.

Libraries will also continue to be reviewed to ensure budgets stretch as far as possible, with hours that take usage and location into account.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services,**

said: "Libraries are a key council service that serve the community by fostering safe and strong communities, creating thriving healthy households and providing opportunities to learn, work and live independently.

"We recognise the significant economic and environmental challenges currently facing public services, but through flexible management of resources and budgets, and providing services in different ways we will ensure every single person who lives, works or studies in the borough finds a

library service fit for the future and that they are proud to use."

The strategy will also be considered by the Residents' Services Select Committee before Cabinet considers all feedback and the final draft.

To view the strategy and have your say visit [www.hillingdon.gov.uk/library-strategy](http://www.hillingdon.gov.uk/library-strategy) before the closing date of Sunday 16 April.





## Fifteen tennis courts set to be refurbished this year

Opportunities for residents to keep active this summer have been given a major boost following the news that 15 of the borough's tennis courts will be upgraded.

The project was agreed by the council's Cabinet in January and the renovations form part of the council's commitment to enabling residents to live healthy, active and independent lives.

Improvements began at the courts at Rosedale Park, Hayes and Northwood Recreation Ground in February. The courts at Swakeleys Park in Ickenham will receive improvements in April, and Harmondsworth Recreation Ground courts will undergo work in June.

Funding for the project has come from the Lawn

Tennis Association, the council's Chrysalis scheme and contributions from developers.

If you're looking to work on your backhand, or just want to learn to play, the council will be offering coaching through a community programme provided by the National Tennis Association at Rosedale Park, Cavendish Recreation Ground and Northwood Recreation Ground from April. Classes will be offered for beginners, intermediate players, youth classes and ladies' mornings. There will also be disability tennis sessions for children and adults.

Find out more about where to play at [www.hillingdon.gov.uk/tennis](http://www.hillingdon.gov.uk/tennis).

## Tree honours HM Queen

A new young tree was planted in Northwood Recreation Ground in January as part of The Queen's Green Canopy project.

The small field maple had been gifted to the Northwood Hills Residents' Association and Northwood Residents' Association to recognise their work organising the Jubilee in the Park event held in the park last summer.

The Deputy Mayor of Hillingdon, Cllr Shehryar Ahmad-Wallana, was on hand to mark the occasion and shovel the final spadefuls of soil on to the newly-planted tree, with the

help of the two residents' associations and the council's green spaces team.

The maple was one of 350 native British trees used to create a spectacular 21-metre tall sculpture called 'Tree of Trees' which was installed outside Buckingham Palace as part of The Queen's Platinum Jubilee weekend celebrations in June 2022.

Those 350 trees have since been distributed across the UK for replanting as part of the Queen's Green Canopy initiative, which encouraged people to plant trees as a lasting legacy to honour the late monarch.



**LASTING LEGACY**  
Remembering the Queen's Platinum Jubilee

## Get growing today for our annual horticultural competitions

With spring around the corner, the council is hoping for a bumper crop of entries in this year's Hillingdon in Bloom and Autumn Show competitions.

This year, all the favourite categories are set to return for Hillingdon in Bloom along with a special King's Coronation category. The competition opens on Thursday 13 April and closes on Friday 28 July.

Designed to celebrate the horticultural brilliance of growers across the borough, residents can also

enter their own produce in the Autumn Show. The broad range of categories includes vegetables, fruit,

jams, chutneys, flowers, and arts and crafts.

Applications for the Autumn Show also open

on Thursday 13 April and close on Friday 1 September, and this year's show will be held at The Great Barn, Ruislip on Saturday 16 September.

Both competitions are free to enter, and winners will receive garden centre gift vouchers, rosettes and certificates. For more information, visit [www.hillingdon.gov.uk/bloom](http://www.hillingdon.gov.uk/bloom) and [www.hillingdon.gov.uk/autumnshow](http://www.hillingdon.gov.uk/autumnshow).



## Homeowners fined and ordered to demolish an extension

Homeowners from Hayes have been ordered to pay more than £6,000 costs and to pull down a 40-square-metre rear extension they built without planning permission.

At a hearing at the Royal Courts of Justice in December 2022, the owners of 40 Cranmer Road failed in their bid to appeal a planning notice served to them by the council in March 2022, which required the large extension be removed.

The court was told the owners didn't acknowledge the notice until May 2022, at which point the time period to act on it had expired. The period the owners had been given to appeal the notice had expired at the end of April.



**FOR DEMOLITION**  
Illegal extension at Cranmer Road

The owners tried to challenge the council's actions via judicial review, however as the council had followed all the required protocols and the owners had failed to act, the courts found in its favour.

The property had been granted planning permission in 2018 for a single storey rear extension of four metres in length. However, the council's

planning team was notified in 2020 of building works taking place on the site which didn't match the approved plans.

The council's investigations uncovered photos and details from the building control team for an extension approximately nine metres long by four-and-a-half metres wide. A building of this size is too large to fall under 'permitted

development' rights which exempt smaller builds from planning permission.

At the judicial review, the judge found the council had acted reasonably and found no grounds in the owners' claims. The council was awarded costs in full, totalling £6,492, and the owners were given until 8 March 2023 to remove the illegal extension.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services,**

said: "Planning law ensures developments are respectful of the local communities and that they avoid over-building. Those rules apply to everyone, so I hope this serves as a warning that we'll take action wherever we see people flout the rules."

You can report a suspected planning breach at [www.hillingdon.gov.uk/planning-enforcement](http://www.hillingdon.gov.uk/planning-enforcement).

## Noise-nuisance bar ordered to pay £14,000 in court costs

The licence-holders of a noisy bar in Ruislip have been ordered to pay more than £14,000 in court costs after failing to overturn the council's decision to reduce the hours for regulated entertainment on their premises licence.

Last January (2022), the council's Licensing Sub-Committee agreed to reduce the hours of Kho Kho bar and restaurant's regulated entertainment so that it would end at

11pm. The change came following complaints from neighbouring residents of late-night noise dating back to summer 2019.

The licensees initially appealed the council's decision, and the appeal was due to be heard at Uxbridge Magistrates' Court in November 2022, but it was abandoned by the licensees after the court dismissed their application to adjourn the hearing.

The council then applied for costs and was awarded them in full by the court, amounting to a total of £14,357.50.

The bar and restaurant had been investigated on several occasions by the council's anti-social behaviour team following complaints of loud noise late into the evenings.

This began with a noisy extractor fan in June 2019, then residents raised strong concerns after an organised

fireworks display was held in a narrow space next to the bar in November 2021.

Despite telling the council they would keep the noise down, the issues continued and resulted in the Licensing Sub-Committee taking action.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services,**

said: "This is a brilliant result reflecting the hard work of our anti-social behaviour team and which upholds the council's original decision to reduce the hours of this licence.

"We support all local businesses, but where they cease to have a positive effect in local communities we will always step in and stand up for residents."

Report commercial, construction or industrial noise on the council's website at [www.hillingdon.gov.uk/noise-nuisance](http://www.hillingdon.gov.uk/noise-nuisance).



## New council tax premium to reduce long-term empty homes

Local neighbourhoods will have fewer empty homes after the council agreed to increase charges to homeowners whose properties lay vacant and unfurnished for years.

Last year, the council's Residents' Services Select Committee reviewed how the authority had been applying the Empty Homes Council Tax Premium – a percentage charge in addition to the existing council tax charge on properties left empty and substantially unfurnished, often for a number of years.

The committee's findings were that the council

could bring itself in line with other boroughs by increasing the premium by 200 or 300 per cent, depending on how long a home had been empty. The proposals were agreed by Cabinet in December before being ratified at January's Full Council meeting.

Under the proposals, properties that are non-exempt and have been empty for two years will have the premium increase from 50 per cent to 100 per cent from April 2023. For those properties that have been empty for more than five years the increase will be 200 per

cent, coming into effect in April 2024. For properties empty for more than 10 years, the increase will be 300 per cent and come into effect as of April 2025.

Historically, the council applied a premium of 50 per cent, irrespective of how long a property had been vacant for. The increased premium will help bring empty homes back into use and minimise the negative impact of empty homes on local communities.

**Leader of the Council, Cllr Ian Edwards,** said: "This decision is a win-win for everyone – except those homeowners content

to let their properties sit idle indefinitely.

"This premium will strongly incentivise such individuals to either sell or refurbish homes they've neglected, which often blight local neighbourhoods.

"It will provide much-needed homes for local people, and potentially help reduce the council's spend on housing and homelessness with the additional bonus of providing vital income."

As of October 2022, some 144 properties in the borough were registered as subject to the Empty Homes Council Tax Premium.

## Extension programme creates more four-bedroom homes

The council continues to make strides in a new project to bolster its housing stock with more three and four-bedroom homes – by converting empty properties.

The homes extension project started as a way of addressing a shortage in the number of three and four-bedroom properties in the council's portfolio and to meet the demand from larger families.

Since the project got underway in May last year six properties have been completed, with five already occupied by families. Another is under construction, a further seven are in the pipeline and the council is earmarking future opportunities from its housing stock.

The converted homes are predominantly semi-detached and terraced houses the majority of which have been extended by creating rear extensions or using a loft conversion where a rear extension isn't feasible.

To date, the majority have been three-bedroom homes converted to four-bedroom, with some two-bedroom homes extended to three-bedrooms. The conversions have been taking place across the borough, in Ruislip, West Drayton, Hayes and Uxbridge, and are made possible when an existing council home becomes vacant.

**Cllr Jonathan Bianco, Cabinet Member for Property, Highways and Transport,** said: "We believe that everybody should have access to a suitable home and we know from residents that demand is growing for larger council properties.

"Bolstering the council's stock of larger homes will lessen that demand while freeing up vital properties for other residents in need.

"The homes extensions programme is part of our commitment to create safe and strong communities where families can grow and thrive."



**EXTENDED**  
Property in Judge Heath Lane, Hayes

Cllr Bianco and Cllr Lavery visit the property

## Council car park gets an energy-efficient lighting upgrade

The Grainges car park in Uxbridge has been given a climate friendly makeover after the installation of a new energy-saving lighting system.

Work on the new 'intelligent' lighting was completed at the end of 2022 and has several benefits, providing better safety for visitors, while also helping the council with its energy-saving ambitions.

The 24-volt system will produce energy savings of 53,050 kw/hour per year and also save 10.23



**GREENER**  
New energy-efficient light fittings in the Grainges car park

tonnes of carbon dioxide emissions. The system is remotely monitored, with the council having the ability to program each individual light fitting (there are 707),

for when it switches on and off and what level of brightness it needs to be.

The lighting system can also send alerts in the event of a power failure and

trigger a back-up power system, with up to nine hours of emergency lighting.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services,** said: "This was a timely overhaul of lighting that was past its best and it has now been replaced with a modern, safer and more energy-efficient system.

"We're committed to creating a sustainable borough that is carbon neutral. Projects like this form a key contribution towards achieving it."



**NEW HOMES**  
Cllr Jonathan Bianco and Cllr Eddie Lavery with the project team

## Building more quality homes

In January, the council's Cabinet agreed a contractor – Ethos Construction Solutions Limited – to deliver new housing on the site of former garages in Hillingdon East.

The development at Petworth Gardens will create four new four-bedroom homes, helping address the nationwide housing crisis, while helping to bolster the council's provision of larger homes.

Full details of the development are still to be confirmed, but a requirement will be that it includes designated parking with charging points for electric vehicles. It will likely also include solar panels on the roof to enable the properties to meet their energy specification.

The garages on the site, just south of the A40, were demolished around 10 years ago after falling out of use.

The development will be part-funded by the Greater London Authority. Work is expected to commence in March 2023 and be completed in May 2024.

**Cllr Eddie Lavery, Cabinet Member for Residents' Services,** said: "This is good news for residents and shows we're making sure we're doing all we can to help address the nationwide shortage of quality homes.

"This development also affirms our own commitment to ensuring strong and safe communities by helping address the current demand for affordable homes for local people."



More than £5 million has been spent on maintaining and improving the borough's road network and lighting during the past year, helping to keep residents moving.

Since last April, 24 roads and 13 pavements have been resurfaced, while inspections assessed the condition of bridges. Major works included maintenance of Foresters Bridge and Stockley Road Viaduct, Hayes. The £240,000 improvements included replacing the expansion joints and resurfacing the bridge decks.

Both bridges carry Stockley Road (A408) which is an important, busy thoroughfare.

In total, 625 light columns were replaced with a further 342 painted to protect them from deterioration.

Two hundred and two lights and 21 Belisha

beacons were retrofitted with LEDs to reduce energy consumption. Work also took place to replace defunct, electrically lit bollards with zero-emission, reflective versions made from recycled materials.

In December, lighting at Ruislip Gardens Tube station bridge was upgraded to improve visibility.

**Cllr Jonathan Bianco, Cabinet Member for Property, Highways and Transport,** said: "We're committed to investing and improving our road and pavement network and street lighting to ensure that Hillingdon continues to be a great place to live, work and visit.

"We're also determined to deliver our services in the most environmentally friendly way possible as part of our ambition to be carbon neutral by 2030."

## New civic partnership to benefit Hillingdon's communities

The council is celebrating forming a new partnership with Brunel University London, which will see both organisations work collaboratively to create positive opportunities for the borough.

The vision is to "actively combine the talents of staff, facilities and resources to improve the wellbeing and prosperity of those who live, work and study in Hillingdon."

The partnership will work flexibly to enable it to respond to changing needs within the community, and four key priority areas have been agreed: health and wellbeing; environment, climate and biodiversity;

economy and skills; and social impact and culture.

The partnership will be led by a joint board, bringing together senior leaders from both the council and the university, who will develop and oversee a programme of joint work.

**Leader of the Council, Cllr Ian Edwards,** said: "We're delighted to have formed this new civic partnership with Brunel University London.

"The affiliation links to all five of the council's strategic commitments for 2022-26 and will allow both organisations to collaborate more closely on a variety of key local issues and create a multitude of



**PARTNERSHIP**  
Andrew Jones and Cllr Edwards sign the agreement

positive opportunities and outcomes for residents, students and businesses."

**Brunel University London's Vice-Chancellor and President, Professor Andrew Jones,** said: "We at Brunel look forward to

working closely with our valued partner Hillingdon Council to solve issues and foster opportunities that will boost the economy and enhance the lives of people in the local community in Uxbridge and across the borough."

## Do you identify as LGBTQ+? Could you foster a child in care?

It's LGBTQ+ Fostering Week from Monday 6 to Sunday 12 March, and as part of this national campaign the council is appealing, to members of Hillingdon's LGBTQ+ community to consider looking after a child in care.

As a diverse and inclusive borough, we need foster carers from all backgrounds and walks of life to look after the children and young people in our care, who also come from a variety of different backgrounds.

We welcome and encourage LGBTQ+ people who might be considering

fostering to contact us. Your life experiences could make a difference to a young person facing discrimination or struggling with their identity.

You can find out more about fostering with Hillingdon at one of our regular, virtual and in-person information sessions, where you can hear from other Hillingdon foster carers and staff from our fostering service.

The next information sessions take place at the Civic Centre, Uxbridge, from 2pm to 3pm on Tuesday 11 April, 9 May, and 16 May from 5pm to 6pm.



**Cllr Susan O'Brien, Cabinet Member for Children, Families and Education,** said: "Building safe and strong communities for our children to grow and thrive in is a priority for the council and our foster carers play an important part in that process. We

always need more kind and compassionate people to foster with Hillingdon and we really encourage people from the LGBTQ+ community to come forward and be a part of making a difference to a child's life."

Find out more at [www.hillingdon.gov.uk/fostering](http://www.hillingdon.gov.uk/fostering).

## Learn how to become greener at our Repair and Reuse Day



To mark this year's Repair Week (Monday 20 to Sunday 26 March), the council is holding a free event so residents can find out more about how to recycle, repair and reuse.

It takes place on Saturday 25 March, from 10am to 2pm, at the Great Barn, Ruislip and you can bring

along your small electrical items, textiles, and learn how to mend and breathe new life into old things instead of replacing them with new ones.

Dr Bike will also be on hand to carry out free basic bike repairs and

officers from the council's waste and recycling team will be on hand to answer questions on recycling. To book a repair session at this free event, visit [discover.hillingdon.gov.uk/repair-day](http://discover.hillingdon.gov.uk/repair-day).

# Coalition challenges ULEZ expansion decision in the courts

On Thursday 16 February, the council launched a Judicial Review to challenge Transport for London (TfL) and the Mayor of London's decision to expand the Ultra Low Emission Zone (ULEZ) to all outer London boroughs, including Hillingdon.



Joined in a coalition with the London boroughs of Bexley, Bromley and Harrow and Surrey County Council, the group brought legal action following TfL's announcement in November 2022 that it would push on with proposals to expand the scheme in August 2023 despite strong opposition from across outer London and beyond including concerns over how it is being delivered.

The councils are challenging the expansion in the High Court on five grounds:

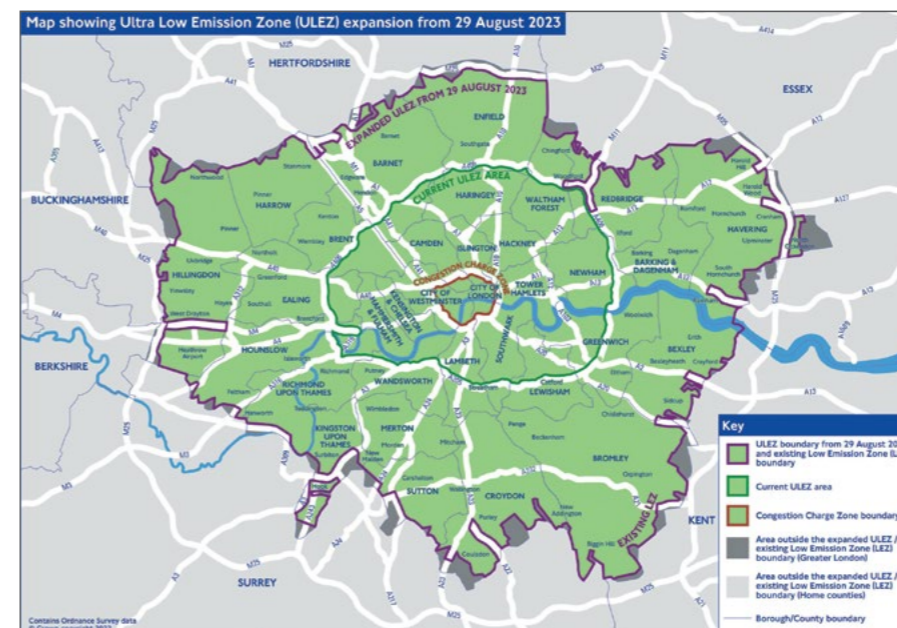
- 1 Failure to comply with relevant statutory requirements
- 2 Unlawful failure to consider expected compliance rates in outer London
- 3 The proposed scrappage scheme was not consulted upon

- 4 Failure to carry out any cost benefit analysis
- 5 Inadequate consultation and/or apparent predetermination arising from the conduct of the consultation

**Leader of the Council, Cllr Ian Edwards,** said: "Our position has remained unchanged from when TfL's plans were first mooted – ULEZ is the wrong solution in outer London as it will have negligible or nil impact on air quality but will cause significant social and economic harm to our residents. We shared this view in our response to the TfL consultation last summer and we've said it since when the plans were confirmed in November. Now, we'll say it in the courts."

"We believe Sadiq Khan's decision to impose this scheme on outer London boroughs is unlawful – his spending nearly £260 million of public money without any cost benefit analysis. Hillingdon, and the other coalition local authorities wouldn't dream of making decisions in this fashion."

"The predominant effect of ULEZ expansion will be to financially cripple already struggling households, further isolate the elderly and harm our local economy with negligible or no improvement to air quality. Investment in improved transport links – on a par with those in areas within the existing ULEZ – is the better way to reduce car use in Hillingdon."



### How may you be affected?

The ULEZ scheme is planned to be expanded across outer London boroughs, including Hillingdon from Tuesday 29 August 2023.

This will mean that if you have a vehicle that does not comply with the ULEZ emission standards and isn't exempt, you will need to pay a £12.50 daily charge to TfL to drive inside the zone.

To check if your car is compliant and view details of the scrappage scheme, visit [tfl.gov.uk/modes/driving/ultra-low-emission-zone](http://tfl.gov.uk/modes/driving/ultra-low-emission-zone).

We would like to know how residents and businesses may be affected, please complete our survey by Sunday 16 April at [www.hillingdon.gov.uk/ulez-survey](http://www.hillingdon.gov.uk/ulez-survey).

# How you and your family can celebrate The King's Coronation

The Coronation of His Majesty King Charles III takes place on Saturday 6 May. As well as national activities, the council is also hosting a variety of events to help Hillingdon mark this milestone. We take a look at how you can get involved.

## National events

During the Coronation weekend (Saturday 6 to Monday 8 May), ceremonial, celebratory and community events will be taking place to celebrate the historic moment when His Majesty King Charles III is officially crowned by the Archbishop of Canterbury alongside the Queen Consort at Westminster Abbey.

On Sunday 7 May, a Coronation Concert at Windsor Castle will be broadcast live on the BBC.

The Big Help Out takes place on Monday 8 May, during which everyone is encouraged to take part in some form of volunteering in their local areas. For more information, visit [www.royal.uk/coronation](http://www.royal.uk/coronation).

## How we will celebrate

In January, the council invited residents to apply to hold street parties and is providing free Public Liability Insurance and road closures to make it as easy as possible for communities to come together. In total, there have been 47 applications.

Hillingdon's own free outdoor event, The Mayor's Coronation Picnic in the Park, takes place on Sunday 7 May at Fassnidge Park, Uxbridge, between 2pm and 4pm, and will feature a live performance of vintage tunes from singing trio, The Candy Girls. Why not bring



along your own picnic, something to sit on and enjoy the fun?

Younger residents and their families are also invited to take part in a free virtual reality trail along Uxbridge High Street called The King's Wardrobe which launches on Monday 17 April. A smartphone is required.

## Library celebrations

The borough's libraries have organised a variety of Coronation-themed events for all ages – ranging from 'royal' picnics and craft sessions for the under-5s, to afternoon teas and guided walks for adults.

Botwell Green Library in Hayes will get the celebrations underway with a Coronation Street Party on Saturday 29 April, from 10.30am to 4pm, with storytime, crown making and creative writing for children, followed by afternoon tea with entertainment and a quiz for adults. The following Friday (5 May) a Hayes Royal Walk – exploring the town's royal connections – departs from the same library, with spaces for 20 adults.

Uxbridge Library's party, from 10am to midday on Friday 5 May, features special guests the Ruislip Belles and Beaux handbell-ringers.

Uxbridge Library is also holding a Coronation Creative Writing Competition, for children aged seven to 11 years old, from Tuesday



11 April to Wednesday 26 April. To enter and be in with a chance of winning a voucher worth £20, £10 or £5, children should submit a poem or story they've written starting with the words, "If I were King for a day..."

**Cllr Ian Edwards, Leader of the Council**, said: "This is such a special moment in our history and I'm so pleased that families and communities in Hillingdon can get involved and celebrate King Charles III's Coronation.

"Judging by the amount of interest we've had from residents in our Coronation events programme and the number of street party licence applications, it's going to be a really joyous bank holiday weekend which lots of us are planning to enjoy together."

We'd love to know how you celebrate the Coronation. Send us your street party photos or photos from any other celebrations to [hillingdonpeople@hillingdon.gov.uk](mailto:hillingdonpeople@hillingdon.gov.uk) or mention/tag the council in your social media posts.

For the full details and programme of activities taking place in Hillingdon to celebrate The King's Coronation, visit [www.hillingdon.gov.uk/coronation](http://www.hillingdon.gov.uk/coronation)



# Continuing to put residents first

The council approved its annual budget on Thursday 23 February, confirming that investment in services will continue in 2023/24 and setting a council tax and social care precept increase well below the rate of inflation.

Despite government funding not meeting the additional cost pressures being experienced by local authorities, particularly the increase in the cost of and demand for social care services (see graph below), the council continues to ensure it delivers a balanced budget and award-winning services.

Free weekly waste and recycling collections will continue, as

well as investment in road and pavement resurfacing, new homes, leisure facilities, town centre improvements, educational facilities and environmental projects to reduce the council's carbon footprint (see highlights of our capital programme right).

To minimise the funding requirement from residents, the council's transformation programme

continues at pace and has a savings target of £21 million for 2023/24.

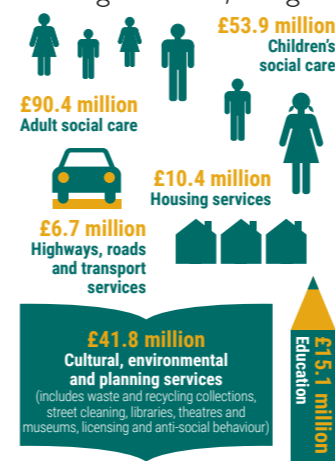
Following years of charging one of the lowest levels of fees and charges across all London boroughs, the updated fees and charges bring Hillingdon more in line with the charges set by other outer London boroughs and recover more of the costs for discretionary services from those residents accessing these services rather than these being subsidised by every council taxpayer.

Core council tax will increase by 2.99 per cent and the adult social care levy will be set at 2 per cent. In practice, this equates to a total increase of £1.21 a week for a Band D property.

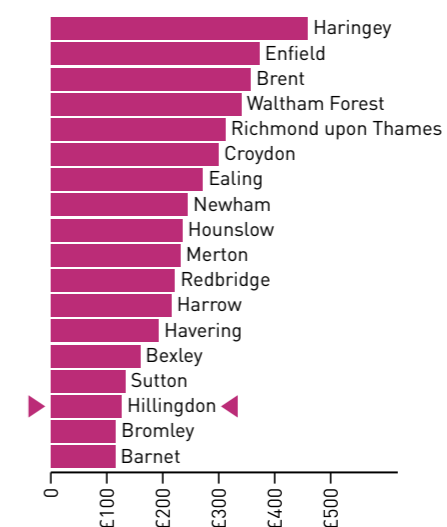
Residents will continue to pay amongst the lowest levels of council tax in outer London and our fees and charges are the third lowest of all outer London boroughs.

## Budget in numbers

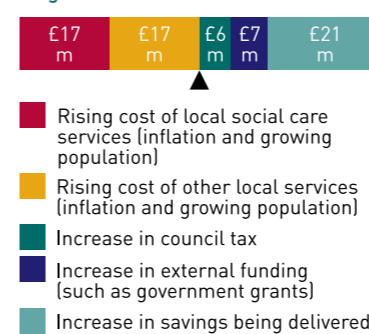
The council delivers nearly 800 services funded through a combination of grants from central government, savings and your council tax.



Estimated sales, fees and charges per resident for 2023/24 for Outer London



Balancing additional expenditure with funding 2023/24



**Cllr Martin Goddard, Cabinet Member for Finance**, said: "It is clearer than ever that government grants are nowhere near meeting the additional cost pressures for local services, particularly the demand for social care services, which is putting a huge strain on local authorities right across the country against the backdrop of challenging economic conditions nationally and internationally.

"Despite this, the council is continuing to deliver a balanced budget thanks to its track record of sound financial management, producing efficiency savings, and preserving reserves – as well as maintaining and investing in services for residents."

## Sign up for paperless bills

You can help the environment by signing up to manage your council tax information online.

Sign up at [www.hillingdon.gov.uk/council-tax-account](http://www.hillingdon.gov.uk/council-tax-account).

For details on council tax and how to pay, visit [www.hillingdon.gov.uk/counciltax](http://www.hillingdon.gov.uk/counciltax)

# Revitalising Uxbridge town centre for future generations

A new masterplan is being developed by the council to help further rejuvenate the High Street and surrounding areas as well as creating new jobs, homes and investment.

During the past 20 years, major town centres across the country have faced many challenges which have threatened their long-term viability.

Uxbridge is no different. That's why the council is looking at the short, medium and long-term issues the area faces, and this month appointed a consultant to create a masterplan to help guide future development and attract investment.

During the coming months, the plan's priorities will be influenced and shaped by businesses, community groups and other stakeholders, including Brunel University London.



Uxbridge High Street

## The masterplan's main aims are to:

**Ensure Uxbridge remains a viable and thriving retail centre** – by encouraging private sector investment in new shops and businesses to increase footfall to the area.



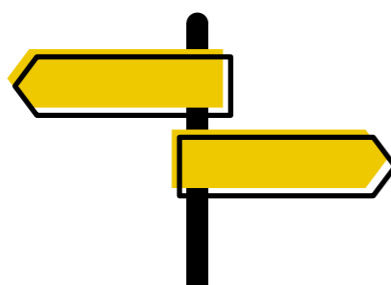
**Explore the potential for new homes** – empty retail space in the town centre could be turned into accommodation. With two universities located in Uxbridge (Brunel University London and New Bucks) there is also the potential to provide student housing and support services.



**Redevelop and repurpose disused sites** – which could include the creation of new permanent and temporary public spaces for example pop-up shops and exhibitions to attract new organisations and visitors to the area.



**Improve connectivity** – of residential areas to the town centre and the new St Andrews Park development to the High Street.



**Cllr Eddie Lavery, Cabinet Member for Residents' Services**, said: "We want to make Uxbridge an even better place to live, work and do business.

"Our new masterplan aims to increase footfall, ensuring the area remains a viable and thriving retail centre long into the future."

Works are currently underway at Uxbridge Civic Centre to make the building more energy-efficient as part of the council's commitment to becoming carbon neutral by 2030.

In September, Brookfield Adult Learning Centre relocated to the building and options are being explored to open the site up for other community and commercial uses. This will be key to reinvigorating the southern end of the High Street.

Later this year, residents will be asked to have their say on the draft masterplan which is due to be completed in the autumn.

A thriving economy



View from the central park looking towards the emergency entrance

## Planning approval granted for new Hillingdon Hospital

In January, plans for a new Hillingdon Hospital were approved by the council, paving the way for the provision of state-of-the-art health care for local people for generations to come.

It will be constructed in the grounds of the current hospital with many elements built off-site and transported into place to minimise local disruption. The existing building will continue to operate as normal until the replacement is complete. It will then be demolished to make

way for new housing, revenue from which will partly fund the project.

Following the council's decision to grant approval, the planning application has been referred to the Mayor of London for final sign-off. The Hillingdon Hospitals NHS Foundations Trust is also working with the national

New Hospitals Programme to secure funding for the new hospital.

**Matthew Swindells, chair in common for North West London Acute Provider Collaborative**, of which the Trust is a part, said:

"We're all delighted that Hillingdon Council has made this decision which is a major boost for our patients, staff and the people of Hillingdon.

"A new Hillingdon Hospital would be a state-of-the-art building that will give patients and staff the facility they deserve.

"There's still a great deal of work to do to win funding for the new hospital, so please do keep giving us your support and getting involved!"

### The scheme is set to transform the health prospects for Hillingdon and here are some of the key benefits for patients:

- + Improved capacity** – 40 per cent more floor space and a significant increase in the number of single rooms.
- + More CT and MRI scanners** – to help with the diagnosis and monitoring of conditions.
- + Easier for patients to move through the hospital** – for example outpatients and radiology services will be on the same floor with level access from the car park.
- + A more energy-efficient building** – to help minimise energy bills and carbon emissions. The new design will also cope far better with temperature extremes, ensuring patients are comfortable whatever the weather.
- + A more attractive environment for staff, patients and the wider community** – the site will be landscaped and have several green spaces open to all.
- + Transport** – there will be a designated drop-off parking area, improved disabled parking and bus routes will pass through the hospital grounds rather than just dropping people off at stops in the surrounding streets. There will also be 942 parking spaces for patients and visitors.

**Cllr Jane Palmer, Cabinet Member for Health and Social Care**, said: "We look forward to seeing the next stages of the planning process.

"Hillingdon residents deserve to have access to up-to-date medical treatment in modern buildings.

"It is reassuring to see that the proposed new hospital aims to include facilities that assist in delivering long-term health benefits."

For more information, visit [thh.nhs.uk/redevelopment](http://thh.nhs.uk/redevelopment)

Thriving, healthy households



# Delivering improvements in a neighbourhood near you

In February, work completed at two playgrounds which were put forward for upgrades by residents as part of the council's Chrysalis programme. Find out more about these projects as well as the 11 new projects which will be funded in 2023/24.

The playgrounds at West End Road, Ruislip Gardens and Heathrow Close, West Drayton, underwent complete refurbishment totalling £190,000 last month.

The playgrounds were officially opened on Tuesday 14 February by the Mayor of Hillingdon, Cllr Becky Haggart; Cabinet Member for Residents' Services, Cllr Eddie Lavery; and Cllr Susan O'Brien, Cabinet Member for Children, Families and Education.

Contemporary play equipment was installed at both sites, providing local children with a welcoming space to make friends, have fun and exercise.

**Nicola Ayonoadu (pictured right), from Ruislip Gardens,** recommended the play area at West End Road for an upgrade. She said: "A

new children's playground will draw in lots of local children who previously had to travel to get to a nice park.

"I'm delighted that the new play area caters for children of all ages and is a much more pleasant environment for everyone to enjoy."

The new-look playground has been divided into two sections and on the outside a zipwire and large multi-play climbing frame caters for older children. The inside fenced area has a colourful butterfly theme and equipment includes toddler swings, a puzzle board, a roundabout and a seesaw.

**Jay Kaur, from West Drayton,** put forward the playground at Heathrow Close. She said: "It is just what the area needs as the previous play area was very dated.

"With lots of new families having moved to the area, it is a much-needed resource as it's really important for children to have a safe space to play outside."



Nicola Ayonoadu and Jacob, aged 6

In keeping with the area's connection to the airport, the new play area's theme is 'soaring like a plane' and boasts an attractive sky-themed surface and an aeroplane-themed multi-play climbing frame. Other highlights include a log swing, fireman's pole, balance rope and a seesaw.

These two schemes were part of last year's £1 million Chrysalis investment programme, which encourages residents to suggest ideas for providing or enhancing facilities on council-owned land.

As well as enhancing playgrounds, the scheme funds improvements to outdoor gyms, allotments and upgrades to sports clubs and community centres.



The new play area at Heathrow Close

## Latest projects funded

In January, Cllr Eddie Lavery selected the latest raft of Chrysalis projects for 2023/24. Funding for a further three projects has been approved (subject to match funding) and we'll update you on these later this year.

## The projects being funded for 2023/24 are as follows:

### Allotments

- Replacing the perimeter fence and installing a new gate at Stafford Road allotments (South Ruislip, £60,000)

### Community centres

- Roof repairs to Charville Lane Community Centre (Charville, £17,000)

### Highways/pathways, hard landscaping

- Planting wildflowers, daffodils and trees at Rabourmead Drive (South Ruislip, £10,000)
- Improving 150 metres of pathway at Stafford Road Open Space (Ickenham and South Harefield, £26,000)
- Connecting Woodville Gardens to the Celandine route (Ruislip, £35,000)

### Outdoor gyms

- Improving Stockley Recreation Ground's park and playground (West Drayton, £99,000)
- Repairing and refurbishing the outdoor gym at Stockley Common (Yiewsley, £45,000)

### Sports clubs

- Rewiring the clubhouse at Rosedale Bowls Club (Wood End, £41,250)
- Refurbishment works to improve the security within Northwood Football Club's stadium (Northwood, £100,000)

### Tennis courts

- Resurfacing the tennis courts at Cavendish Recreation Ground's tennis courts (Eastcote, £70,000)
- Refurbishing and refencing the tennis courts at Court Park (Hillingdon East, £80,000)

**Cllr Lavery** said: "The Chrysalis scheme has been running since 2000 and gives you the opportunity to have a say on how money is spent locally.

"This year, we've approved a range of different projects which will have a positive impact on communities across the borough.

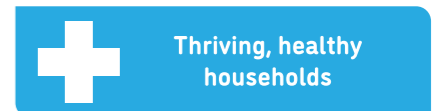
If you have an idea on improvements that can be made to facilities on council-owned land, I'd urge you to put your proposal forward."

"It's a lot better now, because there used to be a really big climbing frame that was really hard to climb up and down. I like this one, I do a lot of gymnastics and it's fun to swing around on."  
Aila, 10



Cllr Lavery, the Mayor of Hillingdon and Cllr O'Brien open the new Ruislip Gardens playground

To suggest an improvement via the programme, visit [www.hillingdon.gov.uk/chrysalis](http://www.hillingdon.gov.uk/chrysalis)



# You're hired: initiative develops local talent

Staff who join the council's workforce as apprentices have an opportunity to earn while they learn the skills for a lifelong career... National Apprenticeship Week was a chance to celebrate their achievements, *Hillingdon People* finds out more.



Apprenticeships are a great route into the world of work. Combining on-the-job training with classroom-based learning they give young people the chance to gain invaluable experience and industry-recognised skills, all while getting paid and working towards a nationally recognised qualification. A variety of apprenticeships are available at the council for recent school/college leavers and those looking to re-train. National Apprenticeship Week, from Monday 6 to Sunday 12 February, was a chance to celebrate

the role apprentices play. The council marked it with a series of fun events for current and former apprentices who have completed their programme since 2000. Highlights included quizzes, team building and networking events. There are currently 106 apprentices working at the council across a range of services, including new recruits and existing employees who want to change career path or develop their skills. An additional 46 employees are now in permanent roles having joined as apprentices.

## The benefits of an apprenticeship with Hillingdon

- A nationally-recognised qualification
- Job specific skills for your chosen career
- A salary with paid holidays
- Workplace-based training and (where appropriate) off-site training and/or e-learning
- Experience of working alongside colleagues in a team environment
- The opportunity to gain qualifications in English, maths and ICT while completing your apprenticeship

## Interested in joining?

Opportunities are available across a wide range of services, including business administration, building control, finance/accountancy, horticulture and social care.



Daniel



Joseph

## Apprenticeships in action

The council's 66-strong repair service has been boosted by four apprentices who are being supported to develop their skills and gain invaluable experience.

**Daniel Lloyd, aged 21**, began a multi-trade apprenticeship last November and is enjoying the challenge.

The former Uxbridge College student, from Hayes, said: "There's so much to learn – but in a good way. And in the end you come out with something you'll know for ever and a trade for life."

"I love being professional at my work, being reliable and gaining people's trust."

Former Harlington High School student **Cee-jay McGee, aged 17**, is working as an electrician. He began his apprenticeship last August, and enjoys the mix of learning at West Thames College, and on the job,

carrying out repairs in houses, car parks and community buildings.

Cee-jay, from Hayes, said: "I like to learn. As I'm new to the trade it's really interesting to learn everything from scratch. As a bonus it's good to earn a wage at the same time."

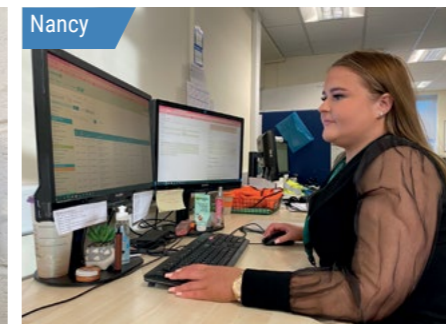
His fellow electrician apprentice **Joseph Charlton, aged 17**, a former Barnhill Community High School student, added: "The best thing is the experience I'm gathering from it and that it could lead to a job. It's going really well and I'm really enjoying it."

**Nancy Major, aged 17 from West Drayton**, joined the customer service team in July.

Nancy, who went to Douay Martyrs Catholic Secondary School, said: "I'm learning new things every day and meeting new faces and talking to different people. And learning processes and procedures."



Cee-jay



Nancy

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

"This year's National Apprenticeship Week was an important chance to celebrate and highlight the positive impact of apprenticeships both on young people and employers."

"It underlined how much we value the fresh perspective, enthusiasm and willingness to learn that our apprentices bring."

"As a council we want to promote a strong local economy and ensure that local people have the skills they need to find good quality jobs. Apprenticeships are a key part of that."

If you are interested in applying, search our current vacancies at [www.hillingdon.gov.uk/jobs](http://www.hillingdon.gov.uk/jobs) selecting 'Apprenticeships' for job type. You can also sign up for job alerts



A thriving economy

# Unlock your potential this summer with Learn Hillingdon

The council's adult education service has hundreds of courses to take your career or personal development to the next level, so why not pick a subject of interest and sign up this summer?

It's a great time to learn something new – whether for your work, pleasure or just to broaden your horizons.

Courses to suit adults of all ages and abilities are offered at sites across the borough. They include everything from vocational training in areas such as cybersecurity, childcare and working in schools, to life and employment skills, including basic computing, maths and English. There are also a host of creative industry subjects, including digital promotion, photography, art and media, while outdoorsy types can cultivate their horticultural abilities.

Subjects aimed more at personal development include cookery in our new state-of-the-art kitchen facilities and a range of languages. And to cap it all off there are free courses to support your emotional health and wellbeing.

With dozens to choose from right now, and a comprehensive programme of hundreds of courses that run throughout the year, you'll find everything from one-day workshops to courses carrying nationally recognised qualifications.



Courses take place at the Civic Centre in Uxbridge, South Ruislip Library, Harlington Community School and the Rural Activities Garden Centre, West Drayton Road, in the daytime, evenings and weekends.

There are also some classes online and at other centres within the community. You can also keep up to date with the courses on offer by signing up to our adult learning e-newsletters at [www.hillingdon.gov.uk/enews](http://www.hillingdon.gov.uk/enews).

Working as a learning support assistant with adults with learning difficulties and disabilities, **Madhavi Panchal, aged 49 from Harlington**, sometimes found it hard to understand non-verbal learners, so she decided to enrol on the British Sign Language (BSL) course.

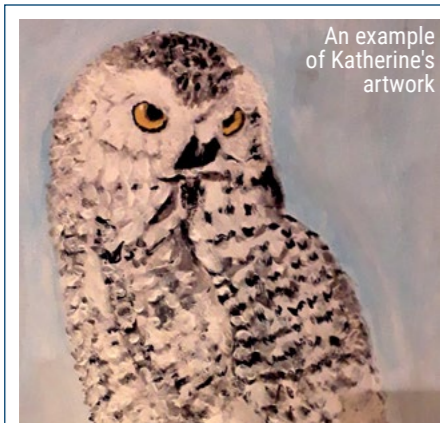


As a result, she can now have a basic conversation with another BSL user. Madhavi said: "I am hoping to carry on learning BSL and helping and supporting the other learners who face communication issues. This knowledge has helped me to understand non-verbal learners better and give them the best support I can."

Fees vary, though many courses are free, either to everyone or on a means-tested basis. Find out more at [www.hillingdon.gov.uk/adultlearning](http://www.hillingdon.gov.uk/adultlearning)

**£** A thriving economy

**Cllr Susan O'Brien, Cabinet Member for Children, Families and Education**, said: "Learning is for everyone – for life. It is rewarding both personally and economically and can empower and inspire you to achieve your goals, gain confidence and independence. What's more it's great fun as well as a chance to meet new people and see things from a new perspective."



An example of Katherine's artwork

**Katherine Cameron** decided to sign up for a Drawing and Painting for Beginners' class after she "became hooked on watching *Portrait Artist of the Year* on TV during the COVID-19 lockdowns". The Ruislip pensioner said: "I am thoroughly enjoying my continuing learning curve and love the friendships I have gained with others in the class."

"I thoroughly recommend learning to paint and draw. It is an amazing way of escaping stress and watching your skills improve is very rewarding."

# Helping pupils hit the right notes

If you're a budding young musician, we want to help you on your musical journey. *Hillingdon People* highlights the council's music service and the fantastic opportunities available.

Are you a young person who loves playing music or wants to learn a musical instrument? If so, our music service provides opportunities for young or budding musicians across the borough to participate in lessons, workshops and performances.

Young people from all backgrounds and musical talents are welcome, especially those with limited opportunities to play music or to access instruments.

Our programmes are designed to build your musical confidence and ability. At the same time, we also provide lessons in schools to whole classes, small groups and individuals.

We also offer young musicians a range of bands and orchestras at our Saturday Music School. This is where you'll come together with other musicians to play in bands, orchestras and chamber ensembles, learn music theory and sing in choirs. You'll also have the opportunity to perform in high-quality concerts locally, in London and abroad.

The programme is not just about playing classical instruments, such as the violin, trumpet, cello and piano. We have something for you if you enjoy playing electric guitar, bass, and digital music, including synthesisers and drum machines to create new tunes and beats.

Hillingdon Music Service gives budding young musicians the opportunity to learn more about music. This includes absolute beginners (including children who have never

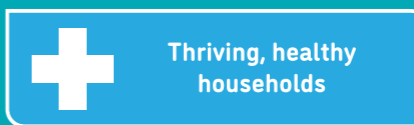


picked up an instrument) to some of the borough's more polished performers.

In many of the borough's schools, we offer students from Year 4 and above the chance to take small group or short individual lessons in singing and various instruments.

For children who cannot access lessons at school, we also offer weekday after school tuition at several local centres, including Manor Farm House, the Compass Theatre and Global Academy.

Get started on your musical journey today by visiting [www.hillingdon.gov.uk/music](http://www.hillingdon.gov.uk/music)



**Georgina Hill, aged 14 from Uxbridge**, has been playing the violin for six years. She said: "I learn an instrument to escape from the rush of everyday life and have some time to relax doing something I enjoy. "They say a picture can tell a thousand words, but so can music! It is magical how learning an instrument can help you turn some notes on a piece of paper into beautiful music!"



**Ten-year-old Elsa Mohtashami from Northwood**, plays the violin and enjoys being part of the music service. She said: "Being around similar people has allowed me to make friends with people who like the same things as me. I also have opportunities to perform in different orchestras and concerts."

"Violin lessons and mastering a musical instrument has made me feel a huge rush of achievement and this has made a massive impact on my life."



**Toyah Owomoyela, aged 11 from Ruislip**, has been playing the clarinet for two and a half years and enjoys performing as part of Hillingdon Music Service and meeting new friends. She said: "I really enjoy music and I feel excited when I'm able to learn a new piece. My teacher makes it a lot of fun and I know in the future it's a talent I will be proud of."

**Cllr Susan O'Brien, Cabinet Member for Children, Families and Education**, said: "Our music service is a fantastic way to encourage young and budding musicians to take an active interest in the joys of music. It's not just for children familiar with musical instruments, as we want to inspire young people from all backgrounds and abilities to come along and try music for the first time."

"Whether playing a classical instrument or producing modern, digital music, I recommend children get involved as there's no telling where the journey will take them."

# FREE childcare for two-year-olds

Boost confidence, social skills and improve speech



Find out if you qualify

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# Helping older people avoid a fall

As we age, our chances of having a fall increase with potentially serious consequences. The council's new self-assessment tool allows you to work out your level of risk and what you can do to reduce it.

From broken bones to loss of mobility and independence, the split second it takes to slip, trip or fall can have devastating long-term impacts.

And as we age, our chances of taking a serious tumble increase due to deterioration in our balance, strength, sight and hearing.

Those with dementia are at even greater risk owing to the way the condition affects their vision and co-ordination.

Overall, around one in three adults aged over 65 will have at least one fall a year and this can rise to at least half of the population aged 80 and over.

But early interventions can reduce the rate of falls by 25 to 35 per cent, according to research by the National Institute for Clinical Excellence, the organisation responsible for developing evidence for health and care.

And the council's new Falls Prevention Toolkit is a great place to start. It helps you work out how at risk you are of falling and what you can do about it.

Simply complete the short self-assessment questionnaire and tally up your score – the higher it is the greater your risk. Then follow the action plan of changes you can make, including everything from exercising to improve strength and balance, to ensuring your home is as free from hazards as possible to keep you safe.

### Stay fit and stay on your feet

Improving your fitness is the best way to reduce your risk of a fall and the council has launched a new strength and balance exercise programme to help with this.

The first session took place at Triscott House, an extra-care independent living scheme, on Friday 13 January.



The strength and balance class at Triscott House, Hayes

The aim is for there to be free, regular classes open to all, at 10 sites across the borough by September.

**Nav Rahi**, who was left partially paralysed by a stroke, went along to build her confidence.

The 56-year-old said: "A big concern when I walk is that I can lose my balance. I've had plenty of falls, when I fall I can't get up again on my own. I enjoyed the class."

**Alex Honeysett, aged 79, a former builder from Hillingdon** found the group helpful. He said:

"I've had loads of falls, but luckily always managed to get up myself. My big problem is my knees. I hope the class will give me a bit more mobility and better balance. The instructor knows what he's doing, he's well trained. It was very educational."

**Malcolm Carey, aged 88, lives near Harmondsworth.** He had a fall about two years ago and says he was lucky not to seriously hurt himself. He added: "It's good for me to come here. I'm not steady walking. Hopefully it will give me a bit more confidence going about, day to day."

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

said: "The impact of having a fall on the individual can be physical and/or psychological, with families experiencing anxiety and concern, which can result in requiring health and social care support services.

"I am pleased to support the launch of this excellent toolkit, created by our team. It is designed to help residents reduce their risk of falling and keep themselves safe.

"I hope this will have a significant impact in reducing falls and would encourage its use."

As well as strength and balance classes, free chair-based exercise sessions for over-65s are also available weekly at 10 of the borough's libraries. Booking is required, visit [www.hillingdon.gov.uk/chairobics](http://www.hillingdon.gov.uk/chairobics) to find out more.

Dancing, walking football and going to the gym can also play a big part in protecting ourselves.

To find out more about the strength and balance sessions and other exercise options in the borough, visit [www.hillingdon.gov.uk/fall-prevention](http://www.hillingdon.gov.uk/fall-prevention) or call 01895 277137.

### How to get your self-assessment pack

Download a copy at [www.hillingdon.gov.uk/fall-prevention](http://www.hillingdon.gov.uk/fall-prevention). If you don't have access to the internet, call us on 01895 277137 for a paper copy. They will also be available at GP surgeries and libraries.

If you've had a fall in the past 12 months, please speak to your GP for clinical advice before completing the toolkit. You can also speak to Age UK's Falls Prevention Service.



For more information on the council's support for older residents, visit [www.hillingdon.gov.uk/olderpeople](http://www.hillingdon.gov.uk/olderpeople)



## Rural Activities Garden Centre

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Good value, great choice, friendly staff

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Open every day from 9am to 4pm

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[www.hillingdon.gov.uk/ragc](http://www.hillingdon.gov.uk/ragc)

## Update from the Neighbourhoods Superintendent

All our officers on West Area are dedicated to being visible and tackling local issues raised by you – the community – or through the identification of crimes and problems via their own patrols. These are conducted by a mixture of high-visibility foot, cycle and vehicle patrols and primarily cover areas of high footfall, which we know criminals are attracted to, and areas which help address our policing priorities such as violence and in some wards, persistent anti-social behaviour.

One of our top priorities locally is the safety of women and girls, and our local violence against women and girls action plan is designed to bring more offenders to justice, protect the most vulnerable and make Hillingdon's public spaces safer and feel safer for everyone. Our work has not only included an uplift in patrols in hotspots for violent crimes in Hillingdon, but also inputs to local schools and colleges on violence issues and respect for one another. Another key part of this work in Hillingdon has been working with charities that support vulnerable women where we take time to explain how the police can help and support them if they are a victim of domestic or sexual abuse. There are a number of other activities focused on making Hillingdon safer for women and

girls so please speak with your local Neighbourhood Policing Team if you would like further information.

Our work addressing violence against women and girls very much aligns to Metropolitan Police Commissioner, Sir Mark Rowley's mission of achieving More Trust, Less Crime, High Standards. We recognise the scale of public concern following a number of cases involving Metropolitan Police Service (MPS) officers which have involved behaviours which have truly been shocking and totally unacceptable to the MPS and the public we serve. Significant reforms are occurring which will impact policing in Hillingdon to ensure we improve our trust with communities and that we weed out those officers who are unfit to be in the service. Some of these reforms include:

- **Ruthlessly rooting out corrupt officers/staff:** In our new Anti-Corruption and Abuse Command, we have brought together capabilities in intelligence, proactive investigation and prevention.
- **Speed and assertiveness:** We need to be quicker and more decisive in how we use police regulations to remove – at the earliest possible stage – those who should not be in policing.

• **Recruitment and training:** An immediate review of the resilience and effectiveness of our recruitment, vetting, initial training, and performance management of new police officer recruits.

• **Values and standards:** The responsibility to fix this lies with all the leaders of the Met to tackle issues robustly and promptly. We will be more explicit about exactly what is unacceptable.

As we progress our work to improve ourselves in order to build trust with the public we serve, including the people of Hillingdon, we will ensure we engage with communities to hear their voices on policing and obtain new ideas on how we can better serve the public. If you have any thoughts on this, we would very much like to hear your views.

Please be assured that the vast majority of officers who serve you in Hillingdon do their best each and every day to keep you safe and uphold the highest standards. We are totally committed to ensuring Hillingdon is a safe place to live, work, socialise and study but recognise we need to work harder to increase trust and confidence with the people of Hillingdon in how we do this.

**Anthony Bennett**  
Neighbourhoods Superintendent

## Trouble swallowing, persistent indigestion or heartburn, unintentional weight loss?

These are all symptoms that could indicate oesophageal cancer.

This month, the NHS locally is raising awareness of oesophageal cancer and its symptoms.

Oesophageal cancer is found in the oesophagus, sometimes called the gullet or food pipe.

Around 9,300 people are diagnosed with this cancer in the UK each year.

It can affect anyone, but you are more at risk if you:

- are aged 55+
- drink alcohol or smoke heavily
- are very overweight
- have a medical condition that affects your oesophagus.

Knowing which symptoms to look out for means that the cancer can be caught and treated as quickly and effectively as possible. The most common symptoms are:

- having problems swallowing (dysphagia)
- feeling or being sick
- heartburn or acid reflux
- symptoms of indigestion
- loss of appetite or losing weight without trying to.

If you have another condition, such as gastro-oesophageal reflux disease, you may get symptoms like these regularly, but you should contact your GP if these symptoms change or get worse.



If you are experiencing the symptoms listed, you should contact your GP. They can assess you and arrange additional tests or a referral if needed. Having these symptoms does not mean you have cancer, but it is advisable to get them checked.

Detecting oesophageal cancer sooner can make it easier to treat. If you have symptoms you are concerned about, please contact your GP practice.

Find out more at [www.nhs.uk/conditions/oesophageal-cancer](http://www.nhs.uk/conditions/oesophageal-cancer).

## How and where to report crime and anti-social behaviour

A key responsibility for the council is community safety. We are committed to ensuring we have safe and strong communities, but it's a job that is shared with the police, with each organisation having different responsibilities and powers.

When it comes to reporting anti-social behaviour and crimes, it can be difficult to know who to approach.

### Issues you should report to the council include:

- ✓ illegal street trading
- ✓ abandoned vehicles
- ✓ light and noise nuisance
- ✓ unlicensed skips
- ✓ rubbish accumulation and fly-tipping
- ✓ damage to pavements
- ✓ fly-posting (advertising without permission)
- ✓ graffiti
- ✓ cars for sale on a highway
- ✓ nuisance in parks and public places, including spitting, feeding birds or vermin, using remote controlled model vehicles, encamping, lighting a fire or barbecue, leaving an engine running on a stationary or parked vehicle and urinating or defecating.

For the full list of issues investigated by the council's anti-social behaviour and environment teams, visit [www.hillingdon.gov.uk/safety](http://www.hillingdon.gov.uk/safety). Report issues and concerns in Hillingdon via our website at [www.hillingdon.gov.uk/report](http://www.hillingdon.gov.uk/report).

### Issues you should report to the police include:

- ✓ thefts, robberies and burglaries
- ✓ criminal damage
- ✓ sexual offences
- ✓ violence against persons, including assault, bodily harm, murder
- ✓ gun and knife crime
- ✓ terrorism
- ✓ possession and supply of drugs
- ✓ gangs/groups causing alarm, distress or harassment in any location
- ✓ cycle bike gangs intimidating motorists and pedestrians
- ✓ motorbikes being driven on open ground and motor vehicles being used as part of street racing meets
- ✓ drunk and disorderly people in any location
- ✓ hate crime
- ✓ road traffic incidents
- ✓ missing persons
- ✓ fraud
- ✓ lost or stolen vehicles
- ✓ lost or found property.

To report one of these issues, visit [www.met.police.uk](http://www.met.police.uk). If someone is in immediate danger or harm or a serious offence is in progress, call the police on 999, or for any non-emergency call 101.



**Cllr Eddie Lavery, Cabinet Member for Residents' Services**, said, "We're committed to creating and preserving safe and healthy communities and continue to work closely with the police to deliver this for residents. "It can be difficult to know who to report things to but hopefully this guide will help people get any issues dealt with quickly. "As part of our work, our Public Space Protection Orders (PSPOs) which cover the borough give us stronger powers to deal with a wide variety of anti-social behaviour."

The council's PSPOs come to the end of their three-year term this year. In the spring, we'll be consulting with residents on whether they are all still needed and should be renewed. Have your say when the time comes at [www.hillingdon.gov.uk/consultation](http://www.hillingdon.gov.uk/consultation).



# Heroes help on the home front

Home-Start helps ensure a brighter future for children and families across the borough. If you are a parent or have parenting experience, find out how you can get involved as a volunteer.

Being a parent can be extremely challenging, especially when children are young. Many mums and dads often feel exhausted and overwhelmed and some face extra issues such as postnatal depression, isolation and illness or disability.

In tough times, Home-Start Hillingdon and its team of dedicated volunteers and staff can offer a lifeline.

The charity's volunteers work with struggling families who have at least one child under five, who have been referred by health and mental health professionals as well as the council's social care workers. Some self-referrals are also accepted.

Families set their own goals and rate how well they are coping – in areas such as isolation, involvement in their child's development and learning and mental health – at the beginning of the process and again after six months of support.

The results speak for themselves, with 98 per cent of those helped in the past year saying their ability to cope had improved.



**Clare Nazerali, Director of Home-Start Hillingdon,** said: "Parenting is hard and relentless. With our volunteers, it's a case of a kind person coming alongside a family and saying, 'We've got you and we can do this together.' What we do is so powerful."

Clare continued: "People volunteer for a variety of reasons but mostly because they want to make a difference. Some of them have experienced hard family times themselves and know just how helpful the support can be. Others see it as a personal development opportunity. They're such a dedicated bunch of people."

Newcomers aren't just thrown in at the deep end. They receive expert training and once in the field can always call upon the support



of a Home-Start staff member if they encounter a problem they can't deal with on their own.

Clare said: "Volunteers get supervision sessions with staff every six weeks so we can support them to keep family support moving forward and it ensures the volunteers are getting the most from the experience too."

## Do you have what it takes?

The role is demanding but hugely rewarding and the team would like to hear from you if you think you have something to offer.

You must have parenting experience and be available for at least half a day a week during office hours.

As a home-visit volunteer, you'll attend a 40-hour preparation course, undergo an enhanced DBS check and provide two references before being matched with a family.

You'll use your own individual skills and experience to help the family in a non-judgemental way.

## Get on board

If being a home visiting volunteer isn't right for you, you can also help out by applying to join their Trustee board.

It is made up of local people from a wide range of backgrounds such as social care, law, HR and business. Trustees are responsible for the financial security of the organisation and ensure its strong governance.

Fundraising volunteers are also needed.

## Volunteering in action

**Samia Berkouz** has three children of her own, and is now supporting her third Home-Start family.



The 43-year-old IT worker got the volunteering bug while helping run a coding class at her children's school. A teacher asked if she'd heard about Home-Start, and she's never looked back.

"I think I've always had something in me that I wanted to teach and help kids," Samia says.

She began her training in March 2021, and three months later was assigned her first family – a pregnant single woman.

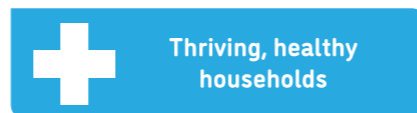
"In the beginning I didn't feel I was doing much, but I realised after a while that her telling me whatever was on her mind, or me trying to boost her saying you're doing an amazing job with your baby was all important.

"She said 'thank you so much, you don't realise how much you're helping me.' Sometimes people just need emotional support, someone to talk to.

"When I left her, it was great to see she was happy and back on her feet."



For more information on the charity, visit [www.homestart-hillingdon.org.uk](http://www.homestart-hillingdon.org.uk), call 01895 252804 or follow them on social media



# Hillingdon shelter in gold medal position to end rough sleeping

Olympic House provides emergency accommodation in the borough. *Hillingdon People* finds out more about this facility that Trinity, a local homelessness charity, runs in partnership with the council.

On a fuzzy CCTV monitor screen two men stand face-to-face in a corridor, gesticulating enthusiastically with their arms. Despite the blurred image, a beaming smile is clearly visible before they share a warm embrace and part ways.

As **Lz ('Els') McLaughlin** walks into the security office of Olympic House he beams that same smile to us – a sight that greets each homeless person who turns up at their front door.

The incredible work that goes on in this inauspicious building, adjacent to Hillingdon Hospital, is hard to overstate. Everyone working there goes the extra mile to provide somewhere to sleep, for those, who, for whatever reason, have found themselves with nowhere to call home.

When **Firas**, a mute-deaf Jordanian who speaks and reads no English came to Olympic House, it took Trinity's team hours of work, trust-building and phone calls to his relatives to even begin to understand how to communicate with him. In time, Lz learned enough of Firas' form of sign language for the team to work out how to help him.

He now lives in specially adapted social housing, and pops back to visit the team two or three times a week.

**Steve Hedley, of Trinity,** said: "Olympic House is absolutely essential if we're going to end rough sleeping and homelessness in the borough, and the council sees that really clearly.

"It starts from outreach and people moving into emergency beds here, then within five days moving into the main hostel to spend just two months in turning their lives around before moving into either supported accommodation or their own place.

"I work in other boroughs and there's nothing like this anywhere else, this is unique and it's working. We've reduced rough sleeping in Hillingdon from 111 down to nine in the last three years, so we're almost there in ending rough sleeping in the borough and that's down to the council and its ability to recognise you need a housing pathway to do that."

Trinity aims to re-accommodate residents as quickly as possible. Newcomers are given a couple of days to settle before the 'resident



Steve Hedley, Cllr Eddie Lavery and Lz McLaughlin outside Olympic House

coaches' start chatting with them to find out the best way to help.

Residents get daily hot meals, access to shared kitchens, bathrooms and a popular TV lounge. There are also weekly GP visits, where residents can access medical tests, vaccinations (such as flu jabs) and even X-rays.

British-born **Paul Heritage** is an example of some of the varied ways people end up supported by Olympic House. Having lived in South Africa for the past 40 years, he returned to the UK, when circumstances there led to his life being threatened.

**Paul** said: "I've been helped tremendously here, very much so. I came over here and Bob and Lz are trying to sort things out for me. I think it's a tremendous help."

**Resident Robert Polszek, aged 46,** has also been delighted with his Olympic House experience, he said: "I'm so happy, this is a brilliant service."

## How you can help

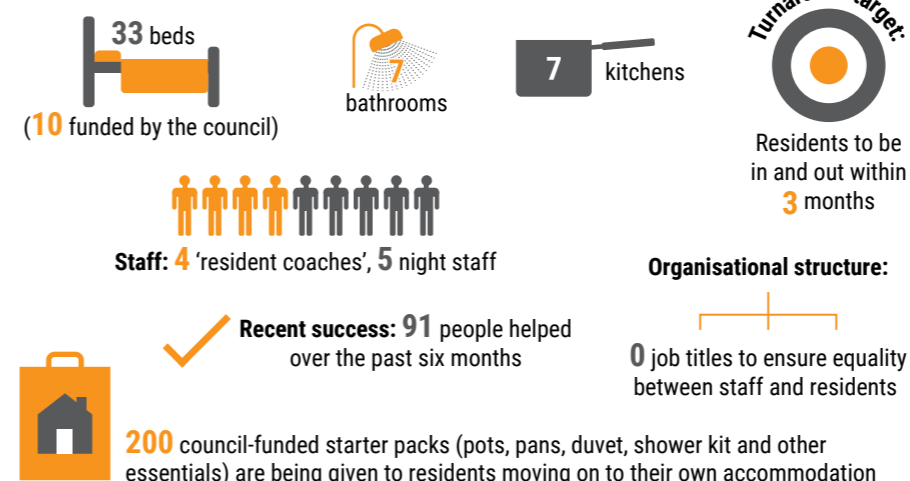
Donate to Trinity at [www.wearetrinity.org.uk/donate](http://www.wearetrinity.org.uk/donate).

To report and help a rough sleeper, visit [www.hillingdon.gov.uk/help-a-rough-sleeper](http://www.hillingdon.gov.uk/help-a-rough-sleeper)



## Olympic House in numbers

Accommodation and facilities include:



# HILLINGDON WHAT'S ON?

## THEATRE

**Crazy For You**  
**Wednesday 29 March to Saturday 1 April, 7.30pm and Saturday matinée, 2.30pm**  
 Ruislip Operatic Society presents this multi-award-winning Gershwin musical. Filled with mistaken identities, plot twists, heartbreak, happiness and memorable tunes, including *I Got Rhythm*, *They Can't Take That Away From Me*, *Nice Work If You Can Get It* and *Embraceable You*.  
**Cost: From £15.**  
**Book by calling 07713 257603 or email [boxoffice@ruislipos.org](mailto:boxoffice@ruislipos.org).**  
**Winston Churchill Theatre**

**The Wonderful Wizard of Oz**  
**Wednesday 12 to Sunday 16 April**  
 Easter equals panto! Oh yes it does! Expect all the usual jokes, songs and audience participation in this timeless tale with Dorothy, Toto, the Tin Man, the Cowardly Lion and Scarecrow.  
**Cost: £17, under-16s £14, family of 4 £56, groups 10+ £14 (phone only).**  
**Children under 18-months old can be admitted with one of a limited number of free 'lap' tickets (not a seat).**  
**Book online at [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

**Bedroom Farce**  
**Wednesday 17 to Saturday 20 May, 7.45pm**  
 Four couples, three bedrooms, two celebrations, one blazing



row and an illicit kiss (or two) provide the ingredients for this Alan Ayckbourn comedy presented by Ruislip Dramatic Society. Trevor and Susannah's marital problems doom their friends' evenings to disaster as they descend on everyone in turn, leaving chaos in their wake! Comical, touching and fast paced, *Bedroom Farce* is one of Ayckbourn's funniest plays.  
**Cost: £14/concessions (over-60s on Wednesday and Thursday only) £13.**  
**Book online at [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615 or 01895 632300.**  
**Compass Theatre**

## EXHIBITIONS AND TALKS

**Steam!!**  
**Friday 17 March to Friday 14 April, during library opening hours**  
 All aboard to learn about the days of steam. The exhibition tells the story of local railway travel – the stations, trains and locomotives – before the advent of diesel or electricity.  
**Cost: Free, no need to book.**  
**Uxbridge Library**

Hillingdon has an exciting array of activities to keep you and the family entertained during March and April. Find out about more events happening locally at [discover.hillingdon.gov.uk/events](http://discover.hillingdon.gov.uk/events).

**Shelf Life with Herbs**  
**Saturday 18 March, 9.30am to 12.30pm**  
 Join ecologist Michael Holland to learn about the history and folklore of herbs in the walled garden – the use of sage, growing plants from their corresponding packaging, making a scented herb bag, and taking mint root and stem cutting. Suitable for ages 18+.  
**Cost: Free, but booking is essential. Book by emailing [archives@hillingdon.gov.uk](mailto:archives@hillingdon.gov.uk).**  
**Eastcote House Gardens**

**Hillingdon By Steam**  
**Monday 27 March, 5.30pm to 6.30pm**  
 At this talk, Paul from the Archives and Museums Service will take you on a journey where you'll learn how commuters and day trippers experienced the age of steam, where they travelled to and why, and how the early railways affected the area.  
**Cost: Free, but booking is essential via [archives@hillingdon.gov.uk](mailto:archives@hillingdon.gov.uk).**  
**Uxbridge Library**

**Hardy Plant Society Middlesex Group**  
**Monday 3 April, 7.30pm**  
 Speaker Darren Lerigio will give a talk on 'The skills you need to prune well'. Plants will also be on sale.  
**Cost: £6.**  
**Field End Junior School**

**WEA Summer Day School 2023: Servants and the English Country House**  
**Saturday 20 May, 10am to 3pm**  
 An introduction to the lives of servants who worked in English country houses in the 18th and 19th centuries. This may be of interest to family historians. Includes refreshments and a light lunch.  
**Cost: £27.**  
**Enrol at [www.wea.org.uk](http://www.wea.org.uk) or call 0300 303 3464. Find out more by emailing [sian.brownhill@wea.ac.uk](mailto:sian.brownhill@wea.ac.uk).**  
**Compass Theatre**

**Brunel Research Festival Tuesday 9 to Wednesday 31 May, times vary**  
 Enjoy a packed programme of online and in-person activities celebrating cutting-edge research at Brunel University and beyond, and the local and global benefits it brings. Includes interactive workshops, lectures, panel discussions, lab tours and research demonstrations.  
**Cost: Free.**  
**Find out more at [www.brunel.ac.uk/brf](http://www.brunel.ac.uk/brf).**  
**Brunel University**

## HILLINGDON BUSINESS EXPO

**Hillingdon Business Expo**  
**Thursday 25 May, 9.30am to 4pm**  
 The Hillingdon Business Expo returns in 2023 to a bigger and better venue. More than 100 stands showcasing the best of Hillingdon businesses featuring all-day networking, speed networking, entertainment, free lunch and drinks reception.  
**Cost: Free but tickets must be booked in advance.**  
**Find out more at [www.hillingdonchamber.co.uk/expo](http://www.hillingdonchamber.co.uk/expo).**  
**Indoor Athletic Centre, Brunel University**

## EXERCISE

**Yoga with Dinta**  
**Saturdays, 10am to midday**  
 Dru Yoga classes combine yoga postures with breath awareness. Go along to build strength and flexibility, improve your posture and relieve stress.  
**Cost: £10 per class.**  
**For more information email [yogawithdinta@aol.co.uk](mailto:yogawithdinta@aol.co.uk) or call 07870 981885.**  
**St Lawrence Church**

**Twilight Yoga**  
**Monday 20 March, 7pm to 8pm**  
 An hour of engaging, challenging and fun yoga in the visitor centre, overlooking the main exhibition. Find your inner peace in unique surroundings with impressive aircraft flying overhead. Bring your own yoga mat. Suitable for ages 16+.  
**Cost: £5.**  
**Book at [www.battleofbritainbunker.co.uk](http://www.battleofbritainbunker.co.uk).**  
**Battle of Britain Bunker**

**Led Walks**  
**Various dates and times**  
 Explore Hillingdon's award-winning parks and green spaces while keeping fit and meeting new people on a guided walk.  
**Cost: Free.**  
**Find out more and book at [discover.hillingdon.gov.uk/led-walks](http://discover.hillingdon.gov.uk/led-walks).**  
**Various venues**



Twilight Yoga

**Woodland Walks**  
**Various dates and times**  
 Monday 20 March, from 10am to 11.30am, Signs of Spring Walk, (meeting at the Woodland Centre).  
 Saturday 25 March, from 6pm to 7.30pm, Evening Wildlife Walk (meeting at Willow Lawn car park).  
 Friday 21 April, 10am to 11.30am, Woodland Walk (meeting at the Woodland Centre).  
**Cost: Free.**  
**To find out more call Diana on 07736 974497.**  
**Ruislip Lido**

## MUSIC

**A Night at the Opera**  
**Saturday 18 March, 7.30pm**  
 Hillingdon Philharmonic Orchestra invite you to a special concert of opera favourites sung by professional soloists. Includes music by Bizet, Mozart, Puccini, Verdi and Wagner.  
**Cost: £15, Concessions £12, under-16s go free.**  
**Book online at [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk).**  
**Winston Churchill Theatre**

**Spring Concert**  
**Saturday 18 March, 7.30 pm**  
 Eastcote & Ruislip Choral Society will sing Stainer's *Crucifixion* and Rutter's *Feel the Spirit*.  
**Cost: Tickets £15 on the door and under-12s free.**  
**Accessible premises.**  
**St Edmund's Church**

**Spring Concert – Haydn's Creation**  
**Saturday 18 March, 7.30pm**  
 Harrow Choral Society's 90-strong choir will sing Haydn's great oratorio, *The Creation*, under the baton of its new conductor, Sam Evans and accompanied by professional soloists and orchestra.  
**Cost: £20, £5 to under-18s.**  
**Book online at [www.harrowarts.com](http://www.harrowarts.com), call 020 3773 7161 or in person at HAC Box Office.**  
**Elliot Hall**

**Hillingdon Choral Society's Spring Concert**  
**Saturday 25 March, 7.30pm**  
 Performance of Rossini's *Petite Messe Solennelle*, conducted by Peter J Williams and featuring soprano Sara Hartley, mezzo-soprano Catherine Fish, tenor Russell Painter, and bass Simon Gray.  
**Cost: £15 adults and £3 children.**  
**Pay on the door, book at [hillingdonchoralsociety@gmail.com](mailto:hillingdonchoralsociety@gmail.com) or call 07941 601966.**  
**Ickenham United Reformed Church**

**Folk concerts**  
**Various dates and times**  
 Thursday 30 March, 8pm  
 Kim Lowings & The Greenwoods – popular Midlands group, with support from Linda Moylan.  
 Thursday 27 April, 8pm  
 The Honeybees – outstanding female trio. Support from Steve Pledger.  
 Friendly venue with comfortable seating and a full bar.  
**Cost: Tickets on the door or in advance are £12.50 to £15. Students half price.**  
**Find out more at [www.wegotickets.com/uxbridgefolkclub](http://www.wegotickets.com/uxbridgefolkclub).**  
**Uxbridge Folk Club**

## LEISURE

**Desi Dance**  
**Friday 31 March, 11am to 1pm**  
 Seated and standing exercise to a Bollywood



music soundtrack. Suitable for beginners, intermediate dancers and those who just want to enjoy the atmosphere. Open to residents aged over 65 (with a Hillingdon First card) and up to two guests.  
**Cost: Free, but booking is essential.**  
**Book by visiting [www.hillingdon.gov.uk/dances](http://www.hillingdon.gov.uk/dances) or call 01895 556688.**  
**Botwell Green Sports and Leisure Centre**

**Tea Dances**  
**Monday 20 March and 17 April, from 1pm to 3pm.**  
**Doors open 12.30pm**  
 Put on your dancing shoes and socialise with friends. Open to residents aged over 65 (with a Hillingdon First card) and up to two guests.  
**Cost: Free, but booking is essential.**  
**Book at [www.hillingdon.gov.uk/dances](http://www.hillingdon.gov.uk/dances) or by calling 01895 556688.**  
**Middlesex Suite, Civic Centre**

**Duplicate Bridge Club**  
**Mondays, 1pm to 4.30pm and 7pm to 10pm.**  
**Thursdays, 1pm to 4.30pm**  
 Small friendly bridge club welcomes new members.  
**Cost: £2 per session, including tea/coffee.**  
**For more information, call Tony 07931 273279 or Roman on 07956 481672.**  
**Long Lane Hall**

## VENUES

**Battle of Britain Bunker**  
 Wren Avenue, Uxbridge, UB10 0GG  
**Botwell Green Sports and Leisure Centre,**  
 East Avenue, Hayes, UB3 2HW  
**Brunel University London**  
 Kingston Lane, Uxbridge, UB8 3PH  
**Civic Centre**  
 High Street, Uxbridge, UB8 1UW

**Compass Theatre**  
 Glebe Avenue, Ickenham, UB10 8PD  
**Eastcote House Gardens**  
 High Road, Pinner, HA5 2FE  
**Elliot Hall**  
 Harrow Arts Centre, Harrow, HA5 4EA  
**Field End Junior School**  
 Field End Road, Ruislip, HA4 9PQ

**Ickenham United Reformed Church**  
 Swakeleys Road, Ickenham, UB10 8BE  
**Long Lane Hall**  
 304 Long Lane, Hillingdon, UB10 9PE  
**Ruislip Lido**  
 Reservoir Road, Ruislip, HA4 7TY  
**St Edmund's Church**  
 Pinner Road, Northwood, HA6 1QS

**St Lawrence Church**  
 2 Bridle Road, Eastcote, HA5 2SJ  
**Uxbridge Folk Club**  
 388b Long Lane, Hillingdon, UB10 9PG  
**Uxbridge Library**  
 High Street, Uxbridge, UB8 1HD  
**Winston Churchill Theatre**  
 Manor Farm Site, Pinn Way, Ruislip, HA4 7QL

If you wish to publicise an event, please email details to [hillingdonpeople@hillingdon.gov.uk](mailto: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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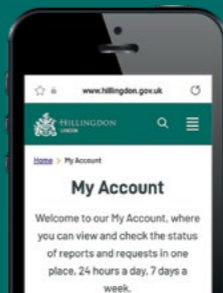


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[www.hillingdon.gov.uk/benefits](http://www.hillingdon.gov.uk/benefits)
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[www.hillingdon.gov.uk/births-deaths-ceremonies](http://www.hillingdon.gov.uk/births-deaths-ceremonies)
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- Council tax**  
[www.hillingdon.gov.uk/counciltax](http://www.hillingdon.gov.uk/counciltax)

- Families' Information Service, fostering and adoption**  
[www.hillingdon.gov.uk/families](http://www.hillingdon.gov.uk/families)
- Fraud Hotline**  
[www.hillingdon.gov.uk/report-fraud](http://www.hillingdon.gov.uk/report-fraud)  
0800 389 8313
- Health and wellbeing**  
[www.hillingdon.gov.uk/health](http://www.hillingdon.gov.uk/health)
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[www.hillingdon.gov.uk/housing](http://www.hillingdon.gov.uk/housing)  
01895 556666
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**JLR ESTATES**  
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 020 8904 6000  
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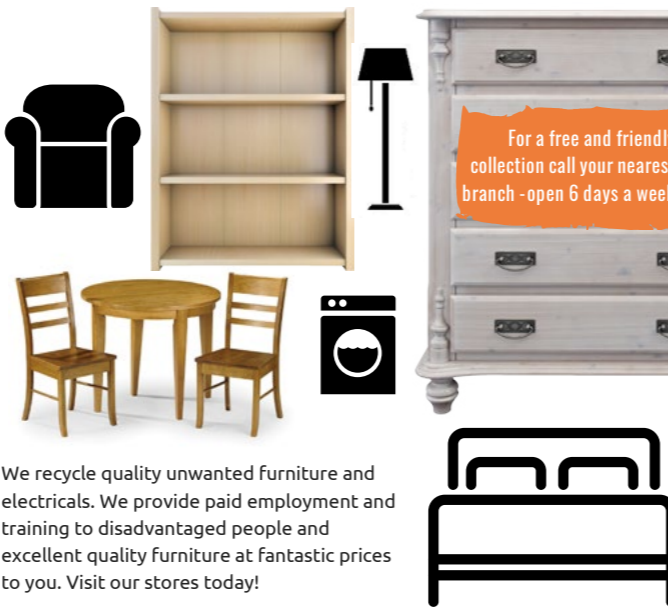
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