

HILLINGDON people

News from your council
January/February 2019

www.hillingdon.gov.uk

**New year,
new you**
**Fitness activities
for all ages**

**Book onto an adult
learning course**

**Investing in your
town centres**

**The plastic
recycling journey**



HILLINGDON
LONDON



NEW GYMS



HEART MONTH



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www.hillingdon.gov.uk

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THE BATTLE OF BRITAIN BUNKER



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COVER PHOTO: JULLIEFER AQUINO CYCLING IN HER LOCAL PARK, THE CLOSES IN WEST DRAYTON.



Advertising deadline for next edition: **Friday 1 February.**

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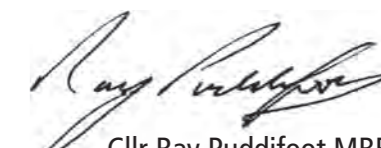
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Welcome



Welcome to a new year and the first edition of *Hillingdon People* for 2019. In this issue, you will be able to read about our budget for 2019/20 and how we have been able, through sound financial management, to continue to invest in services and facilities whilst not levying a social care precept and either freezing or applying a small rise in council tax. In comparison to the rest of the country we continue to buck the trend in what are difficult times for local authorities. Helping you to improve your health and fitness is a common theme in this edition. The council runs a range of facilities, sessions and events to help residents of all ages and fitness levels to keep active. At the end of last year we opened six new outdoor gyms following applications from residents via our Chrysalis programme. We also relocated an unused clubhouse in Yiewsley to nearby Sipson Recreation Ground, and refurbished it for use by the growing youth football club West Drayton Explorers and the local community. Making sure that local teams and sports clubs for all ages have appropriate facilities to keep active is a key council priority. One of our biggest challenges as regards the health of our residents of all ages is to improve air quality and to oppose any proposal that will make it worse. Accordingly the first round of our legal challenge to oppose the expansion of Heathrow will commence in the High Court in March and will probably run for a number of years. The health and wellbeing of our residents, whether affected by poor air quality or noise from the proposed expansion remains a priority and we have, without affecting expenditure or any council service, set aside sufficient funds to fight this proposal, for however long it takes. Improving your environment and supporting local business also remains important and our rolling programme of improvement works is currently enhancing Uxbridge and Eastcote, and two new shop front grant schemes have been introduced in Charville. In this edition you can also read about how the plastics you recycle as part of our free weekly collection service are helping to protect the environment by being remanufactured into a range of products. Our people, our environment and our heritage supported by sound financial management, continue to be at the heart of everything that we do and I wish you all the best for the year ahead.


 Cllr Ray Puddifoot MBE
 LEADER OF THE COUNCIL

Waste and recycling site plans halted by Network Rail

The council and waste management company Powerday are disappointed by a move by Network Rail, which threatens to block plans for a new civic amenity site in West Drayton.

Last year we announced our intention to work with Powerday to provide residents with a much-needed waste and recycling site in the south of the borough.

Part of the Old Coal Yard site off Tavistock Road, West Drayton, which is owned by Network Rail and leased to Powerday, was earmarked for the facility and the proposal was given planning approval in May 2018.

The council already runs popular monthly waste weekends at the site, and has done so since 2009. The new facility was planned to operate throughout the week.

However, Network Rail has now told Powerday of its intention to use the wider site for freight activities, including additional freight train movements via the Colnbrook Loop, effectively scuppering plans for the site.

The new facility was set to be a welcome addition to existing services, offering residents in the south of the borough a more convenient alternative to Harefield Civic Amenity Site. It

was also due to receive controlled amounts of trade waste material - a beneficial service for small local businesses. It is not yet known how Network Rail's plans will affect the current monthly waste weekend service enjoyed by residents.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "This is an incredibly disappointing and frustrating decision by Network Rail, to say nothing of the poor timing. Residents and businesses have long been calling for a waste and recycling site in the south of the borough, and the

Tavistock Road site was the ideal solution.

"Despite planning approval, Network Rail has come up with a number of objections and obstacles to our plans. We are seeking one last meeting with them to see if there is any practical way in which a slightly scaled down civic amenity operation might be accommodated with additional freight and train uses of the site.

"After doing everything necessary to get this site up and running as quickly as possible, it will be very disappointing if a new facility doesn't materialise here, and it will undoubtedly come as quite a blow for residents."

Calendar now on sale



Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "Last year's calendar was extremely successful with customers and

Following the popularity of its first calendar last year, the Rural Activities Garden Centre (RAGC) in Yiewsley has produced another for 2019 using photographs taken by their volunteer gardeners.

The calendar features a range of colourful photographs of plants and wildlife at the centre and is available to buy at the shop for only £5. All proceeds will go towards the running of the RAGC, which provides supported employment and volunteering opportunities for residents with additional needs.

sold out quickly. Our volunteer gardeners enjoy taking photographs throughout the year and have built up a varied collection of images for use in this year's edition.

"The centre, which is open between 9am and 4pm each day, grows and sells a range of high quality produce, has an ornamental garden and there's even a tea room on-site run by Hillingdon Autistic Care and Support. If you've not visited why not go along and see what it has to offer?"

Find out more by visiting www.hillingdon.gov.uk/ragc.

New waste and recycling vehicles introduced

We have started to upgrade our fleet of refuse and recycling vehicles as part of a wider vehicle replacement initiative.

The programme is prioritising efficiency and the use of new technology, and this current phase aims to ensure that our free weekly collection service continues to run effectively.

Four new trucks, which collect refuse and recycling, are now in use across the borough.

The vehicles feature a state-of-the-art camera for all round visibility

and audible warnings to ensure cyclist and pedestrian safety; Euro 6 standard engines, which aim to reduce harmful pollutants from vehicle exhausts; and onboard telematics, which enable the council to monitor the vehicle's behaviour and provide additional safety mechanisms.

The council offers free weekly refuse, dry recycling, textile, garden and food waste collections.

For more information visit www.hillingdon.gov.uk/rubbishandrecycling.



BRAND NEW Cllr Burrows with the new vehicles and some of the waste services team

Polish Air Force Heritage Trail launched



The contribution of the Polish Air Force during the Second World War was commemorated on Friday 2 November at the launch of a new heritage trail to honour the Polish Air Force Fighter squadrons based at RAF Northolt.

It was at RAF Northolt that No. 303 (Kościuszko) Squadron, was formed in August 1940, which went on to become the most successful Fighter Command unit in the Battle of Britain.

The Polish Air Force Heritage Trail leads visitors to four locations in the borough (The Battle of

Britain Bunker, Uxbridge; The Polish Air Force Memorial, South Ruislip; The Orchard pub in Ruislip and Northwood Cemetery) that were significant to the Polish Air Force fighter squadrons stationed at RAF Northolt.

The council collaborated with the Polish Air Force Memorial Committee (PAFMC), the Polish Airmen's Association (PAA) and the Embassy of the Republic of Poland to create the trail.

The launch coincided with the 70th anniversary of the unveiling of the Polish Air Force Memorial, which was

unveiled on 2 November 1948. Professor Arkady Rzegocki, the Ambassador of the Republic of Poland, joined the Mayor of Hillingdon, Cllr John Morgan and Leader of the Council, Cllr Ray Puddifoot to lay wreaths at the memorial (pictured).

A visit was also made to the Orchard pub, where airmen relaxed between their flying missions during the war, before continuing on to the Battle of Britain Bunker Exhibition and Visitor Centre for the official launch.

Cllr Puddifoot said: "The contribution of the Polish Air Force in this country's hour of need cannot be underestimated. In both fighter and bomber squadrons the Polish Air Force served with gallantry, honour and distinction. We are honouring the service and sacrifice of those who served at RAF

Northolt during the Second World War and as we launch this trail let us remember the words of Air Chief Marshall Sir Hugh Dowding, who said: 'Had it not been for the magnificent material contributed by the Polish squadrons and their unsurpassed gallantry, I hesitate to say that the outcome of the battle would have been the same.' In Hillingdon we are proud of our long association with the Polish Air Force and we hope that this trail will bring the Polish airmen's stories to life and ensure that their bravery and valour will be remembered for generations to come."

For more information visit www.hillingdon.gov.uk/polishtrail where you can also find a downloadable leaflet of the trail. The leaflet can also be picked up at the Battle of Britain Bunker Exhibition and Visitor Centre and any Hillingdon library.

State-of-the-art housing scheme opens in Hayes



A new development of 88 extra-care flats was opened by the Mayor of Hillingdon, Cllr John Morgan on Thursday 8 November.

Grassy Meadow Court in Hayes is designed to help older people to carry on living independently for longer, and is on track to achieve a Gold Dementia

Design Accreditation Award for its unique design. Close attention has been given to the layout, colour and design of the building, which enables residents with dementia to navigate with ease and remain independent.

The development has a range of on-site communal

facilities, including two central courtyard gardens, a dementia resource centre, restaurant, consulting rooms and hairdressing salon.

The council has invested £24 million in the scheme, and is also investing in another extra-care housing project, Park View Court, in Yiewsley. This will provide a further 60 extra-care flats and is due to open later this year.

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

said: "These two housing developments will provide older residents with the very best facilities to continue living fulfilling and independent lives. They also offer residents and their families peace of mind, with professional care on-site 24 hours a day."

Additional information and eligibility criteria can be viewed on www.hillingdon.gov.uk/extracarehousing. Further details are also available by calling 01895 556365.



OPENED Cllr Corthorne and the Mayor at the opening

Encroachment clamp down

Residents who have illegally extended their garden into one of our parks or open spaces are being targeted as part of a crackdown.

A recent survey by our green spaces team has discovered that the problem of encroachment is widespread across the borough, with 45 cases recorded and many more suspected. Now the council is taking steps to reclaim its land and protect it for future generations.

Of the 45 investigations, 18 have resulted in residents voluntarily handing land back to the council. The rest of the cases are yet to be resolved.

In the first instance, anyone found encroaching

on council land is written to and asked to reinstate the correct boundary. Anyone who fails to do so may be prosecuted.

Residents who are unsure about their boundaries are advised to contact the Land Registry or ask the council for an inspection. Inspectors are able to use a range of modern techniques to identify the correct boundary, including advanced mapping technology and aerial photography.

The green spaces team is also keen to hear from residents who suspect others of encroaching on council land and can be contacted anonymously on 01895 556000 or via contact@hillingdon.gov.uk.

Larger fines introduced for littering and graffiti



The council has introduced tougher fines for littering, graffiti, fly-posting and handing out leaflets in the street without permission, as part of a crackdown on anti-social behaviour.

Fixed penalty notices for the four offences were raised from £80 to £100 in September.

The increase, which reinforces the council's zero-tolerance approach to environmental crime, was made possible by the introduction of new laws that give local authorities

the power to change fixed penalty notice amounts for certain offences.

The discount offenders get for paying their fines early has also been reduced.

Anyone who fails to pay their fixed penalty notice within 14 days risks being taken to court and fined up to £2,500.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said:

"These offences might not seem serious to the people who commit them, but they blight residents' lives and are hugely detrimental to our neighbourhoods. We hope that the threat of a heftier fine or an appearance in court might make someone stop and think before they act."

Man fined for using outbuilding as home



A Harmondsworth man has been ordered to pay more than £3,000 after being caught using an outbuilding in his garden as a home without planning permission.

Rajinder Rajawat, aged 56, of Bath Road breached an enforcement notice ordering him to stop using the garden building as a self-contained dwelling.

Appearing at Uxbridge Magistrates' Court on Monday 8 October, Rajawat pleaded guilty and was told to pay a £2,000 fine, £986 costs and a £120 victim surcharge.

Pupils helped to avoid dangers of drugs and crime

In the last six months the schools-based initiative, Your Life You Choose (YLYC), has advised more than 1,300 Hillingdon young people on the dangers of illegal drug use and knife crime.

The Magistrates' Association in conjunction with the Metropolitan Police launched the initiative at Stockley Academy in April last year and have been joined on school visits by drugs education charities, Victim Support and the council's youth offending service.

Years 7 and 8 at Haydon School, Eastcote were the latest to benefit from the programme, which delivers discussions about drugs, grooming, young people and the law, knife crime and the role of magistrates.



The YLYC team were joined by the youth offending service, victim support services, and the Daniel Spargo-Mabbs Foundation, a drugs education charity at the school at the end of October.

Cllr John Hensley, a former magistrate, (pictured) said: "Actions that young people think of as minor can sometimes have serious consequences. For example, the children are surprised to learn that a person could be charged

with common assault no matter how slight the attack might be – or even if they just make another person think they are about to be attacked. So these events are great at helping children to avoid 'crossing the red line' and getting a criminal record."

The workshops will continue throughout 2019 and it is hoped that they will be delivered to all secondary schools in Hillingdon.

New housing development



Boris Johnson, MP for Uxbridge and South Ruislip joined South Ruislip ward councillors at a groundbreaking ceremony on Friday 30 November to mark the start of construction work to deliver 33 new affordable homes.

The housing development at Acol Crescent, South Ruislip will meet growing demand for affordable housing in the area. The block of 33 one and two bedroom flats will include 19 affordable properties for rent plus 14 flats available for shared ownership, including some wheelchair accessible apartments.

The scheme will include car parking, communal landscaped gardens and roof terraces and amenities for residents, including a dedicated area for children to play. Each upper floor flat will have a private terrace or balcony, and ground floor flats have their own private garden.

The development is located within a few hundred metres of South Ruislip Underground and Overground stations. Public buses provide access to surrounding areas, and the A40 motorway is 1km to the south. The site lies within walking distance to local shops and amenities.

New football clubhouse

On Saturday 17 November, the Mayor of Hillingdon officially opened a new club building for the West Drayton Explorers.

The football club, which has 270 members and 17 teams and has played at Sipson Recreation Ground since 2012, had been using an unsatisfactory metal building to store equipment, and to meet Football Association requirements and allow them to grow were in need of a new clubhouse.

The council relocated a vacant and unused clubhouse from Yiewsley Recreation Ground in September, which was

surplus to requirements and still in good condition, and refurbished the building, repurposing it to continue to support the local community.

The building contains a multi-function area, a kitchen and serving window, toilets, a storage space for equipment and an office.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said:

"There has been an increase in popularity in youth football in Hillingdon and we recognise that clubs need appropriate facilities. Membership has steadily grown at West Drayton

Festive spirit shines bright

In the lead up to Christmas the borough's libraries were home to more than 50 festive events and activities for adults, families and young people.

They included a sing-a-long film screening of *Frozen* at Harlington Library, along with festive craft workshops, carol performances, coffee mornings, quizzes, reading events, and a Santa's grotto. All were free to attend.

There were also Christmas carols and seasonal music on the forecourt of the Civic Centre, Uxbridge on Friday 30 November. The Mayor of Hillingdon, Cllr John

Morgan and Boris Johnson, MP for Uxbridge and South Ruislip switched on the lights on the spectacular 35-foot Christmas tree.

Christmas lights also brought festive cheer to town and village centres across the borough and local businesses.

Leader of the Council, Cllr Ray Puddifoot, said:

"We hope that everyone enjoyed the displays, celebrations and library events in the run-up to Christmas. It has been wonderful to once again see the whole community celebrating and enjoying this special time of year together."



Explorers and the club uses all of the sports pitches at our recreation ground in Sipson. We hope that this new clubhouse will benefit them immensely."

Club Secretary, Alison Rossiter, said: "The building is going to have a great impact on our children and their families and is something we

thought would only ever be a dream. Not only will we now be able to provide refreshments in our new kitchen but we will also have running water and our own toilet facility, something in the past we have gone without. The possibilities are endless and we cannot thank the council enough for their support."



REVITALISED The Mayor, Cllr Bianco and club members at the opening event

Healthy heart activities set to return to libraries



February is National Heart Month and our libraries are once again inviting residents to take part in a series of free activities aimed at encouraging a healthier lifestyle.

The month-long programme, which will take place in all 17 Hillingdon libraries, will include health checks, heart-themed storytimes, readings and light exercise sessions.

A health fair will also be held at Uxbridge Library on Friday 1 February, from 10am until 1pm, at which residents will be able to get advice on a range

of health issues from local health providers. The event will also give residents the chance to try-out a smoothie bike - a specially-adapted bicycle that blends nutritious smoothies while the user pedals.

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "Our Heart Month activities always prove popular with residents and I'm pleased to see them return this February. I would encourage everyone to make a pledge this year to do more to help their heart health. Even small changes add up, and can lead to improved health and wellbeing"

Visit www.hillingdon.gov.uk/heart for the full programme of events.

Help improve your local environment by gardening

As the year begins, have you thought about trying something new for 2019 by taking up gardening?

Growing plants, flowers, fruit and vegetables at your own property, allotment or local community project not only improves the environment but is a rewarding recreational activity benefiting your health, fitness and social opportunities.

Our Hillingdon in Bloom and Autumn Show competitions will both return later this year and we'd love for more residents to take part. Now is an optimum time to start preparing your site and planning what and where

you'd like to grow plants or produce, in readiness for the spring.

Vegetable beds can be prepared by digging to aerate, drain and warm soil and adding compost or covering in plastic ready for sowing in March.

You can start to sow vegetables, such as chillies, peppers, cucumbers, leeks and spinach under cover or start to plant more hardy vegetables, such as broad beans, beetroot, carrots and early peas. Winter flowering shrubs that have finished flowering and deciduous trees can also be pruned.

We see a variety of displays each year in Hillingdon in Bloom,

Young people learn about importance of safe driving



In November around 1,800 students from 17 schools and sixth forms in Hillingdon and Uxbridge College attended an annual educational event, which focused on the importance of safe driving.

The council-run sessions, which are organised in conjunction with the Metropolitan Police, London Ambulance Service, London Fire Brigade and Transport for London were held at the Winston Churchill Hall, Ruislip and featured a film and hard-hitting real life experiences from live speakers.

Members of the emergency services and parents of accident victims described tragedies they have encountered, and former teenagers whose lives have been damaged

by poor decisions behind the wheel also talked about the impact this has had on them.

Members of the public were able to attend a free special evening performance on Thursday 22 November.

Thamika St Louis and Amelia Merce, both 16 from Swakeleys School for Girls, said: "We think all 16-year-olds and above should watch this live event because everyone our age is either getting ready to learn to drive or going to be in a car with someone our age who's driving. The videos were very emotive, vivid, shocking and make you really think about how decisions can affect you. The experience will stay with us."

and a range of prize-winning entries of fruit, vegetables and flowers in the Autumn Show.

Applications for both competitions will open during National Gardening Week on Monday 29 April on www.hillingdon.gov.uk/bloom. Last year we had many first-time entrants who won garden centre gift voucher prizes - in 2019 it could be you!



Putting residents first

The council continues to put the needs of its residents at the heart of everything it does and has a strong record of successfully delivering balanced budgets whilst maintaining and improving the services that matter to you.

Like all local authorities, Hillingdon has suffered substantial reductions in Central Government funding over a number of years at a time when a population rising at both ends of the age spectrum has resulted in an increase in demand for central services.

Despite this, our sound financial management has meant that you have not seen a rise in your council tax in the last 10 years (12 years for the over-65s) and we have not levied the social care precept of 2 or 3 per cent a year since its introduction three years ago.

In comparison with the rest of the country, last year the average combined council tax and social care precept increase was 5.1 per cent, with London authorities averaging 3.66 per cent. Hillingdon was one of only two London authorities to not raise council tax or levy a precept.

As regards the coming financial year 2019/20, we will, for a fourth

consecutive year, not levy a social care precept and council tax for those over the age of 65 will again be frozen. Council tax for other residents will only be increased at a maximum of 90 per cent of what our three neighbouring boroughs increased their tax by in 2018/19 (Ealing, Harrow and Hounslow). This would mean a 2.40 per cent increase, which is around 51p a week for a Band D property.

There will also be further investment in facilities and services, including:

- Additional funding to support extended CCTV operating hours
- Increased support for the local voluntary sector
- Significant funding to maintain local highways
- Ruislip Lido improvement works
- A new swimming pool in the Yiewsley/West Drayton area
- Refurbishment of libraries and leisure centres

Leader of the Council, Cllr Ray Puddifoot, said: "We ensured that all residents were able to benefit from a council tax freeze for a decade, which was remarkable given the wider financial climate. Funding pressures, which are out of the council's control, are not going away and are in fact increasing, which has meant that we have needed to carefully review next year's budget."

"Having built up record levels of financial reserves, we are able to continue to weather the storm but raising council tax by this small amount will contribute £2.7 million a year towards maintaining services and fund care for those who need our help."

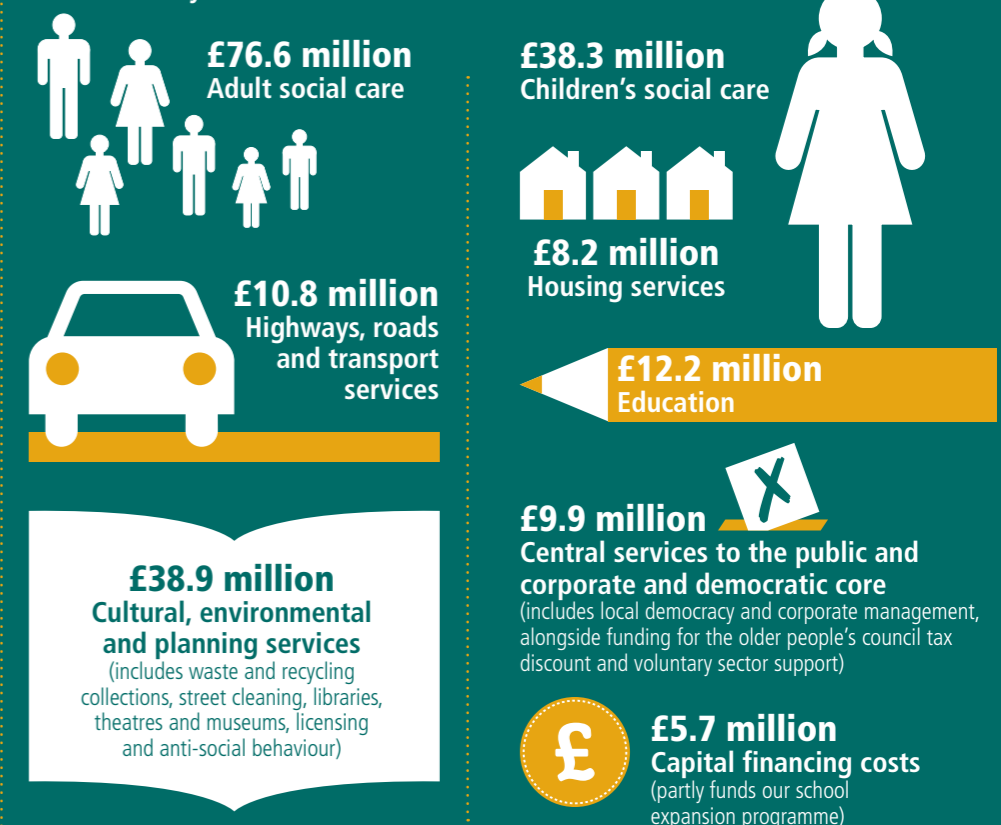
Budget in numbers

The council delivers nearly 800 services. These are funded through a combination of grants from central government, a share of local business rates and your council tax.



- In 2018/19:
- council tax (52 per cent)
 - business rates (25 per cent)
 - central government grants (23 per cent)

In 2018/19 your council tax funded...



Visit www.hillingdon.gov.uk/haveyoursay before 20 January to have your say on the proposed budget

Keeping older residents warm, safe and entertained

The Leader's Initiative for Older People helps to keep older residents safe, active and independent. Last year, projects funded new burglar alarms, temporary heating and Christmas parties for over-65s in the borough.

Festive parties, activities and outings

A total of £20,000 from the Leader's Initiative supported seasonal parties and outings for more than 20 local clubs, organisations and charities in the lead up to Christmas. Groups that benefited from funding included Hayes and Harlington Community Association and Crane Community Centre in Hayes; Bell Farm Christian Centre Lunch and Social Club and Pretty Asian Ladies in West Drayton; Just Friends, Royal British Legion, Tudor Club and Elm Park in Ruislip; The Mandela Court's Diamond Club and Club 87 in Cowley; and Uxbridge Community Centre.

Crackers were pulled, party frocks (and obligatory paper hats) were worn, jokes were shared, traditional Christmas dinners (with all the trimmings) were eaten and prizes won in raffles and quizzes, as more than 1,000 older residents joined in various festivities.



Nine of the council's sheltered housing schemes celebrated with parties of their own, with meals, live entertainment and raffles. Residents from Barr Lodge Sheltered Housing Scheme, West Drayton, took a coach trip to London to see the famous Christmas lights, stopping in Covent Garden for hot chocolate. To complete their day, the group headed back to the scheme for a fish and chip supper and to exchange secret Santa gifts.

Members of the Salvation Army Cameo Group Hillingdon enjoyed coffee, lunch and a musical sing along at Sunbury Court – a restored 18th century mansion with picturesque grounds in Sunbury-on-Thames.

West Drayton and Yiewsley Senior Citizens Welfare Association organised a coach trip to Milton Keynes. Its 50 members enjoyed a raffle on board the coach and a day walking around the shops and browsing the Christmas market.



The Northwood and Pinner Liberal Synagogue hosted a Chanukkah Party, where 100 members of the local community shared lunch and refreshments with children from the Clore Shalom School Choir. After lunch, the children entertained guests with a variety of songs, including traditional Chanukkah melodies and their own school song. Members of the Singing for the Soul group encouraged everyone to join in a sing along session and the afternoon finished with a candle lighting ceremony, led by Rabbi Aaron to celebrate Chanukkah.

Leader of the Council, Cllr Ray Puddifoot, said:

"I am delighted to see so many of our older residents benefiting from these schemes and we will continue to support over-65s in 2019."



Free burglar alarms

Last year, the Leader's Initiative also provided more than 1,000 over-65s in Hillingdon with free burglar alarms to help keep them safe and reassured in their own homes.

Among those residents was **Michael Richards, 65, from Northwood**, who received a new burglar alarm in November. Michael described the service as superb and was extremely happy with the installation. He said the professional who fitted it was efficient and explained everything he needed to know about the alarm.

He said: "Security is something I've worried about for a while, but now I feel much more secure and sleep easier at night. All credit to Hillingdon Council."

Alarm systems are installed by an experienced specialist contractor, who will demonstrate how the alarm works and how to operate it. Alarms suitable for residents with a hearing impairment are also available.

To find out more or to request an alarm, visit www.hillingdon.gov.uk/burglaralarms or call 01895 556000.



Heater loan scheme

Homeowners aged 65 and over can also apply for a short-term loan of an electric heater during the winter if their heating breaks down.

The scheme provides a heater to borrow for up to two weeks while residents are waiting for their heating to be repaired. After the loan period, one-off grants (of up to £45) are also available to cover electricity costs

incurred and will be paid once the heater is returned in a satisfactory condition.

For more information, or to request a heater, call 01895 556633 (Monday to Friday, between 8am and 6pm) or 01895 250111 (evenings and weekends).



To find out more about the Leader's Initiative and the other projects it supports, visit www.hillingdon.gov.uk/leadersinitiative



Celebrating a year of Tovertafel

A new interactive light game system that helps people living with dementia relax and reminisce was introduced in four of the borough's libraries in November 2017. Now, more than a year on, the Dutch device - known as Tovertafel or 'magic table' - has benefited hundreds of residents, brought families together and helped make libraries even more inclusive spaces.

The council invested in Tovertafel in 2017 as part of its commitment to ensure that people with early onset dementia engage in meaningful activities, are valued and able to contribute to their community.

The device, which can also be used by children with learning difficulties and autism, projects animations such as leaves, fish and jigsaw pieces onto a table top, and allows users to interact with the light by moving their arms and hands.

The combination of light and sound provides physical and mental stimulation and is reported to encourage movement, eye contact,

social engagement, focus and reminiscence.

Hillingdon is the only borough in the world to provide this facility in libraries. This, and a range of other council-led initiatives aimed at supporting residents with dementia, recently led to the Alzheimer's Society formally recognising the borough's efforts towards becoming a dementia friendly community.

Nearly 200 residents have attended special Tovertafel sessions since their launch.

Anne and Bernard Bransfield, from Uxbridge (pictured top) have been going to the Tovertafel sessions since they started at Botwell Green



and Uxbridge libraries. Bernard, aged 73, was diagnosed with Alzheimer's four years ago and has also recently been diagnosed with Parkinson's disease. Although Bernard sadly isn't able to converse as much as he used to, Anne, who is Bernard's wife and primary carer, says it makes a difference to Bernard when he plays the games.

She said: "It is a wonderful, wonderful invention which motivates

everyone. I try to get my husband to interact as much as possible, and there are some days that he will. He definitely seems better on the days that he's here.

"It's also good for me because I can come and have conversation and interact with people. There was a lady here from a care home, and she sat in front of the games for ages and wasn't interacting with anybody. And then all of a sudden her hand went on the table - she just touched it and she thought it was the most wonderful thing in the world. It was lovely for all of us to see. And at Christmas time our grandchildren come along with us and they love it."

Anne added that she has seen the size of the groups grow through word of mouth: "We go every week and it's like our second home. We are very grateful as, without the council, we wouldn't have the facilities. It's our lifeline."

Fred Bowen, (pictured left top centre) who first started coming to Uxbridge with his late wife more than two years ago, also enjoys the social benefits of the magic table sessions. He said: "It has become a conversation tool because you play the games and talk across the table. Children get involved with it too, including children with autism. Here we feel like we're not a burden - we're an asset."

Chris Baird represents the company who brought the Tovertafel to the UK and Ireland and praised Hillingdon's initiative in investing in the tables for public access.



He said: "We've been extremely impressed by the council's enthusiasm, thoughtfulness and insight in providing spaces that are dementia and learning-disability friendly. Their commitment to providing facilities to help isolated people provides a fantastic example of how local leaders can make a significant, and direct, impact for residents and their carers."

The tables are installed in Botwell Green, Uxbridge, Ruislip Manor and Northwood Hills libraries, as well as

Grassy Meadow Court extra-care development and the Wren Centre in South Ruislip. The library table sessions are free to use and can be used as part of the regular Dementia Friends' coffee mornings or booked for personal sessions. To book a session contact the library directly.

This is just one of several initiatives the council runs to improve the quality of life of those living with dementia. Dementia Friends' coffee mornings are held at Botwell Green, Uxbridge, Ruislip Manor and Northwood Hills and new coffee mornings were launched in the autumn at Yiewsley and Harlington libraries. In response to feedback from residents with early onset dementia, a Dementia Friends' coffee morning specifically for early onset dementia will also be launched at Northwood Library from January.



Leader of the Council, Cllr Ray Puddifoot, said:

"Dementia is one of the biggest public health challenges we're facing over the coming decades, with another 500 people expected to be diagnosed in Hillingdon in the next two years alone. We are delighted to lead the way and enable all those living with dementia, and their carers, to have easy access to this amazing invention."

For more information about the Tovertafel and coffee mornings visit www.hillingdon.gov.uk/dementia

New adult learning opportunities

Residents who are thinking of studying for a new qualification, or would like to improve their career prospects, can choose from a wide range of courses starting in January.

The council offers a variety of classes for adults across the borough. There are opportunities to gain qualifications in a diverse range of subjects ranging from childcare and teaching, to health and social care, and even horticulture. There are plenty of academic courses too, and opportunities for study that could help launch a new career or further your existing career.

You may want to explore your creative side with one of the many arts, media and leisure classes available.

Our adult learning programme is designed for all interests, ages and abilities. There are specific courses for over-65s, as well as for people with learning difficulties and disabilities. Why not sign-up today and discover your hidden potential?

What our learners say

Hillingdon resident **Rita Patel** spent 14 years as a deputy head teacher for a west London primary school, before suffering a life-changing stroke in 2014. This sudden and shocking event left her unable to walk or talk.

In addition to the psychiatry support she received from the Stroke Society, Rita attended an adult learning course as part of her physical rehabilitation. She said: "I decided to attend a seven-week pottery outreach course with Hillingdon Adult and Community Learning. This really helped motivate me and made me determined to regain use of my right hand."

Rita now volunteers in a local school once a week and will be travelling to India in early 2019 to volunteer in a



school there. Rita hopes she can soon return to work. She added: "I think everyone is always learning and I encourage people to keep on learning. Don't just stay at home, but get out and get what you want - be whatever you want to be."

For those considering more vocational courses, there is a broad selection on offer.



Sobia Habib first considered a career in teaching after helping her three children with their homework. After approaching various organisations about vocational courses she says Hillingdon Adult and Community Learning (HACL) was the most helpful. She said: "I discovered HACL online, the staff there are so encouraging and they advised me to take an assessment. Following this I went on to study GCSEs in English and Maths, passing with good grades in both subjects."

She added: "I have lived in Hillingdon for many years and all my children attend school here. I'm very happy with the progress they're making and my studies have helped me understand the different approaches and teaching methods used in schools today. Attending adult learning classes has confirmed my ambition to pursue a career in teaching."

In order to gain experience in a classroom, Sobia is currently volunteering with HACL in a functional skills maths class. She says: "At first I was nervous and I worried that I wouldn't be able to help anyone in the classroom. Now I am much more confident and very happy. The student I work with has

gained full marks in his exam and I look forward to working with him in class. It gives me a real sense of purpose."

Sobia hopes to eventually get paid work as a teacher.

Free courses

We are working with the Department for Education to offer a small number of flexible courses to people in low paid work. These are free to those earning less than £15,736.50 per year who are interested in developing their skills through online learning. Courses are designed to help you improve your work prospects, including Maths, English and a range of vocational study options. All of these courses will be delivered partly in the classroom and partly online, making it easier to fit your study into your life.

To book an assessment contact Harlington Adult Learning Centre by calling 01895 556 252 or emailing harlington@hae-acl.ac.uk. Please mention 'flexible learning' when you get in touch.

Emotional, health and wellbeing courses are also available. These may be of interest to those dealing with anxiety, stress, sleep problems or low mood. Wellbeing courses can help you to help yourself and support you on your journey to good emotional health. Courses are taught in small groups in welcoming venues and start in February. For more information call 01895 556248 or email emotionalwellbeing@hae-acl.ac.uk.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said:

"If you take a look at our course brochure, you'll find lots of stimulating classes. There are a variety of interesting courses available, and there's something for everyone, from art and languages, to crafts and even professional qualifications."

You can view the full list of classes at www.hillingdon.gov.uk/adultlearning or pick up a brochure at your nearest centre



Helping our town centres to thrive



REVEALED The new mural in Uxbridge

The council continues its rolling programme of improvement works in town and village centres, ensuring they remain attractive places to live, socialise and do business. *Hillingdon People* brings news of an impressive new mural in Uxbridge, the launch of two shop front grant schemes and progress on an innovative 'anti-flood' garden in Eastcote.

A mural dedicated to the late Kate Fassnidge, a wealthy local landowner, has been created at the Fassnidge Yard end of Uxbridge High Street.

Installed by professional mural artist Mel Holmes, the striking artwork adorns the Cedars building, which was the Fassnidge family home until Kate's death in 1950.

The Fassnidge family's large Uxbridge-based building and construction company was founded in 1796 and went on to become a major employer in the borough. As well as working on notable industrial premises, pubs and schools,



A NOD TO THE PAST Heritage signage installed in Fassnidge Yard

Fassnidges were involved in the construction of St Andrew's Church in 1865.

The mural features many of Uxbridge's landmark buildings in tribute to the Fassnidges, such as Uxbridge Station, the Regal Cinema and Market House.

After the death of her husband, Edward James Sidney in 1921, Kate created a six-acre memorial park for him in the gardens of their Uxbridge home. The park opened in October 1926 in a ceremony attended by more than 2,000 people. She later handed it over to the council in her will, along with several other properties on Uxbridge High Street, including the Cedars building.

Fassnidge Park, in Rockingham Road, is one of the council's award-winning Green Flag parks and it remains popular with local residents today.

The mural, which is in the style of a William Morris print as a tribute to the Sanderson wallpaper and furnishing company that manufactured fabrics in Uxbridge from 1919 until 1999, puts the finishing touches to the first phase of a £2 million improvement project in Uxbridge.

The project has also seen new paving, signage, lighting and benches installed outside Tesco, and a new play area for children in nearby Fassnidge Yard.

A second phase of works will get underway in January, beginning with the installation of some new benches and trees outside the Pavilions shopping centre.

There are also plans for new paving, benches, trees and flowerbeds between Vine Street and the Civic Centre, and there will be changes to the road layout to allow vehicles to turn around more easily near the Civic Centre. The council also plans to install a bus stop in Vine Street.

Elsewhere in the borough, the council's flagship shop front grant scheme, which has already benefited hundreds of small businesses, has been extended to Charville. Traders in Kingshill Avenue and Hayes End Parade, in Uxbridge Road are being invited to apply.

Successful applicants will have 80 per cent of the cost of shop front improvements, such as new signs, awnings, refurbishments and minor repairs, covered, as well as access to professional design expertise. The scheme is widely regarded as a practical and economical way of attracting new customers and boosting business, while improving the look and feel of an area for residents and visitors.

In Eastcote, work is well underway on the installation of a 'rain garden' - an attractive and eco-friendly area that uses plants and shrubs to improve drainage and help prevent surface water flooding during particularly heavy rainfall. The garden, which has already been drawing positive feedback from local residents, is due to be completed by April.

In Hayes, new street lighting has been installed between St Anselm's Church and North Hyde Road and the area will be getting new paving.

For more information visit www.hillingdon.gov.uk/towncentres



Improving your local area

Six new outdoor gyms were officially opened by the Mayor of Hillingdon during October half-term.

The council invested £215,000 in the new facilities through its Chrysalis programme, which encourages residents to submit proposals for enhancement works in the community, ranging from sports clubs and footpaths, to allotments and playgrounds.

Residents and ward councillors joined the Mayor of Hillingdon, Cllr John Morgan, for ribbon cutting events at each new outdoor gym, which will allow people to keep fit and healthy free of charge. The openings took place on Tuesday 23 and Thursday 25 October.

Sipson Recreation Ground, Heathrow Villages

Paul Davies applied for funding from the Chrysalis scheme. He said: "A new playground area for young people has already been installed, so we wanted a new gym area to benefit the local residents and the football team who use Sipson Recreation Ground. The new equipment looks great!"

Jane Taylor, Chair of Harmondsworth and Sipson Residents Association, attended the opening event. She said: "Adults are coming to use the gym at all times of the day and night and I'm hoping that it will keep us fit and healthy. It's free to all, you can come when it suits you - it's perfect. You can even come in bad weather if you're that way inclined! We're very pleased to have it."



SIPSON RECREATION GROUND



HARMONDSWORTH



YIEWSLEY RECREATION GROUND



SIPSON RECREATION GROUND



ROCKINGHAM RECREATION GROUND



SHENLEY PARK



DEANE PARK

Harmondsworth Recreation Ground, Heathrow Villages

Dharminder Virdi applied for funding for new gym equipment on behalf of his local residents association. He said: "A number of parents, including myself, requested for outdoor

gym equipment to be installed. We all take our kids to play in the designated playground but we wanted something constructive for adults to do and to keep healthy.

"As a Goju Kai karate instructor, I believe everyone should have the facilities to ensure they maintain their health. I am very pleased with the gym, I had a few other residents come with me to try out the equipment and they said it's a good excuse to leave the house. The variety of machines and the area is perfect for people to complete a total body workout at their own pace and help create friendships.

"It makes me very happy looking at what I suggested to help the local community was built and will be remembered by everyone. I would like to thank the council for what they have done on behalf of all residents in Harmondsworth Village."

Yiewsley Recreation Ground, Yiewsley

Etukudo Bassey made an application for Chrysalis funding to install an outdoor gym in Yiewsley. He said: "I applied because I want to keep fit on a regular basis. Parents and adults will all benefit immensely from the new outdoor gym. It will be especially enjoyable during the summer months."

Rockingham Recreation Ground, Uxbridge South

Charlene Ellis said: "Although we had a new playground at Rockingham Recreation Ground, there was nothing for parents to do whilst their children were playing.

"My partner and I requested an outdoor gym through the Chrysalis programme and also asked the council to improve the path to make it a jogging track with lighting. These improvements will help increase exercise, reduce obesity and promote healthy living for all members of the community that visit the park."

Shenley Park, Ruislip Manor

The Friends of Shenley Park residents' group made a request to replace the original outdoor gym at Shenley Park, as it had started to look dated. A resident from the group said: "The gym was one of the first gyms to be installed in the borough and proved to be a very popular feature for the park and was used by many residents. Since it was installed, gym equipment has come a long way in design and build quality, so we are pleased that the new and improved facility will benefit the local community, both young and old. A basketball hoop and tarmaced area has also been added."

Deane Park, South Ruislip

Sally Coster applied for an outdoor gym on behalf of South Ruislip Community Association. She said: "We requested the introduction of parallel bars, chin up bars, monkey bars, and a climbing frame all for adults at Deane Park. Our taekwondo and over-60s keep fit clubs are particularly excited about the new facility and were lining up to be the first people to use the gym! It will help our regular training with our warm up, fitness and strength - all in the fresh air."

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration,

said: "Every year we allocate £1 million funding for Chrysalis projects to improve council-owned facilities for residents and help instil a sense of pride in your local community. Since 2009, more than 200 projects have received support. If there's a project you feel would benefit from investment why not submit an application online?"

For more information about applying for Chrysalis funding, visit www.hillingdon.gov.uk/chrysalis



Another year, a better you

Hillingdon has countless facilities, sessions and events to help keep residents fit and healthy – and what better time to rediscover an old passion or try something new than the start of a new year. Whatever your age, fitness level or interest, here are just some of the ways you can exercise this month and beyond...

Leisure centres

This January, if you're ready to get back to the gym or want to try a new sport or fitness class, our leisure centres offer the perfect environment.

At Hillingdon Sports and Leisure Complex, Uxbridge, more than £200,000 has been invested in a new floodlit 3G pitch, which can be set up as a full-size 11-a-side pitch or three smaller pitches for football and rugby games. The centre boasts new industry-leading, one-of-a-kind and award-winning indoor cycling bikes. Botwell Green Sports and Leisure Centre, Hayes also offers fantastic facilities, including a 3G football pitch,

a purpose-built gymnastics hall and a toddler soft play area.

On Wednesday 16 January, it's the Badminton Racket Pack Festival, which is run in association with Hillingdon primary schools and Badminton England and encourages young budding badminton players to participate. Hillingdon Sports and Leisure Complex and Botwell Green Sports and Leisure Centre both offer a range of badminton sessions for the public, including Friday night classes, adult and junior coaching sessions and 'no strings' fun sessions where people of all abilities can simply turn up and play.

Until the end of February, Highgrove Pool and Fitness Centre, Ruislip, Botwell Green Sport and Leisure Centre and Queensmead Sports Centre, South Ruislip are all offering a no joining fee on all of their health and fitness memberships.

Mayor's charity walks

This March, the Mayor of Hillingdon, Cllr John Morgan will be walking 26 miles in two days to raise money for this year's Mayor's Charity Appeal and to promote health and wellbeing – and he's inviting residents and local schools to join him. The planned routes will take in some of the council's award-winning parks and green

spaces, connecting with parts of the Celandine Route, Hillingdon Trail, London Loop and Trails of Discovery. Both walks will be mostly off road, covering some footpaths, stiles, hills and woodlands, and will include refreshment stops along the way.

The first 13-mile walk will take place on Thursday 28 March, starting at 9.30am at Northwood Hills Library, HA6 1QQ. The circular route will pass through Northwood Recreation Ground, Ruislip Lido and Woods,



To find out more about any of these activities, facilities or sessions, or to discover a new sport, such as golf, jogging, dancing, chairobics or yoga, visit www.hillingdon.gov.uk/leisure

*Dates and locations are correct at the time of going to print.

Swakeleys Park, Manor Farm, Pinn Meadows, Eastcote House Gardens and Haydon Park.

The Mayor will take on the second half of his marathon challenge the following day on Friday 29 March. Starting at 9.30am at Botwell Green Library, Hayes, UB3 2HW. The walk will pass through Norman Leddy Gardens, Michael Frost Park, 10 Acre Nature Reserve, Gutteridge Woods, Dowding Park, Fassnidge Park, Little Britain Lake, Philpotts Farm Walk and finish at Yiewsley Library.

If you'd like to take part in a walk or would like to sponsor the Mayor and everyone taking part, visit www.hillingdon.gov.uk/mayorswalks.

Throughout the year, the council organises a series of free led walks, which are designed to increase your heart rate and improve your health and wellbeing. Walks take place Monday to Saturday and offer a great way to meet people and explore the green spaces across the borough. Find out more at www.hillingdon.gov.uk/ledwalks.

Cycling events, rides and training

During the summer, the council will be holding four new cycling events, which are open to everyone and are free. These will take place on Sunday 9 June at The Closes Park, West Drayton, UB7 7QB; Saturday 22 June at Dowding Park, Uxbridge, UB10 0GP; Saturday 6 July at Barra Hall Park, Hayes, UB3 2NH (part of Hayes Carnival Fun Day) and Sunday 21 July at Pinn Meadows, Ruislip, HA4 7JZ.*

Each event will be filled with different cycle fun and games and themed to cover different topics, such as disabled bikes, safety at night and cargo bikes. Residents will have the chance to try out a range of different bikes, get a free basic bike repair on their own bike and have a taster of our adult cycle training classes.

Hillingdon's adult cycle training offers residents aged 16 and over up to four hours of free one-to-one coaching with a qualified cycling instructor. Bikes and helmets can be provided during sessions if required.

Whether you're new to cycling, are training for an event, want to practice for leisure or find a suitable cycling route to work, there are different levels of training to suit everyone. Sessions have received positive feedback, with everyone who attended saying they would recommend the scheme to others.



Julliefer, 40, from West Drayton, (pictured) completed a four-hour session. She said: "I enjoyed Hillingdon's free cycle training. It's very helpful – especially to parents like me who love riding with the family but are worried about everyone's safety. I would definitely recommend it to others."

Mary, 59, from Ruislip, said: "The sessions I had were excellent and I learnt so much from my instructor about road safety and how the mechanism of a bike works."

Denise, 55, from Uxbridge, had never ridden a bike before. She said: "After just four hours of training, I was able to ride around the park unaided. My instructor was fantastic and I definitely want to continue riding."

The council also organises guided cycle rides of various levels in different parts of the borough and responsible cycling is welcomed in all of our parks and green spaces. Fassnidge Park, Uxbridge, is home to the Rusty Bike Cafe and Recycle-a-Bike, which recycles unwanted bicycles into affordable bikes for the local community, helping to reduce the number of bikes that end up in landfill. The workshop also sells bike spares, accessories and provides a wide range of basic services, such as safety checks and brake adjustments.

Residents gain valuable experience through apprenticeships

The council continues to run an apprenticeship recruitment programme, offering a diverse range of career opportunities. *Hillingdon People* speaks to three recruits to find out about their experience.

Apprenticeships at Hillingdon Council will provide you with the real world experience and training you need to gain qualifications and forge a career, combining learning with paid work. You will work in a team environment whilst completing an assessed apprenticeship development programme and the majority of apprenticeships provide an accredited qualification and eligibility for entry to a relevant professional body.

If you're leaving school, college or university this summer or looking to retrain in a new career and would like to work in business administration, licensing, housing or horticulture to name just a few of our many services offering apprenticeships, then we'd love to hear from you.

Following the introduction of the Apprenticeship Levy in April 2017, the council exceeded the target set by government for 2017/18, making the most significant progress out of all London boroughs.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "The council is always eager to create new employment opportunities and we are delighted to see how many new apprentices we have recruited since the levy was introduced. This campaign is providing people with the essential vocational skills and qualifications they need to gain a foot on the career ladder and helps in the development of the highly skilled workforce Hillingdon requires to deliver the services our residents need."

How our apprenticeships have set us on our career paths

Ross Chaplin, 19, from West Drayton

Ross has completed his first year of a two-year Building Control apprenticeship. His apprenticeship will lead to two qualifications: a Level 3 BETEC Diploma and a Level 3 NVQ in Surveying, and he hopes to become a chartered surveyor.

He says that he has so far found it challenging and a good learning experience.

He explained that when he was searching for an apprenticeship he looked at what the council was offering as he has always been interested in the work it does. He knew he wanted to do something related to construction.

He said: "I was relieved when I got it as it's such a good career path to go down and this apprenticeship can branch into so many areas."

During his first year he has worked with the building control administration team. At times he has found it tough as it is his first proper job but he has gained so much experience. "I've registered nearly every type of application there is in the service and I have dealt with a range of queries. The team provides me with tasks and support me in learning how to complete them. I enjoy meeting clients. At first I accompanied a colleague but now I'm confident and proficient to be able to go by myself," he added.

Ross' favourite part of the job is going on visits with the surveyors and learning on site. As well as learning on the job, Ross goes to college at Westminster once a week.

Ross will now spend his second year working with the building control surveying team. He said: "I would love to stay at the council as I really enjoy helping the community in which I've grown up."



Ryan Galvin, 17, from South Ruislip

Ryan applied for an apprenticeship at the council as it seemed like a diverse organisation and was local to him.

He said: "I came straight from school and had no idea what I wanted to do in the future but knew that the council could be a good starting point for my career."

Ryan's one-year Level 3 apprenticeship in Business Administration began in September 2017. He worked as part of the technical administration team carrying out a range of jobs across a variety of services, such as the crematorium, car parking, highways and planning.

He said: "I enjoyed learning on the job and my team were really supportive in showing and explaining what I needed to do. It was really different from school but I embraced the change and working more independently. One of the biggest things I learnt was the importance of communicating with my colleagues."

Ryan started a secondment in the business assurance team in July as he was nearing the end of his apprenticeship. He had completed some work in the service as part of his apprenticeship and found it really interesting and wanted to ensure he could stay at the council.

He said: "I now have a lot more responsibility and it's a good challenge. I see a future in this role and have found what I was looking for before I started my apprenticeship."



Brandon Bird, 17, from Hayes

Brandon completed a one-year Level 3 apprenticeship in Customer Service in December and has gained a permanent role in the council's contact centre.

He describes the whole experience as enjoyable, and has said that the training has really increased his knowledge of local government and improved his communication skills.

He said: "I was 16 when I applied for the apprenticeship via the council's website and was very surprised to get it. I had just left school and I didn't know what I wanted to do."

The contact centre is usually the first point of contact when a resident calls the council, and Brandon said that the mixture of on-the-job training with support from his colleagues, and training outside of the office at the Stowe Centre in London, helped his development.

He said: "It has been a real journey of learning. At first I was quite shy but as I progressed through the apprenticeship my confidence grew."

"I really focused on learning about the various council services and improving my customer service skills. I have learnt how to communicate confidently and helpfully in a professional manner. My colleagues have been really helpful and supportive and I really enjoy the working environment."

Brandon said that he was really happy to have got a full-time job in the team and that he is now taking a range of calls, working with a variety of teams across the council.



To find out more about apprenticeships visit www.hillingdon.gov.uk/apprenticeships



Recycling unwrapped: The journey of plastics

While other councils are reviewing their strategies to stop plastic recycling – in response to waste import bans imposed by countries that once accepted the nation’s waste – Hillingdon ensures its collected plastics are given a new lease of life.

As part of the council’s dry mixed recycling collections service, plastic materials are remanufactured by UK-based recycling specialists into a range of useful items, including fence posts, phone cases, garden chairs, milk bottles, carpets and even clothing – and here’s how...

The clear recycling sacks that you fill each week are collected by the council’s waste and recycling service and taken to a materials recycling facility in Edmonton. Automated sorting machines separate the materials into paper and cardboard, steel, aluminium, glass and plastics, as the next stage of the process is dependent on the type of material that is being recycled.

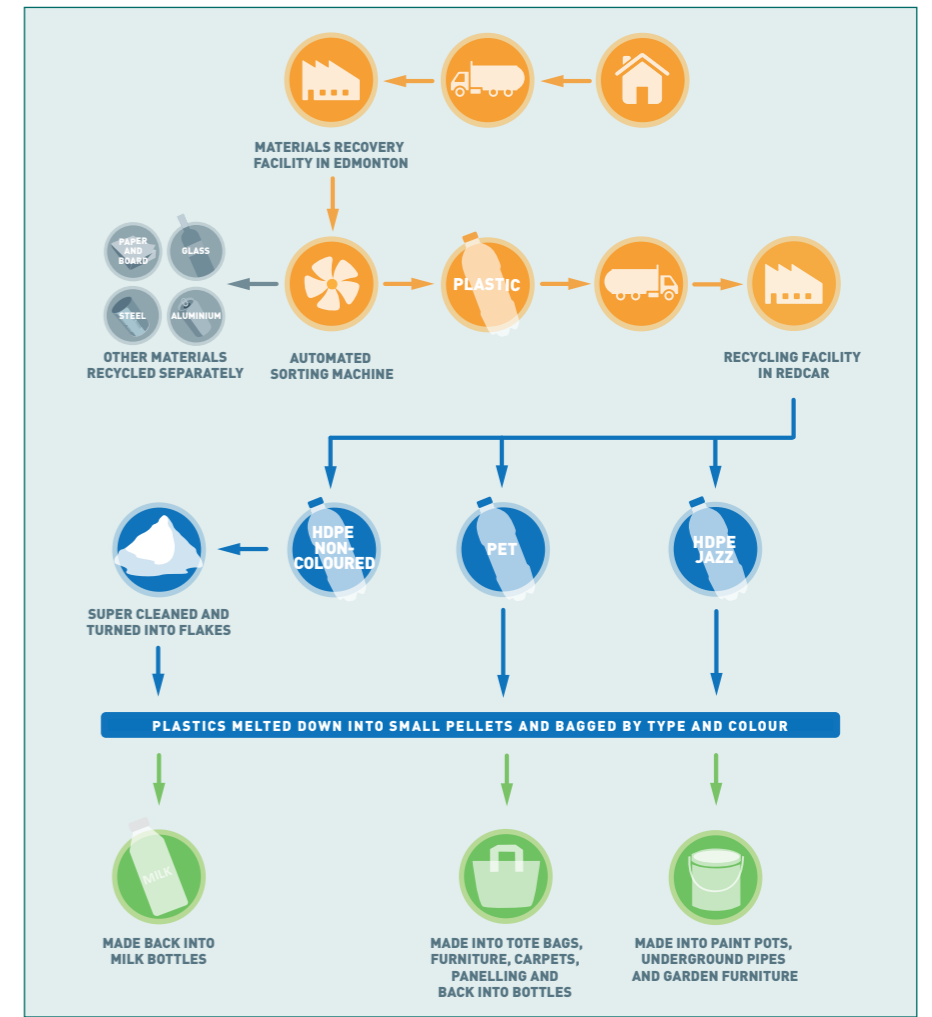
Plastics are then transported to Biffa Polymers – a state-of-the-art recycling facility in Redcar, which recycles 1.5 million tonnes of mixed plastic packaging each year. Here, plastics are sorted by their original structure and split into three groups – HDPE Non-coloured, HDPE Jazz and PET.

At this stage, milk bottles are put through a range of specialist recycling equipment, which cleans them, removes their caps and labels. The end result is super clean plastic, known as flakes.

All plastics, including the flakes (made from the milk bottles) go through an extrusion process, whereby the plastic is melted down into small pellets. Once cooled, they are placed into colour-coded bags, so that they can be easily distributed and remanufactured. The pellets are now ready for the next and final stage of their recycling journey.

HDPE Non-coloured plastics

The majority of milk bottles are made from translucent, non-coloured plastic and the pellets made from these are sent mixed with new plastic and then ‘blown’ into new milk bottles. Milk



bottles are unique in the recycling system, as they are processed within a closed loop, meaning they are recycled back into their original form. No other recycled plastics can be made into milk bottles.

HDPE Jazz plastics

Mixed coloured bottles, such as shampoo bottles, bleach bottles and squeeze sauce bottles, have a number of reuses once recycled and can be made into items such as underground pipes, paint cans and garden furniture.

PET plastics

Clear food and drinks bottles and jars, which contain products such as water, mayonnaise and peanut butter, will generally be recycled back into bottles. They can also be transformed into tote bags, furniture, carpets, panelling and fleece fabric.

Remember to check the list on the clear sacks or the information on our website to see what can and can't be recycled. Please empty and rinse all containers before putting them out for collection to ensure that everyone's efforts to recycle don't go to waste.

Garden and food waste and textiles are also collected as part of our free weekly collections. Earlier this year, a free bulky waste service was also introduced for larger items.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling,

said: "I am delighted that we are bucking the trend of local councils in England with a successful recycling strategy that focuses on what's best for residents, while balancing value for money, efficiency and environmental need. Thanks to all of our efforts, Hillingdon is ranked fourth out of the 32 London boroughs for recycling.

"These statistics show that communities across the borough are committed to recycling, but there's always more that can be done to improve our recycling rates and protect our environment."

For more information visit www.hillingdon.gov.uk/recycling



SEPARATING PROCESS Recycling being sorted at the Edmonton plant

Celebration time for our remarkable children and young people



Hillingdon's Kids in Care Awards (KICA) is an annual celebration of young people in care and care leavers who have made an outstanding achievement in their lives.

The 2018 awards took place on Saturday 10 November at the Sofitel Hotel in Heathrow. Now in its ninth successful year, KICA has been taking place with the support of Sofitel since 2009.

This year, 149 looked after children donned their finest outfits and walked proudly down the red carpet

at the glittering event - all planned by a panel of young people.

The celebration began with an opening video from the actor, comedian, and television host James Cordon, speaking from his desk on *The Late Late Show*. There was also a welcome film

from the council's Chief-Executive, Fran Beasley.

Hillingdon's Deputy Mayor, Cllr David Yarrow was also in attendance at the event, in which two separate ceremonies took place - one for those under 16 and another for those slightly older.

Once again it was a huge success, with this year's carnival theme proving to be particularly popular with all who attended. One young person described the evening as 'amazing' and said they liked how the council acknowledges the achievements of young people in care.

There was singing, rapping and dance performances by local young people, in addition to a karate demonstration, poetry and a moving motivational speech in which one

young person reflected on her own journey through care.

All the young people who attended received a certificate, a KICA keyring and a gift voucher. Nominations were made by social workers, personal advisors, virtual school staff, foster carers, key workers and teachers.



Eliot, 19, won an award for positive change and enthusiasm. Eliot, who first went into care when he was just nine, said that one of the most difficult things he has had to face on leaving care is learning to pay for bills. He would keep forgetting passwords and needed

help sorting out his finances.

Eliot said: "I think it's harder for children in care because they are not around their family and they have to do more things for themselves. You also have to get used to lots of new people, like social workers and independent visitors, which I have found really hard."

Despite the challenges, Eliot now attends Capel Manor College where he is learning agricultural studies. He also regularly volunteers at Hillingdon's Rural Activities Garden Centre.

Helia, 19, came to England alone aged 15. She explained that the most difficult thing



Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "It's important that we celebrate the tremendous courage, resilience and determination shown by young people in our care. I am immensely proud of all the children who come into our care and their achievements. We will continue to ensure that Hillingdon's young people have the support they need to prosper and I would also like to thank everyone who worked so hard to make this glittering celebration such a tremendous success."

about being in care was building relationships with her social workers and trying hard to fit in. She said: "I wanted to show them my abilities. My social workers and my personal advisor have got to know me, my needs and undertaken pathway plans with me. They have seen that I care about my goals, and have helped me towards these by opening up opportunities for me."

She has worked incredibly hard to achieve her main goal, which is to qualify as an anesthetist. In 2016 she passed five GCSEs and progressed to AS Level to study Biology, Maths and a BTEC in Information and Communication Technology. In 2017

Helia achieved an overall Distinction following completion of a BTEC Level 2 Diploma in Applied Science and Technology at City and Islington College. She is now studying a BTEC Level 3 in Applied Science and continues to excel as a student.

Update from the West Area BCU Superintendent

As I write the January 2019 column for *Hillingdon People*, I wonder where the last 12 months went. I concluded; very quickly! As I reflect on the achievements we have made and the plans going forward, I am confident that my officers will continue to deliver outstanding results (despite all the cuts we are facing).

We ended the year with close to 500 fewer burglaries, that's 500 fewer lives affected (in addition to their wider families and the local community) and 500 fewer crimes to investigate. These results could only be achieved by our strong partnership with the council and also the public taking personal responsibility to protect themselves. We have also seen a downward trend in knife crime, with far fewer victims than the previous 12 months.

We are supported by an excellent Neighbourhood Watch Scheme, the recent OWL programme and of course the work of the Safer Neighbourhood Board (SNB). There are Safer Neighbourhood Boards in every borough across London, established by the Mayor's Office. They are run and chaired by volunteers and exist to challenge partners and hold the police to account for crime reduction and the promotion of community safety. In terms of achievements Hillingdon SNB has funded a number of initiatives, including theatre groups visiting schools to discuss knife and drug crime; more recently a police-led football group for young people; and the delivery of OWL. On Saturday 23 February they are holding a public meeting, at 10am at The Global Academy in Hayes,

where you can come along and have your say on community safety. The SNB is also looking for volunteers to be part of the board. If you are interested in taking on this role, please email their Chair, Philip Green on hillingdonsnbchair@gmail.com.

As we look forward to the next 12 months the objectives for my teams are very clear; Safeguard those most vulnerable, deal with emergency calls quickly and effectively and finally stop people committing crime. I want Hillingdon and the West Area BCU to be the safest place in London to live and work. If we continue to work together at the pace we have over the last year then anything is possible. Happy New Year.



Gary Taylor

'Gold' standard uniform for Hillingdon's firefighters



London's firefighters are now wearing gold coloured uniform in the biggest update to London Fire Brigade (LFB) clothing in eight years.

The new personal protective equipment, which was rolled out in October, includes a helmet, tunic, leggings, protective hood, boots and two types of gloves.

The new fire uniform will support and protect crews in a range of incidents. The distinctive coloured kit shows

up dirt and damage more easily than the old navy coloured fire gear and new additions, including helmet torches and lightweight rescue gloves, allows more dexterity for use on non-fire related incidents like road traffic collisions.

LFB's fire investigation dogs Sherlock and Simba also have new gold tunics to match those of the firefighters.

The final design was part of a collaborative procurement process between fire and rescue services across the UK. As well as helping to reduce costs and avoid duplicating work, the joint project allowed LFB to pool knowledge and technical expertise, to make the uniform the very best in firefighting protective clothing.



Calling **ALL** women 25-64



Book your cervical smear test today

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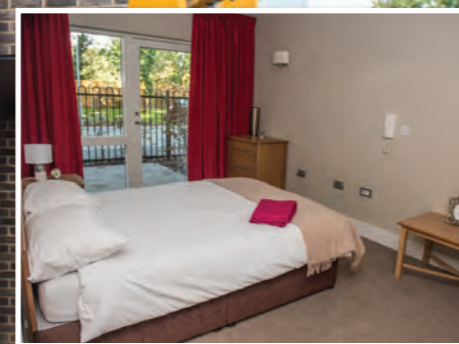
If you are an older person needing care and support to live independently, then an extra-care flat at Grassy Meadow Court could be for you.

These new build self-contained flats, in a pleasant woodland setting, have on-site facilities including a restaurant, shop, hairdressing salon, guest room, landscaped gardens and roof terraces.

For more information contact:

www.hillingdon.gov.uk/grassymeadow
 @socialcaredirect@hillingdon.gov.uk
 01895 556633

**Grassy Meadow Court,
 Grange Road, Hayes, UB3 2FU**



Disabled facilities grants offer more independence

The council is helping to greatly improve the quality of life of disabled residents across the borough by making practical adaptations to their homes.

We provide grants to disabled people, when works to adapt their home are needed to meet their specific needs. Grants can be provided for residents who own their homes as well as those in rented properties.

The types of work the council carries out varies considerably. For example, making it easier to get into and out of the home by building a ramp to the front door, or making adaptations to bathrooms such as a level access shower.

Some works are simply to make a home safer, or easier to move around and live in, by widening corridors or adapting heating or lighting controls.

Angela Moran moved into her new home in Uxbridge in October 2018. The property is in a modern development of 30 high-quality housing units for older people.

Angela has multiple sclerosis, a condition which can affect the brain and spinal cord, causing problems with vision, arm or leg movement, sensation and balance.

Angela said: "I use a wheelchair and I am unable to open doors by myself. This effectively left me trapped in my last home because I was unable to move about freely, get in and out of bed unaided, or even go outside without assistance."

One of the council's occupational therapists met with Angela in her home to assess her needs and discuss what adaptations should be made. Once a plan was agreed, the council's adaptations team visited Angela and began the works.

They installed automatic doors and windows throughout Angela's home and are also installing two mobility hoists - one in the bedroom and one in the living room - that will allow Angela to get in and out of her armchair and bed with greater ease. Her bathroom was also specially adapted into a wet room to provide safe and comfortable bathing facilities.

Angela said: "I can now move about my home independently. It's amazing; even my patio door is automated so I can get out onto my balcony with ease. My bathroom is so much better too."

"The works were started just before I moved in so disruption was kept to a minimum. I'm very pleased with my new home and delighted to have regained my independence."

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "We are providing help to improve the home environment of those who struggle to afford essential adaptations. This is giving our disabled residents greater choice and the opportunity to lead more independent lives. We are also giving people who struggled to be mobile outside of their homes the flexibility to live their lives in an independent way."



Mr and Mrs Barry and Vinzian Daniels have lived in their home in Ruislip for more than 30 years. Mrs Daniels struggles with the stairs and Mr Daniels uses a wheelchair.

In October 2018 the council adapted their bathroom and made it bigger to allow for full disabled use and access. They extended the bathroom partway into a garage that was converted into a third bedroom. They also made the hallway wider, so Mr Daniels can move about his home with greater ease. The works took about one month to complete.

Mrs Daniels said: "I have nothing but praise for everyone at the council who has helped us. They were all marvellous from start to finish, they did an excellent job and I cannot fault the work. We are both extremely grateful, and the adaptations have greatly improved our quality of life."

Applicants for disabled facilities grants are means tested, unless the work is for a child under 18-years-old. Applicants in receipt of certain types of benefits are also exempted. In some cases a contribution to costs may be requested.

For more information on services for disabled people, visit www.hillingdon.gov.uk/disabilities



HILLINGDON
LONDON

www.hillingdon.gov.uk/extracarehousing



THE BATTLE OF BRITAIN BUNKER

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Find out more:
battleofbritainbunker.co.uk/venue_hire
bunker@hillingdon.gov.uk 01895 238154



Help to preserve our borough's heritage

The Battle of Britain Bunker Exhibition and Visitor Centre, Uxbridge is always recruiting dedicated and passionate volunteers to join their friendly and professional team. Roles are varied but all help to tell the story of a significant chapter in the borough's military history.



Volunteering positions include education assistants to help take school groups down to the underground bunker, stewards and tour guides. Tour guides must have an interest in the Battle of Britain and the Second World War and be prepared to learn. Training will be provided through a mentoring system, so that tour guides, once ready and confident to do so, can deliver 40-minute presentations in the bunker's original Operations Room.

Fred Pickard, 73, from Hillingdon (pictured) has been volunteering as a tour guide for more than four years. His wife June is also a volunteer at the bunker. He has always had an interest in the Battle of Britain, having flown from many of the airfields involved in the conflict when he was an air cadet. He also had an older brother who was in the RAF during the war.

Fred said he would definitely encourage other people to volunteer, explaining: "I get a great deal of enjoyment out of volunteering here. I particularly enjoy the camaraderie and I feel very strongly about informing future generations, so they can learn about the significance of the bunker."

This is an exciting opportunity to help future generations remember, understand and enjoy this unique historic site. Whether you have just a few hours a week or a month, if you're organised, hardworking and want to make a valuable contribution to preserving history, get in touch by emailing bunker@hillingdon.gov.uk or call 01895 238154. Potential volunteers will be asked to attend an informal interview at the bunker and will be emailed afterwards to advise if successful.



Volunteering opportunities at Manor Farm House

This beautiful Tudor building situated on the Manor Farm site in Ruislip – is looking for people to join their small team of volunteers.

Help is needed to run the museum, which is open from 1 April to 31 October on Wednesday to Sunday afternoons and during the winter on Duck Pond Market days (the first and third Sunday of every month). Volunteering roles include covering the reception desk, working as a steward and assisting with exhibitions, history days and the annual Open House Weekend.



If you're interested in volunteering, email Fiona Sweet, Operations Manager Museums and Historic Sites, on artsvenues@hillingdon.gov.uk or call 07856 000901.

WEDNESDAY 10 - SUNDAY 14 APRIL 2019

London Borough of Hillingdon & proDuckions present

THE WONDERFUL WIZARD OF OZ

COMPASS THEATRE
 GLEBE AVENUE, ICKINGHAM, MIDDLESEX UB10 8PD
 Adults £16/ Under 16s £12/Family of 4* £48
 Compass Club Members can get £1 off a maximum of 2 full price tickets

* 2 adults and 2 under 16s or 1 adult and 3 under 16s

NO BOOKING FEES

BOX OFFICE: 01895 250615 www.hillingdontheatres.uk



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 ✉ info@justfriendsclub.org.uk

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HILLINGDON people

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

Please mention **Hillingdon People** when responding to adverts

Learn how to use the borough's outdoor gyms for free

During February and March, we are running 30 free instructor-led sessions to demonstrate how to use the different pieces of equipment in our outdoor gyms. Sessions last 45 minutes, are open to over-18s and will be available at the following locations:

- ▶ Bessingby Ruislip, HA4 9AN
- ▶ Colham Green Uxbridge, UB8 3QQ
- ▶ Connaught Recreation Ground Hillingdon, UB10 0NW
- ▶ Cowley Recreation Ground UB8 2DZ
- ▶ Deane Park South Ruislip, HA4 0HS
- ▶ Elephant Park Hillingdon, UB10 9BA
- ▶ Fassnidge Park Uxbridge, UB8 2UW
- ▶ Harmondsworth Recreation Ground UB7 0AU
- ▶ Hill Lane Ruislip, HA4 7JJ
- ▶ Hillingdon Court Park UB10 9JX
- ▶ Kings College Playing Fields Eastcote, HA4 7UL
- ▶ Park Road Green Hayes End, UB4 8JL
- ▶ Pole Hill Park Uxbridge, UB10 9HH
- ▶ Rockingham Park Uxbridge, UB8 2UW
- ▶ Ruislip Lido Ruislip, HA4 7TY
- ▶ Shenley Park Ruislip Manor, HA4 6BX
- ▶ Sipson Recreation Ground UB7 0DP
- ▶ Stonefield Park South Ruislip, HA4 6UG
- ▶ Swakeleys Park Ickenham, UB10 8SH
- ▶ Warren Park Yeading, UB4 0XE
- ▶ Warrender Park Ruislip, HA4 8RZ
- ▶ Yiewsley Recreation Ground UB7 7BE

For more information, including dates and booking details, visit www.hillingdon.gov.uk/outdoorgyms or call 01895 250453.

www.hillingdon.gov.uk



Hillingdon has a range of activities to keep you entertained. Also, see what's on offer for February school half-term.

THEATRE

A View from the Bridge
Wednesday 30 January to Saturday 2 February, 7.45pm
 Proscenium present Arthur Miller's intense play which weaves a darkening journey of hidden truths, passion and betrayal. Eddie Carbone, a Brooklyn longshoreman, confronts his emotions as his wife Beatrice's niece Catherine falls in love with Rodolfo, a family cousin recently arrived from Sicily with his brother Marco, and welcomed into the household. Miller draws on traditional cultural themes, and also his own experiences in front of the House Un-American Activities Committee to create a classic drama that explores the ideals of conviction and loyalty, and the depths of despair that emotions can take us to, seemingly without control.
Cost: Tickets £14.
Book tickets on www.hillingdontheatres.uk or by calling 01895 250615.
Compass Theatre

Some Guys have all the luck: The Rod Stewart Story
Thursday 1 February, 7.30pm
 Fifty years on from the release of Rod's first album, *Some Guys Have All The Luck* – The Rod Stewart Story is back in theatres in 2019 with a brand new show, bringing to the stage a fantastic live concert celebration of one of rock music's greatest icons. The first half of the show features hits from Rod's earlier career such as *Handbags & Gladrags* and *You Wear It Well* along with some Faces' favourites like *Stay With Me* and *Twisting The Night Away*. As well as music, this will all be interwoven with some interesting and amusing anecdotes taking you on a musical journey through Rod's career. The second half is one big party and includes all Rod's big hits such as *Maggie May*, *Baby Jane*, *Da Ya Think I'm Sexy*, *Sailing*, *Tonight's The Night*, *The First Cut Is The Deepest* and *You're In My Heart*.
Cost: £24.50. Concessions £1 off. Premiere Card £20.70.

Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Spine Chillers
Thursday 7 to Saturday 9 February, 7.30pm
 One evening... two classic ghost stories presented by Outline Theatre. *Whistle and I'll Come To You* by M R James. Who is this that is coming? Six words that changed a man's life forever! *The Monkey's Paw* by WW Jacobs. An ancient legend... three wishes... but would you want them to come true?
Cost: £14. Concessions £10
Book tickets on www.hillingdontheatres.uk or by calling 01895 250615.
Compass Theatre

An audience with Simon Weston CBE
Saturday 9 February, 7.30pm
 One man's journey from the front line of war, being on the edge of death, to being a happy and contented father, grandfather and national treasure. Simon Weston CBE was trapped on the burning RFA Sir Galahad after it was bombed by two Argentine planes during the Falklands War in 1982. He suffered burns to 46 per cent of his body and lost many of his comrades. He is one of the most recognised faces of the conflict and in this show he discusses his experiences with his close friend David Fitzgerald from the BBC. A truly inspirational tale.
Cost: £21.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

West London Live
Sunday 10 February, 7pm
 An evening of musical theatre entertainment brought to you by stars of London's glittering West End including Lauren Stroud (*Wicked*), Justin Thomas (*Aladdin*), Rebecca Lisewski (*Fame*), Callum Train (*Matilda*) and Gary Watson (*Lés Misérables*). From classic shows such as *Lés Misérables*, *Miss Saigon* and *Joseph* to current tunes from some of the latest shows to hit

HILLINGDON WHAT'S ON?

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

SOME GUYS HAVE ALL THE LUCK
 — THE ROD STEWART STORY —



the West End and Broadway such as *Aladdin*, *Mamma Mia*, *Wicked* and *Company*.
Cost: Tickets £21.50. Under-16s, £4 off.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Dil Se: Celebrating the music of A R Rahman
Saturday 16 February, 6pm
 After three sold out shows in a row, Eastern Euphony bring their fourth production Dil Se, a Bollywood extravaganza in aid of IFWIP (The International Forum for Well-being In Pregnancy). A R Rahman is a sensation in the Indian and international music industry. He rose to international fame in 2008 with his music for the Hollywood blockbuster *Slumdog Millionaire*, which won him two Oscars.
Cost: Tickets from £10. 10 per cent off for Premiere Card holders.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

The Best of Wham
Wednesday 27 February, 7.30pm
 A fantastic new show featuring the best of George, Andrew,

Pepsi and Shirlie with sensational vocals, choreography, costumes and an awesome live band. The Best of WHAM! show includes all the hits, a few B side favourites and a couple of early George Michael bonus songs. This fun-loving, vibrant, megamix tribute to the pop sensation of *Young Guns* of all ages, so come along to the *Club Tropicana*.
Cost: Tickets £26.50. Concessions £2 off. Premiere Card holders £24.30.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Seven Drunken Nights: The Story of the Dubliners
Thursday 7 March, 7.30pm
 Following its sold out smash hit debut tour, Seven Drunken Nights returns in 2019 with an even bigger production. The show brings to life the music of Ireland's favourite sons, The Dubliners. Telling the story of a career spanning fifty years and evoking the spirit of Ronnie Drew, Luke Kelly, Barney McKenna, Jim McCann, Ciaran Bourke and John Sheahan. This talented cast of musicians and singers bring the music of this iconic group to life.

A performance that will have you singing and clapping along to such classics as *The Wild Rover*, *The Black Velvet Band*, *The Irish Rover*, *Molly Malone*, *Finnegan's Wake* and *McAlpine's Fusiliers*, *Raglan Road* and of course *The Seven Drunken Nights*. This tribute to the music of The Dubliners is a celebration of Irish music itself and a guaranteed evening of music, humour and craic.

Cost: Tickets £25.50.
Concessions £1 off.
Book online at www.becktheatre.org.uk or call the **Box Office on 020 8561 8371.**
Beck Theatre

All Shook Up
Thursday 21 to Saturday 23 March, 7.30pm (2.30pm also on the Saturday)

This hilarious show from the Hillingdon Musical Society is all about friendship, love and music and features hits, including *Jailhouse Rock*, *Can't Help Falling in Love*, *Heartbreak Hotel* and *A Little Less Conversation*. Come along for a rock 'n' rollin' good time!

Cost: In advance £15.
Concessions £13.
On the door £16.
Concessions £14.
Book tickets on www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

COMEDY

Russell Kane: The Fast and the Curious – Plus support

Tuesday 12 February, 8pm
He's back! The keenly-awaited brand new tour show is here. Packing more energy than a Duracell battery, Russell's RS Turbo laugh engine will motor through love, family and life - once again proving that the fast and the curious among us, see more stuff, and get more done. Russell Kane is best known for BBC Three's *Stupid Man*, *Smart Phone* and the host of three series of BBC Three's *Live At The Electric*.

Cost: Tickets £23.
Book online at www.becktheatre.org.uk or call the **Box Office on 020 8561 8371.**
Beck Theatre

MUSIC

Folk Music Concert: The Daria Kulesh Quartet and guests

Thursday 31 January, 8pm to 11pm
Charismatic singer Daria Kulesh is an Uxbridge Folk Club favourite. She sings English and Russian folk songs with a talented quartet,

including the Belarusian pianist Marina Osman and the hammered dulcimer of Kate Rouse. Expect surprise guests during the evening.
Cost: £12 on the door.
Reductions available for members and students.
For more details visit bit.do/uxfolk or call 07941 006017.
Uxbridge Folk Club

February Sing Fest
Saturday 2 February, 7.30pm

Hillingdon U3A singers present music to celebrate the female voice from a variety of genres, including *Evita*, *Chicago*, old time Music Hall and much more.
Cost: £8 (includes light refreshments).
Tickets available on the door or by calling 01895 812229.
Christ Church

Piano Circus
Wednesday 27 February, 7.30pm

Recognised as one of the world's leading contemporary music ensembles for more than a quarter of a century, Piano Circus comprises six pianists performing specially commissioned works by a wide variety of composers.
Cost: Tickets £8 full price. £5 concessions. Free for student members and friends of Brunel Arts.
For more information visit www.brunel.ac.uk/life/get-involved/brunel-arts.
Antonin Artaud Theatre

Dido and Aeneas/ Gianni Schicchi

Thursday 14 to Saturday 16 March, 7.30pm

Love and betrayal are tragically explored in this immersive restaging of Purcell's haunting opera *Dido and Aeneas* by Harrow Opera. Puccini's comic opera, *Gianni Schicchi*, combines hilarious comedy with glorious music, including the aria *Oh My Beloved Father*. Both operas will be sung in English.

Cost: £20. Concessions £16. Groups 10+ £15.
Book tickets on www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Magical Melodies from the Musicals

Saturday 16 March, 7.30pm
Hillingdon Philharmonic Orchestra invites you to a special evening of music from your favourite Broadway and West End shows, including *Oliver!*, *West Side Story*, *Phantom of the Opera*, *Cats*, *Guys and Dolls*, *Les Miserables*... and many more!



Cost: Full Price £12. Concessions £10. Children 11 to 16 £5.
To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

KIDS

Uxbridge Rock Show

Saturday 9 to 23 February

Harrow and Hillingdon Geological Society will be staging their popular Rock Show once again this February half-term. Among the topics will be fluorescent rocks, dinosaur poo, local and regional geology, volcanoes and fossils. Stewards will be on hand to explain the exhibits.

Cost: Free.
Uxbridge Library

Ben and Holly's Little Kingdom

Saturday 2 to Sunday 3 March, 1pm on the Saturday and 4pm on the Sunday

"Somewhere, hidden amongst the thorny brambles is a little kingdom where everyone is very very small..." From the makers of *Peppa Pig* comes this BAFTA award-winning television animation live on stage! Holly is a young Fairy Princess, who is still learning how to fly and her magic doesn't always go quite according to plan. Her best friend, Ben the Elf, doesn't have wings and he doesn't do magic, but he runs very fast and flies on the back of Gaston the Ladybird.

They live in the Little Kingdom, a tiny land where flowers and grass rise high above them and every day is an adventure. Join Ben and Holly, and their friends on this exciting, enchanting and magical musical adventure packed full of games, songs and laughter. This beautiful story of elves, princesses and childhood innocence will delight all the family!

Cost: Tickets from £17. Under-16s £2 off. Family Offer (4 Tickets) £68.00.
Book online at www.becktheatre.org.uk or call the **Box Office on 020 8561 8371.**
Beck Theatre

EXERCISE

Mind, Body and Soul fitness in Hillingdon and Hayes

Monday to Thursday evenings and Saturday mornings

Insanity, boxercise, aerobics, kettlebell, balance and circuit delivered by well-trained instructors. Monday to Thursday evenings and Saturday mornings at All Saints Church. Early Monday evening aerobics at Brookside Community Centre.

Cost: £7 per class (first class FREE).
For more information and times call 07769 323142, email beckyrosehaggag@gmail.com or visit mbs.fitness.
All Saints Church and Brookside Community Centre

Yoga in Hillingdon

Mondays, 7.15pm (starting 14 January)

Sivananda inspired yoga 10-week course. Exercise, relaxation, breathing exercise, meditation, cooking workshop. Newcomers and improvers welcome.

Cost: £90 (early bird discount if booking between 14 and 18 January).
For more information contact Maria on 07940 722907.
The Stables, Eastcote House Gardens

Zumba Gold with Trisha

Mondays at Northwood and Pinner Liberal Synagogue, 10.30am
Tuesdays at Ickenham Village Hall, 9.30am and 10.30am and Northwood Methodist Church, 7.30pm

Like to dance? Low-impact, dance-fitness, Zumba Gold classes, suitable for active seniors. 50 mins duration.
Cost: Drop-in £5.

For more information contact Trisha by calling 07919 276 539 or emailing trisha@zumbawithtrisha.co.uk.
Northwood and Pinner Liberal Synagogue, Ickenham Village Hall and Northwood Methodist Church

YOGA with Juliana

Various days and times
Yoga classes for all levels and abilities throughout the week. Join to restore, release and revitalise body and mind. Yoga for Beginners (6-week course) on

Tuesdays from 22 January, 6.30pm. Weekly Open Level Yoga Classes on Wednesdays at 6.30pm and 8pm, Fridays at 12.30pm and Saturdays at 9.30am. Pregnancy Yoga Classes on Fridays at 1.30pm and Saturday at 11am.

Cost: From £12 per class.
For more information and to book visit www.juliana.yoga or email hello@juliana.yoga.
The Stables, Eastcote House Gardens

LEISURE

Brunel Arts exhibition: Vistas

Monday 14 January to Friday 22 March, 10am to 4pm (Monday to Friday only)
An exhibition of landscapes from Brunel University London's collection.

Cost: Free entry.
For more information visit www.brunel.ac.uk/life/get-involved/brunel-arts.
Arts Centre Atrium

Hardy Plant Society Middlesex group - Andrew Sankey 'Funny features in the Garden'

Monday 4 February, 7.30pm (doors open at 7pm)

A light hearted talk on the history of the more unusual and amazing features used in gardens from the Romans through to the Victorians. There will also be plants for sale. The group meets usually on the first Monday of every month. They are a friendly group of experienced gardeners and enthusiastic amateurs who all share an interest in hardy perennials. All welcome.

Cost: Members free. Visitors £5 (redeemable against membership).
For more information email hello@hpsmiddlesex.org.uk or visit www.hpsmiddlesex.org.uk.
Field End Junior School

Public Lecture Series
Wednesday 6, 13 and 20 February, 6pm

Brunel University London has announced the return of their free Public Lecture Series, in which leading academics will illuminate Our Digital Revolution. Important questions, will be explored across three themed sessions in February, with 'Global Challenges' beginning the series on Wednesday 6 February, 'Digital Wellbeing' on Wednesday 13 February, and 'Digital Privacy' on Wednesday 20 February. Each evening boasts three brief lectures intended for a public audience, from differing subject areas, followed by audience-led conversation.
Cost: Free.
To reserve your place and read more visit www.brunel.ac.uk/PublicLectures.
Eastern Gateway Auditorium

Butterflies table top sale and community coffee morning
Saturday 23 February, 9.30pm to 1pm

Come along to this sale where you can buy a range of crafts, gifts, jewellery, books, cakes, refreshments and take part in a tombola and raffle. This is a good opportunity to meet up with friends for coffee and

cake. You can also hire a table for £13, which includes a tea or coffee for you and your helper. Butterflies raise funds for various local children's charities, hospitals, schools and groups.

Cost: Free.
For more information, contact Vera by calling 01895 635224 or email butterfliesickenham@yahoo.com.
Ickenham Village Hall

The Fairways Women's Club

Wednesday evenings, 8pm
The club has speakers on various subjects; enjoy days out, theatre trips and the occasional meal out. Come and try it out for a couple of weeks. We're always looking for new members.

Cost: Membership £40 for a half year if you join.
For more information phone Ann on 07944 705051 or Linda on 020 8841 6681.
St Mary's Church

Work Morning: Frays Valley

Local Nature Reserve
Sunday 20 January, 9.45am

Join the London Wildlife Trust for a work day to support the glow-worm colony and create open areas for the larvae to move around and feed and for the females to glow. Training, gloves and tools will be provided.

Cost: Free.
For more information email lwthillingdon@aol.com or call 01895 448028.
Uxbridge Golf Course car park (meeting point)

VENUES

All Saints Church,
2 Ryefield Ave, Uxbridge, UB10 9BT

Antonin Artaud Theatre,
Brunel University, Kingston Lane, Uxbridge, UB8 3PH

Arts Centre Atrium,
Brunel University, Kingston Lane, Uxbridge, UB8 3PH

Beck Theatre,
Grange Road, Hayes, UB3 2UE

Brookside Community Centre,
70 Brookside Pavilion, Brookside Road, Hayes, UB4 0PL

Christ Church,
Redford Way, Belmont Road, Uxbridge, UB8 1SZ

Compass Theatre,
Glebe Avenue, Ickenham, UB10 8PD

Eastern Gateway Auditorium,
Brunel University, Kingston Lane, Uxbridge, UB8 3PH

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

Ickenham Village Hall,
Swakeleys Road, Ickenham, UB10 8DG

Northwood and Pinner Liberal Synagogue,
18-24 Oaklands Gate, Northwood, HA6 3AA

Northwood Methodist Church,
30 Oaklands Gate, Northwood, HA6 3AA

St Mary's Church,
9 The Fairway, Ruislip, HA4 0SP

The Stables,
Eastcote House Gardens, Field End Road, HA5 2FE

Uxbridge Folk Club,
Uxbridge Royal Naval Association, 388b Long Lane, Uxbridge, UB10 9PG

Uxbridge Golf Course car park,
The Drive, Ickenham, UB10 8AQ

Uxbridge Library,
High Street, Uxbridge, UB8 1HD

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

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 *Nets & curtains taken down & re-hung for washing
 *Inside windows washed *Interior paintwork washed down *Shed repairs, small garden jobs, low hedge cutting *Small areas of making good/painting/path repairs/internal & external wood staining *Spy hole/viewer fitted to doors *Shower curtains and rails replaced/fitted *Curtain's hung, rails/ blinds fitted *Sticking doors eased/adjusted *Uncompleted projects undertaken *Worktops re-siliconed and re-edged *Hollow door/wall fixings *White bath chips touched in *Kitchen/WC roll holders fitted *Some flat-pack furniture assembled etc.
 References available ~ No job too small ~
 ~Cheques accepted ~ NO work undertaken in rented accommodation

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Environment and roads

Animal Welfare ▶ Food, Health and Safety
 01895 250190
 Abandoned Vehicles ▶ Environment and Anti-Social Behaviour ▶ Flytipping ▶ Graffiti ▶ Parks and Green Spaces ▶ Pest Control ▶ Roads and Pavements ▶ Special Collections ▶ Street Lighting and Cleansing ▶ Waste and Recycling
 01895 556000

Learning

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

Library Information Desk
 01895 250714

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

School Transport
 01895 250008

Truancy Hotline
 01895 250858

Leisure

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

Local democracy

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

USEFUL SERVICES AND AGENCIES

Advice and support

Addiction, Recovery, Community, Hillingdon (ARCH)
 01895 207777
 Age UK Hillingdon
 020 8756 3040
 Alzheimer's Society Hillingdon
 01923 823999
 Asphaleia Action
 01895 272478
 Carers Trust Hillingdon
 01895 258888
 Centre for ADHD and Autism Support
 020 8429 1552
 Communicare Counselling Service
 01895 256056
 Citizens Advice Consumer Helpline
 03454 04 05 06
 Citizens Advice Hillingdon
 0344 848 7903
 Disablement Association Hillingdon (DASH)
 020 8848 8319
 HD Carers Support Group
 07752 169849
 Healthwatch Hillingdon
 01895 272997
 Hillingdon Autistic Care and Support (HACS)
 020 8606 6780
 Hillingdon Brain Tumour and Injury Group
 01895 713205
 Hillingdon Carers
 01895 811206

HILLINGDON CONTACTS



Labour Group Office
 01895 250780
 Mayor's Office
 01895 250763

Planning

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

General

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

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

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

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

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

Substance Use and Misuse or Sexual Health
 01895 250721

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

All other council enquiries (not listed above)
 01895 250111

Hospitals

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

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