

HILLINGDON people

News from your council
July/August 2018

www.hillingdon.gov.uk

Love your park

New and upgraded facilities open

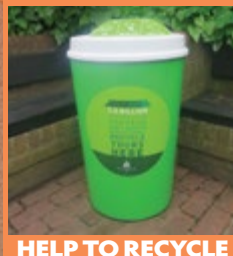
Events on the way
Culture Bite and Open House return

Adult learning
Hundreds of courses on offer

Protecting consumers
Behind the scenes with trading standards



HILLINGDON
LONDON



HELP TO RECYCLE



WW1 CENTENARY



VOLUNTEER

Refuse and Recycling

August Bank Holiday 2018

Normal collection day	Revised collection day
Monday 27 August	Tuesday 28 August
Tuesday 28 August	Wednesday 29 August
Wednesday 29 August	Thursday 30 August
Thursday 30 August	Friday 31 August
Friday 31 August	Saturday 1 September


Please leave your rubbish out for collection by 6am.
Please leave your rubbish near your front gate, but not on the pavement.
Separate arrangements are in place for flats and business premises.
If you have any queries, or would like to report a missed collection, visit www.hillingdon.gov.uk/recycling or call 01895 556000.



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www.hillingdon.gov.uk/doitonline

UXBRIDGE CHARITY Auto Show & Festival



A SPECTACULAR FAMILY FRIENDLY EVENT
brought to you by The Rotary Club of Uxbridge AutoShow Ltd.

SUNDAY 15th JULY 10 - 6.30pm

Middlesex Showground, Park Road, Uxbridge

www.uxbridgeautoshow.com



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COVER PHOTO: JAMES MCINTYRE FROM HAYES ENJOYING THE NEW OUTDOOR GYM AT COWLEY RECREATION GROUND



Advertising deadline for next edition: **Friday 3 August.**
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Welcome



Welcome to this summer edition of *Hillingdon People*, which I find hard to believe sees me starting my 19th year as Leader of Hillingdon Council.

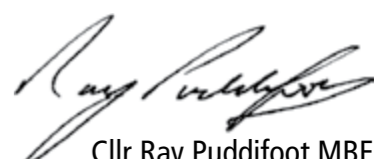
As usual in Hillingdon the summer months see the return of much loved community events for residents of all ages to enjoy. I hope that many of you enjoyed our new Hayes Carnival Family Fun Day on Saturday 7 July. There's even more to come, including our Family Fishing Fun Days on Sundays 29 July and 12 August, free art sessions in parks across the borough, Playday on Wednesday 1 August and the Summer Reading Challenge in all 17 of our libraries. As we move into the autumn you will be able to visit some of our historic sites in September as part of Open House London Weekend, experience special Heritage Open Days at Manor Farm, Ruislip and learn about Battle of Britain Day at the Battle of Britain Bunker and Exhibition and Visitor Centre. The Culture Bite arts and literature festival will also return for a fourth year (see page 16 for some of the event highlights on offer).

Our parks and open spaces (47 of which have gained Green Flag Awards) are fantastic places for leisure time, whether that's taking part in sport, having picnics, walking, exploring or discovering the flora and fauna. As you will be able to read on page 18, we're continuing to invest in leisure facilities at our parks, and a range of playgrounds, outdoor gyms and a skate park have recently opened, with another skate park and more outdoor gyms on the way.

As we approach the new academic year, you may be currently considering learning a new skill or gaining a qualification. Our adult learning programme for 2018/19 is great value for money and offers a range of courses for you to enrol on.

Whilst local authorities across the country, due to reduction in government funding and a growing population, are struggling with budget management, in Hillingdon our accounts for the year ended 31 March 2018 showed a budget surplus of £2.5 million. Once again a remarkable achievement in the current economic climate and I am grateful to my councillor colleagues and council officers for the part that they played in delivering this result.

With over £40 million in balances and our ability to manage our financial affairs, Hillingdon Council remains well placed to both deal with the financial challenges ahead and continue to put our residents first.


 Cllr Ray Puddifoot MBE
 LEADER OF THE COUNCIL



Dogs get new cosy bedding

In June, the council's waste and recycling team picked up 800 duvets, which were no longer needed by students at Brunel University at the end of the academic year, and delivered them to the Dogs Trust, Harefield to recycle as bedding.

The council, Brunel University and the Dogs Trust has worked in partnership for a number of years to divert these items from going to landfill and ensure that they're instead recycled to give dogs a cosy bed to sleep in.

Jo Lloyd, Assistant Manager at Dogs Trust West London based in Harefield, said: "I have

worked on this scheme for several years and think it's an invaluable project. Adding home comforts to the kennels until the dogs leave us for their new forever homes helps them to feel more relaxed and reduces their stress levels."

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "If you have duvets that you don't need, you can help us to reduce the amount of waste being sent to landfill by giving them to animal charities who are often looking for duvets and pillows to use as bedding."

Bunker centre named London's best public service building

In May, the council celebrated a win at the Local Authority Building Control (LABC) Building Excellence Awards for its new £6 million exhibition and visitor centre at the Battle of Britain Bunker, Uxbridge.

The facility, which opened in March, won the Best Public Service Building accolade at the London regional final at Guildhall. The centre now goes through to the national final in November.

The council's building control team won the award for its site inspections of the

scheme, ensuring it met the relevant regulations, and for working alongside the council's capital programme team who project managed it along with consultants Faithful & Gould, Pattern Architects and contractor VolkerFitzpatrick who completed the build.

The judges were impressed with the steel framed building and its interesting twisted shape. The design embraces the central themes of flight and planes, with a shell-like form and twisted

Dennis, Gnasher and friends challenge children to keep reading this summer

Children are being inspired to unleash their inner mischief maker this summer, when the annual Summer Reading Challenge returns to the borough's libraries on Saturday 7 July.

The popular initiative has a *Beano* theme for 2018 and Hillingdon libraries are encouraging children aged four to eleven to visit a library six times and borrow at least one book in return for prizes.

Libraries will also be running a range of free Summer Reading Challenge themed free events, including fancy dress parties, comic-

writing competitions and drama workshops. And for the first time, four of the borough's libraries, Uxbridge, Ruislip Manor, Botwell Green and Oak Farm, will be hosting a show by children's



comedian Mark Jones. Booking for events will open on 7 July and details can be found on www.hillingdon.gov.uk/summerreading.

The Summer Reading Challenge, which runs until mid September, is free to join at any Hillingdon library. The nationwide initiative is aimed at supporting children's reading throughout the summer holidays, ensuring they do not fall behind when they return to school.

©DC THOMSON LTD (2018)



geometry. The judges also noted that the building helps to mark the 100 year anniversary of the RAF and felt that it was a fitting tribute to its importance and history.

Leader of the Council, Cllr Ray Puddifoot, said: "The council is extremely pleased to have won this accolade and be shortlisted for a national LABC Award. The Battle of Britain Bunker Exhibition and Visitor

Centre is an amazing building in both design and content, and it has been a real achievement to see it open in just two years after taking over responsibility for it from the Ministry of Defence."

The centre beat 11 other shortlisted buildings, including Great Ormond Street Hospital Phase 2B, The Sapphire Ice & Leisure Centre in Romford and the United States of America Embassy.

Ryefield Avenue parade benefits from improvements

The council has completed a pilot improvement scheme in Ryefield Avenue, Hillingdon.

Following a number of successful town centre regeneration projects, the decision was made to trial an extension to the programme to see if improvements to local shopping parades could boost trade for independent businesses and enhance areas for residents.

A range of work has been completed, including the installation of new pavements, private shop forecourts, bins, benches and cycle stands; the transformation of seven shop fronts and upper frontages; new 'stop and shop' parking allowing residents to park for free for 30 minutes and the introduction of a central median strip to deter double parking.



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

"The council is proud to support local small businesses by offering shop front grants to improve their appearance and carrying out public realm improvements in order to support the local economy."

The second phase of town improvements in Uxbridge and Eastcote are being designed ready for implementation from September. Preparation is also underway to roll out the popular shop front grant scheme in Kingshill Avenue and New Parade, Hayes End, along with a second phase from Eastcote Station to Woodlands Avenue.



Innovative new coffee cup recycling scheme launched

In May, innovative bins for recycling takeaway coffee cups were installed at a range of council venues.

We are working in partnership with Simply Cups, a service dedicated to recycling paper and plastic cups into new products, to reduce the amount of drinks waste being sent to landfill and protect the local environment.

Recent research shows that 2.5 billion disposable coffee cups are thrown away in the UK every year but less than one per cent are recycled.

The new scheme was launched at the Civic Centre on Friday 25 May by the Leader of the Council, Cllr Ray Puddifoot and Boris Johnson, MP for Uxbridge and South Ruislip.

The bins are located at the Battle of Britain Bunker,

the Civic Centre and all libraries (except Manor Farm). Residents and visitors can dispose of their takeaway coffee cups there by simply separating the lids, cups and any leftover liquid to allow them to be recycled efficiently.

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

"The damage to our environment caused by plastics and non-recyclable coffee cups is a major concern and if we can try to alleviate this problem at a local level, and others do the same, it will go some way to making a positive difference."

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

Council funding supports vital club refurbishment works

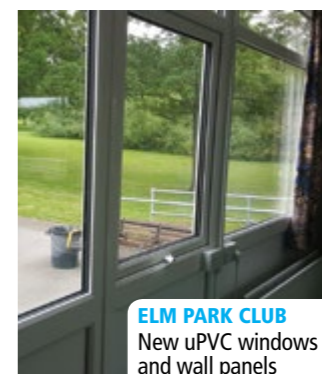
Two Ruislip social clubs, which are used by older residents, have benefitted from vital improvement works thanks to support from the Leader's Initiative for Older People.

Elm Park Club, a lunch and social club for over-60s in Ruislip Manor, has been refurbished. New uPVC windows and wall panels have been installed and the building has been rewired. While the work was being carried out, members joined diners at the Tudor Club,

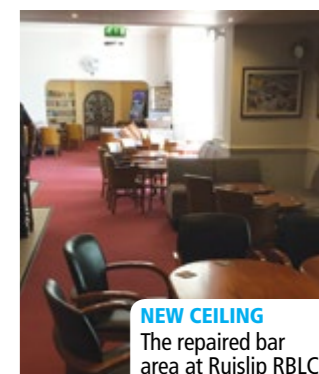
Eastcote, so they could continue to have lunch and join in with activities.

Steve McBain, Chair of the Ruislip Northwood Old Folks Association (RNOFA), said: "Hillingdon Council has been, and continues to be, an excellent supporter of the RNOFA."

The Ruislip Royal British Legion Club (RBLCL) also received funding to help to have its ceiling repaired, all wiring replaced and re-routed and new windows installed. The request



ELM PARK CLUB
New uPVC windows and wall panels



NEW CEILING
The repaired bar area at Ruislip RBLCL

for support followed the sudden collapse of the lime plaster ceiling of their Grade II listed building earlier this year – luckily, no-one was hurt.

Elaine Davies, Treasurer for the RBLCL, said: "The club is finished now and is looking great and our members are once again enjoying its full facilities."

Housing benefit and council tax reduction go online

Residents who need to correspond with the council about housing benefit or council tax reduction can now do so online.

Whether it's making or cancelling a claim, reporting a change, applying for a discretionary housing payment, providing supporting documents, requesting a reconsideration or making an appeal, all the necessary forms are now accessible via the council's website, 24 hours a day, seven days a week.

As a result of the move online, the housing benefit and council tax reduction offices based at the Civic Centre in Uxbridge and the One Stop Shop in

Hayes have become self-serve areas, fully equipped with computers and scanners. They are ideal for residents who don't have access to a computer or need help using one.

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

"In this increasingly digital world, people expect to be able to do their correspondence online at a time and place that's convenient to them. So, this is great news for residents, and it will help the services run even more efficiently. For those who need a little extra help with computers

or filling in forms, staff will still be on hand to assist."

Visit the main menu of www.hillingdon.gov.uk to access housing benefit and council tax reduction services. You can also email scanned images or photos directly to benefits@hillingsdon.gov.uk.

From October, most people living in the borough who need to make a new application for financial support or tax relief will have to make a claim for Universal Credit (see below).



Hillingdon set to move to Universal Credit this autumn

Universal Credit, the government's new welfare benefit scheme, is set to be introduced in Hillingdon as an online-only service from October.

Most people living in the borough who need to make a new application for financial support or tax relief will have to make a claim for Universal Credit online using the Universal Credit website (www.universal-credit.service.gov.uk).

Universal Credit is part of the government's wider welfare reform plans and replaces six working-age benefits with a single household benefit.

The benefits being replaced are:

- jobseeker's allowance
- housing benefit
- working tax credit
- child tax credit
- income support
- employment and support allowance

Some residents who need help paying their rent will not be eligible to receive a contribution towards housing costs via Universal Credit; they will instead need to make a new claim for housing benefit through the council.

This will affect:

- pensioners
- residents who have more than two dependent children living with them
- those who live in supported or temporary accommodation - who will need to claim Universal Credit for living costs and housing benefit for housing costs

For residents who are already claiming benefits, normal payments will continue until they are told by the Department for Work and Pensions that Universal Credit will affect them.

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

Minor sale leads to major fine for Hayes shop

A Hayes discount store and one of its employees have been fined for selling knives to a 15-year-old.

Kinj Limited, trading as Family Pound in Uxbridge Road, Hayes, and shop assistant Rajinder Singh Bajaj, aged 50, were sentenced at Uxbridge Magistrates' Court on Monday 16 April, having both pleaded guilty to one offence each of selling a knife to a person under the age of 18, contrary to the Criminal Justice Act 1988.

Kinj Limited was fined £3,000 and ordered to pay costs of £1,597 plus a £170 victim surcharge. Bajaj was fined £536 and ordered to pay a £53 victim surcharge.

The illegal sale occurred during a routine test purchase operation on 21 September 2017.

The knives sold were a two-piece set containing a six-inch blade and a three-and-a-half inch blade.



Trading standards officers had visited Family Pound just three days prior to the operation to ensure the store and its staff were aware of their legal obligation to check the age of anyone attempting to buy a knife. As part of that advice, the store was told it would be subject to a test purchase exercise in the future.

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

"There can be no excuse for a store failing in its duty to sell knives to adults only. I hope this case sends a clear message to all retailers that we carry out regular checks and we won't hesitate to prosecute where necessary."

Parade commemorates the centenary of the Royal Air Force

To celebrate 100 years of the Royal Air Force (RAF), servicemen and women from RAF Northolt exercised their Freedom of the Borough by parading through Uxbridge town centre on Thursday 14 June.

Hundreds of people lined the streets to cheer on the troops

who marched from Windsor Street to the Civic Centre, where they were received by the Mayor of Hillingdon, Cllr John Morgan and other VIPs. Following inspection and speeches, the parade continued through Uxbridge, around St Andrews Roundabout

and back along the High Street, before finishing at Vine Street.

RAF Northolt was granted Freedom of the Borough in 2000 in recognition of the dedication of the unit's serving personnel to their country and Hillingdon, and their extraordinary courage and professionalism. The honour allows servicemen and women to march through the borough, giving others the opportunity to commemorate with respect, celebrate with pride and inspire future generations.

Leader of the Council, Cllr Ray Puddifoot, said: "The council has a strong commitment to armed forces past and present. The RAF's 100 anniversary is a significant milestone and one that we should



all proudly celebrate with respect and pride."

Hillingdon libraries will be holding a series of free talks until the end of October, presented by RAF Northolt personnel.

To find out more visit www.hillingdon.gov.uk/raf100 or ask at your local library.

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Festival marks 100 years since Poland regained independence

The council held a Polish Heritage Festival in May at Uxbridge Library to celebrate the centenary of Poland regaining independence.

Special guests, the Ambassador of Poland, Arkady Rzegocki and Boris Johnson, MP for Uxbridge and South Ruislip joined the Leader of the Council, Cllr Ray Puddifoot on Friday 4 May for a visit to the library as part of the festival.

They participated in a Polish flag craft

workshop with children from St Andrew's C of E Primary School, Uxbridge and toured a historical exhibition about the Polish airmen's contribution to victory in World War Two.

The Polish constituted the second largest Allied contingent to serve in the RAF behind the British. The exhibition, which was created by the council, explained the legacy of the Polish No. 303 Squadron based at RAF Northolt. It was the most successful

Fighter Command unit in the Battle of Britain.

The Ambassador's visit also commemorated 250 years of diplomatic relations between Poland and the UK. To mark this, he presented Polish language books to the library on behalf of the Polish Book Institute and Cultural Institute.

Cllr Puddifoot said: "We are honoured and delighted that Poland's ambassador chose to join our festivities and donated books to our library.

The Polish community in the UK has made a positive contribution for generations and it is a privilege to promote the best in Polish culture and national heritage to our residents."

The festival included craft workshops for adults and children, lively folk dance demonstrations, traditional storytelling, a lecture on No. 303 Squadron by author Richard King and the chance to sample Polish food.



Family explores local parks

We are encouraging residents to go out and enjoy Hillingdon's parks and green spaces this summer as part of Love Parks Week and share their experiences with friends and family.

The council supports the annual initiative, which will run from 13 to 20 July and celebrates the UK's fantastic green spaces. Hillingdon has more than 200 parks and open spaces, and 47 of these have received Green Flag Awards - a mark of excellent standards. Each has a range of facilities for residents of all ages.

Peter and Diana Ingleton from Hayes End and their daughter Laretta Hunt and

grandchildren Emilia and Ella, who live in West Drayton, made family park visits a routine leisure activity last summer after reading an article about facilities being refurbished.

Laretta said: "We visited 55 between March and August 2017, including all of the Green Flag sites. We thought it would be a good idea to see as many as we could and enjoy the outdoors as a family.

"We love that they are all very different. We usually have a picnic and the children try out various playgrounds. The girls love playing outside and the fresh air and exercise is really good for us all."



DOWDING PARK
Peter, Laretta, her husband Ray, Emilia and Ella

Their quest to explore even more parks this year has begun but with an additional special motivation. Peter said: "My wife Diana passed away in February and we want to do as many as we can in memory of her. She absolutely enjoyed doing it last year,

particularly spending time with the grandchildren. The parks in Hillingdon are very good and the council is creating a lot of excellent facilities in them." Share your photos and experiences on Twitter @Hillingdon and the London Borough of Hillingdon Facebook page.



Free children's play event

Playday, Hillingdon's annual family fun day promoting the importance of children's play, will take place on Wednesday 1 August between 10am and 2pm at Hillingdon Athletics Stadium, Uxbridge.

Attractions include bouncy castles, face painting, sports, scooters, arts, crafts and the mobile library. There will also be an urban safari, where children can meet animals, such as reptiles, snakes and spiders.

Visitors are welcome to bring a picnic and food will also be available to purchase. Families can attend the event for free and there's no need to book in advance.

For more information, please call Sarah Durner on 01895 277137.



Pupils and road safety team celebrate cycling success

Our road safety team was pleased to complete its first full Level 1 to 3 Bikeability cycling proficiency training course with a special educational needs school in the spring.

Shaun Coyston, Aimee Parry, Matthew Dugard and Zechariah Gillies from Meadow High School, Uxbridge completed Level 1 and 2 in March and Level 3 at the end of April.

The Bikeability scheme enables children to learn a range of cycling skills and increase their confidence with guidance from the council's trained team of instructors. The course ensures that young people

are safer and well prepared for cycling on the road.

Zechariah said: "The trainers were lovely. They explained what to do well and I had a great time."

Instructor Terry Newman, said: "When the pupils did their Level 2 it was evident that they had the ability to do their Level 3, which involves cycling on the busier roads. They undertook the course and rode magnificently. A fantastic result and one we would love to continue with other pupils in the future."

For more information on cycling and training visit www.hillingdon.gov.uk/cycling.



Borough-wide street parties celebrate royal wedding

Hillingdon residents young and old took part in street parties on Saturday 19 May to celebrate the marriage of the Duke and Duchess of Sussex.

The council received 20 applications from residents wanting to take up the offer of help in facilitating their parties with road closures, public notices, traffic management services and public liability insurance.

Celebrations were held across the borough in

Eastcote and East Ruislip, Cavendish, West Ruislip, South Ruislip, Manor, Ickenham, Heathrow Villages, Yiewsley, Brunel, Uxbridge South and Yeading wards.

Shirley McGrath from Ickenham said: "Our street party was great, it went really well. We had about 80 guests and it was an opportunity for people to get to know each other.

Everyone brought different types of food and we had a

barbecue. We watched the wedding on a projector as we were setting up, and the party went on throughout the afternoon and into the evening. The Mayor and Mayoress both attended which was also lovely.

"The council was absolutely brilliant throughout the whole process, from helping with the applications to keeping in contact at each stage. It was smooth, easier than I thought

and fantastic that it was free of charge, thank you!"

Leader of the Council, Cllr Ray Puddifoot, said: "On behalf of Hillingdon Council, I'd like to congratulate the Duke and Duchess of Sussex on their marriage. Street parties are a fantastic way of bringing communities together and making lasting memories. I hope that all of those who held an event enjoyed this special occasion."



Disused clubhouse to benefit local football club

On Thursday 21 June, the council's Cabinet approved plans to relocate the former bowling clubhouse at Yiewsley Recreation Ground to Sipson Recreation Ground to be used by young people at West Drayton Explorers Football Club.

The wooden clubhouse, which was built in 2004, was formerly used by Yiewsley and West Drayton Bowls Club until falling membership forced the site to close in March 2015. The building was handed back to the

council and remained vacant for three years.

The building will now be given a new lease of life by relocating it to nearby Sipson, where the 255 members of West Drayton Explorers, who mostly come from the south of the borough, play.

Youth football in Hillingdon has seen a large increase in popularity, with many local clubs seeing a surge in attendance and needing facilities to cater for up to 300 young people.

The Explorers had been using an unsatisfactory metal building to store equipment, and to meet Football Association requirements and allow

them to continue to grow, they were in real need of a suitable club building.

Following relocation, refurbishment works will take place, including providing a kitchen and office and upgrading the toilet facilities.

Leader of the Council, Cllr Ray Puddifoot, said: "This building was surplus to requirements but is in a good condition, therefore we decided that it should be used in a nearby recreational setting that will continue to support the local community. We recognise the need for appropriate facilities for our growing football teams and this new clubhouse will be of immense benefit to the West Drayton Explorers."



Experience the great outdoors

There are lots of outdoor activities available in Hillingdon for you to enjoy and stay active in the summer months.

Try your hand at fishing

Find your perfect fishing spot and enjoy the tranquil setting of Cowley's Little Britain Lake (UB8 2JR). Alongside stretches of the River Colne and River Frays, the beautiful waters cover approximately 14 acres and offer a great location for free fishing. Alternatively, you could join fellow anglers at a local fishing club – many of which offer discounted membership for older residents. Please note that the Environment Agency and local fishing bylaws apply in all cases. Find out more on www.hillingdon.gov.uk/fishing.

Get into the swing of golf

The council has four beautiful public golf courses in Northwood, Ruislip, Stockley Park and Uxbridge. All offer peaceful and natural surroundings,

each with its own distinct character and facilities, including a bar and restaurant. Benefit from discounted rates with your HillingdonFirst card. Find out more on www.hillingdon.gov.uk/golf or call your nearest course.

Stretch your legs

Walking is a fantastic way to keep physically and mentally healthy. It's free, flexible and you can do it whenever and wherever you want. Hillingdon has more than 200 green spaces and a wealth of places to discover. So why not explore with one of our led walks, take a stroll or have a picnic? Parks, such as Norman Leddy Memorial Park (Hayes), Eastcote House Gardens and Harefield Village Green offer a perfect place to relax and enjoy the borough's natural surroundings. Find out more on www.hillingdon.gov.uk/greenspaces.

Explore Hillingdon booklets, listing led walks and cycle rides, can be found at your local library.



TeleCareLine now free for over-75s

The council has lowered the eligibility age for free TeleCareLine from 80 to 75. The 24-hour monitoring and alert system supports people to live independently in their own homes and provides peace of mind for users and their family. Find out more on www.hillingdon.gov.uk/telecareline or call 01895 556633.

Royal wedding celebrations

You're never too old for a party and more than 200 of our older residents proved that when they held celebrations of their own in May to mark the wedding of the Duke and Duchess of Sussex.

The Leader's Initiative for Older People provided funding for food, drink and entertainment at local clubs and sheltered housing schemes, including James Court (Northwood), Ascott Court (Eastcote), Mandela Court (Uxbridge), Barr Lodge (West Drayton) and Rylstone (Harefield).

Residents shared buffet lunches and watched the ceremony live on television together. Afterwards, Barr Lodge enjoyed a barbeque and watched the FA Cup final, and at Rylstone residents and their families were entertained by music.

At Bell Farm Christian Centre, their lunch and social group for older people joined Elvis and Bus Pass to Broadway (a group of over-60s singers and tap dancers) for a celebratory buffet, complete with face



painting and a raffle. The Deputy Mayor, Cllr David Yarrow joined the party and all residents went home with a Union Jack lunch box full of treats.

Donna Rall, Manager and Outreach Worker for Older Persons, said: "It was a magical day and everyone thoroughly enjoyed themselves."



Hillingdon unites against dementia

The council and Alzheimer's Society teamed up for a series of events and activities in support of Dementia Action Week (21 to 27 May).

On Wednesday 23 and Thursday 24 May, the council's sport and physical activity team, charity staff and volunteers set-up and worked at an information stall at Intu shopping centre in Uxbridge to encourage residents to take actions, big or small, to make a difference to people affected by dementia. The two-day event also featured art and singing.

Elsewhere in the borough, Hillingdon libraries hosted a series of activities in support of the initiative, including dementia-friendly film screenings, Dementia Friends' coffee mornings and 'magic table' sessions, which give people living with dementia and their carers the chance to play a series of physically, mentally and socially stimulating table-based light games.

Uxbridge Library also welcomed a surprise guest judge for its dementia-themed art competition on Friday 25 May, Boris Johnson, MP for Uxbridge and South Ruislip.

The council also took dementia groups on a special tour of the

newly-opened Battle of Britain Bunker Exhibition and Visitor Centre on Wednesday 30 May.

Dementia is one of the biggest health issues of our time, with more than 850,000 people in the UK currently living with a form of dementia. That number is expected to rise to one million by 2021.

The council and Hillingdon Alzheimer's Society have united to set up a local Dementia Action Alliance. The aim is to create a dementia-friendly community in Hillingdon, where people with dementia feel confident, understood, respected, and supported to live well in their own community.



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

said: "We must continue to support the more than 2,800 people who are currently living with dementia in Hillingdon and their carers. Whether it's becoming a Dementia Friend, volunteering, sharing information to raise awareness, or simply making sure the people you know with dementia feel included, everyone has a part to play."

For more information about regular dementia-friendly events and support services, visit www.hillingdon.gov.uk/dementia

Protecting the public: behind the scenes with trading standards cargo inspectors

The council's trading standards team has many functions, from helping businesses comply with the law, to enforcement and stopping rogue traders.

But some people don't know the role they play in safeguarding consumers from the importation of unsafe goods. *Hillingdon People* spent a day with the team at Heathrow to find out more.

As one of the UK's 14 port authorities, the council is responsible for inspecting cargo at Heathrow Airport. It's a daily job for the trading standards team.

For officers King-Yip Cheung and Steve Pearson, this is the third time they've been inside a cargo hanger this week, kitted out with safety boots and high visibility vests. They've been called to inspect a large consignment of goods - 89 boxes in total - as it passes through the airport en route to various retail destinations across the UK and Europe.

King-Yip and Steve know from past experience that this job will take several hours. They set about the job with gusto, opening the cardboard boxes and carefully removing the contents. The aim is to ensure that every product meets British and European product safety requirements and is ultimately safe for consumers.

"A lot of people think trading standards is just an office job, but it's not," says Steve. "As well as visiting warehouses and shops in the high street, we're in cargo sheds, inspecting goods before they enter the country and making sure the products people buy are safe."

Today's boxes contain a variety of interesting items, mainly imported from China - as is the case in many inspections. There are several packages of cosmetics - face packs,

makeup remover, perfumes and moisturiser - and various electrical items - light fittings and nail polish drying lamps with three-pin plugs.

Some of the cosmetics aren't labelled properly and might contain illegal skin-lightening chemicals, so they are immediately put to one side and stopped from being shipped any further, for the time being at least.

"We'll send a sample off to the lab to see whether it contains the dangerous ingredients we suspect," says King-Yip. "If not, the boxes will be cleared to travel on to their intended destination."

The electric nail lamps suffer a similar fate because their plugs aren't the correct size.

There's also a large selection of products aimed at children, including 15 battery-operated shark toys that are designed to be used in the bath. A potentially dangerous flaw is immediately obvious: the plastic teeth section is coming away, causing a sharp protrusion.

"Aside from being harmful, we're concerned about the lack of importer and manufacturer's name and address," says King-Yip. "If a child was injured, there would be no-one to hold accountable. We need this information to be able to trace the supply chain and take remedial action to remove the product from supply and initiate a product recall if necessary."

The toys immediately go on the 'detained' pile, along with some light fittings that have worryingly flimsy cables and no instructions for installation.

King-Yip says the lights will be tested first but will likely end up being destroyed. "The fact that there are no instructions makes it inherently unsafe," he says. "People won't know how to wire it up properly and they could kill themselves."

Recalling other dangerous products they've seized, King-Yip says so-called 'hoverboards', inspired by the *Back To The Future* movie, stick in his memory. "They were a very popular Christmas toy a few years ago," he says. "Unfortunately, the batteries would sometimes overheat and set fire to the boards. We were the first port authority to discover the problem, after stopping a shipment at Heathrow. We don't see so many of them coming through now."

"Every time you open something, you never know what it's going to contain," adds Steve. "Although we get packing lists, they're not always correct."

Thankfully, there is no such find today, but there are some other worryingly dangerous products that

would have ended up in shops had they not been intercepted.

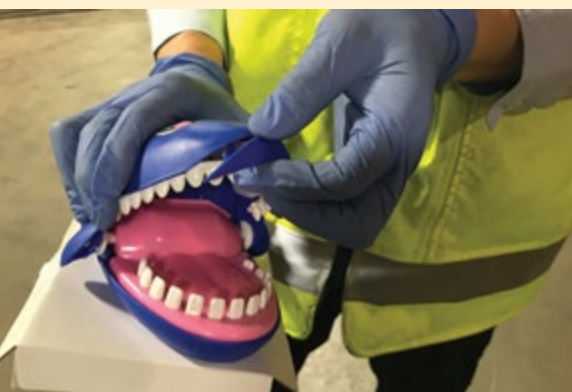
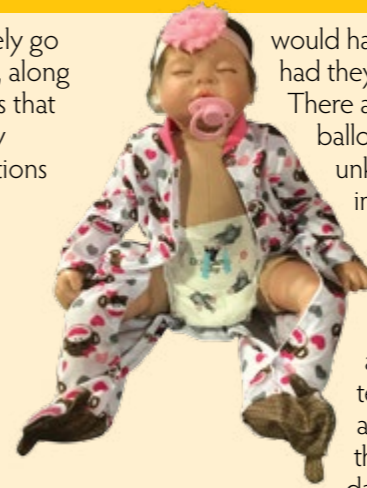
There are some colourful balloons with a strong unknown smell; it's hard to imagine anyone wanting to inflate one manually.

Four or five boxes of disconcertingly life-like baby dolls are also detained for testing because King-Yip and Steve are worried they might contain dangerous chemicals.

It's not all bad news for the importers, however: brooches, bags, flower ornaments, hand-held massagers, tea towels and garden pots all make it through without raising any red flags.

"This has been a fairly typical cargo inspection," says Steve, as he and King-Yip round up the boxes of detained goods, of which there are now 18. "Although inspecting cargo at Heathrow is only a small part of the work we do to safeguard consumers, it's rewarding to know that we're protecting people and potentially saving them from serious injury or even death."

For more information about Hillingdon trading standards visit www.hillingdon.gov.uk/tradingstandards



Visit our historic sites this September

As part of the annual Open House London Weekend, several council-owned heritage venues will open their doors to the public and provide unique access.

The weekend (Saturday 22 and Sunday 23 September) gives visitors an opportunity to explore various forms of building design and architecture across London and see areas not normally open to the public. Manor Farm (Ruislip), Eastcote House Gardens and Cranford Park will be open for free, as well as the Battle of Britain Bunker where normal admission prices will apply.

In addition, Cranford Park Friends have a variety of events planned for the summer, Manor Farm will once again hold special Tudor-themed Heritage Open Days (Saturday 15 and Sunday 16 September) and the Battle of Britain Bunker will commemorate Battle of Britain Day (Saturday 15 September) with a range of activities.



House London Weekend between 10am and 5pm. Visitors will have free access to the buildings and visitor centre (including special access to the upstairs of the Grade II listed Manor Farm House). You will also be able to visit the Great Barn, the 19th century Cow Byre Tea Room and The Pram Shed Museum, which exhibits a variety of farming tools.

Visitors to Manor Farm can take part in its new audio trail, which brings the history of the site and its buildings to life by explaining its 1,000-year history. The guide and map of the stops is available for visitors to download or stream on their mobile devices on www.hillingdon.gov.uk/mfaudio.

Eastcote House and Gardens

The Grade II listed 16th century stables building, 18th century dovecote and walled garden will be open on Sunday 23 September between 10am and 5pm, with guides from the Friends of Eastcote House Gardens on hand to provide insight about the history of the site.

An annual classic car rally will also take place from 11am. If you'd like to exhibit your vehicle please book in advance by contacting Keith Barnard on 07788 442889 or emailing keithchevette@sky.com.



The Friends of Eastcote House Gardens will run a tea and cake stall and the cafe will be open, serving a range of refreshments and light snacks. The car park on-site has limited spaces and will be restricted to Blue Badge holders only.

Cranford Park

This 144 acre historic countryside park in Heathrow Villages, close to the M4, includes the Grade II listed stable block of the former Cranford House, a secret garden and the medieval St Dunstan's Church. The stable block and garden (usually closed to the public) will be open between 10.30am and 4.30pm on the Saturday and between 11.30am and 4.30pm on the Sunday. Cranford Park Friends will offer informal tours of the stables and the garden and collect your memories for a special memory wall they are creating. There will also be a display in the stables about the history of the park, which for 300 years was the private estate of the Earls of Berkeley.

St Dunstan's Church, with its monuments and the remains of 14th century wall paintings will be open between 10.30am and 4.30pm on the Saturday and 12.30pm and 4.30pm on the Sunday.



Manor Farm, Ruislip

Manor Farm is one of Hillingdon's flagship heritage sites, set at the end of Ruislip High Street and centred on a Norman motte, which is thought to have hosted a bailey castle. The site houses a unique collection of historic buildings, archaeological remains, landscape features and community spaces all set in 22 acres of beautiful grounds.

Manor Farm will be open for both the Saturday and Sunday of Open



Battle of Britain Bunker

The Battle of Britain Bunker in Uxbridge played a crucial role in the defence of the United Kingdom in its darkest hour in 1940.

The bunker housed the Fighter Command No.11 Group Operations Room throughout World War Two, the room from which most of the RAF's side of the Battle of Britain was co-ordinated. Key decisions that

would decide the fate of the nation were taken in the bunker throughout 1940 and it was thanks to the tireless work of the plotters and controllers that the RAF's fighter pilots managed to keep the Luftwaffe at bay.

The Operations Room, in reality a series of rooms on two levels some 60 feet (18 metres) underground, is reached via 76 steps. The plotting

room with its large map table, squadron display boards, balloon and weather states, is exactly how it was when Winston Churchill visited on 15 September 1940.

For more information on Open House London Weekend visit openhouselondon.org.uk

Additional events

Cranford Park

A family day will take place on Saturday 21 July, 11am to 4.30pm, featuring a medieval camp with knights, sword fighting and crafts, falconry displays, storytelling and river dipping for children, tea garden refreshments and a bric-a-brac stall. A guided butterfly walk, suitable for all ages, is planned for Saturday 4 August at 11am, starting at the information centre. A free council-run Art in the Park session, suitable for all ages and with materials provided, will take place on Saturday 18 August between 2pm and 4pm. Between July and October, on the second Sunday of each month between 10.30am and 12.30pm, you can volunteer by helping the Friends with light gardening at the secret walled garden. For more information visit www.cranfordparkfriends.org.

Manor Farm Heritage Open Days

The site will be open from 10am to 5pm on Saturday 15 and Sunday 16 September. There will be a variety of activities for all of the family, including children's craft workshops, live Tudor music and dance demonstrations (Sunday), a Tudor history camp on the motte with Shakespearean travelling players, a weapon display and sword school (Sunday), Tudor court reenactments in Manor Farm House, and a temporary exhibition on Manor Farm's unique wallpaper. The council's Autumn Show (fruit and vegetable growing competition) will be held at the Great Barn on the Saturday, with exhibits from more than 40 categories for visitors to view from 1.30pm. Plus, the winners of this year's Hillingdon in Bloom competition will also be announced. For more information visit www.hillingdon.gov.uk/mfheritage.

Battle of Britain Day at the Battle of Britain Bunker and Exhibition and Visitor Centre, Uxbridge

Commemorate Battle of Britain Day on Saturday 15 September by visiting the bunker and visitor centre between 10am and 4.30pm. Learn about the different components of the air defence system and how the bunker played a key role in World War Two. The visitor centre will offer family sessions to create your own camouflage and take part in a discovery trail around the museum. There will also be talks and a special film screening of *The Battle of Britain* will be held in the evening at 6pm. The talks and the film will cost £3 each. For more information visit www.hillingdon.gov.uk/bunker.

CULTURE & LITERATURE FESTIVAL

bite

Our annual festival celebrating arts, literature and culture will return for a fourth year this September and you can now book tickets.

The popular festival, which takes place across the borough in libraries, theatres and a range of other venues, will once again offer talks and the opportunity to meet bestselling authors, high quality drama, and creative writing, arts and craft sessions between Friday 14 September and Sunday 28 October. The tantalising menu of more than 70 events provides something for all ages and you can choose whether to attend one by taking a small nibble or book a variety and take a big bite!

2018

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "The council is once again delighted to host the Culture Bite arts and literature festival, which is growing each year in popularity. Last year we extended the time frame from a month to six-weeks to spread out the programme, allowing residents to attend more sessions. This extension proved to be so successful that it will continue this year. "I would encourage you to take a look at what's on offer and book your tickets today – don't miss out!"



Ann Cleeves: Farewell to Shetland
Friday 14 September, 7.30pm to 9pm
Uxbridge Library
 Come along to our Culture Bite festival launch event with the international bestselling author of BBC One's *Shetland* and ITV's *Vera*, to discuss the final book in the series: *Wild Fire*. The Jimmy Perez series has won awards and fans worldwide, both on screen and on the page, but what will happen to our beloved detective?
Cost: Free.

Folklore Galore
Friday 21 September at Northwood Library at 4pm and Manor Farm Library at 7pm.
Saturday 22 September at Botwell Green Library at 1.30pm and West Drayton Library at 6pm.
 Witches, madness, vampires... Hillingdon has its fair share of folklore. Come along to one of these very special talks by Mark Norman and his wife Tracy, who run *The Folklore Podcast*, as they talk about how folklore, myth and legend has affected history, people, tradition and the way we see the world.
Cost: Free.

Tracy Borman: The King's Witch
Tuesday 25 September, 7.30pm to 9pm
Compass Theatre
 Tracy Borman returns to Hillingdon to talk about her debut novel *The King's Witch*. Tracy has captivated audiences with talks on her non-fiction books and while she has proved herself as a professional historian, she now shares her skills as a born storyteller.
Cost: £5.

An Evening with Adele Parks
Wednesday 26 September, 7.30pm to 9pm
Compass Theatre
 International bestselling author, Adele Parks joins us at the Compass Theatre to talk about her 18th novel *I Invited Her*, which will be published on Thursday 20 September.
Cost: £5.

Books and the City Afternoon Tea
Saturday 29 September, 2pm to 4.30pm
Haste Hill Golf Club
 A bookish afternoon tea, brought to you by Books and the City, with extraordinary authors Catherine Isaac, Juliet Ashton, Kate Furnivall and Rachel Hore. Come and chat with these literary ladies, while indulging in the splendid surroundings of the Haste Hill Golf Club. Ticket includes cakes, sandwiches, a glass of bubbly and a goody bag.
Cost: £15.

Victoria and Abdul
Thursday 27 September, 7.30pm to 9pm
Compass Theatre
 In her book *Victoria and Abdul, The True Story of the Queen's Closest Confidant*, author Shrabani Basu looks at the unusual friendship between Queen Victoria and her Indian servant, Abdul Karim, which caused a storm in the Royal Court. The book was recently adapted to a critically acclaimed film starring Oscar-winning actress Judi Dench.
Cost: £5.

Shotgun Wedding
Sunday 30 September, 6pm to 9.30pm
The Great Barn, Ruislip
 You are invited to the most eventful wedding of the year. Join us for an evening of murder, mystery and mayhem, and play detective with fellow guests to unveil the culprit. Ticket includes entry, food and a drink.
Cost: £15.

How to get Published
Friday 28 September, 7.30pm to 9pm
Uxbridge Library
 Trying to get published is an ambition for a lot of people and not an easy task. Senior Editor from Orion Books, Sam Eades, will be talking to novelists Isabel Ashdown and Stephanie Marland, giving you tips and tricks for getting published and discussing the publishing journey of a novel.
Cost: £5.

National Poetry Day - Wendy Cope: Anecdotal Evidence
Thursday 4 October, 7.30pm to 9pm
The Great Barn, Ruislip
 Wendy Cope charms and amuses her audience with her wry, ironic poetry for this special event on National Poetry Day, from her new collection *Anecdotal Evidence*. At times sharp and punchy, at others soft and contemplative, Wendy moves through her work connecting with her audience with ease and carefully crafting a well rounded and poised set.
Cost: £5.



To book to attend one of these events or find out more visit www.hillingdon.gov.uk/culturebite or go to your local library

New and improved leisure facilities open

The council continues to invest in recreational facilities at parks and green spaces across the borough to ensure there are fun, high quality play areas for families and adults have free access to equipment to improve their health and fitness.



As featured in March/April's edition of *Hillingdon People*, four new and refurbished playgrounds and three new outdoor gyms and two skate parks were on the way.

The playgrounds, outdoor gyms and one of the skate parks are now open for you to use, with the other on track to be delivered this summer. More gyms are also planned.

Fun play for children

Chestnut Avenue in Yiewsley has been refurbished, with the installation of new swings, a roundabout and play towers with a slide and seesaw (pictured left). The playground at Manor Way Recreation Ground, Uxbridge was also upgraded, with a zip wire, swings, roundabout, play towers with a climbing net and a slide (pictured far left). Both were upgraded as part of the council's

Chrysalis scheme. Improvement works also took place at Ash Grove Community Playground in Harefield, where a new zip wire and a ball court were installed.

A brand new wooden playground was installed at Austins Lane, Ickenham as part of the Chrysalis scheme. It includes swings, multi-play units with a slide and climbing wall, play panels, roundabout and seesaw.



Work out in your local park

New outdoor gyms, which will provide teenagers and adults with a free and full cardiovascular workout have been installed at Cowley Recreation Ground, Swakeleys Park, Ickenham and Warren Park, Yeading also as part of the Chrysalis scheme.

Each gym has a space walker, rowing machine and a bike. Signage on-site provides instructions for using the equipment and you can even use your mobile phone to scan the QR codes to download video tutorials.



There are now 21 council-owned outdoor gyms across Hillingdon, and more are on the way. Work will start this summer on new gyms at Harmondsworth Recreation Ground; Sipson Recreation Ground; Yiewsley Recreation Ground; Deane Park, South Ruislip; and Rockingham Recreation Ground, Uxbridge. The outdoor gym at Shenley Park will also be replaced with new equipment and surfacing, and a tarmac D and a basketball hoop are also set to be installed there.

Parks to practise flips and tricks

The metal skate park at Fassnidge Park, Uxbridge, which was more than 20 years old has been replaced with a smoother and hard wearing concrete constructed park as part of the Chrysalis scheme. The original half-pipe was retained and incorporated into the new design. The park reopened in June.

A brand new concrete skate park is also being installed at Field End Recreation Ground, South Ruislip.

Both parks will provide skaters, BMXers and scooter users with a range of circuits, ramps and jumps.



The refurbished skate park at Fassnidge Park

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

said: "I hope residents enjoy the improvements and new facilities at these parks. We are always looking at ways to further develop and enhance our open spaces and provide high quality leisure equipment.

"The council is also committed to improving council-owned community facilities through the Chrysalis scheme, which encourages residents to submit proposals for enhancement works."

For more information about the Chrysalis programme or to make a suggestion visit www.hillingdon.gov.uk/chrysalis or call 01895 277309.

To find out more about your local park or open space and what's on offer there visit www.hillingdon.gov.uk/greenspaces

Do you want to learn a new hobby or gain a professional qualification?

We offer hundreds of adult learning courses across Hillingdon for all ages and abilities.

If you'd like to improve your employment prospects, learn a new skill or take up a hobby, there are a range of options. Classes include cookery, foreign languages, painting, IT, counselling, sign language, floristry, yoga, creative writing and childcare. There are also specific courses for over-65s and adults with learning difficulties and disabilities.



Some of our courses

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "We have a wide variety of adult learning courses available, designed to inspire, build independence and boost confidence. You can learn something new and/or gain a qualification, and all of our classes are a good opportunity to meet new people and even relax. If you need help choosing a course to best suit you, please contact one of our adult learning centres to find out more about the options available."

British Sign Language

Jeannie Burton, from Wraysbury, wanted to study near her workplace in Stockley Park, so she enrolled on the Level 1 British Sign Language course at Brookfield Adult Learning Centre, Uxbridge. She said: "I had some spare time on my hands after work, and I wanted to meet new people and learn a skill that I could enjoy. A friend of mine suggested learning sign language and I thought, why not?" "I was slightly apprehensive walking into the first lesson, but I found it so enjoyable and the staff are friendly and helpful. With so many deaf people in the UK, sign language is a useful skill to have and it's invaluable to be able to communicate with someone who is lost or has missed a train announcement at the station." "I have kept in contact with several classmates and would highly recommend the course. What started off as a hobby is now turning into a new career path and I'm looking forward to obtaining another qualification to work in communications for the deaf and hard of hearing community."

Some new classes for September

Thai and Chinese Cooking, Health and Social Care Entry 3 Award, Bookkeeping, British Sign Language Level 2 and the range of IT courses below.

IT classes

- Protect Yourself and Your Children Online - Level 1 Award in E-safety
- Get started with Google Docs
- Start Your Own Business
- Computing for the Mature Learner
- IT and Job Ready Skills (qualification course)
- Computer and Online Basics (qualification course)



Yoga

Norman Lindores, 71, from Ruislip, has taken more than 100 adult learning classes since he retired, including art, design and fashion and calligraphy.

He recently took up yoga at Ruislip Manor Adult Learning Centre. He said: "I saw a yoga course advertised in the adult learning brochure and thought I'd give it a try! The yoga sessions are really intense with lots of different positions, but it's also relaxing and I feel really well afterwards. I'm fairly fit for my age as I do lots of walking, but yoga improves my health and wellbeing - it will benefit my health in the long-term."

"I've met lots of people through various adult learning classes, and it's always nice to see familiar faces and meet new people. Some of my favourite courses have been the art classes and I've learnt all sorts, such as watercolour, drawing and oil painting. Learning new things is a really good use of my spare time, and I look forward to learning more new skills in the future."

Floristry and Horticulture

Natalie Simmons, is an experienced Floristry tutor at the council's adult learning centres across the borough. She said: "There are lots of new floristry courses starting in September, from five-week Flower Arranging classes to one-year professional qualifications in Floristry - ranging from Level 1 to Level 3. Whether you love flowers and have a bit of spare time, or you want to progress your career in floristry - there's something for everyone!"

"Floristry is an enjoyable industry and you can gain the skills to create table arrangements, arrange bouquets and wedding designs. "We have a range of professional qualifications, including Floristry, Flower Arranging, Gardening and Horticulture. All of which are a great way to meet other people whilst gaining new skills."



Our centres

Brookfield Adult Learning Centre
Park Road, Uxbridge, UB8 1NP

Harlington Adult Learning Centre
Harlington Community School, Pinkwell Lane, Hayes, UB3 1PB

Rosedale Adult Learning Centre
Rosedale College, Wood End, Green Road, Hayes, UB3 2SE

Ruislip Manor Adult Learning Centre
Linden Avenue, Ruislip Manor, HA4 8TW

Charville Library
Bury Avenue, Hayes, UB4 8LF

Rural Activities Garden Centre (RAGC)
West Drayton Road, Hillingdon, UB8 3JZ

South Ruislip Adult Learning Centre
Victoria Road, Ruislip, HA4 0JE

Park Academy West London
Park View Road, Yiewsley, West Drayton, UB8 3GA

A full list of courses and enrolment information is available on www.hillingdon.gov.uk/adultlearning

Honouring our heroes

Vibrant red poppies will bloom across Hillingdon in 28 parks and green spaces this summer, as the council creates a ribbon of remembrance to commemorate 100 years since the end of World War One.

Poppy seeds were sown in early May by local Scout, Guide, Rainbow, Beaver, Ranger and Marine and Sea Cadet groups at 16 of the green spaces across Hillingdon. The young people were assisted by the Mayor of Hillingdon, Cllr John Morgan. Contractors sowed the seeds at the further 12 areas, using the specialised technique of hydroseeding at some of these. In total, planting has covered more than 5,500 square metres.

The poppies are in addition to those planted at sites across Hillingdon by groups in 2014 to mark the centenary of the beginning of World War One.

Poppies became a well-known symbol of remembrance after they grew in abundance on the disturbed earth of the World War One battlefields.

For a list of green spaces where the poppies were sown visit www.hillingdon.gov.uk/heroes.

We will remember them

In 2014, the council put together a book to commemorate the young men of Hillingdon who lost their lives during the Great War.

At the time *We Will Remember Them* was given to the borough's schools and libraries and to the families of the soldiers whose names are included in it.

The paperback book is now available to buy for £3 in all 17 of the borough's libraries.



Leader of the Council, Cllr Ray Puddifoot, said: "The centenary of the armistice marks a poignant time of reflection in remembering those who bravely fought and lost their lives in World War One, including many young men from Hillingdon. It also serves as an important reminder to future generations of what that war involved and the devastation that was left in its wake."



Welcoming the new Mayor of Hillingdon

Cllr John Morgan became Mayor at the council's annual meeting in May, replacing the retiring Mayor Cllr Carol Melvin.



He said: "It is a great honour to be elected as Mayor of Hillingdon. I became a Northwood Hills councillor in 2010 and I have had many highlights, including working with local residents on the town's regeneration.

"The Mayor's role can really bring communities together, and I am looking forward to giving something back to all the many volunteers and employees who work so hard to make life better for Hillingdon residents.

"I am also looking forward to events, such as the Lord Mayor's Show and New Year's Day parade, and I will continue to enjoy meeting inspirational people and volunteers across the borough."

Cllr Morgan, who was Deputy Mayor last year, has a busy year ahead attending a range of engagements. Alongside his wife and Mayoress Pauline Bianco, he will open new facilities, events, performances and exhibitions, and welcome schools and community groups to the Mayor's Parlour and Council Chamber.

Cllr Morgan was born and brought up in Hertfordshire, before moving to Northwood Hills in 1992 with

Fiona, who grew up in the borough. They have one daughter aged 17 who is hoping to start university in September reading Music.

Cllr Morgan worked in the City for many years, firstly as a client service adviser, before moving into IT as a business analyst. During his career he was lucky enough to travel extensively, mainly in Europe. As well as being a councillor for eight years, he is a former Chairman of Northwood Hills Residents Association, a school governor at Coteford Junior School and a trustee of the Fassnidge Memorial Trust.

His interests include riding motorbikes, watching football, researching his family tree and drinking real ale.

This year's Mayor's Charity Appeal will support three organisations. Firstly, the Peter Pan and Wendy Children's Ward at Hillingdon Hospital, who would like additional funds to further develop their new garden leading from the wards.

The space offers sick children and their families a real refuge, a place of calm, peace and fun in what is inevitably a difficult time in their lives.

The second is Phab, a national charity with local units. Phab brings together handicapped young people with able-bodied youngsters who act as their carers often on a residential basis. Cllr Morgan said: "I was lucky enough to experience a day at a Phab camp last month. Everyone

interacted wonderfully well together and it not only helps the carers of the disabled children to have a well-deserved rest but also helps develop the caring abilities of the able-bodied. Most of all, everyone who takes part has a lot of fun."

The third organisation is Grangewood School in Eastcote, which is a primary school for children with severe learning difficulties and physical and complex needs. Cllr Morgan added: "We have chosen Grangewood partly as a tribute to a dear friend Robert Symes who did so much for the local community in Northwood Hills and who sadly passed away a few years ago. Robert and his wife Erika's daughter Katie attended Grangewood and gained so much from her time there."

Grangewood would like to use the funds that are raised for IT equipment, as the earlier the children learn to use this, the more able they are to continue to use it when they are adults.

The Deputy Mayor is Cllr David Yarrow and former councillor, Mary O'Connor MBE is the Deputy Mayoress.

If you would like the Mayor to visit your organisation or event call 01895 250763 or email mayor@hillingdon.gov.uk. To find out more about the Mayor's Charity Appeal and donate visit www.hillingdon.gov.uk/mayor



Sowing poppies at Pole Hill Open Space

Update from the West Area BCU Superintendent

I write this on the day that Hillingdon borough police join forces with Hounslow and Ealing to create the new West Area Basic Command Unit (BCU). This is a historic day for the Metropolitan Police Service, as we are one of the first BCUs to go live.

Since the last *Hillingdon People* was published, Colin Wingrove has moved to Roads and Transport Policing Command on promotion and I have taken over as the lead for the Hillingdon policing area. Colin achieved a lot of outstanding results for the people of Hillingdon, and I am confident that with the strong team I have in place that we will go from strength to strength.

As we launch the BCU this week, in policing terms we are reminded that day-to-day life carries on. Mostly, the changes are internal governance ones, but some teams will have an uplift in resources. Hillingdon response officers will still work out of Hayes responding to 999 calls. Dedicated Ward Officers are still responsible for keeping you

safe and dealing with local issues that matter to you, and these officers will not be abstracted as they are key to strengthening local policing and ensuring as much visibility as possible.

We have increased our resources in Youth Engagement teams, which I see as a very positive step. Over the last couple of weeks, my officers have dealt with some traumatic incidents that have shown great teamwork, resilience and courage, and for this I am both proud and grateful.

We are dedicated to working hard to maintain public safety and in the current climate this includes the fight against knife crime. This is not something we can do alone - we are blessed to have such a strong and supportive partnership with the council, who help us in many ways, including funding officers, vehicles and proactive operations across Hillingdon. We are joining all our resources to protect young people and put in place as many intervention projects as possible.

We have had some notable success in reducing burglary offences over the last year, catching and convicting a whole host of offenders, but I ask everyone to remain vigilant. Always lock all doors (even if going out for five minutes!), use intruder alarms if you have one and if you live in a house, restrict access to the rear of your property. If you could break into your own home easily, then so could a burglar.

I am always so impressed by the work of our Neighbourhood Watch who continue to help us in the fight against crime. Hillingdon is a great place to live and work, and I am proud to be leading our police officers who work tirelessly every day to keep you safe.



Gary Taylor

Calling all NHS patients and Hillingdon residents...

Are you passionate about local NHS health services and would you like to improve NHS healthcare for everyone in the borough?

Can you help make sure that local NHS healthcare is shaped by the needs of the diverse communities in Hillingdon and offer constructive advice and challenge to NHS Commissioners developing health services for everyone in Hillingdon?

If your answer is yes, you could be a Public Member on Hillingdon Clinical Commissioning

Group's (CCG) Patient and Public Involvement and Equality (PPIE) Committee and Hillingdon CCG, the organisation which plans and buys NHS healthcare for local people, would like to hear from you.

They have several vacancies on the committee. The roles are voluntary, however, successful applicants will receive reimbursements for their travel and training to help them fulfil their role.

For more information email HILLCCG.HCCGCommunications@nhs.net, call 01895 203023 or visit www.hillingdonccg.nhs.uk.



Crime prevention workshops launched in secondary schools

The council's Youth Offending Service has partnered with the Metropolitan Police and local victim support services, drug agencies and magistrates to develop and deliver bespoke workshops to young people across Hillingdon.

The new programme started at The Douay Martyrs RC School, Ickenham on Friday 13 April, with 260 pupils attending a range of workshops.

The sessions focused on crime and exploitation prevention and addressed topics including knife crime, child sexual exploitation and drug use.

The council workshops demonstrated how easy it is to be exploited and also explored the distribution of indecent images and malicious communications on social networking sites. The Youth Offending Service also discussed the implications of a criminal record and how the council can rehabilitate young people and help them into work and education.

In addition, the Metropolitan Police delivered a hard-hitting session on carrying knives, and a mock courtroom was set up for a magistrates' workshop, where pupils were asked to help decide what to do with the perpetrators in a scenario. The victim support agency delivered workshops on help available in the community, and a local drugs agency discussed using and selling drugs.

The council is now encouraging other secondary schools in Hillingdon to sign up to the free workshops.



Feedback from Year 7 pupils at The Douay Martyrs RC School

I will think more about the consequences of my actions and be careful of my life choices.

I really enjoyed all of the workshops and I have learnt so much. I really think you're doing a great job and these subjects need to be talked about more so people are aware.

Thank you for telling us about all the things that can be harmful for our future, I will make sure it doesn't happen.

Cllr David Simmonds, Cabinet Member for Children's Services and Education, said: "It is really important that we reach out to young people before they get involved with criminal activity and help them to make the right choices. We're delighted to be working with our partner agencies in Hillingdon to raise awareness of criminal activity and exploitation, and we hope that this new programme will eventually bring down the number of people exposed to and involved in crime.

"In addition to awareness in schools, it is also important that parents look out for changes in their child's behaviour and social peer groups, and monitor what their children are doing on social networking sites."

Tom's story

Tom*, aged 17 from Hillingdon, committed a crime and is now receiving support from the Youth Offending Service. He said: "The area you grow up in, the people you're around and the music you listen to can influence you and lead you into offending. You see famous rappers in their videos with money, nice cars and girls and you want that, but it's not reality. When I got arrested, I was shocked and I didn't know what to do. I looked at my mum when I was in handcuffs and I felt so ashamed.

"Having a criminal record has really affected my life. It's harder for me to get into education and there are lots of jobs that I am not allowed to do, such as working with children. There are countries in the world I can no longer visit and I have a curfew, so many of my friendships have broken down as I'm not allowed out in the evenings. I will be judged on one situation for the rest of my life."

So how has the service helped Tom? He said: "You need people who will support you and push you forward, and people to talk to about your problems. The service helps me realise that offending is a waste of time, and I've been on a knife crime awareness course to understand the impact that crime has on victims and members of their family. It's made me think - I don't want to do this anymore."

What message does Tom have for the Year 7 pupils in Hillingdon who will be taking part in the council's new crime prevention workshops? He said: "I'd say to pupils - don't be fooled and influenced by what's happening around you or by the music you listen to. If your friends are doing bad things, they are not the right people to be around. Find the positive side of life, and keep going along that track."

*Name anonymised

For more information or to book a school workshop, contact Kathryn Wyatt on 01895 556432



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Help to support local families

Are you a parent with a few spare hours each week wanting to give something back to the local community? The council is currently looking for Parent Champions to help improve the lives of local families.

What is a Parent Champion?

Parent Champions work on a voluntary basis for a few hours a week by talking with local parents about the range of family services available in Hillingdon.

Parent Champions need to be parents themselves and have the ability to confidently chat with other parents to provide them with information about local services for families, including those delivered by the council. They speak to parents at events, children's centres, libraries and as part of their everyday life by explaining what opportunities are available to parents and their child(ren) and naturally sharing their own experiences.

Services include free early years education for children aged two, three and four; children's centres; support from the Special Educational Needs and Disabilities Information Advice and Support Service, sports clubs, charities and other local support groups.

Our volunteers make a significant impact on the lives of children and parents in their area, whilst also supporting the work of the council. Parent Champions listen to families about their experiences, and the feedback they gain from conversations allows the council to shape services to support families' needs.

All Parent Champions are given training, which includes safeguarding and data protection and an induction. The next training sessions are scheduled for Wednesdays 19 and 26 September.

Applicants also need to undergo a Disclosure and Barring Service check (criminal record check). Regular meetings are held each half-term at Barra Hall Children's Centre. Volunteers need to be able to maintain confidentiality and protect family information; complete and return monitoring forms and information to the council and follow council guidelines.



Emma and Gisela's stories

Emma Hewlett became a Parent Champion because she wanted to help break down the barriers for parents and ensure they get the information and support they need. She said: "It doesn't take up too much of your time. You can do as much or as little as you like. You can definitely incorporate the role into your everyday life - I've spoken to other parents at

bus stops and in the park. It's really satisfying being able to provide people with the right information. You can't give a professional opinion but you can be helpful and honest and people appreciate the advice."

Gisela O'Neill has been volunteering for a year. She said: "When I became a parent I wasn't aware of the help and support available, so I saw this role and wanted to help others in the same situation. I would recommend it to others, as it's a great way to immerse yourself in the community and you're doing something for yourself as well as helping others."



Champion nominated for award

Joanne Killick, who has been volunteering for Hillingdon since 2016 (when the Hillingdon Parent Champion team was formed) was nominated earlier this year for 'Volunteer of the Year' at the Parent Champions awards.

The annual ceremony recognises, supports and encourages the work of local Parent Champion schemes and Joanne was nominated by the Hillingdon team's co-ordinators because of the amount of work she has done to support local parents.

Although she didn't win, Joanne said: "I felt proud to be nominated. It's nice to be recognised and have your hard work appreciated. I enjoy helping others and care about the local community. I became a Parent Champion as I wanted to give something back and pass on my experience and knowledge. The role brings with it a feeling of achievement and I am proud to be able to help others."

If you're interested in becoming a Parent Champion email fis@hillingdon.gov.uk. For more information visit www.hillingdon.gov.uk/parentchampion

Broom
Autumn Show 2018

Enter our growing and gardening competitions
Find out more online or at your local library

Entry deadline:
Friday 7 September
Autumn Show takes place:
Saturday 15 September
The Great Barn,
Manor Farm,
Bury Street,
Ruislip, HA4 7SU

HILLINGDON LONDON
www.hillingdon.gov.uk/autumnsow

Volunteer as a walk leader

If you're sensitive to others' needs, well-organised, punctual and have good communication skills - then we'd love to hear from you!

- Minimum requirement to lead one walk a month
- Walks held weekly between Mondays and Saturdays
- Training and support provided

To apply visit
www.hillingdon.gov.uk/walkvolunteer,
email sportandphysicalactivity@hillingdon.gov.uk
or call 01895 250453

HILLINGDON LONDON
www.hillingdon.gov.uk/explore

Support Hillingdon Samaritans to provide outreach in the community

Samaritans is a volunteer-led organisation providing emotional support to vulnerable people across the UK and Republic of Ireland. A team of more than 21,000 trained volunteers ensure Samaritans is always there for anyone finding it difficult to cope or experiencing feelings of distress or despair.



Hillingdon Samaritans has had a presence in Hillingdon for more than 40 years. As well as being available by phone, email and face-to-face, their volunteers carry out outreach work in the community. Their aim is to be there for the community in whichever way people may need them. Samaritans strongly believes in giving people of all ages the tools and

information to empower themselves to look after their emotional health. One way in which they do this is by giving educational talks about dealing with feelings of distress or despair. Their outreach programme involves engaging with:

- schools and young people
- local businesses and organisations
- Network Rail

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "If you'd like to help Samaritans with their outreach work in the community or think that you'd be able to support someone who is finding it difficult to cope or experiencing feelings of distress or despair, I'd encourage you to contact them today!"

Marian's story

"I support, co-ordinate and help deliver the outreach activities for the Hillingdon branch of Samaritans. Increasingly, local schools, businesses and organisations in the borough are approaching us to visit them and raise awareness of mental health issues. Our team of outreach volunteers are from all walks of life and bring many different skill sets to the group. They all share a passion for engaging with the local community and making people aware of the vital service we provide."

"We have great links with many schools in the area who invite us to give assemblies and workshops to students aged from seven to 20 years old. Working as a teacher for many years has given me the experience of delivering our presentations, which are often interactive, according to the ages and needs of the age group we're speaking to. Students often engage in a really positive and thoughtful way and many contribute their ideas openly, which is very rewarding for us and hopefully key messages from our talks will stay with them in the future. "Increasingly employers are inviting us into their

workplace to take part in lunchtime sessions ranging from an introduction to what we offer, to helping someone cope with suicidal thoughts. We are finding that more companies are aware of the importance of their employees' mental health. Each session is tailored to the needs of the employer and can help them to provide an atmosphere where sufferers are not stigmatised by mental health but learn to manage their emotions by building resilience, developing communication skills and positive ways to cope with difficulties.

"I would advise someone who's thinking about volunteering with the branch, whether it is with our outreach team or as a listening volunteer, to go to an information session and find out about what it involves by talking directly to other volunteers. We are always looking for enthusiastic volunteers to join the team and help us to reach even more people in the community."

If you are a local organisation who would like to find out more about the outreach programme, email outreach@hillingdonsamaritans.org.uk.

If you would like to know more about becoming a volunteer with the Hillingdon Samaritans, come to their next information day on Sunday 2 September or Sunday 11 November. Book by calling 01895 255987 or emailing recruitment@hillingdonsamaritans.org.uk

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Lettings and Management

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St. Luke's Pinner Parish Hall
Pinner (Term-time and holidays)

Tue 1.45pm - 2.45pm 3.45pm - 4.45pm	Wed 11.30am - 12.30pm 1.45pm - 2.45pm 3.45pm - 4.45pm	Thurs 11.30am - 12.30pm 1.45pm - 2.45pm 3.45pm - 4.45pm
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Mother toddler club
Ages 1-4yrs

After-school club
Ages 5-11yrs

Northwood Methodist Church
Northwood (Term-time and holidays)

Fri 10.30am - 11.30am 1.45pm - 2.45pm 3.45pm - 4.45pm	Sat 10am - 11am
--	--------------------

Artzania

Contact: Keshma
keshma.artzania@gmail.com
07419343105
www.artzania.co.uk

WEALDSTONE YOUTH FC Under 13 (School Year 8) Trials for 2018/19 Season

Monday 23 & 30 July, 6pm to 7.30pm at Wealdstone FC, Grosvenor Vale, Ruislip, HA4 6JQ

Looking for boys with football experience wanting to learn and develop skills as a team. Trial to test skills, competency and ability.

Contact Jason Hunter
07850 185513
chairman@wealdstoneyouthfc.co.uk

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020 8566 6333

What makes a Samaritan?

- Ability to listen
- Empathy
- Being non-judgmental
- Being able to support without giving advice
- Maintaining confidentiality

There are many other roles in their branch, including becoming a listening volunteer, helping

to fundraise, supporting their marketing efforts and the day-to-day running of the branch. Samaritans provides formal training in the skills required should you decide to become a volunteer. In return for offering your experience and knowledge, you can develop a whole new set of skills.

Family Fishing Fun Days

- Free entry
- Equipment and bait provided
- Catch of the Day prizes
- Children's activities

Little Britain Lake and River Colne

Sundays 29 July and 12 August 2018
9.30am to 3.30pm
Packet Boat Lane, Cowley, UB8 2JR

All activities are offered on a first come first served basis, and registration for fishing and bird box making is on the day only.



Meet top angling professional Keith Arthur



www.hillingdon.gov.uk/fishing



Art in the Park

Draw, paint or make a model 'al fresco', using some of the borough's award-winning Green Flag parks as inspiration

Paint, crayons, paper and clay will be provided on a first come first served basis.
No booking required.
Forty spaces available for each session, so please arrive early to avoid disappointment!

Free tutor-led sessions:

Sunday 15 July, 2pm to 4pm The Gravel Pits, Northwood	Wednesday 25 July, 11am to 1pm Pole Hill Open Space, Petworth Gardens	Saturday 18 August, 1pm to 3pm Cranford Park	Wednesday 29 August, 11am to 1pm Dowding Park, Uxbridge Meet outside the Battle of Britain Bunker Exhibition and Visitor Centre
Sunday 22 July, 2pm to 4pm Shenley Park, Ruislip	Wednesday 15 August, 11am to 1pm Park Road Green, Hayes	Wednesday 22 August, 11am to 1pm Harmondsworth Recreation Ground	Saturday 8 September, 1pm to 3pm Manor Farm, Ruislip Meet outside the old Manor Farm House

www.hillingdon.gov.uk/artinthepark



The summer holidays are nearly here and there are lots of exciting events in Hillingdon to keep the whole family entertained.

HILLINGDON WHAT'S ON?

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



THEATRE

Rhythm of the Dance

Thursday 19 July, 7.30pm

This two-hour dance and music extravaganza contains a wealth of Irish talent. The show relives the journey of the Irish Celts throughout history. Using modern art forms of dance and music, it marries the contemporary and the ancient. It also features a live band, three tenors and 22 incredible dancers.
Cost: Tickets cost £26.50. Concessions £2 off. Groups 8+ one in eight go free. Premiere Card £22.50.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Bond - Live and Let Fry

Wednesday 25 July, 7.30pm

The game's Bond... just Bond! Featuring the much-loved characters in an adventuresome romp through the clichés of the movies adored by millions. Theatre meets vendetta as our hero tries to unravel who's out to get him and why. Including the smallest car chase in history and the only experience where M and Q spell 'fun!' This evening includes a two course meal.
Cost: Tickets £32.50. Groups 10+ and Premiere Card £29.25.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

A Day in Paris

Sunday 5 August, 2pm
Join the Beck Theatre for a French inspired afternoon and be transported to the City of Lights as the theatre becomes a bustling Parisian café. Enjoy a leisurely lunch of cheeses, charcuterie, bread, wine and of course, magnifique patisserie as you sit back to experience the live entertainment all around. Grab your stripy shirt, your best beret and twist your tash as you prepare for a day in Paris.
Cost: £16. Groups 10+ and Premiere Card £14.40.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Hans, The Witch and The Gobbin

Saturday 1 September, 11am and 3pm
On its opening 50 years ago, the Compass Theatre's first ever performance was a charming and funny fantasy children's play by Alan Cullen. To celebrate the anniversary, staff and volunteers at Hillingdon Theatres are putting on a revival of the same play for the next generation to enjoy.
Cost: Tickets £6.50.
Book by visiting www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

The Dreamboys

Thursday 6 September, 7.30pm

The Dreamboys are without a shadow of a doubt the UK's most famous and successful show of its kind in history. Their breathtaking spectacular has

been perfectly created for hen nights, birthday parties and girls nights out with all your friends. With special guest appearances on some of the UK's biggest TV shows such as *The X Factor*, *Britain's Got Talent*, *Celebrity Big Brother*, *Loose Women*, *This Morning*, *Geordie Shore* and *The Only Way Is Essex*, plus massive sold out worldwide tours, it's no wonder The Dreamboys are the only show of its kind in history to have celebrity status.
Cost: From £26. VIP meet and greet £39. Concessions £1.50 off. Groups 8+ one in eight go free.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

musicals, so participants can book for one or both.
Cost: £110.
Book by visiting www.hillingdontheatres.uk or calling 01895 250615.
Advance booking is advised, spaces for each week are limited.
Winston Churchill Theatre

Stage is Yours musical theatre two-day workshops (ages 4 to 6)

Thursday 26 to 27 July and Thursday 16 to Friday 17 August, 10am to 4pm (final show at 3.30pm on the Friday)
Children aged between 4 and 6 years old can come and work with an experienced director, choreographer and musical director, rehearsing songs, scenes and dance routines from hit West End and Broadway musicals in preparation for a final performance on stage. Both weeks will feature songs and scenes from different musicals, so participants can book for one or both.
Cost: £45.
Book by visiting www.hillingdontheatres.uk or calling 01895 250615.
Advance booking is advised, spaces for each week are limited.
Winston Churchill Theatre

KIDS

Stage is Yours musical theatre five-day workshops (ages 7 to 14)

Monday 23 to Friday 27 July and Monday 13 to Friday 17 August, 10am to 4pm (final show at 3.30pm on the Friday)
Due to popular demand, we are doubling the number of Stage Is Yours musical theatre workshops this summer. Children aged between 7 and 14 years old can come and work with an experienced director, choreographer and musical director, rehearsing songs, scenes and dance routines from hit West End and Broadway musicals in preparation for a final performance on stage. Both weeks will feature songs and scenes from different

Peter Pan and Captain Cook

Wednesday 1 August, 2.30pm
Booster Cushion Theatre and Hillingdon Libraries present this new take on your favourite stories as part of the annual Summer Reading Challenge. A mysterious narrator tells the tale of Peter Pan



Peter Pan and Captain Cook

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 0300 123 1384
 Mon to Fri, 9am to 5pm
- Electoral Services and Registrars**
 01895 558250
 Mon to Fri, 8am to 6pm
- Environment and Anti-Social Behaviour**
 01895 556000
 Mon to Fri, 8am to 6pm
- Families' Information Service**
 01895 556489
 Mon to Fri, 9am to 5pm
- Fraud Hotline**
 0800 389 8313
 Mon to Fri, 9am to 5pm
- Hillingdon First Card**
 01895 556677
 Mon to Fri, 8am to 6pm
- Hillingdon Social Care Direct (adults and children)**
 01895 556633
 Mon to Fri, 8am to 6pm
- Housing Services**
 01895 556666
 Mon to Fri, 8am to 6pm
- Out of Hours (emergencies only)**
 01895 250111
- Pest Control**
 01895 556000
 Mon to Fri, 8am to 6pm
- Planning and Trees**
 01895 250230
 Mon to Fri, 8am to 6pm
- Roads and Pavements**
 01895 556000
 Mon to Fri, 8am to 6pm
- School Admissions**
 01895 556644
 Mon to Fri, 8am to 6pm
- Care services**
 Adoption and fostering
 0800 783 1298
 Community Cancer Centre
 www.communitycancercentre.org.uk
 01895 461016
- Drugs or sexual health advice for young people up to 21 years**
 01895 257285

- Advice and support**
 Addictions Recovery Community Hillingdon
 01895 207777
 Age UK Hillingdon
 020 8756 3040
 Alzheimer's Society Hillingdon
 01923 823999
 www.alzheimers.org.uk
 Asphaleia Action
 01895 272478
 www.asphaleia.co.uk
 Centre for ADHD and Autism Support
 020 8429 1552
 www.adhdandautism.org
 Communicare Counselling Service
 01895 256056
 Consumer helpline
 03454 04 05 06
 Citizens' Advice Bureau
 0344 848 7903
 Disablement Association Hillingdon (DASH)
 020 8848 8319
 Hayes One Stop Shop
 01895 556004
 hayesonestop@hillingdon.gov.uk
 Healthwatch Hillingdon
 01895 272997
 Hillingdon Autistic Care and Support
 020 8606 6780
 enquiries@hacs.org.uk
 www.hacs.org.uk
 Hillingdon Carers
 01895 811206
 Hillingdon Carers Trust
 01895 258888
 Hillingdon DADS
 07889 651016
 hillingdondads@gmail.com
 Hillingdon Independent Domestic Violence Advocacy Service
 020 8246 1745
 Hillingdon Mind
 01895 271559
 Hillingdon Parent Carer Forum
 www.hillingdonpcf.com
 Hillingdon Women's Centre
 01895 259578
 Home-Start Hillingdon
 01895 252804
 P3 Navigator Advice Centre
 01895 436114

HILLINGDON CONTACTS

- Samaritans**
 Freephone 116 123
- Victim Support Hillingdon**
 0208 965 1141 (office hours)
 0808 168 9111 (out of hours)
- Local democracy**
 Councillors' names, addresses and advice surgeries
 www.hillingdon.gov.uk/councillors
 Council meeting dates and agendas
 01895 250636
 Conservative Group Office
 01895 250316/250728
 Electoral registration
 01895 250251
 electoralservices@hillingdon.gov.uk
 Labour Group Office
 01895 250780
 Mayor's Office
 01895 250763
- Environment and street scene**
 Affinity Water
 0345 357 2425
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 www.hillingdon.gov.uk/roadworks
 Environmental Protection
 01895 250190
 Food, Health and Safety
 01895 250190
 Animal welfare
 01895 250190
 Trading Standards
 01895 250164
- Learning**
 Library information desk
 01895 250600
 Advice and guidance (young people)
 01895 257855
 Enquiries about school transport
 01895 250008
 Truancy Hotline
 01895 250858
- Planning**
 Building control enquiries, inspection requests and dangerous structures
 01895 558170
 Dangerous structures (out of hours)
 01895 250111
 Local land charges enquiries
 01895 250624/556115
- Leisure**
 Botwell Green Sports and Leisure Centre
 020 8561 0956
 Hillingdon Sports and Leisure Complex, Uxbridge
 0345 130 7324
 Highgrove Pool, Ruislip
 01895 630753
 Queensmead Sports Centre, South Ruislip
 020 8845 6010
 William Byrd Pool, Harlington
 020 8897 9390
- 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**
 Metropolitan Police non-emergency number
 101
 Textphone 18001 101
 hillingdon.enquiries@met.police.uk
 Hillingdon Neighbourhood Watch
 020 8246 1869
 all@hillingdonnhw.co.uk
- Fire**
 Hillingdon Fire Station
 020 8555 1200 ext 38228
 hillingdongroup@london-fire.gov.uk

Breakthrough relief for back pain and sciatica

IF YOU suffer from low back pain and sciatica, you are one of over 20 million adults in the UK with this often crippling spinal condition.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerve often called "sciatica".

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care. The excellent results of this treatment have been published in major medical journals. With success rates as high as 88% some back surgeons recommending their patients try this treatment first before having back surgery.

In Hillingdon, you can try Non-Surgical Re-constructive Spinal Care at the Health Lodge Practice - the office of low back pain and sciatica relief expert Louise Chiasson-Baxter DC.

Louise and her team of fully trained spinal care specialists have helped over 4,026 patients find relief from their agonising back pain and sciatica.

According to Louise, "We use a combination of ultra-advanced technology, not found elsewhere in Bedfordshire, for precisely diagnosing the cause of your low back pain and sciatica; and a unique programme for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call 0208 8488787.

Mention this article (CODE: TC43SCSP9) and Louise will happily reduce her usual consultation fee of £195 to just £49. But hurry, due to obvious reasons - this is a time limited offer - with only 100 reader consultations available at this exclusively discounted rate.

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Louise and her team now by calling 0208 8488787, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just £49, the normal cost of such an exam is £195 so you will save £146!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now on 0208 8488787 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to safe, lasting relief!

Sciatica Relief Expert Louise Chiasson-Baxter says: In 20 years of practice, I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or

Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls, and during the week they are very busy, so if they don't pick up straight away do leave a message.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

Call 0208 8488787 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on 02088488787 and quote this special discount code: TC43SCSP9



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