

HILLINGDON people

News from your council
June 2018

www.hillingdon.gov.uk

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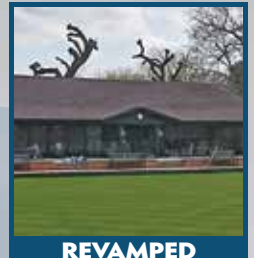
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COVER PHOTO: INSIDE THE BATTLE OF BRITAIN BUNKER EXHIBITION AND VISITOR CENTRE, UXBRIDGE



Deadline for advertising in the July/August edition is: **Friday 26 May.**

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Welcome



Welcome to the first edition of *Hillingdon People* of the new council administration. It is both an honour and a privilege to be continuing as Leader of the Council.

We have in Hillingdon reduced the cost of running the council by £118 million since 2010 which has enabled us to freeze council tax for 10 years (12 years for the over-65s), spend record amounts on road resurfacing, maintain a free to use weekly refuse and recycling collection, have the best parks and open spaces in the UK for five consecutive years, improve and retain our library service, as well as building and expanding primary and secondary schools and supporting our older residents with initiatives such as free burglar alarms.

The next four years will be challenging with a combination of a rising population, inflation and central government funding cuts but I want to assure you that in Hillingdon it will be business as usual.

Our approach of strong leadership, sound financial management and transforming how we work will continue, so that we are well placed to deal with the financial challenges that are ahead of us whilst still delivering value for money services and investing in the frontline services that you expect.

The biggest single threat to the wellbeing of our residents and the environment is the proposed expansion of Heathrow Airport and we have set aside sufficient funds and built a robust legal challenge to again defeat this in the courts.

Amongst the things that we will do is to build a new civic amenity facility, a new swimming pool, a GP practice facility and a dementia centre. We will continue to deliver our popular Chrysalis programme investing £1 million a year in environmental projects put forward by residents and re-provide the facilities of the Hillingdon Outdoor Activity Centre.

We will continue to put our residents at the heart of everything we do, protect our natural environment, invest in our built environment, protect our heritage and encourage civic pride.

Ray Puddifoot
Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL



Venus and Cupid return

A historical statue of Venus and Cupid that was nearly destroyed during a fire in Cranford Park in 2014 has been restored to its former glory, thanks to a heritage project commissioned by the council.

The marble figure, which is believed to date back to the 18th century, was initially thought to be irreparable after being reduced to burned fragments. However, as the statue is an important part of the history of Cranford and believed to have inspired the legend of the Grey Lady ghost, the council wanted to preserve it for future generations to view.

Following a remarkable restoration by Cliveden Conservation, it has been returned to Hillingdon and given a temporary new home in Botwell Green Library, where it is on display for all to enjoy. The council plans to return it to Cranford Park once lottery-funded restoration works at the park are complete.

Restoration proved to be a challenging process of painstakingly cataloging, analysing and cleaning all

the pieces, before re-assembling and setting them using stainless steel dowel pins and polyester resin. The team was even able to remodel some parts of the figure that were so badly damaged that they couldn't be saved, including Cupid's nose. However, as Venus had lost her nose prior to the fire, a decision was made in the interests of authenticity not to remodel it.

The restoration has now become a huge part of the statue's history and another important chapter in the survival of Cranford Park.

To read more about the restoration visit www.clivedenconservation.com/project/2806.



Step-free access news welcomed



Transport for London (TfL) has announced that Ickenham and Ruislip tube stations are set to go step-free by spring 2022.

The news has been welcomed by the council, which has long campaigned for a step-free borough.

The work, which includes installing new lifts, will be funded by TfL and will improve the accessibility of the Tube, making life easier for the elderly, disabled, carers and parents with young children.

The full opening of the Elizabeth line in 2019 will also provide more accessibility, with every station along the route, including Hayes and Harlington and West Drayton, being step-free.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Two thirds of Hillingdon's 15 underground stations are currently inaccessible to wheelchair users, so it's great news that Ickenham and Ruislip will soon be step-free. We will continue to campaign for a step-free borough, where all residents have equal access to public transport."

As well as having an increasingly step-free Tube, London has the most accessible bus fleet in the world, with all 9,000 buses low-floor wheelchair accessible and fitted with ramps. Hillingdon Council was one of the first boroughs in the capital to achieve TfL's bus stop accessibility target of 95 per cent fully accessible. The project involved council transport officers assessing every bus stop and making changes where required.



HANDOVER Cllr David Simmonds with Dan Mihailovic

New minibus for local cadets

Council funding has provided 1381 (West Drayton and Yiewsley) Squadron with a brand new minibus.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, handed over the keys for the brand new 16-seater vehicle in February to Dejan (Dan) Mihailovic, Wing Commander of Middlesex, who accepted the vehicle on behalf of the squadron.

The Royal Air Force Air Cadets group previously used an old and tired minibus for transport, so the upgrade is a welcome resource,

which will be used for the cadets' training; civic events and parades; annual camp; educational visits and activities; including flying, road marching, canoeing, abseiling, drill competitions and aero-modelling.

Flight Lieutenant Robert Glynn at 1381 Squadron, said: "We're delighted with our new minibus, as it means we can continue to provide activities away from the unit to young people in West Drayton. On behalf of all the staff and cadets at 1381, I would like to thank Hillingdon Council for their support."

New waste and recycling facility

A planning application was submitted by the council for a new waste and recycling facility on part of the old coal yard site off Tavistock Road, West Drayton in February.

As well as providing a household waste and recycling service for residents, the facility will also accept controlled amounts of trade waste, which will be particularly beneficial to local small businesses.

The application was expected to go before the council's Major Applications Planning Committee in May and if approved, the council will look to quickly expand use of the facility to daily use this summer.

Leader of the Council, Cllr Ray Puddifoot, said: "Residents and businesses in the south of the borough have long been calling for a waste and recycling facility in their area, especially since the closure of the West London Waste site in South Ruislip.

"We have been offering a waste weekend every month at Tavistock Road since 2009, which has been extremely well received. However, it is clear that it needs to be a permanent facility. Therefore, we have taken immediate steps to ensure that it is up and running as soon as possible.

"Many positive benefits will arise from our plans, including an overall reduction in boroughwide traffic and associated air quality issues, and a likely reduction in fly-tipping."

The council is keen to stress that the planning application is no comparison whatsoever to the very large scale waste transfer and recycling facility refused planning permission in 2016 for the former coal yard site. The new use will only occur during normal daytime hours, between 8am and 6pm, Mondays to Fridays and 9am to 5pm on Saturdays, Sundays and Bank/Public Holidays (subject to seasonal variation).



Every pupil in Hillingdon offered a school place

Hillingdon has once again ensured that every child in the borough has a primary and secondary school place.

Despite high levels of demand for places, 95.1 per cent of pupils received one of their preferred secondary school choices, with 88 per cent of applicants receiving one of their top three schools. Hillingdon remains the top borough in west London for families receiving an offer at one of their preferred secondary schools.

Hillingdon also topped the list in west London for families receiving an offer at their first preference primary school, with 98.6 per cent of applicants receiving an offer at one of their preferred primary schools.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Once again, we are delighted to announce that every child in the borough has been offered a school place and are pleased that so many of our local children received their preferred choice.

"To meet the growing demand for school places in the borough, we are continuing to invest in our school building and expansion programme, one of the largest in London, to provide additional primary and secondary school places. Education is a priority for the council and academic attainment for children and young people in Hillingdon continues to be very positive."

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

New homes for local residents



OPENED Cllr Jonathan Bianco, Cllr Philip Corthorne and Peter Kearns at Poppy Close

A brand new development, which will provide 13 affordable homes for local people, was opened by the council on Tuesday 20 March.

Poppy Close, which was named in tribute to the former British Legion site, off Station Road in West Drayton, was bought by the council in September 2017 from local

developer Peter Kearns to help meet the need for affordable rented housing.

The high quality, modern townhouses offer kitchens with integrated appliances, three bedrooms, ceramic flooring at ground level and in the bathroom, and each home has its own garden and allocated parking space.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Like many other local authorities, Hillingdon is facing a high demand for affordable housing and these homes demonstrate how we are taking action to ensure there are good quality properties for people in housing need."

Social housing for residents in need

The council continues to ensure that social housing is allocated to residents in genuine need of permanent accommodation and regularly inspects all properties that are council-owned.

Since March 2011, the council has saved £6.5 million by recovering 366 properties from residents who no longer need them or from those who have illegally sublet their rented home to other people.

Last year the council initiated an inspection on each of its 488 bungalows. The properties are purpose-built for older residents and people with disabilities, and include assisted bathrooms and TeleCareLine technology.

The council visited each bungalow and identified 11 properties that had been left unoccupied but it was still paying housing benefit for. Residents had either moved out of the area to live elsewhere, moved in with other family members or had moved into care homes without notifying the council.

Once the homes had been recovered, the council was able to re-let the bungalows to residents in need of social housing; whether homeless, elderly, or those unable to

rent in the private sector, saving the council £198,000.

The council is encouraging residents in social housing to notify officers of any changes to their circumstance and to cancel housing benefit claims when no longer needed by calling 01895 556666.

Families in social housing who are able to downsize are also offered incentives, such as help with moving to free up larger properties for other residents.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "We regularly monitor our properties to ensure that homes are allocated to those residents who need them the most. The council has a strict local policy criteria, which includes continuous residence in Hillingdon for a minimum of 10 years, and will react quickly to any reports of tenancy fraud."



Mischievous theme for this year's Summer Reading Challenge

Saturday 7 July and run until mid-September.

This year's theme, 'Mischief Makers' is inspired by the much-loved iconic children's title *Beano*, which celebrates its 80th anniversary this year. Dennis, Gnasher and friends will be inviting children to borrow books and pick up a series of rewards for reading, while having lots of fun and adventures in Beanotown.

Children aged four to 11 are being encouraged to become ultimate mischief makers this summer, when the Summer Reading Challenge returns once again to Hillingdon.

The annual free initiative, which aims to keep children reading throughout the school summer holidays, will begin in all 17 of the borough's libraries on

As well as the usual stickers, which always prove popular, this year's rewards will include some playfully naughty toys: a

whoopee cushion and a mini water squirter.

Children can also collect Hillingdon Libraries' exclusive Starborg cards, trump-style cards featuring an array of colourful animal characters, and there will be an opportunity for



children to use their artistic talents as part of a competition to design an all-new comic strip.

The initiative, which is led by the Reading Agency, proved more popular than ever in Hillingdon last year, with 9,766 children joining the challenge, 1,197 more than in 2016.

To find out more visit www.hillingdon.gov.uk/summerreading.



New visitors' audio guide



Middlesex Brownies and Girl Guides held a crafts workshop of drawing and egg decorating. The Herga Band also entertained visitors with live music.

Harmit Bhamra, a teacher at Warrender Primary School, said:

"We've all (teachers and pupils) learnt a lot from the guide and found it very interesting."

A brand new audio guide was launched during Easter weekend at Manor Farm with an afternoon of activities for residents and visitors.

Members of the public were invited to complete the 40 minute tour and experience the highlights of the heritage site. The trail, which begins at Ruislip High Street, takes visitors on a journey through more than 1,000 years of history at eight different locations.

Children hunted for chocolate treats in the library; poetry writing workshops took place in the Great Barn and the Ruislip-North West



Download the free guide, along with a site trail map, on www.hillingdon.gov.uk/mfaudio. If you don't have a mobile device, for a small deposit, you can borrow an MP3 player with headphones from Manor Farm Library.

FIESTA back this summer

For the fifteenth year running, our popular six-week summer activities programme FIESTA will return with fun and educational sessions for children and young people.

From Monday 23 July to Friday 31 August, Hillingdon young people in school years 4 to 13 can enjoy a range of low-cost and free courses, including international cooking, musical theatre, tennis and film production in various locations across the borough.

Booking will open on Wednesday 13 June on young.hillingdon.gov.uk/fiesta. Last year, 90 per cent of courses were fully booked, so early sign up is advised.



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

"FIESTA provides a fantastic opportunity for young people to learn something new, make friends and expand their skills. I would encourage families to take a look at the varied programme and sign up for some of the great activities on offer."



Borough tops London safest road list

Hillingdon is the safest London borough to drive in for every mile driven according to Department for Transport (DfT) data.

Research shows that drivers in Hillingdon are the least likely to be involved in a car accident in the capital. The borough has the lowest number of crashes in London per 100 million miles driven, with just 48 accidents.

Data for 2016 showed that motorists in Hillingdon drove 1,356 million miles and there were only 649 accidents.

On average, London boroughs experience 166 crashes per 100 million miles, and Camden (292), Hackney (309), Islington (313) and City of London (383) ranked worst in terms of safety, with many more accidents per miles driven. In comparison, according to the DfT, you're five times more likely to have an accident in those boroughs than in Hillingdon.

Hillingdon also has the lowest number of accidents resulting in serious injury or death, with just five per 100 million miles. In comparison, Westminster, Camden, Islington, Hackney and City of London are the least safe, with between 32 and 53 killed or seriously injured per 100 million miles driven on their roads.

Roads are kept in the best condition through the council's extensive yearly road resurfacing programme, and our unique 'road safety suggestion programme', which encourages residents to raise any concerns about road safety, has taken forward 300 schemes in the past five years alone.



Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Our local communities and drivers can be reassured from this research that the council prioritises road safety. The council has been consistently ranked in the top two of all London boroughs in terms of road safety for the last six years, and TfL's Transport Commissioner has not only commended our record but wants to learn from Hillingdon's experience. We are committed to maintaining and improving Hillingdon's roads so that they are in the best condition, preventing accidents and ensuring residents' safety."

Young people commence new positions representing Hillingdon

Hillingdon's new representatives for the UK Youth Parliament (UKYP) took up their roles in March following election in February.

Nearly 6,000 11 to 18-year-olds at 10 of Hillingdon's secondary schools voted between Monday 19 February to Monday 26 February from a candidate list of 10 young people.

Sidharth Chaggar, 17, from Vyners School and **Thomas Shanahan**, 14, from Bishopshalt School were elected as Members of Youth Parliament (MYPs), with **Lara Arekat**, 16, from The Douay Martyrs RC School elected as their deputy. They will represent young people in the borough for a year by organising events and projects; running campaigns and influencing

decision makers on the issues which matter most to young people on a local, regional and national level.

The UKYP has selected two campaigns for the MYPs and Hillingdon Youth Council to focus on, which are votes for 16s and creating a 'curriculum for life' for schools.

Thomas said: "It's a privilege and an honour to be elected. I'm looking forward to making changes, gaining skills and meeting new people. A priority will be ensuring that young people have the life skills they need after leaving school to be prepared for the real world."

For more information on the UKYP and Hillingdon Youth Council, visit www.hillingdon.gov.uk/youthparliament.



Seek some 'bikespiration'

The council's annual Bikespiration event, which promotes the benefits of cycling, will return to the forecourt of the Civic Centre, Uxbridge on Saturday 16 June.

It is free for the public to attend, starting at 10am and running until 4pm, with a range of cycling related activities to participate in. There will be a bike try-out area, rollapaluzza (where two participants race to see who can cycle quicker) and a variety of games and competitions to win cycling related prizes.

Professionals will also be on hand to give you information about what to look for when purchasing a bike, how to look after it, what clubs there are for cyclists, what guided rides are on offer in the borough and what road safety training programmes the council runs to increase your confidence and encourage safety. You can also get a free basic bike repair with Dr Bike.



ELECTED Sidharth, Lara and Thomas with Cllr David Simmonds

Community project restores school clock

A historic clock at Field End Junior School has been restored thanks to the council's ward budget scheme.

Cavendish ward councillors received a request in October last year from a local resident and member of South Ruislip Residents Association on behalf of the school to repair the clock which had stopped working.

The school and clock tower were designed by H. V. Lobb in 1947 and

the central tower is listed, forming an important part of the local area's history. Time Assured Ltd carried out the £2,900 repair works, which were completed in March.

Headteacher Audrey Wright, said: "We are thrilled that our clock has now been restored. It is such an important landmark in the local community. Residents had commented that they missed seeing the clock working and we were delighted when the

council approached us with a proposal to restore it to its former glory."

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Our ward budget scheme allows councillors to support local groups in delivering area-specific projects that really matter to them and are beneficial to their local communities. To apply for ward budget funding contact your local ward councillor with your proposal."



Civic medal for dedicated service



REWARDED John and his family at the special ceremony

John Thirkettle, from Ruislip, received a civic medal from the council in February for his meritorious service to the borough, the community and its residents.

John has dedicated himself to volunteering in Hillingdon, carrying out more than 30 years of voluntary work, including Hillingdon Neighbourhood Watch, Eastcote Residents Association, Eastcote Community Centre and various roles for the Metropolitan Police.

The then Mayor of Hillingdon, Cllr Carol Melvin presented John with his medal in the Mayor's Parlour at the Civic Centre.

Leader of the Council, Cllr Ray Puddifoot, said: "John

undoubtedly meets the civic medal reward criteria. He has touched the lives of so many residents from both ends of the age spectrum, playing instrumental roles in setting up two successful programmes, Activities 4 Kids and Active 50s at Brunel University, and volunteering for a range of local organisations."



they dedicated 76 years as Hillingdon ward councillors.

Catherine was Mayor of Hillingdon on three occasions and George was Chief Whip for the Conservative administration for 11 years. Mo's son

New Freeman honoured

The council awarded Freedom of the Borough to former councillors, Catherine Dann and George Cooper and posthumously to Mohammed (Mo) Khursheed at a special council meeting on Thursday 12 April.

All three were honoured for rendering eminent services to the borough. Between them

Imran collected the honour on behalf of his father who passed away in February. Mo served as both Deputy Leader and Leader of the Labour Group.

'The Freedom' is the highest tribute that a borough can bestow, and Honorary Freeman are invited to take part in all important ceremonial occasions in the borough.

Since the London Borough of Hillingdon was created in 1965, 24 individuals have been given the honour.

Partnership work ensures positive discharge figures

Recent national media blaming bed blocking at hospitals on the availability of social care is proving to be untrue for Hillingdon, where joint working between the council and the NHS is seeing low levels of delays.

Challenging targets were set by government last year for Hillingdon to reduce the total number of days patients were delayed in hospital waiting for care to enable them to return home. This was to free up beds for people who really needed to be in hospital for treatment.

Estimates suggest that Hillingdon is performing extremely well and on track to be nearly 3,000 days under the 9,337 day limit set by government.

Leader of the Council, Cllr Ray Puddifoot, said: "The

council's social care service has worked very closely with the NHS to better understand the issues resulting in delays. The council has further invested in care contracts to ensure providers can recruit and retain staff, strengthening the home care market. As a result of this work, the council is making sure that residents are not unduly delayed and is prioritising their care needs."

Lengthy stays in hospital can have a negative effect, particularly on older people, with many leaving hospital with conditions they did not have on admission. Long stays can impact mental health and wellbeing and lead to the deterioration of bones and muscles. For an 80-year-old, spending 10 days in hospital can lead to the equivalent of 10 years' ageing in their muscles.



Keeping our older residents safe

The council is committed to helping Hillingdon residents stay safe, and ensures that over-65s feel secure and have peace of mind in their own homes through the free burglar alarm scheme and scam protection advice.

Free burglar alarms on offer for over-65s

Thanks to the council's free burglar alarm scheme, funded by the Leader's Initiative for Older People, more than 9,000 alarms have been installed across the borough in the last nine years, providing security and reassurance to Hillingdon residents aged 65 and over.

The alarm systems are installed by an experienced specialist contractor and have a solar-powered wireless siren alarm box fitted to the front of the property, a magnetic door sensor, a pet-friendly internal movement sensor and a remote control key fob to operate the alarm. Other alarms are also available for residents who have a hearing impairment.

When an alarm is installed you will be shown how it works and how to operate it. You will also receive a crime prevention pack with information about personal and home security.

If you're a Hillingdon resident aged 65 and over, you can request a free burglar alarm on www.hillingdon.gov.uk/burglaralarms or call 01895 556000.

Protect yourself from scams

People of all ages can fall victim to scams, but some fraudsters specifically target older people, so it's important to know how best to keep yourself safe at home.

Money

Nobody, including your bank and the police, should ever ask you for your PIN (personal identification number), ask you to withdraw cash as part of a 'fraud investigation' or send



anyone to your home to collect bank cards, cheque books or cash. In such circumstances, please contact your bank directly, using the contact details you already have for them.

Personal details

Remember to keep important personal documents, cheque books and bank cards in a safe and secure place. Don't give personal details (bank or credit card information, passport or driving licence) to anyone you don't know or if you don't know why they need them. If you have old/unwanted personal information, such as old bank statements or cards, cut up and dispose of them securely.

Doorstep callers

When answering your door, consider using a chain or spyhole, or look through a window to check who is calling. If you don't know the person, ask them to show you an identity card or for them to call back another time.



For more information about help at home, as well as other support and services available to you, visit www.hillingdon.gov.uk/over65s or pick up an *Activities and services for over-65s* guide at your local library

Telephone calls

If you receive a phone call from someone you do not know, ask them for their name and where they are calling from. Never give out your personal, credit card or online account details over the phone, unless you made the call and the phone number came from a trusted source. If you receive a text message or missed call from a number you do not recognise, it is best not to respond (they may charge you premium rates). It's also good to keep a list of emergency numbers by your phone.

Online

If you receive unwanted or suspicious emails, it is best to delete them without opening them. If you



have a computer at home, it is recommended that you install (and keep up-to-date) software that protects your computer from viruses and unwanted programmes.

Leader of the Council and Older People's Champion, Cllr Ray Puddifoot, said:

"As you get older, staying safe can become more difficult, especially if you live on your own. We will continue to work with the police and partners to help protect residents across the borough."

Latest phase of town centre improvements completed

Work to revitalise the borough's town centres took another leap forward this spring, with the completion of a series of improvements in West Drayton and Uxbridge and upgrades progressing in Hayes and Eastcote.

The then Mayor of Hillingdon, Cllr Carol Melvin, officially unveiled a newly refurbished West Drayton Bridge on Thursday 22 March, alongside Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration and local ward councillors.

The bridge has undergone an impressive facelift, including an extensive clean of its concrete pillars and facades and the installation of a specially-designed timeline mural that tells the history of the area from the years 929 to 2019. It has also been given new LED lighting.

The bridge improvements will complement the work taking place at West Drayton Station ahead of the arrival of Elizabeth line services in late 2019.

A number of public realm improvements in Uxbridge town centre have also come to fruition. The forecourt area outside Tesco has been re-configured, with new paving and landscaping, making the area more attractive for shoppers. An intricately designed illuminated sign directing people to our award-winning Fasnidge Park was installed in Fasnidge Yard in March, and a new children's play structure (right) was also developed.

The £2 million improvement scheme in Uxbridge, which is part-funded by the Mayor of London, will also see better pedestrian lighting in Fasnidge



Yard, as well as new screening and street furniture for Baker's Yard. This work is expected to be completed by summer. A second phase of improvements will then focus further east of the town centre.

Improvements in the Hayes Parades, along Uxbridge Road, are also nearing completion. New street lighting, paving, seating and landscaping between Warley Road and Lansbury Close are being installed and footpaths in Craven Close are being upgraded.

Eastcote is also benefitting from more than £1 million of improvements, with 22 shop front improvement grants issued to local independent businesses on Field End Road and new street lighting, furniture, footpaths, signage and planting. Fencing, signage and lighting



at Eastcote Bridge is also being improved. This work, which includes the extensive planting of drainage-friendly rain gardens, is scheduled to be completed in the autumn.

Cllr Mills said: "We are delighted to see our exciting regeneration projects coming to fruition in West Drayton and Uxbridge. I am particularly pleased to see how well the new mural has transformed West Drayton Bridge from a practical but fairly unremarkable piece of architecture to a landmark feature that future generations can be proud of."

"With plenty more still to come across the borough, there can be no doubt that the council is committed to making our town centres nicer places to live, work and visit, while supporting local businesses and buoying the local economy."

For more information on our town improvement schemes visit www.hillingdon.gov.uk/towncentres



Recreational facilities opened

The council celebrated the opening of two new leisure amenities this spring for residents of all ages to enjoy.

A new park for Uxbridge

Dowding Park was officially opened by the Leader of the Council, Cllr Ray Puddifoot and the then Mayor of Hillingdon, Cllr Carol Melvin on Saturday 17 March.

Councillors and residents were joined by Lord Dowding's great grandson, Alexander Dowding, (pictured above right) at the opening event, who was pleased and humbled that the park was named after his great grandfather.

Air Chief Marshal Sir Hugh Dowding was one of the Royal Air Force's most significant air officers and served at RAF Uxbridge many times. He developed the UK's air defence system, which protected the nation during World War Two and he picked RAF Uxbridge as the site for the top secret Battle of Britain Bunker nearby.

Cllr Puddifoot said: "This country will always owe a debt of gratitude to Air Chief Marshal Dowding, and whilst his story is recounted in some detail in our new Battle of Britain Bunker Visitor and Exhibition Centre,

as a council we thought it appropriate that this new park, adjacent to the bunker, should carry his name as a mark of both respect and gratitude for his service to this country."

Dowding Park incorporates 40 acres of rural and recreational parkland and is at the heart of a new community development at St. Andrew's Park, which will offer 1,300 new homes.

Leisure facilities include a football pitch and children's playground, and a trim trail provides an adventurous opportunity for visitors of all ages to further explore the site and improve fitness. Woodland trails and pathways offer an additional way to explore the park, and part of the Celandine Route passes through it. Visitors can also discover the wildlife within the River Pinn from a dipping platform among a copse of mature trees.

In addition, 167 new trees and more than 3,000 new shrubs and herbaceous plants have been planted, and bird boxes, bat boxes and log piles have been installed to provide new habitats for wildlife.

In 2012, the council planted a Jubilee Wood (copse of 100 specimen trees) with help from schoolchildren from across the borough. In 2017, children returned to plant spring bulbs around the base of the trees.



Credit: VINCI ST MOWDEN and Will Slater

Once building work around the site has been completed, there will be new access routes to the town centre and neighbouring areas.

Adventurous children's play area at Ruislip Lido

A new 18 metre-long wooden children's pirate ship was opened at Ruislip Lido on Saturday 10 March by the then Mayor of Hillingdon, Cllr Carol Melvin.

Families from across the borough attended the event to see the play facility, and Cllr Melvin delivered a pirate-inspired speech.

Children of all ages dressed up as pirates and enjoyed activities, including a pirate-themed storytime and crafts and a treasure hunt in the sand.

The impressive ship offers fun and imaginative play, with climbing rails, play nets, balancing beams, agility areas, a climbing wall and slides.

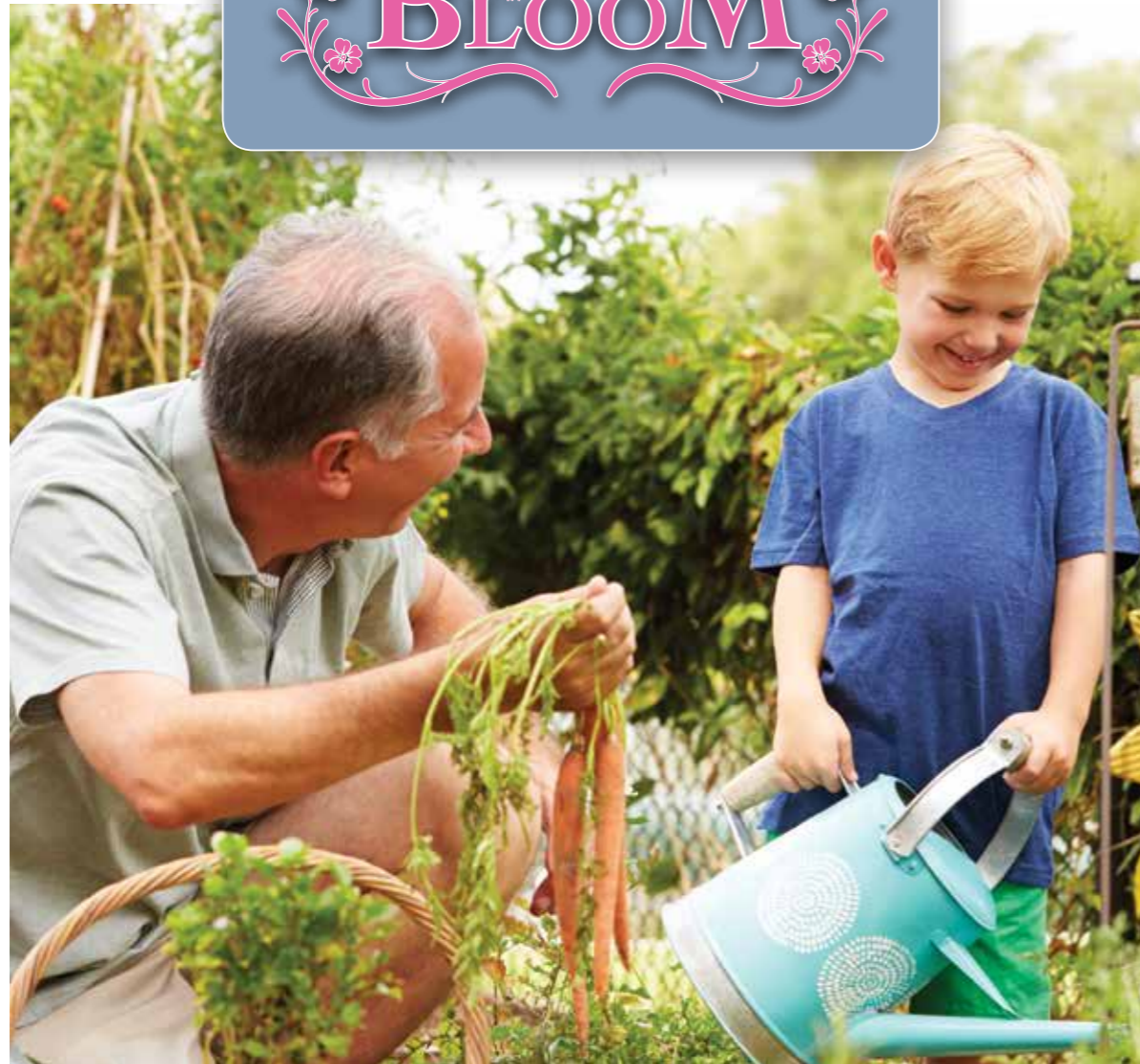
An array of pirate-themed equipment for younger children was installed at the end of May, including small boats, a seesaw, equipment to dig for treasure, a crows nest swing, dolphin springer and friendly fibreglass creatures.

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

"Dowding Park is a wonderful recreational facility for residents to enjoy, and our new pirate ship provides even more family fun at Ruislip Lido for children of all ages. We are committed to continuing to update our facilities in our parks and green spaces to improve the quality of life for everyone in the borough."



Credit: VINCI ST MOWDEN and Will Slater



Applications now open

We are encouraging residents to apply to take part in this year's Hillingdon in Bloom competition.

Our annual horticultural competition was officially launched by Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, on Tuesday 20 March at the Rural Activities Garden Centre (RAGC), Yiewsley.

Hillingdon in Bloom is a free gardening competition open to all residents and businesses in the borough, with a range of categories on offer (see far right).

Local gardening enthusiast **Julie Bye** from Hillingdon attended the launch event with her son Dean and is looking forward to entering her display this year.

She said: "Gardening is my passion and my hobby. My nan got me into it from the age of five, and I now have a large garden of my own, so I'm looking forward to entering the competition for the third year running. My son Dean has special needs and he loves growing vegetables in the garden, which he will enter into the Autumn Show in September."

Cllr Bianco said: "We were delighted to once again launch this year's Hillingdon in Bloom competition at the RAGC, and I'm thoroughly looking forward to seeing the entries this year."

"Our gardening and growing competitions are designed to improve

the local environment through the imaginative use of flowers, trees, shrubs and landscaping, and instil a sense of pride in the community.

"So whether you have a windowsill that can be revamped with some potted plants, or you're working on a bigger gardening project, we'd like to encourage every resident to join in the fun and get growing for Hillingdon!"

All applications must be submitted by Saturday 30 June and judging will take place in July and August by the council's green spaces officers. Winners will be announced at the Autumn Show.

Categories

Best first time entrant

Best window box - boxes must be on or attached to the windowsill and not a freestanding container

Best hanging basket

Best balcony - best open fronted balcony display

Best bloomin' business

Best school project/display - planted out and showing evidence of being cared for by the children

Greening grey Britain for wildlife - turning unloved public open spaces into vibrant wildlife friendly areas

Best community project (residential street) - group entry to include a minimum of four adjacent properties working together to create an overall garden display

Best display (includes novelty display) - for an exhibit within a garden that incorporates temporary planting and/or garden ornaments and structures

Roome Cup - awarded to the garden that is judged to be making the greatest contribution to wildlife conservation

Best residential garden - this can include a rear garden only if it is clearly visible to the passing public

NEW Best tree pit garden - brighten up your street or road by planting around the base of a tree. Please note: it is important that no damage is caused to the tree in the process and the planting does not encroach onto the footpath



Autumn Show

Applications are now also open for the annual Autumn Show, which will be held at the Great Barn, Ruislip on Saturday 15 September. Residents can enter and exhibit their homegrown produce in a variety of categories.

Harry Dixon from Ickenham previously won Best in Show for his tomatoes; **Ken Wheatley**, from Hayes End previously won Best in Show for his pumpkin; and last year **Brian Lawrence** also from Hayes End won the medium tomato, beetroot and blackberry categories (all pictured left).

They plan to apply once again this year and Brian said: "There's stiff competition but I'll be entering various fruit and vegetables. It's wonderful that the council puts on these competitions each year, as there are so many residents like us who are interested in getting involved in them."

Applications for the Autumn Show close on Friday 7 September.



Visit www.hillingdon.gov.uk/bloom to apply for Hillingdon in Bloom and the Autumn Show or pick up application forms at libraries and the RAGC



Your council

Following the local elections on Thursday 3 May, 44 Conservative and 21 Labour councillors were elected to make up Hillingdon Council.

The names, photos and parties of each of the borough's 65 councillors and the wards they represent are detailed on the right. Cabinet Members and the leaders of the parties are highlighted, and a map of Hillingdon displays the parties representing each ward.

Results can also be found on www.hillingdon.gov.uk/elections, where you can see the councillors elected for your local ward, all candidates and the voter turnout.

A total of 77,122 people voted in the elections, giving an overall turnout of 38.31 per cent. Eastcote and East Ruislip ward had the highest turnout, with 47.04 per cent of residents having their say.

Your elected councillors have regular contact with constituents, representing residents at a local level and deciding how the council carries out its various activities. During the coming weeks, councillors will be making arrangements to hold surgeries in their wards, so that constituents can meet with them and discuss any council-related matters.

Councillor details are available on www.hillingdon.gov.uk/councillors. You can also contact your local councillor via the relevant group office:

Conservative Group Office

☎ 01895 250316

@conservativegroupsecretariat @hillingdon.gov.uk

Labour Group Office

☎ 01895 250780

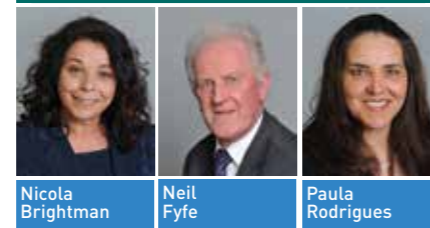
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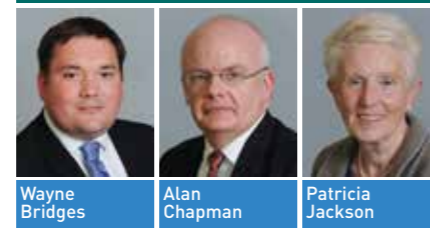
Barnhill



Charville



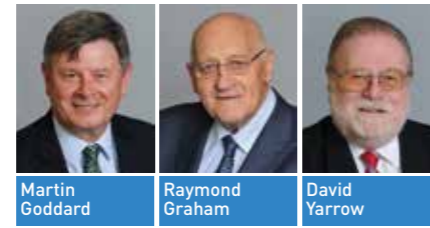
Hillingdon East



Northwood Hills



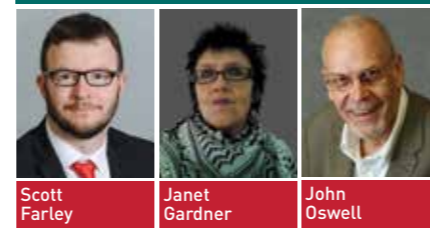
Uxbridge North



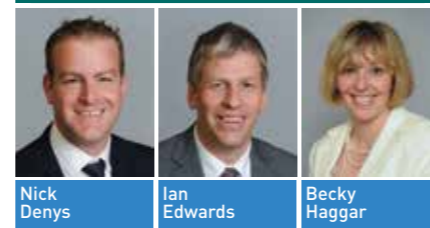
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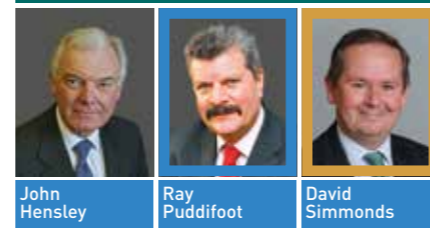
Botwell



Eastcote and East Ruislip



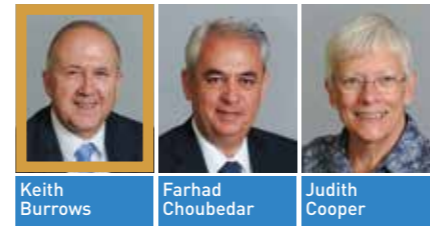
Ickenham



Pinkwell



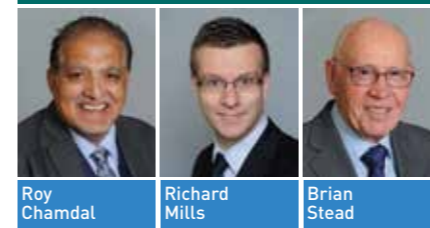
Uxbridge South



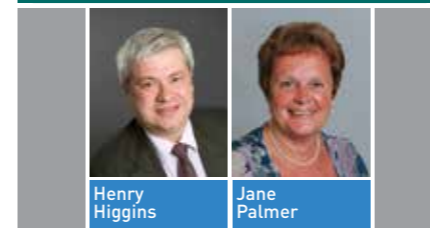
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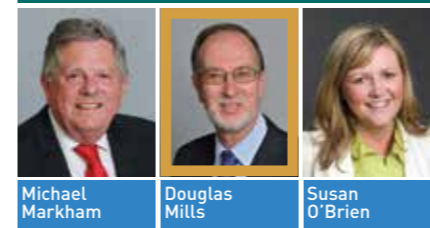
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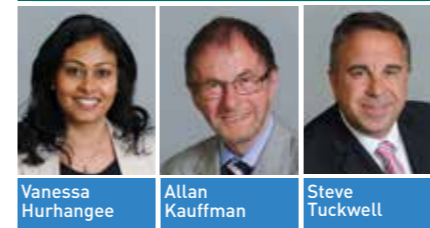
Harefield



Manor



South Ruislip



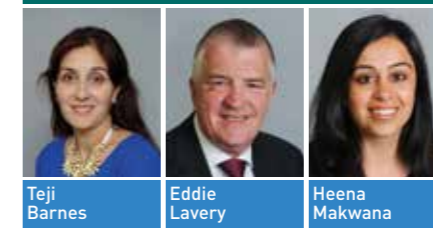
West Drayton



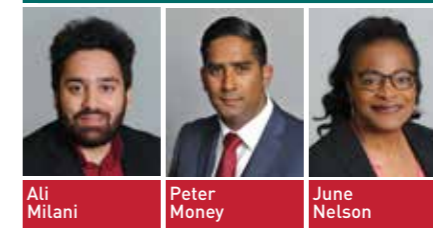
Conservative councillor

Labour councillor

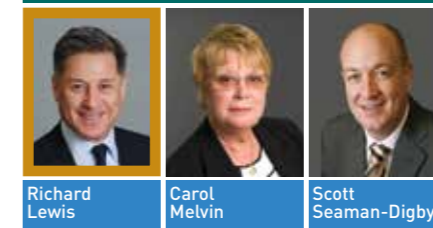
Cavendish



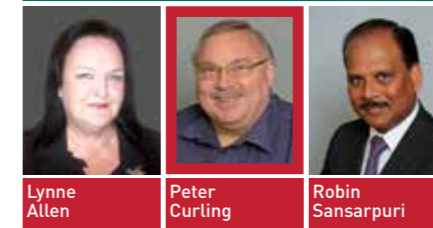
Heathrow Villages



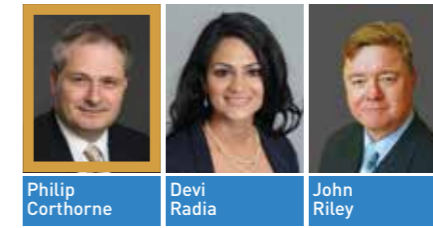
Northwood



Townfield



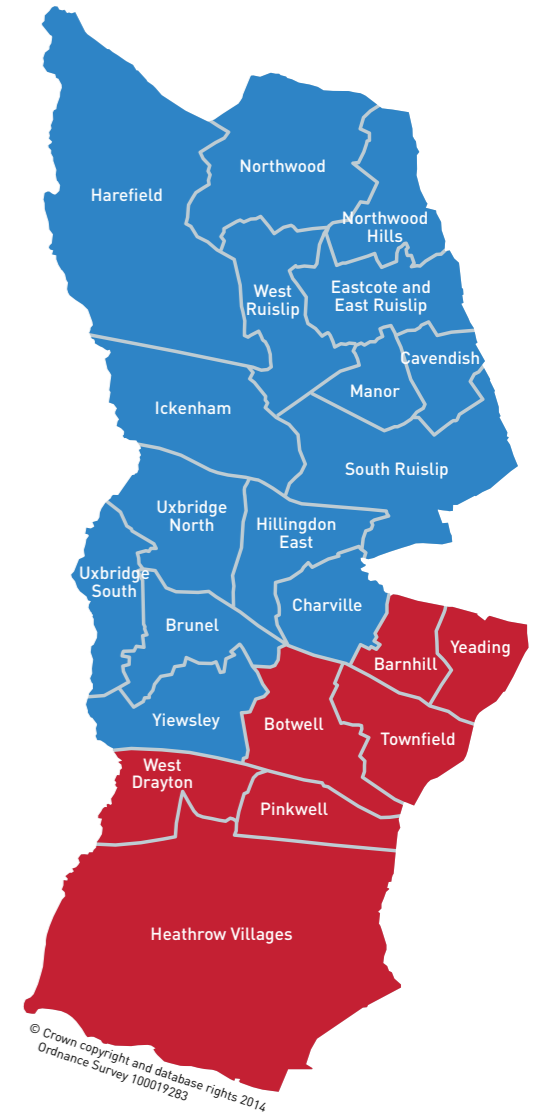
West Ruislip



Leader of the Council

Labour Group Leader

Cabinet Members



Cabinet Members and their portfolios

Position/portfolio	Councillor
Leader of the Council	Ray Puddifoot
Deputy Leader and Education and Children's Services	David Simmonds
Finance, Property and Business Services	Jonathan Bianco
Planning, Transportation and Recycling	Keith Burrows
Social Services, Housing, Health and Wellbeing	Philip Corthorne
Community, Commerce and Regeneration	Douglas Mills
Central Services, Culture and Heritage	Richard Lewis



BATTLE OF BRITAIN BUNKER EXHIBITION AND VISITOR CENTRE NOW OPEN



The council is encouraging residents to go along and take a look at the brand new museum and heritage site of national importance.

The Leader of the Council, Cllr Ray Puddifoot officially opened the Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge in the presence of the then Mayor of Hillingdon, Cllr Carol Melvin; Boris Johnson, MP for Uxbridge and South Ruislip; national museum directors, donors and some of the women who served at the bunker during World War Two on Friday 16 March. The council has invested £6 million to create the new centre

and keep the original bunker, built in 1939, open for everyone to visit for generations to come. The new interactive displays trace the development of the UK's innovative air defence system and explore the bunker's role during the Battle of Britain and beyond. The original plotting table map (the only one in the country) is replicated in the centre with a 360 degree touch screen experience for those unable to descend the steps to the top secret bunker 18 metres underground.

The bunker is a historic landmark of national significance and played a crucial role in the air defence of the United Kingdom throughout World War Two. It was vital in directing RAF operations and was visited by both Winston Churchill and King George VI in 1940.

Daniel Stirland, Senior Curator, said: "Response to the visitor centre so far has been nothing but positive. It is now the only RAF Fighter Command underground bunker open to the public. "Our new museum finally acknowledges the work carried out at Uxbridge by the people controlling Britain's air defence. Their stories are truly fascinating and more than 85 per cent were women."

Cllr Puddifoot said: "It is an honour and privilege to be custodians of the Battle of Britain Bunker, which only a few years ago was threatened by closure. We are particularly grateful to the Friends of the No. 11 Group Operations Room who continue to help support us. I must also thank our MP Boris Johnson who championed the council's cause to keep the bunker open, securing £1 million government funding. "This is an amazing building in both design and content and I need to thank all of our staff and all those involved in the design, construction and fitting out of this exhibition. It is a stunning achievement to see this open just a mere two years after taking responsibility for it from the Ministry of Defence."



Helen Mills, Muriel Broome and **Kathleen Thomas**, veterans of the bunker (pictured right), were all present at the official opening, reliving their service 70 years after first being based at RAF Uxbridge.

Helen remembered that she felt she had to join up on leaving school at the age of 18. She said: "We had our backs to the wall at the time and I wanted to make a difference." Having been a member of the air corps at school she picked out plotting as her preferred job from a guide of trades in the RAF.

She explained she had the key requirements for the role, which were clear diction and being quick-



witted. "There were all sorts of people doing other things but you only knew the people on your shift. Heaven help you if you got flustered when the plots were coming in thick

and fast. Much better you asked to be relieved than make a mistake," she said.

The bunker is open every day between 10am to 4.30pm (except Christmas, Boxing and New Year's Day).

ROOMS FOR HIRE

There are a number of event spaces for private hire, including a lecture theatre, meeting rooms and the whole centre.

A full range of catering services is also available, such as canapés and lunch and evening buffets.



Visit www.hillingdon.gov.uk/bunker for more information and to book.



COMPLIMENTARY HOT DRINKS

This voucher entitles the holder to two complimentary hot drinks at Daisy's Cafe at the Battle of Britain Bunker.

Offer expires Monday 26 November and is strictly non-transferable.



DAISY'S CAFE

The cafe at the exhibition and visitor centre opened on Saturday 26 May. Daisy's is the perfect place to meet friends, family or colleagues for lunch or coffee, whether you're visiting the bunker, enjoying the facilities in Dowding Park or wanting to try out a new eatery.

The cafe, which has both indoor and outdoor seating, offers a range of hot and cold beverages, savoury snacks, fresh salads, handmade cakes and cream teas.

To celebrate its opening, the voucher (left) entitles you to two complimentary hot drinks.

For more information and to plan your visit, see www.hillingdon.gov.uk/bunker



Clubs bowled over by revamped community facility

Ruislip Bowls Club and Mill Bowling Club received an upgraded clubhouse in time for the start of the 2018 lawn bowls season thanks to council support.

A celebration event was held on Friday 23 March at the club, which is situated at the Manor Farm site in Ruislip, for members to see the building's transformation. Leader of the Council, Cllr Ray Puddifoot, cut the ribbon on the plaque at the site to officially open the facility.

The clubs' former pavilion, which was more than 40 years old, was no longer fit for purpose, consisting of a small main room, kitchenette, changing rooms and toilets.

Thanks to council investment of more than £200,000, the single storey building has been revitalised by an extension to the east, offering double the space. Care has been taken to ensure that it blends in

The room is also ideal for social events for use by the clubs and the local community.

New changing rooms and toilets were added, as well as a kitchen area, storeroom, storage area, locker room, office and disabled toilet and nappy changing facility.

The council extended the original terrace, which provides an important social area for members to chat and watch the games unfold on the green ahead. Two sets of tri-fold doors open out from the main clubroom, maximising the view of the terrace and the green and creating an additional fluid dimension to the social space. The canopy of the original building was extended and new planting beds added.

Ken Scott, Chairman of Ruislip Bowls Club and Kevin Gynn, Chairman of Mill Bowling Club, said: "The members of Ruislip Bowls Club and Mill Bowling Club are really excited by the prospect of a new home after many years of cramped accommodation. The new clubhouse is well beyond our initial expectations and now offers a year-round excellent facility for members.

"The opportunity to socialise and remain in contact throughout the close season and enjoy many activities together, apart from their first love of bowling, will be a real benefit to all members. We all appreciate the vision and enthusiasm from the council, which has made this possible."



Cllr Puddifoot said:

"The council is committed to promoting sports and activities for all ages and ensuring residents have the best facilities to keep fit and social. We recognise that the social side of bowls can be just as important as playing. By extending and refurbishing this venue, the clubs are not only able to offer short mat indoor bowls in winter but also hold a variety of social events and it has now become a state-of-the-art multi-functional facility."

Visit www.hillingdon.gov.uk/bowls for more information on bowling in Hillingdon. If you'd like to join one of the clubs, contact the club directly

Family friendly entertainment for the whole community

Hillingdon Council will be hosting a range of fun activities for all the family this summer.

Parade and history talks



The Royal Air Force (RAF) is marking 100 years since it was officially formed on 1 April 1918. To celebrate the centenary, RAF Northolt will exercise their Freedom of the Borough with a parade through Uxbridge on Thursday 14 June, starting at 10.40am. The parade will march through Uxbridge departing from Windsor Street, along the High



Street, stopping at the forecourt of the Civic Centre to be inspected by the Mayor of Hillingdon.

Everyone is welcome to line the route and cheer and wave as the RAF parades through the town centre.

A series of free talks about the history of RAF Northolt will also be held at libraries across the borough throughout the summer and autumn.

For more information visit www.hillingdon.gov.uk/raf100.



All new Hayes Carnival

Family Fun Day



For the first time this year, the annual celebration of Hayes and its diverse community will take place entirely within Barra Hall Park. This all new free event will take place on Saturday 7 July, bringing an extravaganza of family-oriented fun, games and entertainment to the park between 11am and 4pm. There will be an exciting array of acts, such as the Summer Lion (a magical creature that will delight adults and children alike) and Captain Jon Voyage with his avian amigos.



There will also be energetic dance performances from Jay Kumar and Dance Asia and children's entertainment from Verona Chard and her Musical Balloon Band.

The ever-popular sports, children's and cycling zones will return offering a range of fun activities and for residents wishing to escape the excitement for a while, there will be a new quiet zone for relaxation and gentle exercise.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "Hayes Carnival is always a great day out and this year promises to be better than ever, with lots of new activities for families to enjoy. We look forward to seeing old friends and making new ones."

Visit www.hillingdon.gov.uk/hayescarnivalfunday for more information.



Arts in Action will return for a second year on Wednesday 20 June, running until Sunday 15 July.

The programme of arts events is organised by the council in collaboration with Hillingdon Arts Association.

There will be a varied selection of arts offerings for all ages, including choral and folk music, tribute acts, historic talks, art and craft exhibitions and sessions, drama marking the centenary of the end of World



War One and women being given the vote, and dance shows in venues across the borough. Two free outdoor arts shows will take place at High Point Village near Hayes and Harlington Station, featuring circus acts, dance and acrobatics.

For more information visit www.hillingdon.gov.uk/artsinaction or www.hillingdontheatres.uk. The brochure of events is also available in your local library and a range of council venues.



Family Fishing Fun Days



The council's annual Family Fishing Fun Days return for their tenth year this summer.

The popular events, which are free to attend and open to everyone of all ages, will take place at Little Britain Lake, Cowley (UB8 2JR) on Sundays 29 July and 12 August between 9.30am and 3.30pm (last session 2.30pm).



For those who haven't fished before, it is the perfect opportunity to pick up a rod and have a go. All equipment and bait will be provided for free and there will be hourly angling sessions guided by experienced volunteer anglers. You might also get to meet fishing legend Keith Arthur!

Bird box making, face painting and a bouncy castle will also be on offer. You will need to register for fishing and bird box making on the day, with places offered on a first come, first served basis.

Leader of the Council, Cllr Ray Puddifoot, said: "We've been running these events for a decade now and they truly are a highlight of our events calendar."



Whether you're a seasoned angler, a novice, or you simply want to bring a picnic and soak up the relaxing atmosphere, it's an event not to be missed."



Celebrating 50 years of the Compass Theatre – oh yes we are!



Originally called Ickenham Youth Theatre, the building was completed in the summer of 1968, opened on Sunday 26 October and basic theatre courses began. In December, the first production (three acts and a prologue) was staged – *Hans, the Witch and the Gobbin*, written by Alan Cullen. The play is a charming fantasy comedy, performed for children by an adult cast, and includes characters Rufus (a king), Daisy (a witch) and Hank and Hunk (two pigs).

Ever since its opening, generations of families have performed, attended and engaged with the arts through the centre's activities and the theatre's audiences have enjoyed regular plays, musicals and pantomimes.

The theatre incorporates a modern auditorium and seating for an audience of up to 158. It is equipped with a full range of technical facilities, including lights, sound equipment, amplifiers, speakers and a large screen for showing films. Backstage are two dressing rooms, each with showers and toilets, additional



toilet and shower facilities for performers with disabilities and a backstage access lift from ground level to stage level.

Extensive modernisation and refurbishment was carried out in the late 1980s and the new Compass Theatre was officially reopened by Prince Edward on Monday 12 November 1990. In 2016, the foyer and roof of the theatre was fully refurbished with help from the council's Chrysalis programme.

More than 50 volunteers support the theatre in running its busy programme of events. They regularly sell and check tickets and serve behind the bar. Their help is invaluable.

To celebrate its 50th year, Hillingdon Theatres and volunteers are putting on a show on Saturday 1 September at 11am and 3pm with a revival production of *Hans, the*

Witch and the Gobbin. Tickets cost £6.50 and can be booked on www.hillingdontheatres.uk or by calling 01895 250615. During July, there will also be an exhibition of historic images.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "The Compass Theatre continues to be a really valuable centre of entertainment, which brings together the community and attracts thousands of visitors each year. I would strongly encourage any new drama groups who want to put on a play themselves to get in touch."

Become a member

Compass Club is an audience membership scheme, where supporters of the venue can help the Compass Theatre and Ickenham Hall, while gaining discounts for selected events and offers.

There are three types of membership available.

- Standard membership, £25
- Anniversary membership, includes a ticket to the 50th birthday party (places limited), £50
- Five years' membership and a seat plaque, £120

For more information, to register your interest for membership or to put on a show, visit www.hillingdontheatres.uk or call 01895 250615

The perfect venue to say *I do*



If you're looking for a special venue in Hillingdon for your wedding ceremony, look no further than our Four Seasons Room.

Located in the Hillingdon Register Office at the Civic Centre in Uxbridge, the Four Seasons Room offers a contemporary, light and serene space to hold your marriage, civil partnership or renewal of vows.

Unique historic stained glass windows run the full length of the

room and double doors provide the bridal party with a formal entrance, with seating divided to form a traditional central aisle. The space, which has full access for people with disabilities, can hold up to a maximum of 50 guests but if you're wanting a simpler ceremony, you could just have two witnesses.

You will have the room for 45 minutes and there are a range of extras and choices to ensure you have the ceremony you want, including use of our high quality sound system to play music from our own collection or your own, having readings or recitals and flowers in the room.



Radu Nicu and Alina Ciorba, live in West Drayton, and got married in the Four Seasons Room in March. They said: "We decided to have a simple ceremony, as we will be returning to Romania where we're from in September for a religious ceremony and big celebration. We chose the venue because of the vibe of the room, which felt warm and pleasant and gave us the possibility of creating something special. We also chose it because of the reasonable cost."

Our marriage arch, with its filigree wrought iron gates, also provides a charming background for outdoor photographs within a courtyard planted with climbing roses, honeysuckle and clematis.

Registration Services Manager, Gina Willcox, said: "We want your ceremony to be a happy and memorable occasion and we will do everything we can to help you, from your first enquiry to the ceremony itself. We pride ourselves on the customer care, support and commitment of our highly professional and enthusiastic registration services team and welcome any questions or advice you may need."

Costs are extremely reasonable, providing you with a cheaper alternative to a range of other venues. Prices vary depending on the day of the week, time and if you would like your wedding on a bank holiday.

A webcasting service was also introduced last year, which for an additional £70 allows couples to share their ceremony online with friends and families across the globe who may be unable to make the big day. Couples are able to keep the recording, so they can relive the magical moment forever.

You and your partner need to give notice of your intention to marry or register a civil partnership before the wedding can take place. Contact the Register Office for further information.



"The team helped by providing all of the information and guidance we needed and they explained the many choices that we could have. Even though our ceremony was simple, the team helped with all they could, they provided an excellent service for us and our guests throughout the ceremony and understood our needs from start to finish. We would recommend the venue to others as it really helped to make this important day special!"

For further details see www.hillingdon.gov.uk/weddings. If you would like to book the Four Seasons Room or find out more about this venue, email the Register Office on registeroffice@hillingdon.gov.uk or call 01895 250418

Updates from the Borough Commander

The rise in violence and knife crime nationally and in London has featured significantly in national media. Locally we haven't been immune to the problem and have been working hard to tackle it. This has involved increased enforcement activity in our hotspots, where individuals have been arrested, knives seized, and there has been a greater use of stop and search.

We are also working with the council on a joint approach, particularly intervening early with young people to prevent them being drawn into criminality that can lead to knife carrying. In schools we continue to educate on the dangers, and as parents and guardians, the community has a big role to play in talking to young people, checking coats and bags, and steering young people away from carrying a knife or

being involved in crime. This is about everyone coming together to stop knife crime. Please visit our Facebook page or the Met Police website (www.met.police.uk) to find out more.

As I've mentioned in previous columns, the structure of borough policing has changed and Hillingdon is now part of the West Area with Hounslow and Ealing. In many ways you will see little change, as neighbourhood, response, investigation and safeguarding teams still remain in the borough, but for the Met Police this improves how we operate internally and how we work collaboratively across borough boundaries, as we find criminals don't stick to boroughs.

Therefore, this is my last column, as I have now handed over to Chief Superintendent Paul Martin, who is

now responsible for the West Area and I have moved to a new role in Roads and Transport Policing. It has been a genuine privilege to be the Borough Commander in Hillingdon. I have worked with some of the very best police officers and staff in London, always striving to learn and improve in all we do. They are remarkable people who, on your behalf, put themselves in front of danger every day, go the extra mile, solve crime and lock up criminals. So I sign off knowing I leave Hillingdon residents in very safe hands.



Colin Wingrove

Local children win 'Help Aggie the Alien' short story competition award

Hillingdon CCG said a big thank you to the nine winners of their 'Help Aggie the Alien' short story competition with an awards ceremony at Intu shopping centre in Uxbridge on Saturday 24 March.

The competition was open to all children living in Hillingdon aged between 5 and 10 years old and asked them to write a short story about their experience using an NHS service, or told through the eyes of a fictional character. The nine winners beat almost 180 entrants and survived four nail-biting elimination rounds. Their short stories have been compiled into a book that Aggie the Alien can use to help her look after herself when she arrives on Earth, and is also available in schools and libraries around the borough if you're not an extra-terrestrial!

Hillingdon CCG was delighted to be joined at the ceremony by

Natasha Baker, five-time Paralympic gold medallist for Great Britain, who helped them to present the awards. They were also joined by the then Mayor of Hillingdon and Graham Hawkes, Chief Executive for Hillingdon Healthwatch.

Dr Ian Goodman, Chair of Hillingdon CCG, said: "The stories were imaginative and creative and we would like to

thank everyone who took part. The awards ceremony was well attended by residents in our community, and was a fantastic opportunity to highlight NHS services that are available in the borough and when it is the right time to use each service."

Stay up to date with all of the latest healthcare news in Hillingdon on www.hillingdonccg.nhs.uk.



Celebrating the past year as Mayor of Hillingdon

"From Bollywood dancing at Hayes Carnival to opening a range of facilities, from visiting different organisations to meeting residents, this has been one of the most memorable years," said Cllr Carol Melvin.

Cllr Melvin had an extremely busy mayoral year and attended more than 500 events with her consort, husband Andrew.

She said: "We have been invited to so many events across Hillingdon and it's been wonderful. Visiting schools is always a highlight for me and schoolchildren love being invited to the Civic Centre in Uxbridge for a tour of the Mayor's Parlour and being taken up to the Council Chamber via the Mayor's special staircase.

"I've enjoyed visiting care homes, talking to older people and joining in with their activities. It's a great shame that so many older people are not visited more often by friends and family when they go into care, as they come alive when we go in to visit."

There are many notable events and ceremonies that Cllr Melvin has attended over the past year. She said: "One event that sticks out is the unveiling of a huge statue of the iconic HMV dog Nipper on the newly developed Old Vinyl Factory site and it started pouring with rain and the dog didn't look particularly happy about it!

"I've really enjoyed attending the achievement awards presented to the army, navy and air force cadets,

and I'm so honoured that they asked me to be there. I also attended a number of groundbreaking for new playgrounds and outdoor gyms being built across the borough, providing families with free outdoor activities to improve health and wellbeing.

Of another notable moment, she said: "I was pleased to attend the opening of the Battle of Britain Bunker Exhibition and Visitor Centre - the site is a remarkable achievement for the borough. What I like most about it is that people with disabilities who have never been able to access the original underground bunker, via its 76 steps, can now enjoy a virtual reality experience for themselves in the new auditorium."

Cllr Melvin also spent time raising funds for her three chosen charities for the Mayor's Charity Appeal, including The Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre and the Halo Foundation in Hillingdon. Cllr Melvin has also been raising funds for a new scouting centre to replace an ageing 60-year-old hut for the 1st Northwood Scout Group.



Foster carer recruitment fair

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www.hillingdon.gov.uk/fosteringfair

Volunteer for Citizens Advice



Hillingdon Citizens Advice (HCA) offers residents free, independent, confidential and impartial advice and assistance on a range of topics, including benefits, employment, debt and money, family, health, housing, immigration, consumer affairs and the legal system, to help them with problems and improve policies and practices.

The charitable organisation has worked in partnership with the council since 1994, and also receives grant funding to provide support to residents.

HCA is always looking for voluntary support. Volunteers contribute around 16,000 hours to HCA every year in a variety of roles, including receptionists, assessors, advisers, form fillers, research and campaigning and administration. New positions are being developed for marketing and website review and content management.

You do not need previous experience of working in an advice agency but they will ensure you have an adequate level of numeracy, literacy and spoken English for the role you're interested in. Speakers of community languages are also welcome to apply.

A volunteer's story

Lucy Oxenham volunteered for HCA for six months as part of a placement scheme at Brunel University.

She said: "I was in my third year studying for a Psychology degree and I chose Citizens Advice because I wanted to work somewhere that allowed me to use a practical understanding of psychology.

"Through my work as an assessor, I've been able to broaden my personal knowledge of benefits, debt and other key areas, as well as applying active skills, such as empathy, interviewing and the ability to understand an issue and its effects on a client. I think the greatest benefit is being able to help people challenge unfair decisions.

"I thoroughly enjoyed my experience, which enabled me to empower myself and others with knowledge that can lead to positive change."

If you'd like to apply visit www.hillingdoncab.org.uk/recruitment.htm to see what roles are available. To register your interest or enquire about roles not listed, email volunteer@hillingdoncab.org.uk

Changes in how residents can access HCA services

HCA operated three offices in the borough in Hayes, Uxbridge and Ruislip.

From Wednesday 23 May, the Ruislip office based on Eastcote Road, which was open for drop-in and appointments for two days a week, closed. This has been replaced with telephone assessments and online bookings for a telephone call-back, available five days a week, followed by a range of options.

For residents in the north of the borough, who may have difficulties using a computer or no computer access, support can also be accessed via libraries, where trained staff can assist customers wanting to book a telephone call-back.

The service at Uxbridge Civic Centre has also been expanded to ensure residents are able to access support via telephone and in person. It's particularly easy to contact the bureau via telephone or by requesting a call-back online, so you don't need to leave the comfort of your home. The HCA website is also set to be updated and relaunched, to provide information on all of the current services and volunteering opportunities on offer.

How to contact Citizens Advice

Book a telephone call-back

Visit www.hillingdoncab.org.uk/Hillingdon.htm and click on 'Ask us to phone you.' Fill in the online form and submit it. A telephone assessor will then phone back to make a quick assessment of the enquiry and offer assistance from a range of services. This is a quick and convenient way to access guidance, as the advice line is open five days a week and call-backs are usually made the following day.

If you do not have internet access or need help filling in the form, all libraries in the north of the borough are able to give residents assistance with making an online request for a call-back.

By phone

You can also call 0344 848 7902 between 9.30am and 3.30pm, Mondays to Fridays.

In person

- Uxbridge Citizens Advice at the Civic Centre on Mondays, Tuesdays, Wednesdays and Thursdays between 9.30am and 4pm.
- Hayes Citizens Advice at Botwell Green Sports and Leisure Centre on Tuesday and Thursdays between 9am and 1pm.



For more information about HCA and its services and projects, visit www.hillingdoncab.org.uk

Art and Craft Activity Club

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

Tue	Wed	Thurs
1.45pm - 2.45pm 3.45pm - 4.45pm	11.30am - 12.30pm 1.45pm - 2.45pm 3.45pm - 4.45pm	11.30am - 12.30pm 1.45pm - 2.45pm 3.45pm - 4.45pm

Northwood Methodist Church
Northwood (Term-time and holidays)

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

Mother toddler club
Ages 1-4yrs

After-school club
Ages 5-11 yrs

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keshma.artzania@gmail.com
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With summer approaching, there are lots of events and activities on offer in Hillingdon.

THEATRE

An Audience with Anfield Legends

(John Barnes, Jan Molby and Neil Ruddock)
Wednesday 6 June, 7.30pm

The ultimate evening of Anfield legends hosted by sports journalist and author, Ian Ridley. This evening will give you a full insight into their careers, from previous clubs, to putting on the famous red jersey, to representing their national country. There will also be audience participation, so a lucky few could make it on stage!

Cost: Tickets £28.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

of the golden era of popular music. This production features a fantastic new line-up of smash hits spanning the 1950s, 60s and 70s, plus more side-splitting comic sketches, all performed live on stage!

Cost: Tickets £28.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Not About Heroes

Wednesday 27 to Saturday 30 June, 7.45pm

Proscaenium presents this drama by Stephen MacDonald to commemorate the end of World War One. Told by means of letters and poetry, this is the story of the chance meeting and subsequent relationship between two of the finest Great War poets at Craiglockhart Hospital in 1917. Not About Heroes not only paints a vivid picture of the war but also explores a transformative friendship between two men.

Cost: Tickets £33. Concessions £1.50 off.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

That'll be the Day

Monday 18 June, 7.30pm

The UK's premier Rock 'n' Roll production returns with another chance to see its latest show. A celebration for all true fans

ANFIELD LEGENDS TOUR

JOHN BARNES • JAN MOLBY • NEIL RUDDOCK

HILLINGDON WHAT'S ON?

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

£10 per ticket for groups of 10+. School groups can claim one free ticket for every 10 purchased.
Book by visiting www.hillingdontheatres.uk or calling 01895 250615.
Compass Theatre

Teletubbies Live

Saturday 30 June to Sunday 1 July, various times

The Teletubbies' first ever theatre show created especially for your little ones is here! Join Tinky Winky, Dipsy, Laa-Laa and Po in a show full of love and laughter as they explore the magical world of Teletubbyland. Look out for the Tubby Phone, Noo-noo and the Sun Baby in a fun, bright and safe world which captures young children's imaginations and encourages them to explore the world around them. Suitable for children 6 months and up.

Cost: Tickets from £16. Various family offers available.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck 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 holders £22.50.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Dru Yoga with Dinta

Saturdays, 11.20am at St Lawrence Church
Mondays, 7.30pm at South Ruislip Community Centre

Dinta is fully qualified in Dru Yoga, which is based on flowing movements, directed breathing and visualisation. It is good for overall health and wellbeing, core strengthening, weight loss, boosting immunity, improving posture, building strength, flexibility, suppleness, stamina, stress release, fighting depression, achieving goals and deep relaxation.

Cost: £8 per class.
To book call 07870 981885 or email yogawithdinta@aol.co.uk.

St Lawrence Church and South Ruislip Community Centre (Deane Park Hall)

EXERCISE

Yoga with Juliana

Tuesdays, Wednesdays, Thursdays, Fridays and Saturday mornings, various times

Fluid hatha yoga open level classes to nourish, restore and revitalise the body and mind. Pregnancy prenatal yoga also available on Friday evenings. New courses for beginners from 5 June.
Cost: From £10. Taster session from £6.
Booking is essential for all classes, visit www.juliana.yoga to book and find out more information.

The Stables, Eastcote House Gardens and Light Space Private Studio (address supplied upon booking)

Pilates with Suzy Barton

Tuesdays, 1.30pm to 2.30pm

Improve the way you feel, look and live your life. Pilates exercises focus on improving posture, core strength and flexibility. These classes are suitable for everyone regardless of age, ability or fitness level. Suzy is an ex-British gymnastics squad Pilates Foundation trained CYQ Level 3 instructor.

Cost: £10 per class or £8 if buy a block of 10.
Contact: For more information and to book email suzybartonpilates@btinternet.com or call 07850 687488.

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 90% 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 – the office of low back pain and sciatica relief expert Louise Chiasson-Baxter.

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 Hillingdon, 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 and comprehensive easy to understand report on your state of health is call 0208 848 8787

Mention this article (CODE: BOS43SCSP9) 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 848 8787, 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 848 8787 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! 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.

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 lower back pain

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

Call 0208 848 8787 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 0208 848 8787 and quote this special discount code: BOS43SCSP9

Advertising Feature

Stretch-a-cise**Thursdays, 11am and 12pm**

Keep fit for over-60s. Join this session in a fun and friendly social environment for an hour of gentle keep fit.

Cost: First class free. At your second class, you will receive a free booklet with 14 yoga poses for beginners. Each class £4. Just come along. For more information call 020 8842 0547 or email contact@southruislip.org. Deane Park Hall

Yoga with Maria

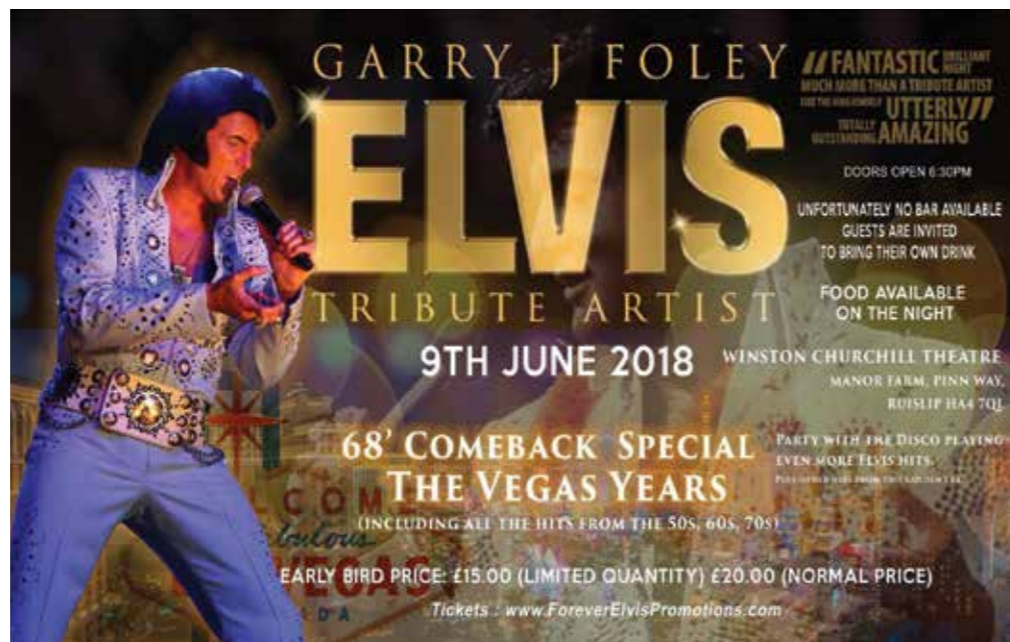
Mondays, 7pm at The Stables, Eastcote House Gardens
Sundays, 9.10am at St Helen's Sports Centre

Yoga start and open yoga, a sivananda classical yoga class allowing you to relax and unwind. All welcome. Maria has been teaching within the community for more than 20 years. She offers an easy introduction to yoga with a step by step approach, giving individual attention to students. Saturday workshops featuring yoga and meditation and a light nutritious lunch are held at 12pm at a studio in Bromley Crescent, Ruislip Gardens.

Cost: £8 a class for block booking or £12 to drop-in. £30 for workshops.

For more information call Maria on 07940 722907.

The Stables, Eastcote House Gardens and St Helen's Sports Centre

**MUSIC****Elvis Tribute: Garry Foley****Saturday 9 June, 6.30pm**

Forever Elvis presents this '68 Comeback Special - The Vegas Years, featuring all the hits from the 50s, 60s and 70s.

Cost: Early bird offer of £15. Full price ticket £20.

For more information and to book visit www.foreverelvispromotions.com. Winston Churchill Theatre

Donna Taggart**Saturday 9 June, 7.30pm**

Back from the USA after touring

with legendary singer/songwriter Phil Coulter, Donna's distinctive emotional singing style has drawn comparisons with the likes of Eva Cassidy, Mary Black and Alison Krauss.

Cost: Tickets £23.

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

The Illegal Eagles**Thursday 21 June, 7.30pm**

This Eagles tribute returns, promising more of their trademark musical prowess, acute attention to detail, and incredible showmanship. The show features *Hotel California*, *Take it to the Limit*, *Life in the Fast Lane*, *Take It Easy*, *Lyn' Eyes*, *Desperado* and plenty more!

Cost: Tickets £26.50.

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

Hillingdon Philharmonic Orchestra presents its Summer Concert - Sponsor a movement!

Saturday 23 June, 7.30pm

Favourite symphonic and concerto movements selected and sponsored by the audience, including music by Beethoven, Tchaikovsky, Mozart, Bellini and Rachmaninov.

Cost: Tickets £12 (Concessions £10. Children 11 to 16 £5. Children under 11 free of charge)

Call 01895 674223 to reserve tickets or purchase them from Pro Music International Ltd, Ickenham. Tickets will also be available on the door. Find out more at www.hillingdonphil.btck.co.uk. St. Mary's Church

Triple bill of folk music**Thursday 28 June, 8pm**

Uxbridge Folk Club presents three exciting acts as part of the Arts in Action programme. It includes a seven piece London band, a young duo from Devon and a singer from Bermondsey, performing interesting songs and toe-tapping tunes.

Cost: Full price tickets £12. Members £10. Students £4.

To book visit www.wegotickets.com/event/422028, email uxbridgefolk@blueyonder.co.uk or call Peter on 07985 018317. Uxbridge Folk Club

Summer Serendipity**Saturday 30 June, 7.30pm**

Hillingdon U3A Singers perform music to celebrate the female voice from a variety of composers, including Fauré and Glenn Miller, with a good helping of Broadway musical tunes. Part of the Arts in Action programme. Musical Director, Francis Marchal.

Cost: £8 (includes light refreshments).

Tickets are available on the door or by calling 020 8866 4572. Christ Church

Eastcote and Ruislip Choral Society summer concert

Saturday 30 June, 7.30pm

Joseph Horowitz *Summer Sunday* and George Shearing's *Shakespeare Sonnets*. Interval refreshments. The choir meets every Tuesday between 8pm and 10pm and new members are welcome.

Cost: £12. Under-12s free.

Tickets available on the door or by calling 01923 822553. For more information visit www.eastcote-ruislip-choral.org. St. Edmund's Church

Bye Bye Baby: A celebration of Frankie Valli and The Four Seasons

Thursday 5 July, 7.30pm

Returning by popular demand, Bye Bye Baby takes you back in time on a musical excursion through the career of Frankie Valli and The Four Seasons.

From their early beginning in the 1950s, this show celebrates their greatest hits.

Cost: Tickets £23.50. Groups 8+ one in eight go free.

Premiere Card holders £19.80. Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.

Beck Theatre

Uxbridge Choral Society summer concert

Saturday 7 July, 7.30pm

The choir will be singing George Shearing's *Songs and Sonnets from Shakespeare* including soloists from the choir, Bruckner's *Sacred Choruses* (motets) and some lighter pieces. Conducted by Tim Armstrong Taylor.

Cost: Adults £12. Children under 12 £6.

Tickets available from www.uxbridgechoralsociety, any choir member or on the door. St. Margaret's Church

Hillingdon Choral Society: A night at the musicals

Saturday 7 July, 7.30pm

Enjoy an evening of toe-tapping medleys from West End musicals, *Guys and Dolls*, *Fiddler on the Roof* and more. Conducted by Peter J Williams.

Cost: Tickets are £12 for adults and £3 for children.

Available to purchase from Pro Music International

Ltd, Ickenham, by emailing hillingdonchoralsociety@gmail.com or calling 020 8582 3694.

The Douay Martyrs School

LEISURE**Ickenham Festival 2018****Saturday 9 to Sunday 17 June**

During nine days, nearly 100 events will be taking place in and around Ickenham, including concerts, shows, performances, talks, outdoor theatre, exhibitions, open gardens, sports, competitions, rock bands, local history, nature walks, stand-up comedy, the Grand Duck Race, Gala Day (Saturday 16 June), a parade through Ickenham, a musical concert and fireworks.

The full programme is available on www.ickenhamfestival.org.uk or Twitter.com/IckFest. Ickenham

Ladies in the Night Walk in aid of Michael Sobell Hospice

Friday 15 June, 10pm

Join Michael Sobell for a sizzling night of summertime fun, laughter and walking as the Ladies in the Night Walk challenge returns with a carnival twist.

Pound the streets for one amazing night in aid of the charity. Choose from a new 10-mile or 5.5-mile route. Ladies, men, children and four-legged friends are all welcome.

Cost: Entry is £25 per adult or £10 per child (under 16).

For more information and to register visit www.michaelsobellhospice.co.uk or call 020 3826 2367. After Monday 11 June, you can sign up on the day for £35. Michael Sobell Hospice

Hog roast and chicken fest

Saturday 16 June, 1pm

Facepainting, cream teas and delicious cakes, tombola, raffle, craft stalls, cakes and preserves for sale, toy stall, plant sale, second hand books, magic show, origami, ukulele group and 60s music and singing.

Cost: Adults and children 12+ £10. Children under 12 £5.

For more information call 01923 821871. Northwood Methodist Church

Eastcote House Gardens dovecote

Tuesdays 19 June, 17 July, 21**August and 18 September, 1.30pm to 3.30pm.**

The 16th century dovecote, one of the few surviving examples in the country, has been renovated with the help of the Heritage Lottery Fund. No booking required; just turn up.

Cost: Free admission. Eastcote House Gardens

Champagne Picnic**Saturday 29 June, 4pm**

Join patients, staff and friends of Harefield Hospital for a luxury picnic in their picturesque grounds. The NHS is turning 70 this July and their picnic is the perfect opportunity to help celebrate the achievements of this invaluable service, as well as to show appreciation towards their dedicated staff. Listen to live music, bring a blanket and relax outside, while enjoying a picnic, glass of fizz and pleasant company. All proceeds will go directly towards the Harefield Transplant Appeal.

Cost: £15.

Contact: To book call Sallinder Rai on 01895 828820, email s.rai@rbht.nhs.uk or visit

www.rbhcharity.org/Event/champagne-picnic-2018. Harefield Hospital

Flower and Music Festival

Friday 6 July, 2pm to 7pm;**Saturday 7 July, 10.30am to 5.30pm and****Sunday 8 July, 1pm to 5pm**

The parishioners of St Thomas More Church, Eastcote invite you to a flower and music festival reflecting bible stories. Refreshments will be available each day.

Cost: £4 (pay on the door). No need to book; just turn up. For further information, email bernardjluckhurst@btpenworld.com.

St Thomas More Church

Meditation

Every second and fourth Thursday of the month, 7.30pm

Feel energised, increase happiness, improve mental clarity and memory recall, flush out negative thoughts and improve physical and mental health. Ten minute stress relief treatment for newcomers.

Cost: Free (voluntary charity donations welcomed).

No booking needed, all welcome. For more information contact Alexandra Barrett on alexandrabarrett@me.com or call 07753 349024. The Stables, Eastcote House Gardens

Outdoor arts events**Fortnightly on Wednesday****afternoons from 20 June**

Free circus act, dance and acrobatic performances suitable for all ages to enjoy.

Cost: Free. For more information about each scheduled act visit hayesoutdoor.org.uk.

High Point Village

Eastcote House Gardens

Field End Road, Eastcote, HA5 2QS

Harefield Hospital

Hill End Road, Harefield, UB9 6JH

High Point Village

Station Approach, Hayes, UB3 4BX

Michael Sobell Hospice

Gate 3, Mount Vernon Hospital, Northwood, WD3 1PZ

Northwood Methodist Church

30 Oaklands Gate, Northwood, HA6 3AA

VENUES**Beck Theatre**

Grange Road, Hayes, UB3 2UE

Christ Church

Redford Way, Belmont Road, Uxbridge, UB8 1SZ

Compass Theatre

Glebe Avenue, Ickenham, UB10 8PD

Deane Park Hall

Long Drive, South Ruislip, HA4 0HS



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 info@yourhomemove.net
 www.yourhomemove.net

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 No Call Out Charge - Small plumbing jobs undertaken. Qualified Plumber
 Established for over 30 Years.
 Phone Mike on 02088645756 or 07901 627 428
 M.W.Plumbing cannot accept any responsibility for any existing plumbing or property problems. Please note that we do NOT work in rented properties. Cheques Accepted

Chris's Household DIY
 07932 376 835 / 020 8864 0849
 *Nets & curtains taken down & re-hung for washing
 *Inside windows washed *Interior paintwork washed down *Shed repairs, small garden jobs, low hedge cutting *Small areas of making good/painting/path repairs/internal & external wood staining *Spy hole/viewer fitted to doors
 *Shower curtains and rails replaced/fitted
 *Curtain's hung, rails/blinds fitted *Sticking doors eased/adjusted *Uncompleted projects undertaken
 *Worktops re-siliconed and re-edged *Hollow door/wall fixings *White bath chips touched in *Kitchen/WC roll holders fitted
 *Some flat-pack furniture assembled etc.
 References available ~ No job too small ~
 ~Cheques accepted ~ NO work undertaken in rented accommodation
P.B. Electrical Services
 Call Paul 07850 729 218
 ~All domestic & commercial electrical work considered ~NAPIT Approved
 ~Certification available ~No job too large or small ~Established locally for 35 yrs

Rural Activities Garden Centre HILLINGDON
 Good value, great choice, friendly staff
 Bedding plants • Shrubs • Seasonal vegetables
 Craft gifts • Tea room
 Open every day from 9am to 4pm
 www.hillingdon.gov.uk/RAGC

Do you look after someone who couldn't cope without your help? You may be a carer and could get support.
 Come along and visit over 40 stalls for information and advice, as well as wellbeing and lifestyle services.

Hillingdon Carers' Fair
 Tuesday 12 June 9.30am - 4pm
 at the Pavilions shopping centre, Uxbridge UB8 1LN

Hillingdon Carers Partnership
 www.hillingdon.gov.uk/carersfair

We are seeking **Independent Community Members**
 Hillingdon Domestic Abuse (DA)/Violence Against Women and Girls (VAWG) Delivery Groups are seeking Independent Community Members.
 You must be a Hillingdon resident with a knowledge of DA and VAWG plus great communication and analytical skills.
 Visit www.hillingdon.gov.uk/voluntaryrole to find out more and apply.
 The closing date for applications is Monday 9 July 2018 at 5pm.
 www.hillingdon.gov.uk/dv

Golden numbers
 Do it online 24/7 at www.hillingdon.gov.uk

- Council Main Switchboard**
01895 250111
Mon to Fri, 8am to 6pm
- Council Tax and Benefits**
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@hillingsdon.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@hillingsdon.gov.uk
 Labour Group Office 01895 250780
 Mayor's Office 01895 250763
- Environment and street scene**
 Affinity Water 0345 357 2425
 Current and proposed roadworks in Hillingdon 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 hillingsdon.enquiries@met.police.uk
 Hillingdon Neighbourhood Watch 020 8246 1869 all@hillingsdonnhw.co.uk
- Fire**
 Hillingdon Fire Station 020 8555 1200 ext 38228 hillingsdongroup@london-fire.gov.uk



UXBRIDGE COLLEGE OPEN DAY

WEDNESDAY 13 JUNE

UXBRIDGE

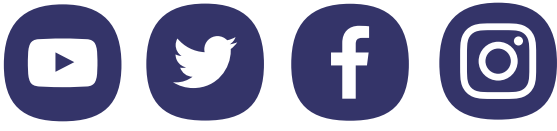
CAMPUS

3-7PM

PARK ROAD, UXBRIDGE, UB8 1NQ

View facilities, find out about courses and apprenticeships plus you can apply on the day. Please visit our website for more information.

Register online to let us know you are coming or just drop in on the day.



[UXBRIDGECOLLEGE.AC.UK/OPENDAYS](https://uxbridgecollege.ac.uk/opendays)

