

HILLINGDON people

News from your council
November/December 2018

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Honouring Hillingdon's heroes

Special events of
remembrance

Keeping streets safe

£1.65 million
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COVER PHOTO: JUDITH PAGE (ACCOMPANIED BY HER DAUGHTER NENA) MOVES INTO HER NEW FLAT AT GRASSY MEADOW COURT.



Advertising deadline for next edition: Friday 23 November.

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Welcome



Our history and our heritage are very important to Hillingdon Council and as this November marks the centenary of the end of World War One, Hillingdon Council has been remembering the service and the sacrifices made by men and women in both world wars with a range of special events and initiatives.

You may have seen some of the poppies in bloom in local parks and across the borough which were planted by schools and local youth uniformed groups, or the pairs of 'Tommies' installed in Harmondsworth, Ruislip and Harefield in memory of those from Hillingdon who lost their lives in World War One.

In 2014, to mark the start of World War One, Harefield village green was designated as a Centenary Field, and to commemorate the end of the conflict, Harmondsworth village green has received the same designation, which will protect these sites in perpetuity to honour the memory of those who lost their lives in World War One.

Thirty-four young Hillingdon residents have received an armistice bursary to cover their tuition costs for their first year at university. The grants were offered by the council as a tribute to the young people who lost their lives in the conflict and you can read more about this on page 14.

This month we are also honouring the contribution of the Polish community during World War Two with a ceremony to mark the 70th anniversary of the Polish Air Force Memorial in South Ruislip and the launch of a Polish Heritage Trail, details of which are shown on page 13.

Our environment and the health and wellbeing of our residents, as ever, remains important to us and we have managed to bring the government to court, with a date set for the case to be heard in March 2019, relating to the proposal to expand Heathrow Airport. Whilst it may well take years to follow the legal process through its various stages, I personally have little doubt that we will again succeed in putting our residents and the environment first and win this battle.

As we look towards the new year our policy of sound financial management is enabling the council to maintain and improve its libraries, roads and parks and open spaces, as well as invest in upgrading the borough's CCTV network. Following on from once again gaining more Green Flags than any other UK local authority, Hillingdon also retained its reputation as the capital's greenest borough by again winning the Large City category and overall Gold award at the London in Bloom competition.

With Christmas on the way, we are offering a range of activities and events this December to help you get into the festive spirit and I would like to take this opportunity to wish all Hillingdon residents a merry Christmas and a happy New Year.

Ray Puddifoot

Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL

Beano-themed challenge a hit with mischief makers

More than 9,300 children aged between four and 11 visited their local library during the summer holidays to take part in this year's *Beano*-inspired Summer Reading Challenge.

The free annual initiative, led by the national Reading Agency, which aims to get children to visit a library six times and borrow at least one book, saw 4,838 children finish the whole challenge, up 400 on last year's figure.

Participants were given rewards for reading in the form of free gifts, with fish-shaped water squirter and whoopee cushions proving especially popular.

The borough's libraries also played host to a range of children's entertainment, including fancy dress parties, drama workshops and comedy shows. More than 200 children also took part in a competition to design their own comic strip.

Lyla Knowles, aged 7, and Oliver Davies, aged 9, claimed first prize in the 4 to 7 and 8 to 11 categories respectively. They won a rucksack of *Beano*-themed goodies and games.

Ethan Carroll, aged 8, Kenna Fonso, aged 10, Harmony Sabharwal, aged 4, and Riya Gopalakrishan, aged 7, were runners-up.



WINNERS
Lyla Knowles and Oliver Davies with their entries and prizes



Compass Theatre celebrates half century with comedy

Hillingdon Theatres, volunteers, residents and members of local theatre groups came together at the beginning of September to mark 50 years since the opening of The Ickenham Youth Theatre (as it was then called) with two special showings of a reproduction of its first theatrical production.

The audience watched *Hans, the Witch and the Gobbin* – Alan Cullen's full-length comedy adventure about a witch who steals memories and the

chaos this creates across the magical Kingdom of Ickenham, set in the summer of 1968. The show was a great success and both performances were near sell-outs, thanks to 87 hours' hard work perfecting the three acts and a prologue.

Planning began in January, with preparations, auditions and rehearsals taking place during the eight months that followed. More than 80 people contributed to the production on stage,

Helping residents to recover

The council's reablement service helps residents to recover after an illness or operation, so they can continue to live independently at home without further support.

The service is offered to residents who may be recovering from a stroke, leg or hip operation, or following a slip, trip or fall. Carers will support residents for a short period of time and it will usually involve learning or re-learning skills needed for daily living, such as assistance with dressing and washing, or an exercise course to help with walking or climbing the stairs.

Brenda Salisbury from Cowley, said: "A few weeks after I lost my husband, I collapsed suddenly. I was in hospital for two weeks and couldn't walk, so they recommended the reablement service. I had one low day but my carer Agnes was fantastic and helped me get back on track. After that, my walking came on leaps and bounds and I was determined to make my own breakfasts and do the washing up whilst Agnes observed my progress. I've now completed the



WALKING AGAIN
Brenda in her garden

course and can walk again and pop out to the shops on my own. Agnes has really helped me to get my independence back."

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Our reablement service is extremely important in helping residents to continue living an independent life when alone or following an operation, and allows us to reduce the demand on public health and emergency services."

Adults can be referred to the reablement service by their hospital or GP, by worried friends and family, or can contact the council themselves by calling 01895 556633.

behind-the-scenes and front-of-house work. The cast of 13 was a mix of ages and experiences – the

youngest member being Krishna Lingeswaran, aged 12, who played Hank (a magical dancing pig).



New Lido Railway Society workshop officially opened

A brand new workshop at Ruislip Lido Railway was officially opened by the Mayor of Hillingdon, Cllr John Morgan on Tuesday 2 October.

The council constructed the much-needed building close to the Woody Bay station, investing more than £400,000 to allow the Ruislip Lido Railway Society (RLRS) to continue to maintain and run this popular tourist attraction.

The council, contractors and the RLRS (a group of volunteers who run the miniature railway) worked together in all weathers to demolish the previous 40-year-old workshop which was no longer fit for purpose and replace it with a new larger facility and tracks leading to it. During construction, the miniature railway traded passengers for materials, with the trains transporting 40 tonnes of loose track ballast and 40 foot rails to the site.

The new workshop will be used to carry out maintenance work to the carriages and locomotives that operate on the line and has provided the group with additional storage space, improved work facilities and two new

main maintenance tracks with a pit underneath so the society can inspect the underside of carriages.

RLRS Vice-Chairman, Matthew Byatt, said:

"Our previous building was wholly inadequate for maintaining our current fleet. We have 18 passenger carriages, six locomotives and an assortment of wagons, some of which cover more than 2,000 miles each year and all need regular servicing and maintenance.

"Hillingdon Council has given us tremendous support in seeing the project through the design and planning stage to the installation and commissioning of the new facility. All of us at the RLRS are immensely grateful and look forward to using our new workshop for many years to come."

The railway, which is Britain's longest 12 inch gauge railway, provides visitors with a pleasant two-mile round journey along the Lido, weaving its way through the ancient Ruislip Woods.

For more information, including timetables and fares visit www.ruislipidorailway.org.



School crossing patrollers' hard work is celebrated

The council held a special reception on Tuesday 18 September to recognise the excellent service that the borough's 21 school crossing patrollers provide in helping youngsters to safely make their way to and from school.

Our patrollers have dedicated an incredible 347 years in assisting Hillingdon families to cross the road, additionally providing safety tips and friendly conversations. Each patroller was invited to the evening event at the Battle of Britain Bunker Exhibition and Visitor Centre, where their hard work was celebrated and they were presented with a thank you gift by the Mayor of Hillingdon, Cllr John Morgan.

Barbara Martin, 75, from Eastcote has been a school crossing patroller at Field End Infant and Junior School for an incredible 43 years, helping generations of families to cross the road. She said: "I really enjoy the job, it keeps me active and motivated. I like meeting the children each day and helping them, and the school is really supportive."

Barbara's sterling work has also been recognised by the council through their recent nomination of her as Frontline Employee

of the Year at the National Transport Awards. The judges shortlisted Barbara in the category, and gave her a Highly Commended award at the ceremony on Thursday 11 October.

The council was also shortlisted in the Road Safety, Traffic Management and Enforcement category for its introduction of CCTV to enforce School Keep Clear restrictions; and in the Excellence in Cycling and Walking category for its cycling initiatives, which include Bikeability school training, adult training, bike maintenance support and a varied guided ride programme.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "We organised this event to acknowledge our school patrollers' outstanding service in assisting more than five million safe crossings. They do such an excellent job in ensuring our young people safely get to and from school and we want to thank them for their invaluable work."

"Being shortlisted in three categories at the National Transport Awards is also a fantastic achievement and recognition of the council's commitment to prioritising residents' safety."



Residents warned to be careful of unlicensed waste carriers

Giving waste to an unlicensed carrier could land you in trouble with the law if the rubbish is dumped illegally.

It is not uncommon for doorstep traders to knock on doors and offer to take rubbish away for a small fee. However, caution is advised because unless the person offering the service is registered with the Environment Agency, residents will still be responsible for the waste and held accountable if it is not disposed of properly.

With fly-tipping a common concern in neighbourhoods across the country, including locally,

the council's anti-social behaviour and environment and waste services teams are working together to crack down on perpetrators, issuing fixed penalty fines and prosecuting people whenever possible.

Fly-tipping can carry a hefty fine and lead to a criminal record. You should check whether someone is registered to collect and dispose of waste before handing it over by logging onto the Environment Agency's website via www.gov.uk and typing the waste carrier's name or registration number into their waste carrier register.

The council is asking residents to stay vigilant and report any unlicensed waste carriers. This includes telling us about unregistered waste carriers who tout for business by posting leaflets through letterboxes. Please also contact us if you have any information about fly-tipping.

Report concerns by calling 01895 556000, emailing contactcentre1@hillingdon.gov.uk or reporting anti-

social behaviour on www.hillingdon.gov.uk/ash.

Residents are reminded to use our household waste and recycling services or to take waste to their nearest civic amenity site. The council also offers a bulky waste collection service for unwanted large household items, such as fridges and freezers. For more information about these visit www.hillingdon.gov.uk/rubbishandrecycling.

Fine for unlicensed waste carrier

A man who was caught transporting waste without a licence has been prosecuted by the council.

Thomas Ward, aged 62, of Colne Park Caravan Site, Cricketfield Road, West Drayton, was stopped by council officers in Cricketfield Road on 16 April. His transit van contained various metal objects, rubble and approximately three bags of domestic waste mixed with wood. Following checks with the Environment Agency, it was established that

Ward did not have a waste carrier licence, nor could he provide the required documentation to show where the waste had been collected from and where it was being deposited.

Appearing at Uxbridge Magistrates' Court on 20 August, Ward pleaded guilty and was fined £800. He was also ordered to pay £1,000 costs and an £80 victim surcharge.

The court allowed Ward to pay in installments of £100 per month. However, if he fails to pay, bailiffs will be called to recover the debt.



Training sessions encourage Jayjit to take up cycling again

Thanks to the council's free cycling training for over-16s, Cowley resident **Jayjit Shah** is back in the saddle 35 years after a devastating accident.

Jayjit was just a teenager when he was knocked off his bike by a skip truck whilst cycling home from school. He spent nearly two weeks in hospital and was placed in a cast from the hips down. He said: "The accident greatly affected my confidence and sadly I gave up on cycling for a long time."

It was many years later that Jayjit thought he might try again and enter the Prudential RideLondon 100-mile cycle event.

He said: "I wanted some tuition because I had not been on a bike in many years and was lacking in confidence. Searching online I discovered that the council offers up to four hours of free cycle training for over-16s, with an approved instructor. So I signed-up immediately. The instructors were amazing and gave me one-to-one coaching to help me cycle properly, confidently and safely."

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "The training can be tailored to an individual's level of riding, whether you are a complete beginner or,

like Jayjit, looking to regain your confidence, and sessions can be booked at convenient times for you."

Jayjit added: "This is an excellent service and it really boosted my confidence. I now cycle everywhere, it's really improved my

health, and Hillingdon is a great borough for cycling. I'd encourage anyone thinking of taking up cycling, or who's lacking in confidence to sign-up."

For more information and to register visit www.hillingdon.gov.uk/cycle.



Refurbishment work to start

Improvement works will be starting shortly at Ruislip Lido to upgrade and provide additional toilets at the site.

Work was due to start at the facility adjoining the Woodland Centre in November, with the new toilets earmarked to be open by Easter 2019, but a group of badgers were found to have built an additional home underneath the existing toilet block.

As part of survey work, an ecological report was commissioned, and following the unexpected discovery of the badger's sett necessary measures have had to be undertaken first to relocate the protected species.

The council worked with an ecologist and

followed Natural England's guidelines and licence to carry out the necessary surveys and exclude them, as they already had an alternative sett at the site. Work is now expected to commence in January, and the delay has meant that completion is expected in early May.

The original toilet block, which had 10 toilets and included changing facilities, is 10 years old and in need of an upgrade. Feedback from residents also highlighted that additional toilets are required during peak visitor times in the summer months. The improvement works will provide additional toilets and separate beach changing facilities will be created.



New environmentally-friendly gardening equipment on trial

The council is testing electrical gardening equipment at Breakspear Crematorium, Ruislip aimed at minimising disturbance.

It's essential that we are sensitive to visitors and those resting at the site, and the tools will significantly reduce noise and pollution levels.

Battery powered cordless hedge cutters, which are light to transport, quiet to operate and do not emit petrol fumes were successfully trialled during the summer, with our green spaces team finding them

more energy efficient than petrol powered models and extremely quiet.

As a result, the range of equipment was extended during the autumn to include leaf blowers. The council is also reviewing robot mowers for use at the facility to allow for some grass cutting operations to be undertaken automatically out of hours.

Solar powered charging stations are also being looked at to enable the batteries

Additional drinking fountains set to be installed in parks

A project to introduce drinking fountains in parks and open spaces is being expanded following positive feedback.

The council will be adding 17 more fountains across the borough this autumn, bringing the total installed this year to 32.

The fountains are free to use and aimed at encouraging more residents to use reusable drinks bottles rather than single-use plastic bottles and cups.

The initiative should reduce the amount of plastic waste that ends up in landfill or as litter in the borough's streets and waterways.

Each water station includes a main bottle filler and two mixed-level bubbler taps that dispense water to fill bottles or catch in the mouth. One of the taps is at an accessible height for children and people with disabilities, and the other is at ground level for pets.

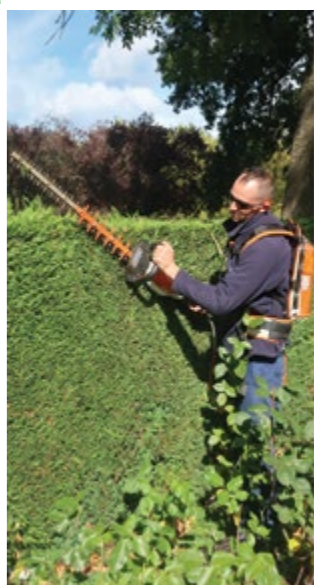
All of the fountains are easy to operate with the simple push of a button. A self-closing



feature and quick draining basins prevent wasted water and spillages.

The new water stations will be installed at: Dowding Park, Shenley Park, Connaught Recreation Ground, Taylors Meadow, Harefield Village Green, Yiewsley Recreation Ground, Rockingham Recreation Ground, Pinkwell Park, Hayes End Community Park, Sipson Recreation Ground, Park Road Green, The Greenway, Warren Park, Brookside Open Space, Deane Park, Hillingdon House Farm and Coney Green.

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



Residents keeeeeeep dancing!

The council organises a variety of dance sessions throughout the year, offering older people a fun and friendly environment to meet new people, whilst keeping fit and healthy.

All classes are open to Hillingdon residents aged 65 and over with a Hillingdon First card, include light refreshments and are free. So whether you're a beginner, have been dancing for years or simply want to enjoy the atmosphere, why not put on your party shoes and join in the fun?

Tea dances

Enjoy a variety of musical styles and popular ballroom dances, including Foxtrot, Waltz and Quickstep with our regular tea dances.

All levels

Civic Centre (Middlesex Suite), High Street, Uxbridge, UB8 1UW

Dates: Monday 19 November, 17 December and 21 January

Time: 1.30pm to 3.30pm (Basic tuition for beginners offered between 12.45pm and 1.15pm)

Yiewsley and West Drayton Community Centre, Harmondsworth Road, West Drayton, UB7 9JL

Dates: Tuesday 4 December and 8 February

Time: 2pm to 4pm (informal introduction to dance steps offered between 1.30pm and 2pm)

Intermediate to advanced level Winston Churchill Theatre, Manor Farm, Pinn Way, Ruislip, HA4 7QL

Dates: Thursday 15 November, 13 December and 17 January

Time: 1.30pm to 4pm

John Davis, 67, from Cowley

has been going to the tea dances since he retired two years ago. He said: "My wife Donna and I have found the dance sessions to be a revelation. They provide lovely social occasions and are a great way of keeping fit. We've been inspired to take extra lessons, book a dancing holiday and I've even bought proper dance shoes!"



Desi dances

Try out lots of different dance styles at our desi dance sessions. A fusion of Bhangra and Bollywood style music, these classes are energetic, fun and lively. Learn different skills, techniques and dance along to music with a strong beat.

Botwell Green Sports and Leisure Centre, East Avenue, Hayes, UB3 2HW

Dates: Wednesday 28 November, 19 December and 30 January

Time: 10:30am to 12:30pm (doors open at 10am)

Line dances

Dance to various music, including soul, rock, pop, Latin, Irish, salsa, big band, country and western, with a range of line dance routines. It's easy for beginners to learn and offers more energetic and complex routines for the more experienced.

Yiewsley and West Drayton Community Centre, Harmondsworth Road, West Drayton, UB7 9JL

Dates: Monday 5 November and 7 January

Time: 1.30pm to 3.30pm (Introduction to line dancing between 1.30pm and 2pm)

Leader of the Council, Cllr Ray Puddifoot, said:

"We are committed to improving the health and wellbeing of our older residents and one of the best things about dancing is that while you are having fun moving to music and meeting new people, you are getting all the health benefits of exercise. These dance sessions are a good way to make new friends and become more active."

New sessions for 2019

As part of our existing MOVES exercise and activity club for over-65s, we're introducing two new dance sessions – Learn to Line Dance and JustJhoom (a Bollywood-themed style exercise class). Dates and details will be announced soon on www.hillingdon.gov.uk/dances.

Visit www.hillingdon.gov.uk/dances or call 01895 556688 to book yourself (and up to three guests) onto a session

Hillingdon celebrates arts, culture and literature

More than 1,400 residents attended our annual Culture Bite festival throughout September and October, with 90 unique events held across the borough.

The festival was more popular than ever before, with many events selling out far in advance. Residents flocked to meet famous authors including Adele Parks, Mark Billingham and Tony Kent as they hosted special evenings to discuss their bestselling books, and Tracy Borman, historian, writer and TV presenter, discussed her new novel at the Battle of Britain Bunker and Exhibition Centre.

Visitors also had the chance to enjoy National Poetry Day with English poet Wendy Cope OBE, and local young people enjoyed stories from award-winning children's author Alan Durrant, as well as creative writing workshops with other well-known authors.

Sarah Parker, 43, from Harefield attended the Tony Kent event at Manor Farm, Ruislip. She said: "I was interested in the author because he grew up in the borough. The event has inspired me to read his debut novel *Killer Intent* and his second book, which comes out next year. Hillingdon Libraries' author events are very good and I would absolutely recommend them."

Festival highlights also included wine tasting, Indian classical painting, art therapy, history talks, film screenings and popular talks on local witchcraft.

Sandra Morgan, 70, from Northwood went to the Invisible Witch event. She said: "It was really fascinating. I think Culture Bite is great – there is always a lot on offer, it's very accessible and gives me a chance to meet new people. I'll definitely be attending more in the future."

Patricia Bond, 70, from Hillingdon and **Gale Herald, 50, from Uxbridge** joined in the Art as

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said:

"We are lucky to have such a diverse community in Hillingdon, and it was fantastic to see so many residents of all ages celebrating the borough's vibrant culture. Culture Bite is a wonderful festival that grows in popularity each year, and we hope that more residents will visit their local libraries to explore what's on offer throughout the year."

Therapy sessions, which they found to be a really good way to learn new art skills. They said: "Culture Bite has been really interesting. It's allowed us to visit libraries more and discover local activities and authors we were both unaware of."

A range of cultural days celebrated music, dancing and crafts from around the world, and families enjoyed free activities during half-term, such as origami, drama games and storytelling sessions.

The festival ended in style, with residents dressing up as their favourite superheroes at a special heroes and villains evening, and the Grand Finale featured the Stardust Big Band, and a speech from The Mayor of Hillingdon, Cllr John Morgan at the Great Barn in Ruislip.



Another bumper crop of green awards

Once again Hillingdon has been recognised for the very high standard of its parks and green spaces in London in Bloom and residents demonstrated their green-fingered expertise in our Hillingdon in Bloom and Autumn Show competitions.

Flying the Green Flag in our parks

Flag raising ceremonies took place on Friday 5 October at the council's two new Green Flag sites.

For the sixth year running, Hillingdon has been awarded more flags than any other local authority in the UK, with a total of 50 across the borough. The Green Flag Award is the benchmark national standard for public parks, and recognises and rewards well managed green spaces.

Connaught Recreation Ground, Uxbridge and Eastcote War Memorial, Eastcote have now been added to an already impressive list. Residents, community groups and officers from the council's green spaces team attended the ceremonies, with Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services and the Mayor of Hillingdon, Cllr John Morgan raising each flag.



For more information on the awards and a full list of Green Flag sites in the borough, visit www.hillingdon.gov.uk/greenflagaward



AWARDED

Above: Eastcote War Memorial
Below: Connaught Recreation Ground



Hillingdon in Bloom 2018 results

Once again our Hillingdon in Bloom judges had a tough job on their hands thanks to the overwhelmingly high standard of entries this year. The competition received more applications than ever before, with 90 entries from residents, schools and businesses across 11 categories.

The council's annual gardening competition encourages residents to improve their local environment through the imaginative use of flowers, trees, shrubs and landscaping.

Jasbir Singh Atwal from Hayes was one of 41 first time entrants this year, and won first prize in the 'first time entrant' category for his eye-catching and colourful front garden, which incorporated sharp lines of symmetry to divide hard and soft landscaping.

The 'best tree pit' category was introduced for 2018, to encourage

residents to brighten up their streets by planting around the base of trees. First prize went to Giovanni and Filomena Ferrara from Ruislip, with Margaret Rondel from Harefield in close second place.

It was not only large front gardens that scooped prizes, as the window box and hanging basket categories revealed a borough festooned with glorious arrangements skillfully woven into the smallest of areas. Uxbridge Children's Centre and several schools including Queensmead School, Pield Heath School and Meadow High School were also highly commended for their projects and displays.

This year's winners were announced and presented with certificates and garden centre vouchers at the Autumn Show on Saturday 15 September.



Award-winning fruit and vegetables exhibited at show

Our annual Autumn Show competition, which was held on Saturday 15 September at the Great Barn at Manor Farm, Ruislip received a record 69 entrants this year, with residents demonstrating horticultural expertise with impressive displays of homegrown produce.

Categories included heaviest pumpkin, matching marrows, jars of chutney and arranged vegetable baskets, and the standard of homegrown produce was extremely high. Judges included the Mayor of Hillingdon, Cllr Bianco, and Gerry Edwards –

an accredited Royal Horticultural Society judge.

Best in Show was won by Peter Bird from Harefield for his magnificent quince (pictured left), which were matching in size, unmarked and perfectly shaped. The Best in Show children's category was won by Shefalee Doshi, from Hayes for her artwork.

Bob Brayshaw, 71, from Hayes, (pictured right) won first prize in the heaviest pumpkin and heaviest marrow categories. He said: "I started growing my vegetables for the show back in May to give them plenty of time to grow, and I'm delighted to have won first prize! I really enjoy growing my own produce as it tastes



so much nicer, but it also keeps me fit and healthy. I have two and a half allotments in Hayes End, and myself and four friends from there have been entering the Autumn Show for the past three years. It's a fantastic event as we're all in it together, and it's always nice to beat your mates in a competition!"

All of the winners were presented with rosettes, certificates and garden centre vouchers to help them continue their green-fingered pursuits.

For a full list of winners and more photos, visit www.hillingdon.gov.uk/autumnshow



Hillingdon wins Gold award - again!

For the third year running, Hillingdon retained its overall Gold award in the 2018 London in Bloom competition at an awards ceremony at Richmond Park on Thursday 20 September.

The borough was also once again named winner in the 'Large City' category. In total, Hillingdon was awarded nine Gold and seven Silver Gilt awards for its parks and green spaces, with local community groups gaining recognition in the 'It's Your Neighbourhood Award'.



Cllr Bianco said: "Hillingdon has a well-earned reputation for its fantastic parks and green spaces, and it is the many residents, volunteers, community groups and council officers who do their bit to ensure that Hillingdon blooms. A huge thank you to everyone involved in helping us to win even more awards, and for making our borough such an attractive place to live, work and visit."

Hillingdon remembers residents affected by conflict

The council has marked the centenary of the end of World War One and the sacrifices made by men and women in both world wars with special events of remembrance.

At the exact time that World War One ceased 100 years ago, at 11am on Sunday 11 November, rocket maroons will be fired at 11 sites across the borough. This year the anniversary of the Armistice falls poignantly on Remembrance Sunday itself and there will be a number of remembrance events across Hillingdon to acknowledge the nationally-observed two-minute silence in memory of all those who lost their lives in conflict. The Remembrance Day parades and wreath laying across Hillingdon follows the creation of a ribbon of red poppies, a symbol of remembrance, planted across 28 of Hillingdon's parks and green spaces in May by local uniformed groups, to bring generations together to honour the sacrifices made by their communities.

Leader of the Council, Cllr Ray Puddifoot, said: "Remembrance Day is particularly poignant this year as it is also the centenary year of the end of World War One. It is appropriate that we take time to be reminded of the great sacrifices that Hillingdon men and women, and indeed those of all British and Commonwealth countries and other allies, made and ensure that these are remembered for generations to come."

Remembering World War One

In memory of, and as a tribute to, local residents who took part in the conflict, three pairs of memorial silhouettes of soldiers from World War One have been installed at Harefield, Ruislip and Harmondsworth. The artwork depicts British infantry, nicknamed 'Tommies'. The 'Tommies' are part of a nationwide campaign called 'There But Not There' by the charity Remembered. It is also hoped that they will serve as a reminder to all communities on why and how 888,246 British and Commonwealth service personnel lost their lives in the conflict. The 'Tommies' are also installed to honour and raise funds for today's armed forces charities. All donations contribute to help heal those suffering from the hidden

wounds of post-traumatic stress disorder, as well as other legacies of recent combat operations. In Harefield, the 'Tommies' stand on the village green next to the war memorial and commemorative paving stones honouring World War One recipients of the Victoria Cross (VC), Harefield-born Robert Edward Ryder VC and Cecil John Kinross VC. They were two of 637 recipients in World War One of the highest award given to an individual who carries out an act of bravery when facing the enemy. Wreaths were laid in their memory in a ceremony at the memorial on Tuesday 25 September. Their courage, and those of other Harefield service men and women, was honoured at the event on the historic village green, which has been a registered common since 1813 and was designated a Centenary Field by the national charity Fields in Trust in partnership with the Royal British Legion in 2014. The Mayor of Hillingdon, Cllr John Morgan, Leader of the Council, Cllr Ray Puddifoot and Harefield ward councillors laid wreaths for the VCs and other Harefield residents at the memorial and children from



REMEMBRANCE

Leader of the Council, Cllr Ray Puddifoot; Mayor of Hillingdon, Cllr John Morgan; Reverend Martin Davies and the family of Cecil Kinross VC



Harefield Junior School were also in attendance to honour the Harefield men who fought and did not return to the village. **Kate Greaves, a distant cousin of Cecil Kinross VC,** said: "I think it's important for the children coming through the schools to know what their history is and to find out who fought in the first and second world wars from their own local environments. It has been an absolutely beautiful day and I'm so pleased the children were here to lay poppies." There was also a wreath laying ceremony at the war memorial in St Mary's Church, Harmondsworth on Sunday 23 September, where the Mayor and local ward councillors paid tribute to residents who made the ultimate sacrifice in World War One. Harmondsworth village green recently gained Centenary Field in Trust status to commemorate the end of the war. This designation will ensure that the site is protected for future generations. A display about 'Hillingdon During the First World War' opened in the Atrium of Uxbridge Library on Monday 5 November, in time for Remembrance Day, and finishes on Thursday 22 November. The exhibition explores

how Hillingdon life on the home front was impacted by the war. The Battle of Britain Exhibition and Visitor Centre also marked Remembrance weekend with a special programme of events to provide an opportunity for everyone to remember, reflect and learn. John Locke Academy created an art display featuring poppies and there were workshops for families to make their own poppy. Copies of a special commemorative book detailing all Hillingdon residents who lost their lives during the Great War and are listed on one of the 55 memorials across the borough and church plaques are still being sold. *We Will Remember Them*, has already been donated to the borough's schools, libraries and soldier's families and a paperback version is available to buy for £3 in all 17 of the borough's libraries.



Remembering World War Two

The council also honoured the contribution of the Polish community during World War Two with a ceremony to mark the 70th anniversary of the Polish Air Force Memorial in South Ruislip on Friday 2 November. Additionally, the occasion celebrated the launch of our new Polish Heritage Trail, which guides visitors through the key locations in Hillingdon frequented by Polish airmen based at RAF Northolt. The trail, created in collaboration with the Polish Air Force Memorial Committee and the Polish Airmen's Association, starts at the Battle of Britain Bunker before moving onto the Polish Air Force Memorial, which was unveiled in 1948 close to RAF Northolt where part of the Polish Fighter Wing was based. RAF Northolt was home to the famed and prolific No. 303 Squadron and their commander's medals are on display at the Battle of Britain Bunker. Their story is also told in the recent feature film called *Hurricane*, parts of which were filmed in the underground Battle of Britain Bunker. The historic trail next takes in The Orchard in Ruislip, which was their favourite pub in the area and ends in Northwood Cemetery where many of the Polish airmen killed in combat are laid to rest.



Use your smartphone to view the map and follow the trail on www.hillingdon.gov.uk/polishtrail

Young residents supported with armistice scholarships

Hillingdon People met local students who were fortunate enough to receive our armistice bursary to cover the tuition costs of their first year of university.



The council has offered a university grant to 34 young Hillingdon residents to mark the centenary of the end of World War One as a tribute to the young people who gave their lives in the conflict. More than 195 young residents applied for the £320,000 bursary fund, which offered to pay for the first year of university fees for successful applicants. Each student was asked to write an application to cover why they felt they deserved to receive the grant and were individually selected on merit.

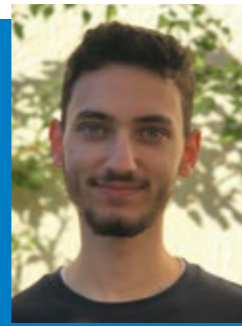


Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "It's fantastic to see so many talented young people applying for our bursary scheme and choosing to further their education. In addition to supporting young residents to access apprenticeships and other career opportunities, providing funding for future university students is an appropriate way to commemorate those who lost that opportunity for themselves due to their sacrifice in World War One. We wish all Hillingdon students the best of luck with their studies."



Benita Okosi, 18, from West Drayton is studying Physiotherapy at King's College University after gaining exceptional grades. She said: "Giving back to the community is my passion, and I mentored younger students with English as a second language at school as well as volunteering as a mentor at a local youth project. I'm from a single-parent family but the resources in Hillingdon have always enabled me to achieve my goals. I'm ecstatic and grateful to receive the university bursary."

Abdallah Abbas, 18, from Ruislip is studying Medicine at University College London. He achieved excellent A Level results and received prizes for being the highest achieving student in Biology and Chemistry during sixth form. He said, "I take pride in contributing to my Hillingdon community, and volunteer at my local dementia care home and charity shop. The cost of going to medical school in London is high, but the bursary will help me immensely on my journey to becoming a doctor."



Natalie D'Cruz, 18, from Ickenham has always lived and attended school in Hillingdon. She said: "I've experienced first-hand the opportunities on offer in our borough, and the council's mathematics masterclasses inspired me to pursue my chosen career. I represented Hillingdon in the London Youth Games for seven years and my next step is to study Engineering at Loughborough University, a field in which women are still fighting for representation. Seeing the implementation of free outdoor gym equipment in local parks has sparked excitement that I may be designing innovations of this level in the future. I have the opportunity to study at university, but I wouldn't have this freedom if it wasn't for those who sacrificed their youth and lives defending our nation."



YOUNG PEOPLE ENJOY SKATE PARK OPENING EVENTS

Residents were invited to Skate Jam events on Thursday 30 August and Friday 31 August to celebrate the opening of two skate parks.

The council has invested more than £215,000 in the facilities, which offer various circuits, ramps and jumps at different levels for skating enthusiasts. A new park was built at Field End Recreation Ground, South Ruislip following a request from a local skate group with the support of South Ruislip ward councillors, and the existing skate park at Fassnidge Park, Uxbridge was refurbished as part of the council's Chrysalis programme.

The Mayor of Hillingdon, Cllr John Morgan, officially opened both of the new new facilities, and young residents enjoyed demonstrations from top UK professional BMX and skateboard riders, as well as free group coaching sessions.

Charran Phagwan, 12, from Uxbridge attended the event at Fassnidge Park. He said: "Me and my brother like to come to the skate park, especially during the summer holidays. I ride my bike on the ramps and all my friends come

and meet up here. It's a great place to make friends and it's so much better now with the new ramps."

Alfie Allison, 10, from West Drayton, said: "I just love to skate and I really like meeting friends and landing new tricks with them. I go to loads of different skate parks, but I come to Fassnidge Park a lot and it's much smoother now it's been updated."



Paul Russellittleton, 22, from Eastcote is a local skater who helped to design the park at Field End Recreation Ground. He said: "The finished park looks exactly the same as the original design, so it's come out really well! I've wanted a skate park built in my area since I was 13 years old, as we used to have to travel all over the borough to get to one. It's a much-needed facility and plenty of people have been coming down to use it."

Danny Aldridge, 31, from Bognor Regis is a world champion professional skater, and ran the Skate

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "In addition to Hillingdon's free outdoor gyms and award-winning green spaces, the skate parks provide a space for young people to socialise and learn skills. It was fantastic to see so many people enjoying our Skate Jam events, which marked the end of our FIESTA summer activities programme for young people, and we hope that more residents will enjoy the benefits that our free leisure facilities have to offer."

Jam demonstrations and coaching sessions on behalf of Team Extreme. He said: "For me, skating changed my life. I went from being a really negative 10-year-old to someone who became motivated to learn, be active and socialise. Skating teaches you that practice makes perfect and you feel really positive when you learn new skills. I'd encourage young people to go to their local skate park and give it a go! We're a really friendly community and people will always help you learn."

For more information about our skate parks, visit www.hillingdon.gov.uk/skateparks



Council venues bring history to life

Residents and visitors came to a range of events in September to discover Hillingdon's heritage.

The council, volunteers and community groups worked in partnership to hold a history weekend at Manor Farm, commemorate Battle of Britain Day at the Battle of Britain Bunker and provide exclusive behind-the-scenes access to three of our heritage venues for Open House London Weekend.



Festival celebrates Manor Farm's Tudor history

A special history weekend featuring a varied programme of activities was held on Saturday 15 and Sunday 16 September at Manor Farm.

The historic site, which has been at the heart of Ruislip for over 1,000 years, welcomed more than 2,000 visitors and a lively family atmosphere was created throughout the two days.

Visitors were able to see the display of agricultural tools in the Pram Shed Museum, gain special access to Manor Farm House, take part in craft workshops run by the Girl Guides in the Stables and meet Tudor re-enactment group, Sir Robert Cecil's Men, whose members regaled audiences with specially adapted plays based on Shakespeare, a daring sword school and a Tudor camp on the motte. The group involved visitors in their displays, which showed what everyday life was really like for the Tudors.

The Sunday saw the return of historical dance troupe Nonsuch. Their Elizabethan dancing in authentic costumes was accompanied by live music from the K'antu



Ensemble, who played original historical instruments in period clothing. They delighted the crowd in the Great Barn with displays before encouraging the audience to join in.

Visitors also learned more about Manor Farm's rare 300-year-old wallpaper as part of a temporary exhibition in the Farm House. The wallpaper is believed to have been purchased by Manor Farm leaseholder, Ralph Hawtrey, and is one of the oldest surviving examples of domestic English wallpaper still hanging on its original wall. The exhibition also included items on loan from the British Library and English Heritage, bringing together two of the handful of 17th century wallpapers in existence on display at the same time.

For more information about Manor Farm visit www.hillingdon.gov.uk/manorfarm

Bunker commemorates Battle of Britain Day

More than 300 visitors enjoyed a range of special events on Saturday 15 September at the Battle of Britain Bunker, Uxbridge to commemorate Battle of Britain Day.

The day opened with a wreath laying ceremony and two-minute silence at the bunker's memorial to honour those who participated in the historic air battle. Senior Aircraftman, Jack Wilson, from RAF Northolt, marked the minute by playing the Last Post and Reveille and wreaths were laid by Flying Officer, Jarvis Dale from RAF Northolt representing the RAF and Deputy Mayor, Cllr David Yarrow on behalf of the council.

The bunker's volunteers guided visitors through the underground facility where the operations room plotting table is laid out just as it was on 15 September 1940 at 11.30am, plotting the movements of 250 enemy bombers en route to London, as well as the RAF squadrons in the air. An additional tour was added to the regular daily schedule to meet demand.

Former curator, Chris Wren, revealed more about the battle's history and strategy to audiences in two specialist talks, and historian and author, Paul Beaver, shared more details of the landmark air battle in a lecture based on his extensive research.

Families enjoyed additional activities, including a Top Trumps game featuring all the planes flown in the air battle, model aircraft



CELEBRATING HISTORY

Four great-granddaughters of Alfred Henry Canning, foreman-gamekeeper at Cranford Park at the turn of the 20th century

displays, a discovery trail through the museum, as well as a display of 100 years of the RAF by the Royal Air Force Association. The cafe also provided special Spitfire and Hurricane aircraft cupcakes. The day concluded with a sold-out special screening of *The Battle of Britain*.

For more information about the Battle of Britain Bunker and its Exhibition and Visitor Centre visit battleofbritainbunker.co.uk

Hillingdon participates in festival of architecture

Three of the borough's heritage sites opened their doors for Open House London Weekend on Saturday 22 and Sunday 23 September.

Despite the wet weather, Cranford Park welcomed visitors to their Grade II listed stable block and secret garden. The 144-acre historic countryside park in Heathrow Villages, once the country estate of the Earls of Berkeley, is also home to the medieval St Dunstan's Church, which opened to allow visitors special access to their 14th century wall paintings.

The Manor Farm site was also open both days, offering special access to the upstairs of the Grade II listed Manor Farm House, which was built between 1505 and 1507, the Pram Shed Museum and the Great Barn. The barn is the second largest of its kind in the country and was built between 1280 and 1300 from trees felled locally in Ruislip Woods.

An informative free audio guide, which launched earlier this year, was also available to use, providing additional detail on the 22-acre site.

Eastcote House Gardens also offered behind the scenes access on Sunday 23 September, alongside a classic car rally in the grounds, featuring 35 vintage cars dating from the 1920s to 2017. Visitors explored the Grade II listed 17th century timber framed stables building and 18th century brick dovecote and walled garden, which is all that remains of the home of the Hawtrey family who lived there from 1527 to 1930. The Friends of Eastcote House Gardens were on hand to provide information.

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said:

"All of our September history events have proven extremely popular and it's great to see so many residents and visitors getting involved in the various activity programmes to learn about the borough's history. Hillingdon is home to a range of heritage sites, which residents are welcome to visit throughout the year."

Discover more of Hillingdon, for more sites visit www.hillingdon.gov.uk/placesofinterest

New homes offer older people security and independence

Residents have started to move into a new extra-care housing scheme in Grange Road, Hayes, which will provide 88 affordable extra-care flats and communal facilities.

The council is investing more than £39 million in two new housing developments to help older residents to carry on living independently and a state-of-the-art dementia centre.

Grassy Meadow Court is set within woodland near the Beck Theatre, Hayes and has been built to the University of Stirling standard for dementia care. Close attention has been given to the detail, colour and design of the building, which enables residents with dementia or impaired memory, learning and reasoning to navigate with ease and remain independent.

The building is already on track to achieve a 'Gold' Dementia Design Accreditation Award, following an inspection from the University of Stirling in September.

The first residents began moving in from Thursday 4 October, including **Judith Page, 79**, from Yeading. **Judith's daughter Nena**, said: "My mum was living in a flat in Yeading, but over the years her friends and neighbours had either moved on or passed away. Her long-term partner recently suffered a stroke and had to move into a residential care home, so she lost all her companionship.

"Mum is fiercely independent, but she had a big fall last Christmas and became very isolated. She was often calling for an ambulance in the middle of the night, and was scared to go out to the shops in the local area. All the family live far away, plus I work and look after my grandchildren, so it was a real worry when she needed any extra medical care.

"When we found out about the new flats at Grassy Meadow, it was the perfect solution. Mum would never go into a home, but here she has her independence and there is care available throughout the night if needed. All the shops and facilities are nearby and her family can stay over, including her great



grandchildren! It's given us all so much peace of mind knowing that we don't have to worry about mum, as we know she will be safe and have companionship when she wants it."

Judith said: "Somewhere like this will give me a new lease of life and give me the chance to see people. Hopefully I will make some new friends and have a better social life."

Each modern self-contained flat at Grassy Meadow Court offers comfort and privacy, with its own

balcony garden. The building boasts numerous communal facilities, including two central courtyard garden areas, a dementia centre, restaurant, cafe and hairdressing salon.

Extra-care housing offers all older residents and their families peace of mind, with professional care on-site 24 hours a day.

Park View Court, Yiewsley, will provide a further 60 extra-care flats and is expected to open in March 2019.

A NEW HOME

Cllr Philip Corthorne meets Peter Laver, the first resident to move into Grassy Meadow Court



Valerie Mack, aged 62, lives at one of the council's existing extra-care facilities in Ruislip. She said: "Three years ago, I was in a life-threatening car accident whilst on holiday and I severed my spinal cord and neck. It was extremely upsetting and stressful for my children, as I was on life support for six months. "Before the accident, I lived and worked in Cowley and had no health issues whatsoever. The impact of the crash has taken so much out of me and I will be in a wheelchair for the rest of my life."

Extra-care housing has given Valerie and her daughters reassurance that she is safe and secure. She said: "I have so much independence now and my daughters don't need to worry about me. I regularly go out and about to visit family members and to the shops with my carers. It's nice to have the communal lounge and gardens, but it's also really important that I have my own space when I want privacy. "My flat is very spacious and I feel safe, I can just ring a bell when I have a problem and a carer will arrive to help. I'm still very independent and living in extra-care promotes that independence, as you are motivated to do things for yourself"



Peter Roberts, aged 65, has brittle bone disease and lives in an extra-care home in Hayes. He said: "I used to live in a maisonette on my own in Hayes, but one day I was mugged and beaten up by two men in my own home. It was really frightening and they stole all my mum's jewellery. I was afraid to open the front door to anyone and was really jumpy with strangers. I just didn't want to live on my own anymore."

"When I moved into extra-care, I felt a lot safer. The doors are locked at night and there are staff here around the clock. I still feel jumpy when I'm out and about, but I feel a lot more secure." Peter also enjoys the freedom and privacy of living in extra-care. He said: "I'm very independent and I come and go as I please, and often visit Hayes or Uxbridge on the local buses. My flat is very comfortable and offers me privacy, but there's always someone here to keep an eye on me and I never feel lonely. I feel reassured knowing that someone can be here to help me at the touch of a button, 24 hours a day."



Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "The council has invested in these two large housing developments to support older people with additional needs, providing them with the very best facilities to continue to live a fulfilling and independent life."

For more information and details of eligibility criteria, call 01895 556365 or visit www.hillingdon.gov.uk/extracarehousing

Christmas in Hillingdon

We will be spreading Christmas cheer in November and December with a sleigh-full of celebrations, events, lights and free parking.

Festive lights set to sparkle

This year the council is investing £151,000 in Christmas lighting displays, with an additional £38,000 in grants to support some town installations.

There will be displays in Eastcote, Glebe Estate, Harefield, Harlington, Harmondsworth Road (Sipson), Harmondsworth, Sipson, Hayes, Kingshill Avenue, Hillingdon East, Ruislip, South Ruislip, Uxbridge, Yiewsley and West Drayton.

Ickenham Festival Committee, Northwood Residents Association, Northwood Hills Residents Association and Ruislip Manor Chamber of Commerce will each benefit from council grants so they can independently co-ordinate their Christmas illuminations.

The Uxbridge town centre switch-on will be on Sunday 18 November at 5pm. In Hayes, the Schools' Community Choir will

perform from 4pm on Wednesday 21 November at St Anselm's Church, with the Mayor of Hillingdon, Cllr John Morgan switching on the lights at 4.30pm. There will be Christmas carols and seasonal music on the Civic Centre forecourt, Uxbridge, on Friday 30 November, and the Mayor of Hillingdon and Boris Johnson MP for Uxbridge and South Ruislip will switch on the lights on the 35-foot Christmas tree at 5.30pm.

A variety of festive events on offer

Visit your local library

Libraries across Hillingdon will be hosting a range of events and activities for adults, families and young people throughout December, including Christmas carols, film screenings, festive crafts and a Santa's grotto.

Adults can join a Crafty Christmas Workshop at Northwood Library on Thursday 6 December at 10.30am to learn how to make Christmas decorations, or attend a Christmas cake icing demonstration and festive coffee morning at Manor Farm Library at 10.30am the following day.

Events also include a sing-a-long film screening of *Frozen* at Harlington Library on Wednesday 12 December at 3.30pm, and families with children aged over eight can learn how to make their own light-up cards at Oak Farm Library on Saturday 15 December at 3.30pm.

Visitors to Uxbridge Library can enjoy a carol performance and audience sing-along with musical group the Ruislip Belles and Beaux handbell ringers on Friday 14 December from 10am to 12pm, and children ages three to 10 can listen to bedtime stories including *How the Grinch Stole Christmas* on Wednesday 19 December at 4pm at Yeading Library.

For a full list of activities, visit www.hillingdon.gov.uk/christmas.

Christmas market

Uxbridge town centre will be hosting a Christmas market from Thursday 15 November to Sunday 2 December, with more than 30 wooden chalets selling a broad range of festive gifts and mulled wine on Uxbridge High Street.

It's pantomime time, oh yes it is...

A magic lamp-full of songs, laughter, genies and sorcerers - *Aladdin* is coming to the Compass Theatre, Ickenham this December, offering entertainment for all of the family, courtesy of the council and DKproDUktions.



New for this year, the show on Friday 14 December will be a relaxed performance for members of the community with learning or communication difficulties and those with an autism spectrum condition. The house lights will be left on slightly, sound levels reduced and flashing effects taken out.

For pricing, times and to book, visit www.hillingdontheatres.uk or call the Box Office on 020 8561 8371.



Free parking

The council is supporting local businesses and helping to make Christmas shopping more enjoyable with free weekend parking in the lead-up to the festive period.

Residents can use their HillingdonFirst card to enjoy free parking in council-owned car parks and on-street parking bays on:

- Saturday 1 and Sunday 2 December
- Saturday 8 and Sunday 9 December
- Saturday 15 and Sunday 16 December
- Saturday 22 and Sunday 23 December
- Saturday 29 and Sunday 30 December

Remember to take your card with you and follow the instructions on the machines when getting your ticket to ensure you're not charged.

On Christmas Day, Boxing Day and New Year's Day it will be free for all residents and visitors to park at each of the council's car parks and on-street parking bays.

The HillingdonFirst card also offers discounts at a range of local businesses, which can help reduce the cost of Christmas shopping. For more information and to apply for one visit www.hillingdon.gov.uk/hillingdonfirst.

Christmas tree sales

For those planning on buying a real Christmas tree this year, head over to our Rural Activities Garden Centre in Yiewsley. A wide selection of cut trees will be available from Saturday 1 December, as well as homegrown potted trees, wreaths and other decorative accessories.



Festive guide to recycling

During the Christmas period, residents are encouraged to do their bit for the environment by reusing items and recycling wrapping paper, packaging and food leftovers to help reduce the amount of waste generated.

Dry recycling

You can recycle cards, wrapping paper, books, magazines and catalogues, cardboard, paper, tin cans, glass bottles, jars, cartons, plastic bags, trays and bottles. Glitter and foil can contaminate other waste during the recycling process, meaning the items intended for recycling will have to go to landfill. If something has glitter or foil on it, put it in your general waste.

Food waste

All of your food waste can be recycled using the free kitchen caddy provided by the council. Line the caddy with compostable corn starch bags or newspaper, which will help keep it clean.

Christmas trees

You can recycle trees with your usual garden waste collections in January. The tree should be placed at the edge of the property boundary and visible to collectors.

If you live in a flat, call the council on 01895 556000 to request collection from Monday 7 January. Trees should be placed next to your bin store or collection point for waste bins, without blocking access to the bins.

All decorations and pots should be removed, trees taller than 6 foot should be cut in half and artificial trees should be taken to one of our civic amenity sites or a pick-up arranged via the council's bulky waste collection service.

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



Leader of the Council, Cllr Ray Puddifoot, said: "Christmas is a very special and important time for residents, local retailers and businesses in Hillingdon and as a council we are continuing to invest in providing events and decorative displays across the borough during the festive season and we hope that everyone enjoys the displays and celebrations on offer."

Refuse and recycling collection dates

Normal collection day	Revised collection day
Monday 24 December	Monday 24 December
Tuesday 25 December	Thursday 27 December
Wednesday 26 December	Friday 28 December
Thursday 27 December	Saturday 29 December
Friday 28 December	Monday 31 December
Monday 31 December	Wednesday 2 January
Tuesday 1 January	Thursday 3 January
Wednesday 2 January	Friday 4 January
Thursday 3 January	Saturday 5 January
Friday 4 January	Monday 7 January
Monday 7 January	Tuesday 8 January
Tuesday 8 January	Wednesday 9 January
Wednesday 9 January	Thursday 10 January
Thursday 10 January	Friday 11 January
Friday 11 January	Saturday 12 January

Please leave your rubbish out for collection by 6am.

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

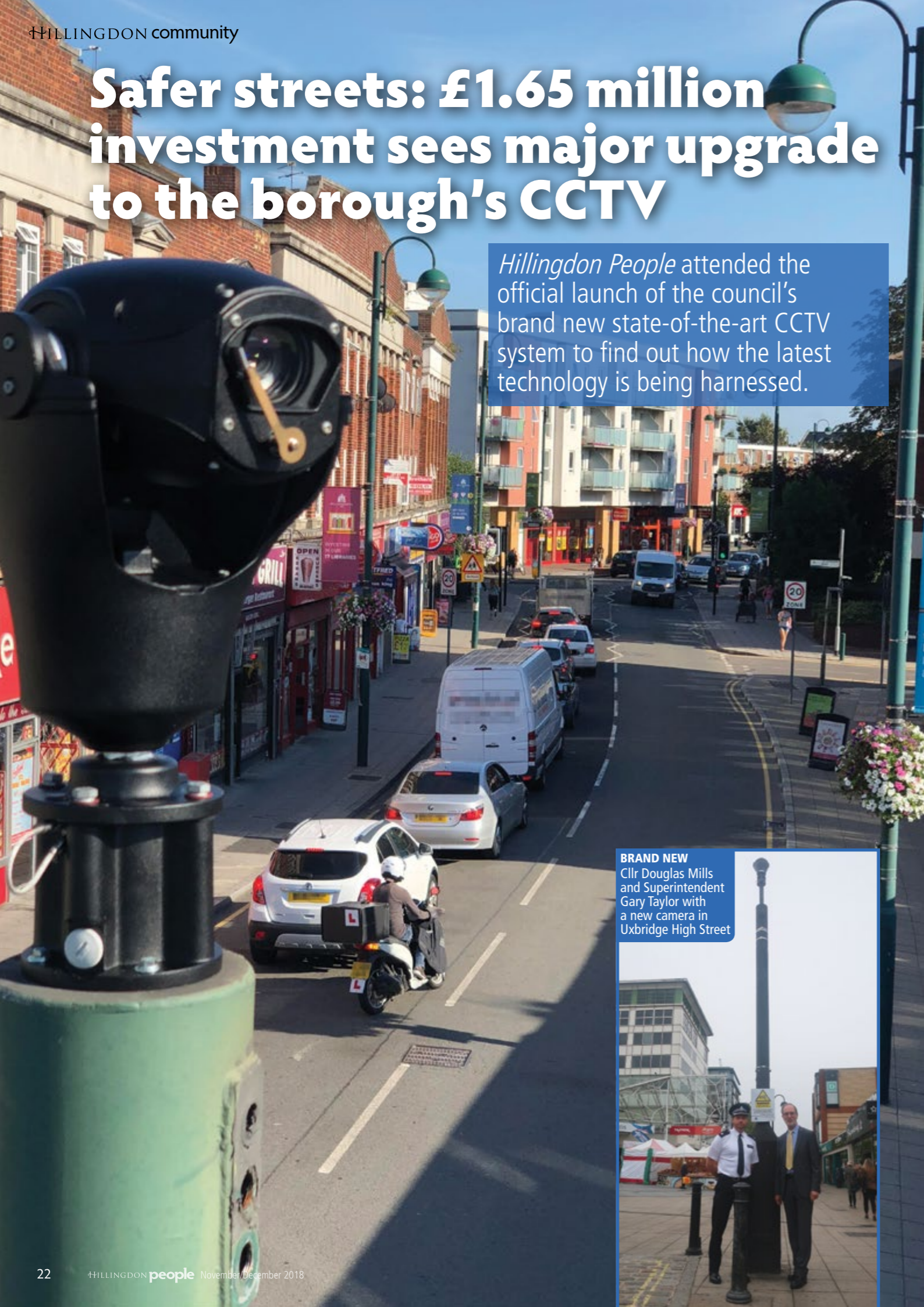
Separate arrangements are in place for flats and business premises.

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



Safer streets: £1.65 million investment sees major upgrade to the borough's CCTV

Hillingdon People attended the official launch of the council's brand new state-of-the-art CCTV system to find out how the latest technology is being harnessed.



BRAND NEW
Cllr Douglas Mills and Superintendent Gary Taylor with a new camera in Uxbridge High Street



The council and the police work closely together to keep Hillingdon's streets safe. Closed circuit television (CCTV) is one of the most important tools at their disposal, both as an effective monitoring tool, a deterrent, and a reliable means of gathering evidence to bring lawbreakers to justice.

The council's older analogue 'pan and tilt' style CCTV cameras kept a watchful eye on the borough for more than two decades, helping to keep communities safe and bring criminals to justice for a range of offences. But while they were a huge asset, they were showing their age. At 20 years old, some were starting to break down regularly, others were too costly to repair, and poor image quality was becoming a problem. It was time for an upgrade.

Now, thanks to a £1.65 million investment by the council, all of the borough's CCTV cameras have been replaced with digital, wireless cameras.

The new cameras provide more extensive coverage, ensuring fewer corners of the borough's public spaces are out of sight, and the overall quality of the images they capture is vastly improved, allowing the council and the police to scrutinise footage more effectively and gather more compelling evidence when needed.

The system also gives police faster access to CCTV images, improving the timeliness of investigations, and is capable of a raft of additional features including Automatic Number Plate Recognition and two-way intercom. The cameras themselves are protected by vandal-proof casing.

In addition, the borough's CCTV control room has undergone a major upgrade, giving CCTV operators a more sophisticated system and an unprecedented ability to monitor different parts of the borough at the same time.

New CCTV in numbers

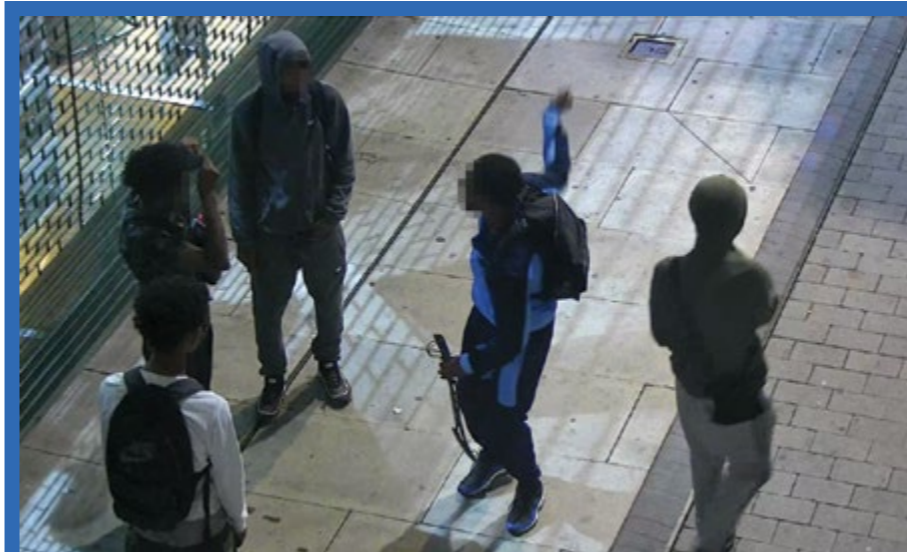
- £1.65 million invested
- More than 850 new cameras, covering all town centres, housing sites and hundreds of streets and parks
- 24-hour coverage, 7 days a week, with high definition footage able to be recorded by each camera
- 13 43-inch monitors and 12 22-inch monitors in the new control room

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

"Residents often tell us that they're worried about anti-social behaviour and fly-tipping, and we need CCTV that works properly, both as a way of monitoring what's going on and catching the culprits.

"There's no doubt that the old system was no longer up to the job, and I'm delighted that we've been able to make this investment, which will see much better CCTV coverage of our streets, town centres, housing sites and open spaces.

"We will, wherever possible, continue to use the latest technology to keep residents safe and ensure our neighbourhoods remain pleasant places to live and work."



"Excellent quality CCTV" leads to quick arrest and conviction

A recent incident in Hayes perfectly illustrates the importance of good quality CCTV in the fight against serious crime.

On 22 July, at about 1.30am, CCTV operators spotted a group of men walking in Coldharbour Lane. One was seen brandishing a large knife in a threatening manner, and some were attempting to conceal their identities. By the time police arrived, the men had run off. However, the CCTV images captured were of such good quality that police were quickly able to identify and arrest

the one with the knife. The man, aged 26, appeared at Isleworth Crown Court on 28 August and was sentenced to five months in prison for possession of an offensive weapon.

One of the investigating officers said: "This arrest and conviction was a direct result of a joint proactive approach by the council and the local crime squad. The man was observed on excellent quality CCTV and quickly identified, arrested and convicted. This sends a clear message that carrying any form of weapon will result in a robust approach by police."

Superintendent Gary Taylor, of the Metropolitan Police's West Area Basic Command Unit, said:

"I have had the opportunity to review the new system and must say I'm very impressed with both the outstanding quality and capability it offers. The new generation technology will give us far greater ability to prevent and detect crime and working with our partners, it will be an additional resource to provide reassurance and keep the community safe."



Primary school admissions

Do you have a child born between **1 September 2014 and 31 August 2015?**
If so, you must apply for a school place by **15 January 2019**

For full details, key dates and to apply online, visit www.hillingdon.gov.uk/schooladmissions

Need advice on how to apply?
We will be holding information sessions for parents/carers. For more information, visit our website or call 01895 556644.



www.hillingdon.gov.uk/schooladmissions

Update from the West Area BCU Superintendent

Where did the last year go? Christmas is upon us again and looking back over 2018 the Metropolitan Police have seen many big changes, which included The Basic Command Unit starting in June joining Hillingdon, Hounslow and Ealing together. What I can report for the people of Hillingdon is that we have seen emergency response times increase (so we are getting to those who need us the most faster) and some significant areas of crime reduce, most significantly burglary and knife crime.

Hillingdon continues to have one of the biggest reductions in the Met for burglary. Our success in this area is due to the ongoing work of our proactive and neighbourhood officers and the way we operate in partnership with the council. We have also been targeting both areas and individuals around knife crime. Boots on the ground style

policing with a focus on stop and search has seen knives taken off the streets and I can say with certainty, saved lives. This is a national issue and we are doing as much as we can to keep you safe along with all of our partners.

I have recently seen in action the latest upgrades to the CCTV within the borough and quite frankly it's a great system. This will allow far better identification of offenders as well as the monitoring of anti-social behaviour hotspots (to name a couple of benefits).

We also have lots of work going on to launch and gain momentum with OWL (Online Watch Link) now that more than 9,000 Hillingdon residents have joined. This is outstanding but we want everyone involved, so if you have not done so, please visit www.owl.co.uk and sign up. You will get up to the minute

alerts and messages bespoke to your area about crime matters.

This time of year sees a rise in opportunist thieves, with lots of houses having expensive Christmas presents on show under Christmas trees. Please ensure you lock all doors and windows when you go out, restrict access to the rear of your property and don't leave high value items on show. If you see something suspicious please call 999.

Until next time, stay safe and I wish you all a happy new year in 2019.



Gary Taylor

Keep Hillingdon healthy this winter

Back by popular demand, NHS Hillingdon Clinical Commissioning Group will again be out and about in the borough on a public roadshow, providing the local community with handy tips and advice on keeping well during the colder months. If you see the roadshow in your neighbourhood, please do join them. The action-packed roadshow will:

- Talk about the services they have in Hillingdon and help you get the right care, in the right place, at the right time.
- Give information about the MyHealth Programme and how their free self-management workshops could help support you. More information can be found on www.myhealthhillingdon.nhs.uk.
- Offer free atrial fibrillation (pulse check) and blood pressure monitor checks.
- Promote their *Aggie the Alien* children's book, created from a short story competition

last year. The book is available in all Hillingdon libraries.

- Offer primary schools an interactive *Aggie the Alien* themed assembly promoting keeping well this winter, and recruiting 'Hillingdon Health Defender Champions' to support Aggie in her quest to keep the people of Hillingdon well during these colder months.



If you would like further information, or would like your school to host an interactive *Aggie the Alien* assembly or invite the team to host a roadshow at your community group/event/school or place of work please get in touch with Marimar Carreno on marimar.carreno@nhs.net or 01895 203076.

For all the latest health news and to find out where their roadshow is on, follow @Hillingdon_CCG on Twitter, @HillingdonCCG on Instagram and find NHS Hillingdon CCG on Facebook.

Changes to Alexandra Avenue Health Centre

From 1 November, Alexandra Avenue Health Centre in Harrow will no longer be a walk-in centre or see patients registered with a Hillingdon GP practice. If you need to see a doctor or nurse simply contact your GP surgery or call NHS 111 for an appointment at your practice or at one of the following locations during evenings and weekends: Eastcote Health Centre, Uxbridge Health Centre or HESA Medical Centre in Hayes.

For more information please visit bit.ly/changes-ahc.



Hillingdon Swimming Club Making a splash!

Hillingdon Swimming Club start the season with the support of a new sponsor HIFX Europe (www.hifx.co.uk). A locally based foreign exchange broker, HIFX offers foreign exchange and international payment services to individual and corporate customers. Together with the club's long standing swim retail partner Mailsports, they will be making an important contribution to the continuing success of the club.

The swimming club Finance Officer Laurence Hall commented, "the support of sponsors makes a very important contribution to the training costs of our swimmers and helps to ensure that we can make our training fees affordable for all".

The club has over 500 swimmers "in the water" each week ranging from Learn to Swim through to international competitors. This includes a growing Masters section and students from Brunel University. Hillingdon is an ambitious and thriving club swimming at a number of pools in Uxbridge, Ruislip, Northwood and has now returned to Botwell Green Hayes. Previously voted Hillingdon Borough "Club of the Year" they were excited to see elite swimmer Lou Lou Vos selected for the Netherlands in this summer's European Championships and to be very well represented at the National Swimming Finals in Sheffield this year where swimmers across a wide age range returned with personal best times and medals.

Head Coach John Adye commented, "we take great pride in our environment where young people keep fit, stay healthy, strive to achieve their goals and succeed in fulfilling their potential as both athletes and people. Competitive sport, particularly elite swimming, develops all round life skills for young people and we encourage our members to adopt a lifestyle, with which success is simply inevitable."

If you are interested in knowing more about Hillingdon Swimming Club please contact Sue Dyer membershipsec@hillingdonsc.co.uk to find out about lessons, joining the squads or sponsoring or visit the club website www.hillingdonsc.co.uk
An introductory offer is available for students of Brunel University or former swimmers who wish to return to the sport.




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www.hillingdon.gov.uk

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Why responsible dog ownership is important

Dogs are often popular Christmas presents but owning and properly looking after them can be a big commitment. The council has a duty to collect lost and abandoned dogs in the borough and is asking residents to ensure that they responsibly care for their four-legged friends.

We receive an average of 25 calls a month about stray dogs, with 161 collected by the dog wardens across Hillingdon in the last year alone. By law, all dog owners must ensure that their dog wears a collar with the owner's name and address inscribed on it, and every dog must be microchipped so they can be easily identified and returned home if lost.



If a dog is found in Hillingdon and the owner is traced, the council's dog warden service, Noah's Ark, will collect them and return them home. Advice and education will also be provided to help prevent them from escaping again. The owner may be fined.

In some cases, the owner cannot be tracked down immediately, so dedicated dog carers take the dog to a safe kennel facility where they will be looked after for a statutory seven days, whilst efforts are made to find the owner.

During the time spent in the council's care, each dog will have its own cosy bed in a kennel and will be groomed and walked twice a day. All dogs have a full veterinary health check and are given plenty of human love and attention during their stay.

The dog's wellbeing and behaviour is also assessed, so that a suitable new home can be sought if the original owner is not found.

If the dog has not been returned to its owner after seven days, the council will endeavour to find them a new home. **Wonder**, a Staffordshire Bull Terrier, was found abandoned and sleeping under a bush. He was blind

in both eyes and no-one turned up to claim him, but fortunately the council arranged for him to be taken to a rescue centre in North Yorkshire where he found a happy new home.

Dexter, a young Rottweiler, was found as a stray in Hillingdon and sadly the owner did not want him back. Due to a lack of training in his young life, Dexter had not learnt to socialise with humans and other dogs, so the council transferred him to a Rottweiler rescue centre where experts could train him and prepare him for his forever home.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "We work with our partner Noah's Ark to collect, return or rehome stray dogs in the borough, but we want to see a reduction of the number of lost and abandoned dogs in Hillingdon's parks and public places. Residents need to ensure that their dog wears a collar and tag in public and that its microchip details are up to date."

Stray dogs in numbers

A dog that has been lost or abandoned in a public place is classed as a stray dog, this includes those that may have escaped from the owner's house or garden.

Of the 161 stray dogs found in Hillingdon between 1 September 2017 and 31 August 2018:

- 103 dogs were returned to their owners
- 57 dogs were not claimed and were found a forever home
- 1 dog was put to sleep with the owner's consent due to an untreatable medical condition
- Only 29 per cent of dogs had a microchip
- 2 per cent of dogs had an ID tag on their collar

If you have lost your dog

- Call the council's dog warden service on 03335 775 070.
- Contact your local veterinary surgeries.
- Register your dog with a national lost dog database, such as www.doglost.co.uk.

Dogs Trust, a national dog welfare charity with a rehoming centre in Harefield, witnesses a rise in abandoned dogs over the Christmas period.

Richard Moore, Rehoming Centre Manager, said: "Sadly people still choose to purchase a dog on impulse without thinking about the long-term effect this will have on their life, and each year we take in more and more unwanted dogs who have been bought as Christmas presents. Owning a dog is a lifelong commitment, so we are urging people in Hillingdon to think carefully before getting a dog."

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

We are running a series of free instructor-led sessions to demonstrate how to use the different pieces of equipment in our 21 outdoor gyms. Sessions last 45 minutes and are open to over-18s. Spaces are limited, so please book early to avoid disappointment.

2018

- Warrender Park, Ruislip, HA4 8RZ
▶ Monday 3 December at 2.30pm
- Deane Park, South Ruislip, HA4 0HS
▶ Tuesday 4 December at 1.45pm
- Shenley Park, Ruislip Manor, HA4 6BX
▶ Tuesday 4 December at 2.45pm
- Harmondsworth Recreation Ground, UB7 0AU
▶ Wednesday 11 December at 2pm
- Warren Park, Yeading, UB4 0XE
▶ Tuesday 18 December at 2pm

2019

- Park Road Green, Hayes End, UB4 8JL
▶ Tuesday 8 January at 2pm
- Connaught Recreation Ground, Hillingdon, UB10 0NW
▶ Tuesday 15 January at 2pm
- Rockingham Park, Uxbridge, UB8 2UW
▶ Tuesday 15 January at 3.15pm

Email @ sportandphysicalactivity@hillingdon.gov.uk or call 01895 250453 to book your place.

www.hillingdon.gov.uk/outdoorgyms



Could you give a child a loving home?

Find out about fostering

Come and find out about fostering for Hillingdon Council.

Saturday 17 November
Drop in between 10am and 4pm
Civic Centre, High Street, Uxbridge, UB8 1UW

For more details
www.hillingdon.gov.uk/betheone
0800 783 1298



HILLINGDON LONDON

www.hillingdon.gov.uk

Provide companionship to an older person in your community

Age UK's befriending service provides older people with a link to the outside world and often acts as a gateway for other valuable support and advice. The charity receives a grant from the council but also relies on the help of committed volunteers and is currently looking for more people to help them to carry out this valuable work. Volunteers are individually matched with an isolated or housebound older person in their area to provide them with regular and long-term companionship in their own home.

Christine Alexander, from Hayes has been volunteering as a befriender in Hillingdon for the last three years. She meets with **Hazel Rockett, who lives in Uxbridge**, every week (pictured right). They have regular chats and go for short walks in Rockingham Recreation Ground and along the River Fray in Fasnidge Park. Christine helps Hazel to book hair appointments and they often do gardening together. They've recently enjoyed a number of outings, including a visit to the Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge and have taken part in some of the council's wellbeing events.

Hazel explains that before Christine first came to visit her, she hardly saw anybody because she would struggle to go out on her own. She said: "We've been very lucky during the past three years, as there's only been one or two days that we couldn't go out. Christine has become a good friend and now I feel a lot less isolated."

Christine said: "It's like Age UK has given me a new friend. Hazel is someone who I wouldn't necessarily find in my normal life but I can well and truly say that we are friends. We go to places we both like and she's brought an additional aspect to my life."

The service wouldn't be possible without volunteers who give their time to befriend an older person and make a difference to someone's life.

In preparation for becoming a befriender, volunteers are required



to complete a recruitment and matching process, which can take up to eight weeks and includes a disclosure and barring service check. Once matched with an older person, you will usually be asked to visit them for around an hour, every week, over a long period of time.



Are you aged 65 and over?

If you live alone and are unable to go out unless accompanied or have very limited social contact, you may be eligible to receive the Befriending Service. Call 020 8589 0071 to find out more.

If you are interested in becoming a volunteer, find out more on www.ageuk.org.uk/hillingdon/get-involved/volunteer or call the Befriending Services team on 020 8589 0071



Safe Drive Stay Alive Road safety event


Thursday 22 November, 6pm
at Winston Churchill Hall, Pinn Way, Ruislip, HA4 7QL

An educational presentation (featuring films and live speakers) that highlights the dangers young drivers face.

Hear personal real-life experiences from representatives of the emergency services, survivors of crashes and bereaved parents.

Open to all, especially young people aged 16 and over, parents/carers, employers of young people and driving instructors.

For more information and to book your place please visit:
www.hillingdon.gov.uk/safedrivesevent



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HILLINGDON WHAT'S ON?

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

It's nearly Christmas and there are lots of seasonal events in Hillingdon for all of the family.



CHRISTMAS

The Nutcracker
Thursday 22 November,
7.30pm

The Russian National Ballet returns to the UK to enchant you with the delightful production of *The Nutcracker* – a charming and kind fairytale that is one of the jewels of Tchaikovsky's repertoire.
Cost: Tickets from £17.50. Family ticket (four tickets) £76.
Book online at www.becktheatre.org.uk **or call the Box Office on 020 8561 8371.**
Beck Theatre

Scrooge
Wednesday 28 November to Saturday 1 December, 7.30pm (2.30pm also on the Saturday)

Enter the Christmas spirit with this production for all the family. Ruislip Operatic Society is proud to present *Scrooge* the musical, based on the 1970s film *Scrooge* and Charles Dickens' *A Christmas Carol*. Will Ebenezer Scrooge spread some Christmas cheer when confronted with his ghosts of Christmas Past, Present and Future?
Cost: £15. Some concessions £13.
To book visit www.ruislipos.org **or call 07905 932366.**
Winston Churchill Theatre

Butterflies Christmas Community Coffee Morning

Saturday 1 December, 10am to 12pm
Visit a range of stalls with ideas for Christmas, as well as a tombola, raffle and refreshments. The group is supporting Sparks,

the Children's Medical Research Charity, for safer childbirth.
Cost: Free admission.
For more information contact Chris by calling 01895 676900.
Ickenham Village Hall

Christmas Comedy Cracker: An alternative festive night out
Wednesday 5 December, 7.30pm

Fancy a change from the usual work Christmas party? Then why not try this Christmas comedy event? The Beck is offering you an alternative night out that will bring you festive fun and laughter from a cracking compère and two comedians, plus a delicious festive meal and a little bit of magic!
Cost: £22.
Book online at www.becktheatre.org.uk **or call the Box Office on 020 8561 8371.**
Beck Theatre

Aladdin

Thursday 6 December to Saturday 5 January, various times

This pantomime, brought to you by Hillingdon Council and DKproDuKtions, is packed with all the traditional panto ingredients, including hit songs, comedy, plenty of audience interaction and the favourite dame, Widow Twankey!
Cost: £16.50. Under-16s £12.50.
To book visit www.hillingdontheatres.uk **or call 01895 250615.**
Compass Theatre

Peter Pan

Friday 7 to Sunday 30 December, various times

Swapping the cobbles of *Coronation Street* for Captain Hook, Ryan Thomas stars in this year's high-flying pantomime adventure, *Peter Pan*. Set sail with your shipmates and head for Neverland this Christmas where you'll be hooked on a swashbuckling pantomime adventure.
Cost: Tickets from £23. Family ticket (four tickets) £92.
Book online at www.becktheatre.org.uk **or call the Box Office on 020 8561 8371.**
Beck Theatre

It's beginning to look a lot like Christmas

Saturday 8 December, 2.45pm
An afternoon of Christmas songs and carols from Voices in Accord.
No tickets required. There will be a retiring collection for Save the Children.
North Hillingdon Methodist Church

Hillingdon Philharmonic Orchestra's Christmas Concert

Saturday 15 December, 7.30pm
A wonderful selection of seasonal favourites guaranteed to put you in the festive mood as the big day approaches.
Cost: Ticket prices to be confirmed.
Call 01895 674223 to reserve tickets. Tickets are also

available on the door. Find out more at www.hillingdonphil.btck.co.uk.
Oak Wood School

The Santa Show

Sunday 16 December to Monday 24 December, 10am

The council and DKproDuKtions present this special performance for families. It's Christmas Eve at the North Pole and the elves are making final preparations to Santa's sleigh, when disaster strikes! Santa's computer has crashed and he needs help to resolve the problem before Christmas gets cancelled. Will the girls and boys help Santa save the day? Suitable for ages 2+. Performance includes songs, a gift and the chance to meet with Santa.
Cost: Tickets £13. Under-16s £11.
To book visit www.hillingdontheatres.uk **or call 01895 250615.**
Compass Theatre

Neil Sands Christmas Memories

Friday 21 December, 2.30pm
Neil Sands and his cast will provide an unforgettable afternoon of festive nostalgia, taking us all back to a time when Christmas really was the most wonderful time of the year. Be transported back on a yuletide sleigh ride filled with 60 all-time favourite Christmas songs and carols.
Cost: Tickets £16.50. Concessions £1 off. Premiere Card Holders £13.50.



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

Puss in Boots
Saturday 12 to Saturday 19 January, various times

Arrow Players present this fun traditional pantomime for all of the family.
Cost: Tickets £9 with some concessions at £7. To book tickets call 020 8428 1349 or email boxoffice@arrowplayers.org.uk.
St Edmund's Hall

Treasure Island
Thursday 17 and Friday 18 January, 7.30pm; Saturday 19 January, 1.30pm and 5pm; and Sunday 20 January, 12pm and 3.30pm

Ahoy there, me hearties – join Argosy Players for the adventure of a lifetime! Long John Silver and his fearsome crew may think that treasure is within their grasp, but they've not reckoned with the ladies of the Smuggler's Cove Women's Institute! Filled with mischief, custard pies, songs and laughter, this is a voyage into panto mayhem that you definitely do not want to miss!
Cost: Adults £15. Concessions £12.50. Group rates (10 plus): adults £13.50 and concessions £11. To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

THEATRE

The Night in Question
Wednesday 14 to Saturday 17 November, 7.45pm

Ruislip Dramatic Society present this comedy thriller that will keep you guessing until the very end. When a woman is attacked in a city car park the staff of nearby Faraday Finance fall under suspicion, especially Brian Heath whose first wife died under mysterious circumstances. To Inspector Rudkin, it seems a clear-cut case, particularly after Heath is selected at an identification parade. As the investigation intensifies, the case becomes more complex as the alibis of Heath's co-workers fall into doubt and everyone's motivations are ultimately called into question.
Cost: £12. To book visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Horrible Histories: Terrible Tudors and Awful Egyptians
Tuesday 22 to Saturday 26 January, various times

Prepare yourselves for two amazing shows with Horrible Histories live on stage.

Historical figures and events will come alive on stage and hover at your fingertips!
Cost: Tickets £21. Concessions £2 off. Family ticket (four tickets) £71.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

MUSIC

Lunchtime concerts at Brunel
Each Friday in November, 1.10pm to 1.50pm

Enjoy free weekly concerts in the heart of Brunel University's campus. From virtuoso to ensemble, renowned performers present a delighting repertoire, ranging from classical to folk. In November, enjoy recitals from some of the most exciting musicians currently performing the concert circuit. Open to all.
Cost: Free. For more information visit www.brunel.ac.uk/life/get-involved/brunel-arts.
The Beldam

Band of the RAF Regiment: Celebrate RAF100

Wednesday 7 November, 7.30pm

Come and celebrate the RAF's 100th birthday with the Band of the Royal Air Force Regiment, under the baton of their Director of Music, Flight Lieutenant Tom Rodda. This will be a musical extravaganza to mark the centenary of the world's oldest established Air Force. The second in a series of three Esprit de Corps 2018 concerts.
Cost: Tickets £17. Defence Discount Service Card holders get 15 per cent off the cost of the concerts when booking in advance and in person. To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Hillingdon Choral Society: A Concert of Remembrance
Saturday 24 November, 7.30pm

Hillingdon Choral Society are holding this special concert to remember the end of World War One. Programme features: Brahms *Song of Destiny*, Elgar *For the Fallen* and music by Goodall, Rutter and Jenkins. Conductor Peter J Williams.
Cost: £12 adults. £3 children. Tickets available on the door, from Pro Music International, Ickenham, or by emailing hillingtonchoralsociety@gmail.com or by calling 020 8582 3694.
Ickenham United Reformed Church



Band of the RAF Regiment

A Little Night Music
Thursday 29 November to Saturday 1 December, 7.30pm

Brunel Arts Musical Theatre Workshop present the Stephen Sondheim classic, *A Little Night Music*. Come along for Hillingdon's premier theatrical event, opening for three nights at the end of November on the Brunel University campus.
Cost: Tickets £8. £5 concessions. Tickets available from the Brunel Arts office or eventbrite.co.uk. For more information visit www.brunel.ac.uk/life/get-involved/brunel-arts.
Antonin Artaud Theatre

Sine Nomine Singers 60th anniversary concert
Saturday 1 December, 7.30pm

The programme includes: Mozart's *Coronation Mass*, Vivaldi's *Gloria*, Mozart's *Regina Coeli* and *Exultate Jubilate*.
Cost: Tickets £14 in advance or £16 on the door. Tickets are available by visiting ticketsource.co.uk/SNS or calling 020 8933 7908.
All Saints Church

Central Band of the RAF: Christmas Spectacular
Tuesday 11 December, 7.30pm

The Esprit de Corps 2018 Concert Series from the RAF finishes with a Christmas Spectacular! Come and join the Central Band of the Royal Air Force and be ready for some festive favourites and classic carols as they guide you through a night of Christmas cheer.
Cost: Tickets £17. Defence Discount Service Card holders get 15 per cent off the cost of the concerts when booking in advance and in person. To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Eastcote and Ruislip Choral Society winter concert
Saturday 15 December, 3.30pm

Featuring Charpentier *Messe de Minuit*, the choir from Bourne Primary School and carols for choir and audience. Refreshments available afterwards.

The choir also meets every Tuesday at 8pm. For more information call 01895 904556 or visit www.eastcote-ruislip-choral.org.
Cost: Tickets from £12. Buy tickets on the door or by calling 01895 904556.
St. Edmund's Church

Roy Orbison and The Traveling Wilburys

Friday 11 January, 7.30pm
Paul Hopkins has joined up with four very talented singers and musicians who together have formed this tribute show. With an easy relaxed style, excellent vocals and musicality, these guys will give you an amazing night of entertainment.
Cost: Tickets from £24. Concessions £1 off. Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Uxbridge Choral Society winter concert
Sunday 3 February, 7.30pm

Tim Armstrong Taylor will conduct Haydn's *Nelson Mass* and Rutter's *Magnificat*.
Cost: Tickets £12 for adults and £6 for children under 12. Available from a choir member, on the door or from www.uxbridgechoralsociety.org.uk.
Immaculate Heart of Mary Catholic Church

EXERCISE

Pilates with Suzy Barton
Tuesdays, 1.30pm

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 member. Pilates Foundation trained. CYQ level 3 instructor.
Cost: £10 per class or £8 if you buy a block of 10. For more information and to book email suzybartonpilates@btinternet.com or call 07850 687488.
The Stables, Manor Farm

Short mat bowls club

Mondays and Wednesdays, 2pm

This bowls club meets between October and April and is welcoming applications to join this well-established and very friendly club. All applications will be taken on a strictly first come, first served basis. Applicants welcome to apply to join either or both days.
Cost: £2 per session. To apply call 020 8842 0547 or email contact@southruislip.org.
Deane Park Hall

Zumba with Trisha
Mondays, 10.30am

Like to dance? Low-impact, dance-fitness Zumba Gold class, suitable for active seniors.
Cost: £5. No need to book, just drop in. For more information call Trisha on 07919 276539 or visit www.zumbawithtrisha.co.uk.
Northwood and Pinner Liberal Synagogue

Yoga classes in Hayes

Mondays, 10.30am at Hayes Working Men's Club; Wednesdays, 6.30pm at Lake Farm Park Academy and Fridays, 10.30am at Hayes End Methodist Church

Yoga sessions suitable for all. Beginners welcome.
Cost: Prices vary - reductions for block booking. To book and for further information email lesleydoveton@hotmail.com, call 07789 621300 or visit www.lesleydovetonyoga.com.
Hayes Working Men's Club, Lake Farm Park Academy and Hayes End Methodist Church

VENUES

All Saints Church
Ryefield Avenue, Hillingdon, UB10 9BT

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

Beck Theatre
Grange Road, Hayes, UB4 9LE

Compass Theatre
Glebe Avenue, Ickenham, UB10 8PD

Deane Park Hall
Long Drive, South Ruislip, HA4 0HS

Eastcote Community Centre
2 Oak Grove, Ruislip, HA4 8UF

YOGA with Juliana

Various classes and times

Juliana offers a range of sessions in and around HA5 for modern body and mind. Great for all levels and abilities. Join to restore, release and revitalise. Weekly open level classes are on Wednesdays at 6.30pm and 8pm; Fridays at 12.30pm and 5.30pm and Saturday at 9.30am. A six-week 'developing your yoga practice course' will be held on Tuesday evenings from 13 November to 23 April at 6.30pm. A 'yoga for stress' workshop will be held on Friday 16 November at 7.15pm.
Cost: From £12 per class. Advanced booking essential as spaces are limited. For more information and to book visit www.juliana.yoga or email helo@juliana.yoga.
The Stables, Eastcote House Gardens and Light Space studio (directions upon booking)

Young at Heart yoga for all abilities
Tuesdays, 10am to 11.30am

Nobody is too old or too stiff to do some yoga! Yoga will improve your strength, stamina and flexibility and help concentration, mental clarity and relaxation. Come and try this friendly class whether or not you have practiced any yoga before and experience the benefits to your body and mind.
Cost: £45 for six weeks. For more information and to book, call Loretta on 020 8845 7873 or email shape.tone@blueyonder.co.uk.
Oak Farm Library

Short mat bowling
Mondays, Tuesdays, Wednesdays and Thursdays, 1.15pm

Are you a bowler or would you like to come along and learn to bowl? This is a fun way to spend a winter afternoon and helps improve flexibility and general fitness. It is an ideal opportunity to take part in the sport of bowling and to enjoy some good company. Bowlers can use the bowls supplied or bring their own. They welcome new bowlers and instruction is available.
Cost: £1 per session, plus £35 annual subscription. For more information contact Helen by emailing helenfanshawe@hotmail.com.
Eastcote Community Centre

Hayes End Methodist Church
Uxbridge Road, Hayes End, UB4 8JW

Hayes Working Men's Club
Pump Lane, Hayes, UB3 3NB

Ickenham United Reformed Church
Swakeleys Road, Ickenham, UB10 8BE

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

Immaculate Heart of Mary Catholic Church
Botwell Lane, Hayes, UB3 2AB

Kings College Athletics Track
Kings College Road, Ruislip, HA4 7JZ

5K Masterclass
Saturdays, 9am (from 15 December)

Dash for Fitness, in association with Hillingdon Athletic Club, are running a 5K masterclass suitable for beginners and improvers. Achieve your goal with a 12-week training plan created by a UK athletics training coach.
Cost: £10 per weekly session or £50 for 12 weeks. Limited places available. For more information and to register, email dashforfitness@btinternet.com or call Gary on 07710 105086.
Kings College Athletics Track

LEISURE

Family and Teens Relaxation

Wednesdays (term-time only), 5 to 11, 4.30pm 12+ years, 5.15pm
Guided activity sessions where children learn how to still themselves and focus on positive thoughts. These

Lake Farm Park Academy
Botwell Common Road, Hayes, UB3 1JA

North Hillingdon Methodist Church
260 Long Lane, Hillingdon, UB10 9PB

Northwood and Pinner Liberal Synagogue
Oaklands Gate, Northwood, HA6 3AA

Oak Farm Library
Long Lane, Hillingdon, UB10 9PB

Oak Wood School
Sutton Court Road, Hillingdon, UB10 0EX

St Edmund's Church and Hall
Pinner Road, Northwood Hills, HA6 1QS

sessions are a great way to help boost children's confidence and motivation, improve their self-awareness and relationships, as well as benefiting sleep.
Cost: £7 per child/£5 per sibling. No booking necessary but advisable. For more information contact [Anima Aggarwal on animaaggargwal@gmail.com](mailto:animaaggargwal@gmail.com) or call 07757 181742.
The Stables, Manor Farm

Ruislip Central Horticultural Society talks and workshops

Tuesday 20 November at 7pm (climbing and rambling roses) and Tuesday 4 December at 2pm (Christmas floral workshop)
The first event is a talk by George Lockwood about climbing and rambling roses, including the best way to prepare and improve your soil for wonderful blooms. The second is a Christmas floral workshop, organised by Chairman of the society, Margaret McIntosh. You bring the foliage and tutor Margaret will bring the oasis, containers and the ideas. At the end you will leave with a Christmas decoration. Refreshments will be available. There will also be a raffle.
Cost: £3 for members and £5 for visitors for the talk. £5 for all for the Christmas workshop. Contact Patricia Swindells by calling 01895 675481, email rchstalks@gmail.com or visit ruisliphorticultural.org.uk for more information.
St Lawrence Church Hall

The Beldam
Eastern Gateway Building, Brunel University, Kingston Lane, Uxbridge, UB8 3PH

The Stables
Eastcote House Gardens, High Road, Eastcote, HA5 2FE

The Stables
Manor Farm, Bury Street, Ruislip, HA4 7AR

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

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Art and Craft Activity Club

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

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

After-school club
Ages 5-11yrs

Northwood Methodist Church
Northwood (Term-time and holidays)

Fri 10.30am - 11.30am 1.45pm - 2.45pm 3.45pm - 4.45pm	Sat 10am - 11am
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keshma.artzania@gmail.com
07419343105
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Adult Learning
www.hillingdon.gov.uk/adultlearning
01895 556455
- Library Information Desk
01895 250714
- School Admissions
www.hillingdon.gov.uk/schooladmissions
01895 556644
- School Transport
01895 250008
- Truancy Hotline
01895 250858
- Leisure**
Battle of Britain Bunker Exhibition and Visitor Centre
battleofbritainbunker.co.uk
01895 238154
- Botwell Green Sports and Leisure Centre
020 8561 0956
- Highgrove Pool and Fitness Centre
01895 630753
- Hillingdon Sports and Leisure Complex
0345 130 7324
- Hillingdon Theatres
www.hillingdontheatres.uk
01895 250615
- Queensmead Sports Centre
020 8845 6010
- William Byrd Pool
020 8897 9390
- Local democracy**
Council Meeting Dates and Agendas
01895 250636
- Electoral Services and Registrars
01895 558250
- Conservative Group Office
01895 250316

HILLINGDON CONTACTS

- Labour Group Office
01895 250780
- Mayor's Office
01895 250763
- Planning**
www.hillingdon.gov.uk/planning
- Building Control, Inspections and Dangerous Structures
01895 558170
- Dangerous Structures (out of hours)
01895 250111
- Local Land Charges
01895 556115
- General**
Adoption and Fostering
www.hillingdon.gov.uk/fost-adopt
0800 783 1298
- Brown Badges
01895 272727
- Council Tax and Benefits
www.hillingdon.gov.uk/counciltax
0300 123 1384
- Families' Information Service
www.hillingdon.gov.uk/fis
01895 556489
- Fraud Hotline
www.hillingdon.gov.uk/reportfraud
0800 389 8313
- Hillingdon First Card
www.hillingdon.gov.uk/hillingdonfirst
01895 556677
- Hillingdon Social Care Direct (adults and children) ▶ Blue Badges ▶ Freedom Passes ▶ Meals Service ▶ TeleCareLine
01895 556633
- Housing Services
www.hillingdon.gov.uk/housing
01895 556666
- Substance Use and Misuse or Sexual Health
01895 250721
- Trading Standards
www.hillingdon.gov.uk/tradingstandards
01895 250164

All other council enquiries (not listed above)
01895 250111

FINALLY a way to fix the PAIN of a

BULGING DISC

Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging Disc. That's when one of your spinal discs is bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system.

You may have already had this diagnosed on an MRI and thought that there is little that can be done about it and that's a major problem: bad information, because in the right hands a lot can be done for you.

To end the misery caused by Bulging DISCs you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

MYTH: Bulging DISC problems will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a Bulging DISC specialist immediately. Left untreated, the problem can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with Bulging DISC problems.

FACT: In severe cases, this problem can lead to the inability to control your bowels, bladder and sexual potency - leading to embarrassing situations.

MYTH: You must take pain medications to deal with Bulging DISCs.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure Bulging DISCs.

MYTH: "I must have done something wrong to damage my DISC."

FACT: Physical work or simply sitting at a desk for long periods can lead to Bulging DISCs. Accidents and trauma can also be the culprits. Pregnancy can cause damage. DISC Bulges can happen to anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...

FACT: Staying active can help to relieve the pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: DISC Bulges or herniations require surgery.

FACT: NO! There's been a huge breakthrough in the treatment of Bulging DISCs. It's a new procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 88%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specialises in Bulging DISCs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.



but the worst thing was the searing burning pain I felt in my buttock and leg... my Husband insisted I go to The Health Lodge. I'm 95% better in just a couple of weeks."

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The first step is to secure a thorough examination with one of the specialists at The Health Lodge.

Call 02088488787 to schedule your appointment. Mention this article (CODE: BOS43BDSM4h) and the TEAM will happily reduce their usual consultation fee of £195 to just £49!

Only 100 reader consultations are available at this exclusively discounted rate. 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!

Call them now on 02088488787 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

Call 02088488787 NOW. If it's the weekend or they're away from the phone - the specialists at the Health Lodge promise they will get back to you. So call now on 02088488787 and quote this special discount code: BOS43BDSM4h.

The Health Lodge Bulging DISC Experts in Hillingdon.

The Health Lodge is one of the UK's leading Bulging DISC expert centres. The team of fully-trained spinal care specialists have helped over 4,026 patients find relief from agonising Bulging DISCs. It's one of the first places in the UK to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

According to The Health Lodge, "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your Bulging DISC. This means superior long-term results for most people."

88% of People Find Relief from the Pain and Associated Symptoms...

Because the treatment is non-surgical, safe, and easy, most patients report relief from their pain and associated symptoms early in the process.

Patient Lynda R. from Denham wrote, "My back pain was unbearable

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