

HILLINGDON people

News from your council
September/October 2018

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COVER PHOTO: SHARON RICHARDSON TAKING A LOOK AT THE CULTURE BITE ARTS FESTIVAL BROCHURE AT HAREFIELD LIBRARY.



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Welcome



As autumn approaches, we say goodbye to another fantastic summer of family events and floral displays across the borough. In what is now becoming the norm Hillingdon, for the sixth successive year, has been awarded more Green Flags than any other local authority in the UK gaining an additional two flags, making a total of 49 for council maintained parks and open spaces. If that were not enough in July a team of volunteers, council employees and adults with learning disabilities from the Rural Activities Garden Centre in Yiewsley won a Gold Medal for their show garden at the Royal Horticultural Society Hampton Court Palace Flower Show. As you can read in this edition of *Hillingdon People* we held a range of successful family events during the summer, including a new format Hayes Carnival, Family Fishing Fun Days, Art in the Park and Playday. The Fiesta activity programme was once again extremely popular with young people being kept well entertained during the school holidays. This month marks the return of our celebrated Culture Bite arts and literature festival with a variety of author talks and arts and craft sessions for residents to attend and I would encourage you to take a look at the programme online or in the brochure available from your local library. Shortly after I became Leader of the Council in 2000 we began fighting the proposed expansion of Heathrow Airport and during that time there have been numerous failed attempts by various governments to do so. By now it was hoped that it would be clear that Heathrow expansion is not viable but in August, together with other local authorities and interested parties we began a legal challenge to the current government's proposal, which is frankly worse in both law and common sense than the one that we defeated in the High Court in 2010. Whilst I am again confident of success, the legal process, through its various stages, will take years to conclude and we are in this for the long haul, but hopefully it should be the last time expansion is proposed. As always we will continue to put our residents first.

Ray Puddifoot
Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL



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Mayor's Charity Appeal begins

The Mayor of Hillingdon, Cllr John Morgan, launched his Charity Appeal for 2018/19 at the Civic Centre, Uxbridge on Thursday 28 June.

The evening was attended by more than 90 guests, and representatives from each of the Mayor's chosen charities delivered moving presentations about their worthwhile causes.

This year's appeal includes The Peter Pan and Wendy Children's Ward at Hillingdon Hospital and Phab Hillingdon, a charity that brings together young people with and without disabilities during Phab Week, which is organised and fundraised for by students from St Helen's and Merchant Taylors' schools. The third charity is Grangewood School, Eastcote, which is a primary school for children with severe learning difficulties and physical and complex needs.

Guests were treated to live music from cellists Nicola Tait and Eleanor Morgan, and a raffle offering donated prizes raised £260 to kick-start the appeal, which was matched by Barclays, making a total of £520.

Cllr Morgan said: "It was humbling to see such a large gathering at the launch and great to see the networking taking place



between the guests and the charities. I am sure residents will agree that the three charities I have selected do wonderful work within the community and are very worthwhile causes. I am keen to raise as much money as possible during the coming months, and ask everyone to donate and show their support wherever they can."

Throughout the year, the Mayor will organise events, such as charity quiz nights, to help raise funds. To donate visit www.hillingdon.gov.uk/mayorcharity or send a cheque (payable to 'Mayor of Hillingdon's Charitable Trust') to the Mayor's Parlour, Civic Centre, High Street, Uxbridge, UB8 1UW.

Special exhibition at Manor Farm

The historically rare 17th century wallpaper at Manor Farm House, Ruislip is the focus of a special exhibition which started on Wednesday 5 September.

The temporary display will be held in the Provost's Parlour at the Farm House until Thursday 25 October and is free to visit.

The wallpaper was assessed by English Heritage in 2007 as being one of the oldest surviving examples of domestic English wallpaper hanging on its original wall. It was designed by Abraham Price and produced in London by the Blue Paper Warehouse. The design is in the 'Chinoiserie' style, which was fashionable at the time and highlights the historical importance of England's trade with Asia.

Opening times are Wednesday to Friday from midday until 3pm; Saturday and Sunday from midday until 4pm and Market Sundays (the first and third Sunday of each month), from 11am until 4pm.



Judicial review proceedings launched against Heathrow expansion

In August, lawyers acting for the consortium of local authorities and other groups, which includes Hillingdon Council, issued judicial review proceedings in the High Court against the Secretary of State for Transport, Chris Grayling, on the basis that he has unlawfully designated the Airports National Policy Statement (NPS) under the Planning Act 2008.

The proceedings challenging the expansion of Heathrow Airport have been brought by the London Boroughs of Hillingdon, Wandsworth, Richmond, Hammersmith and Fulham, the Royal Borough of Windsor and Maidenhead, Greenpeace and the Mayor of London.

The grounds of challenge are on a range of points, including air quality, inadequate environmental assessment, climate change, surface access, breach of the habitats directive and a flawed consultation process.

Leader of the Co+uncil, Cllr Ray Puddifoot, said: "Once again we have a

government that is trying to avoid applying both the correct legal process and common sense to the question of airport expansion.

"The abject failure to address the far reaching consequences for both the environment and the health and wellbeing of tens of thousands of residents across London is simply not acceptable.

"This council is not prepared to stand back and allow this to happen without submitting the many flaws in this project to the rigorous scrutiny of the High Court and beyond, if necessary.

"I have confidence in the judicial process and am hopeful, that as with the previous judicial review challenge which was heard back in 2010, that the court will expose the many failings of this ill-thought-through project."

The Secretary of State has until Tuesday 11 September 2018 in which to formally respond to the claim which he will undoubtedly defend.

Fly-tipping cases decrease following service launch

The council's free bulky waste collection service for all residents is seeing measurable success in its first six months, with a 40 per cent increase in requests and a knock-on 14 per cent decrease in fly-tipping cases.

The service which helps to dispose of any unused or unwanted large household items, was launched in March - previously collections had only been free for over-65s. The special collections team is making up to 120 household visits a day, with fridges and bed frames the most popular items picked up. In the first three months they collected more than 150 tonnes.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "We introduced the free bulky waste collection service for all residents after seeing a large increase in demand for the service from over-65s. The high level of requests so far illustrates how popular this extension to the service has proved in effectively, efficiently and correctly disposing of any unwanted items residents may have.

"It also appears to be a factor in reducing fly-tips. The easy-to-use online service is allowing residents to book a collection within several days and have their items picked up for free and could be deterring people from resorting to illegally tipping their unwanted objects."

To arrange a collection visit www.hillingdon.gov.uk/specialcollections or call 01895 556000. If you require collection prior to the supplied date, there will be a charge.



Residents living with dementia take a trip to the seaside

In July, 35 of our older residents living with dementia and their carers went on a day trip to Brighton for a chance to relax and socialise.

The outing, which was funded by the council and organised by the sport and physical activity team, is one of a series of wellbeing days being run for people living with dementia.

The group, many of whom take part in our regular dementia coffee mornings, took three Hillingdon Community Transport minibuses to the popular seaside resort and were greeted by a beautiful sunny day on arrival. They walked along Brighton Pier, ate fish and chips and enjoyed ice cream on the pebble beach.

Everyone had a wonderful day, commenting that it was lovely to do something different and some saying that they would have never have managed to go out on their own.



One resident said: "I grew up near the seaside, so it's lovely to be able to breathe the sea air again."

Other activities this year have included a trip to the Battle of Britain Bunker Exhibition and Visitor Centre in Uxbridge and a visit to Yiewsley and West Drayton Community Centre.

The trips are held for Hillingdon residents living with dementia in the community and are by invitation only. If you would like to find out more, call 01895 277137.

Hillingdon awarded most Green Flags in the UK

The borough has been awarded more Green Flags than any other local authority in the UK for the sixth year running.

The total number of flags has increased to 50, (49 of which are maintained by the council) with Connaught Recreation Ground, Brunel ward and Eastcote War Memorial, Eastcote and East Ruislip ward receiving the accolade for the first time this year.

Green Flag Awards recognise and reward well-managed parks and green spaces. Each must meet stringent criteria, proving



themselves to be clean, community-oriented and environmentally-friendly.

In comparison, our nearest competitors, Nottingham has 40 Green Flags and in London, Southwark has 27.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "We're delighted to receive more awards this year for our parks and green spaces and to once again be the leading local authority. Green Flags are the highest honour a park

can receive and require a lot of hard work to achieve and retain, and I'd like to thank the council teams that look after the parks, as well as the community groups and volunteers who help us to maintain such high standards."

The new flags will be raised at ceremonies in the autumn.

Another successful year for our Project Search scheme



LEARNING NEW SKILLS Some of this year's participants

The council has continued to run its Project Search internship scheme for a second year to help more young people with special educational needs and disabilities (SEND) into work.

As part of the programme, participants learn invaluable skills in the workplace at the London Heathrow Marriott Hotel, such as working as part of a team and dealing with customers, as well as everyday activities like waiting tables and housekeeping. The interns also undertake job interviews and receive help with updating their CV to prepare them for working life.

As a result of this year's scheme, five have already been offered full-time employment before the end of their internship.

Stephen Whiting, 20, from Harmondsworth, has Asperger's Syndrome and has been offered a landscaping apprenticeship. He said: "I have learnt so much, such as interview techniques and skills needed for dealing with a crisis. The scheme has helped to build my confidence and has pushed me to do things that I wouldn't have done on my own."

Ellen Troves, 24, from Ruislip Manor, has Down's Syndrome and has worked in the executive lounge and conference rooms, meeting and greeting the guests and serving food. She said: "I will be starting my new job at Nandos soon, and I'm really excited to meet new people. I will miss my tutors because they've helped me to gain the skills I will need, but I am glad to be moving on and being more independent."

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Project Search has seen high levels of success since the initiative was set up two years ago, with the majority of participants finding employment. This is a great example of partnership work in supporting young people with SEND by building their confidence and helping them to gain real-life work experience to enable them to forge their careers. We now want to develop internships with other businesses."

Do you need help to quit?

Each year, thousands of people across the UK take part in the Public Health England funded Stoptober initiative, which encourages people to quit smoking.

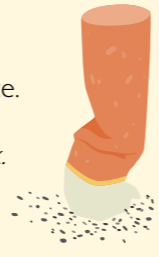
People wanting to quit sign up and pledge to not smoke for the month, with the aim that they will fully quit as a consequence. Evidence has shown that those who stop smoking for 28 days will be five times more likely to give up for good.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Cigarettes cause damage to your body, including heart and breathing issues and smoking related diseases, such as heart disease, cancer and strokes. Quitting is healthier for you and your family".

To sign up and receive support packs and advice visit www.nhs.uk/smokefree. One-to-one advice can be offered by your local community pharmacy and our community clinics, situated in Hayes, Uxbridge, Ruislip and Hillingdon Hospital. These are all drop-in clinics.

The council's Stop Smoking Service can provide free access to stop smoking advice. To find out more call 0800 169 7541 or email smokingcessation@hillingdon.gov.uk.

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



Fines for Blue Badge misuse



The council has introduced a new measure to fine people found to be fraudulently using blue disabled parking badges.

In recent years, we have seen a rise in cases of misuse, where people who are not badge holders and do not have mobility issues are using them without the badge holder being present, to park

in a disabled bay or on the public highway to avoid paying for parking and to be able to park close to conveniences.

The Blue Badge scheme helps people with mobility difficulties to park close to their destination. The badge must only be used when the badge holder is present and used in connection with the holder's journey.

Those who are found to be abusing the scheme will now be fined £100 and the council may also decide to prosecute the offender.

Leader of the Council, Cllr Ray Puddifoot, said: "Blue Badge misuse is a criminal offence. We hope that by introducing this enforcement measure that we are able to catch offenders and deter people from offending to protect this parking scheme for those residents who have a genuine need of using it."

For more information on the scheme, visit www.hillingdon.gov.uk/bluebadge.

Heathrow-based 'meet and greet' parking manager admits fraud and unfair trading following inquiry

The manager of a Heathrow-based 'meet and greet' parking company has admitted fraud and unfair trading after an investigation led by the council's trading standards team.

Mohammed Tahir Zaman, 37, of Connect Parking Limited, was charged with three counts of fraud by false representation and three counts of unfair commercial practice.

The charges related to claims on Connect Parking's website that it used a secure car park near Heathrow to store customers' vehicles, when

in fact cars were being kept at the rear of a nightclub, on greenbelt land, on public highways and in public car parks.

Appearing at Uxbridge Magistrates' Court on Monday 2 July, Zaman, of Nine Acres Close, Hayes pleaded guilty to all offences and was referred to Isleworth Crown Court for sentencing.

The council will be seeking to use the Proceeds of Crime Act to confiscate Zaman's unfairly gained earnings.

Trading standards launched its investigation into Connect Parking



after the company parked dozens of vehicles in council-run 'pay and display' car parks in Brandville Road and Fairfield Road in West Drayton between 11 and 15 April 2017, resulting in 275 parking tickets.

The investigation was supported by officers from National Trading Standards' Tri Regional Investigation Team.

Zaman will be sentenced at a later date. Connect Parking Limited has now been dissolved.

Prosecution results in hefty fine for Hayes fly-tipper

The council successfully prosecuted a Hayes man for fly-tipping in Mellow Lane East at Uxbridge Magistrates' Court on Monday 16 July.

CCTV cameras recorded Stuart Chapman, 50, of Mint Close, Hayes illegally dumping building waste and domestic furniture at the site in Hayes on two occasions on Wednesday 20 December 2017.

Following an investigation by the council's anti-social behaviour and environment team, Chapman was charged with two offences under the Environmental Protection Act 1990.

He pleaded guilty to both offences and was fined £1,200 per charge, plus costs of £1,691 and a victim surcharge of £120, coming to a total of £4,211.

Leader of the Council, Cllr Ray Puddifoot, said: "There is absolutely no excuse for illegally dumping waste in our borough, as we already offer residents a free collection service for bulky household items, including domestic furniture, fridges and freezers, and building waste can be taken to our civic amenity sites. "We take a zero tolerance approach to anti-social behaviour and hope this result will further deter others from breaking the law and polluting our environment. We urge residents to report fly-tipping as soon as possible."

To report illegally dumped rubbish, visit www.hillingdon.gov.uk/flytipping.

Pub landlord fined £13,200 for noisy late night music

Darren Farrell, the leaseholder and licensee of Captain Morgans Freehouse in Field End Road, Eastcote, has been fined following complaints about late night music disturbing local residents.

Farrell was prosecuted by the council's anti-social behaviour and environment team after unreasonably loud music was heard coming from the pub during unsocial night-time hours.

Despite noise abatement notices being issued on the premises on 20 February and 22 March, council officers heard loud music coming from the pub on five separate occasions between 18 March and 21 April.

Although the pub's licence allowed it to play music until 1.30am on Fridays and Saturdays and until 11pm on the other nights of the week, it did not give the pub permission to cause a statutory noise nuisance.

Farrell was due to appear at Uxbridge Magistrates' Court on Monday 16 July to answer five breaches of the Environmental Protection Act 1990. However, he failed to appear and was convicted in his absence. He was fined £2,640 per offence and ordered to pay costs of £1,416, plus a £170 victim surcharge. A total of £14,786.

The council has since changed the terms of the pub's licence, shortening its opening hours.

Celebrating the restoration of one of our rivers



On one of the hottest days in June, the Mayor of Hillingdon, Cllr John Morgan officially reopened Yeading Brook at Stafford Road Open Space, South Ruislip, following several months of restoration work.

The day was another working day for volunteers and gave recognition to everyone involved in the

project. The Mayor cut a ribbon to officially reopen the reshaped river and thanked everyone for their continued support and hard work.

The council and London Wildlife Trust have been working together to revive the river to its former glory and improve the area for wildlife and local

people. The project, which was funded by the council and the Environment Agency, has included the reconnection of former meanders to the brook, the creation of two backwaters and the planting of wetland plants along the banks. The council, the Woodlarks and Waders group, local volunteers and

Blue Sky social enterprise (who have been looking after Hillingdon rivers since 2008) will now work together to maintain the beautiful landscape and prevent its new features from becoming overgrown and forgotten.

The Mayor and Pauline Bianco, the Mayor's Escort, also donned their waders and joined the council's green spaces team and dedicated volunteers in removing invasive Himalayan Balsam, which (despite its pretty pink flowers) is a major weed found on riverbanks and wasteland.

For more information about volunteering, visit www.hillingdon.gov.uk/greenvolunteer.

Early payment drive to support local businesses

The council has become one of the first in London to launch an early payment scheme aimed at supporting local businesses and making savings.

Following a review of its Purchase to Payment processes, a new voluntary programme was introduced where suppliers can opt to pay a rebate to the council in exchange for early payment. The quicker the payment, the higher the rebate.

The scheme, known as the Hillingdon Supplier Incentive Programme, is expected to be particularly attractive to smaller local businesses, which will receive the benefit free of charge.

Although the rebates generated on each transaction are relatively small, the accumulative effect will potentially provide the council with an additional revenue stream



in excess of £1 million over the next five years.

The council's finance team has been working with leading early payment provider, Oxygen Finance, to deliver the scheme.

Leader of the Council, Cllr Ray Puddifoot, said: "We are delighted to launch this new scheme, which will allow us to save money and offer our many valued suppliers the benefits of being paid earlier. We will continue to find innovative ways of tightening our processes and doing things more efficiently, with the ultimate aim of ensuring that our residents and taxpayers are getting the best value for money."

If you are a supplier to the council and wish to find out more or sign up, visit response.oxygen-finance.com/LBHC-Home.

App provides easy access to your library account



Did you know that you can now search the council's online library catalogue from your mobile?

The BookMyne app, which is free to download to your mobile device or tablet, allows you to see what items are available in your local library, check what you have on loan, renew products you've borrowed, place a hold on items and scan barcodes to see if another branch has what you are looking for. You can also set up reminders for when items you have loaned are due to be returned.

The app is available to download from the iTunes Store and Google Play and is easy to use. All you need to do is find your local library from the menu and set up an account using your library card or HillingdonFirst card number.

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

Dining centres and lunch clubs

The council provides grant funding to seven dining centres and lunch clubs in Hillingdon, where older residents can socialise, take part in a range of activities and enjoy good food.

Take a look at what each has to offer and how you can get in touch to find out more.

Bell Farm Christian Centre Older Persons' Lunch and Social Club

South Road, West Drayton, UB7 9LW
Two-course lunches are freshly cooked on-site. Tea, coffee and biscuits are available throughout the day. Take part in gardening and creative activities, enjoy music, sing-along sessions and parties, and go on trips and holidays. Help with hospital and doctor appointments is also offered to members.



Cost: Lunch £4.50 / Transport (if required) £2.50.
Open: Tuesday, 11am to 3pm.
Website: www.bfcc.org.uk
Phone: 01895 444406 extension 201.

Dovetail Dining Centre

Hillingdon Park Baptist Church, 25 Mercies Road, Hillingdon, UB10 9LS
Enjoy a freshly prepared two-course home-cooked style meal (served at midday) and unlimited tea or coffee.
Cost: £4.
Open: Monday to Friday, 11am to 2pm.
Website: www.dcoonline.org.uk/dining-center
Phone: 01895 814424.



Elm Park Club

Park Way, Ruislip Manor, HA4 8NS
Enjoy a healthy three-course meal (served from 12.30pm), after-lunch activities (three afternoons a week), days out, occasional holidays and weekend activities.



Cost: Annual membership fee £5 / Lunch £4.50 / Tea/coffee 30p.
Open: Monday to Wednesday, 10.30am to 3.30pm.
Thursday, 10.30am to 1.30pm.
Friday, 10.30am to 1.30pm.
Website: www.elmparkclub.co.uk
Phone: 01895 634962.

Hillingdon Age UK Interactive Older People's Club

Hayes Methodist Church, 4 Station Road, Hayes, UB3 4DA
The club does not provide lunch but invites members to bring their own food from home or buy from a local takeaway. Tea, coffee and a range of activities, such as exercise classes and health talks from different guest speakers, are provided.
Cost: £1 per session.
Open: Tuesday, Wednesday and Thursday, 10am to 1.30pm.
Website: www.ageuk.org.uk/hillingdon/activities-and-events/interactive-older-peoples-club
Phone: 020 8589 0067.

Northwood Live at Home

St John's United Reform Church, Hallowell Road, Northwood, HA6 1DN
The scheme provides a nutritious freshly-cooked two-course meal and organises regular outings to places such as garden centres and local concerts. Please note: spaces for new members are currently limited.

Cost: Please call for details.
Open: Wednesday, 12.30pm to 2pm.
Website: www.mha.org.uk/live-home/northwood
Phone: 01923 842494.

The Tudor Club

461 Field End Road, Eastcote, HA4 9NZ
Enjoy a healthy three-course meal (served from 12.30pm), after-lunch activities (three afternoons a week), days out, occasional holidays and weekend activities.
Cost: Annual membership fee £5 / Lunch £4.50 / Tea/coffee 30p.
Open: Monday, Wednesday and Friday 10.30am to 3pm. Tuesday and Thursday, 10.30am to 1.30pm.
Website: www.tudorclub.co.uk
Phone: 020 8866 8603.




Yiewsley Methodist Luncheon Club

Yiewsley Methodist Church, Fairfield Road, Yiewsley, UB7 8EY
The club provides a freshly-cooked two-course meal (served at 12.15pm), free tea and coffee. Please note: spaces for new members are currently limited.
Cost: £2.50.
Open: Every other Wednesday, 11am to 1.30pm.
Website: ymc.hah.org.uk
Phone: 01895 448393.

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

"These dining centres offer a great place for our older residents to build new friendships, share a meal with others and take part in lots of different activities in a warm, friendly and safe environment. Please share this information with friends, family and neighbours who might be interested in attending one."

Many of our dining centres benefit from help from volunteers. If you would like to offer support to a lunch club near you, please get in touch using the relevant contact details listed above 

Hillingdon blooms for summer gardening competitions

Green fingered residents, volunteers and council employees showcased their gardening skills at various competitions throughout the summer, continuing their hard work in ensuring that the borough blooms all year round.

Council secures Gold at its first Hampton Court Palace garden show



A team of volunteers, council employees and adults with learning difficulties from the council's Rural Activities Garden Centre (RAGC), Yiewsley, won a Gold Medal at the Royal Horticultural Society (RHS) Hampton Court Palace Flower Show on Tuesday 3 July.

The group created a stunning gardening display to reflect the work of the RAGC, using a variety of different plants and a strong oak tree log to represent the strength and diversity of the community that work there.

The award-winning 'Urban Woodland Wonder' display was designed by the council's

Horticultural Therapists, Kerri Lloyd and Mark Pearman, and this was the first time that the group entered the competition. It took 10 months from the initial design process to the final-build, which included sourcing and growing an array of plants and shrubs, such as foxgloves and hardy geraniums.

A prototype of the garden was produced at the garden centre prior to the show, to ensure that the design would work in practice and to determine the quantities of soil needed to transport to Hampton Court Palace. Once at the showground, the team had four days to build the display before opening to the public.

The community team developed their horticultural skills at the RAGC through a unique council scheme, which provides educational and employment opportunities for adults with disabilities through gardening.

From sowing the seeds to watering the shrubs and greeting members of the

public, everyone was involved in the creation of the display. **John Wood, 30, from Hillingdon**, has learning disabilities, he said: "Winning Gold was really good news. The garden looked really nice. I helped put in the soil and I planted some of the plants. I think ours was the best garden in the show!"

The winning entry also highlighted the importance of conservation, by utilising recycled logs and compost and incorporating a reclaimed metal gate and fence found in local woodland. A welcoming wildlife habitat was created using decaying wood to demonstrate how woodland and rural wildlife, such as stag and bark beetles, can thrive in urban environments like Hillingdon.

A ceramic stag beetle designed by local ceramics art tutor Melanie Van de Velde, who works for the council's adult and community learning service, was featured at the centre of the display to encourage visitors to support endangered species by recreating similar habitats at home.

Sarah Cook, Head Judge at the RHS, declared the group's first-time efforts in the Community Exhibition category as "close to perfection" and as "good as any of the professional show gardens."

The team will be recreating the display at the garden centre, which is open seven days a week. For more information about the RAGC, visit www.hillingdon.gov.uk/RAGC.



London in Bloom

Judges from the RHS toured Hillingdon on Wednesday 11 July for the annual London in Bloom competition, which encourages communities to make London a greener place to live.

Members of the council's green spaces team accompanied judges Alex Piddington-Bishop and Kay Maguire as they met with some of the volunteers, community groups and residents who play a

vital role in helping to improve the local environment each year.

Speaking at the end of the tour, Alex said: "Today's visit to Hillingdon has been impressive. There is clearly a commitment to maintaining good cleanliness, and there is no doubt about the care, attention and love of the green spaces team in delivering their services."

The results will be announced later in the year.



ASSESSING The judges visiting Eastcote House Gardens

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

said: "We were absolutely delighted that the RAGC won Gold at the Hampton Court Flower Show! The centre is a wonderful community asset that not only helps adults with disabilities to build confidence and self-esteem through gardening, but it also helps to break down barriers within our society. We are incredibly proud of the whole team.

"We are also very impressed by the standard of gardening displays entered by residents in our Hillingdon in Bloom competition and pleased at how well presented our green spaces across the borough have been this summer. Our horticultural competitions help to make Hillingdon such an attractive place to live and visit, and we look forward to seeing the results."

Hillingdon in Bloom judging takes place

Judging for the Hillingdon in Bloom competition took place during July and August, with residents across the borough showcasing their impressive horticultural skills.

This year there were more applications than ever before, with a rise in new entrants.

John Russell, 78, from South Ruislip (right), has entered the competition since it began. He said: "I love gardening and I spend four to five hours out there every day. Even though I've never won, I enter every year, as it's great to be part of it. This summer has been so hot and I've been watering my lawn every morning, but it's all worth it when people say my garden looks nice."

Jean Ward, 84, from Ruislip Gardens (right), has entered her garden for the first time. She said: "I always see the In Bloom results and think the gardens look great, so I thought why not enter? It's just a bit of fun! Growing up in the wartime, we grew vegetables to eat so I've always loved growing things and nurturing plants. Gardening is very satisfying."

Winners will be revealed at the council's Autumn Show on Saturday 15 September at the Great Barn, Ruislip.



Proud Some of the team with the display

London in Bloom results will be revealed on www.hillingdon.gov.uk/bloom, Twitter @Hillingdon and Facebook The London Borough of Hillingdon

Creating town centres to be proud of

The council continues to invest in the borough's town and village centres, making them more attractive for residents, business and visitors. *Hillingdon People* catches up on recent progress and looks at what changes residents can expect in the coming months.

Eastcote

A £1.3 million project aimed at revitalising Eastcote town centre is expected to come to full fruition this autumn.

Public realm improvements were completed in early July, with the town now benefiting from new paving, street lighting, street furniture and landscaping.

Twenty-one local businesses signed up for the council's flagship shop front grants scheme, which covers 80 per cent of the cost of shop front improvements, such as new signs, awnings, refurbishments and minor repairs, as well as professional design expertise from commercial designers 'Designed by Good People'.

Shop parades now also have bronze name plaques with historic facts, installed at a child-friendly height so that children can take part in brass rubbing (pictured top right).

A bold new sign, which spells out 'Eastcote' in individual letters, has been erected at the bridge, backed by a striking archive image of the local station in the 1930s (pictured right).

With the majority of the project now finished, the council has started work on the final phase: the installation of a 'rain garden', which will provide the area with attractive new plants and shrubs and help prevent surface water flooding during particularly heavy rainfall.

The council has now extended the shop front grant scheme and invited shops between the station and Woodlands Avenue to apply. The pavements in this area have also been upgraded to tie in with the rest of the town centre.



Uxbridge

The first phase of a £2 million improvement project in Uxbridge is complete, with new paving, suspended street lighting and benches outside Tesco. The modern seating is proving particularly popular with users of the nearby bus stop (pictured right).

The council has installed intricately-designed illuminated signs and a large children's climbing frame in Fassnidge Yard, making the space more welcoming for families.

A second phase of works, between Vine Street and the Civic Centre,



is expected to get under way this autumn. There are plans to put in new York Stone paving, benches, trees and flower beds, and alterations will be made to the road layout outside the Civic Centre to allow vehicles to turn around more easily.

There is also good news for residents who catch the bus from Vine Street: pavements will be widened and a much-needed bus shelter built.

Other proposals include better pedestrian lighting in the walkway that runs alongside the Intu piazza.

Harmondsworth and Harlington

Harmondsworth and Harlington are undergoing a series of enhancements this autumn, so that both quintessential villages can be enjoyed at their very best.

In Harmondsworth, new flowers are being planted on the green and daffodil bulbs will be placed in roadside verges. A mini orchard, marking the village's heritage as the first place to grow Cox's apples, will also be planted.

The village will be getting new bike racks, bins and fencing where required, and the Barnes Wallis memorial will be enhanced with a decorative metal edging.

The council has also applied for the green to be dedicated as a Centenary Field, ensuring it is protected for future generations in memory of those from the village who fought and lost their lives in World War One.

Harmondsworth will also be home to a pair of memorial statues known as 'Tommies', which depict silhouettes of soldiers from World War One (pictured right). 'Tommies' are part of a nationwide campaign called 'There But Not There', run by the charity Remembered to mark the centenary of the end of the war and raise funds for today's armed forces charities.

The council has installed two other pairs of 'Tommies' at Harefield War

Memorial and Ruislip War Memorial. In Harefield, the 'Tommies' will stand alongside plaques honouring Harefield-born Robert Edward Ryder VC and Cecil John Kinross VC, who were awarded the Victoria Cross for bravery.

In Harlington, a significant planting project is already under way, with new hanging baskets (pictured below), trees and daffodils being planted across the village. Existing shrubs are also being pruned and tidied up.

Work is being done to prevent fly-tipping, the pond plaque is being replaced, and new fencing is being erected where needed. Bins and benches will be replaced, the old 'Harlington' sign will be refurbished and reinstalled, and the village will be given a new community noticeboard.

The council has also announced plans to display decorative lights in the village this Christmas.



Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Our town and village centres remain at the heart of our communities. We will continue to protect their heritage while ensuring they are attractive, modern spaces where residents and businesses can thrive. I am pleased with what we have achieved so far and excited about what's still left to come."

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

Resident Paralympian reveals her new horse



Five-time Para-equestrian champion Natasha Baker MBE talks about Diva and her hopes for future success, and thanks the council for its invaluable support.

Hillingdon girl Natasha, made her Paralympic Games debut aged 22 at London 2012, instantly grabbing the nation's attention by winning two gold medals in the grade II Individual and Freestyle competitions in front of a home crowd. Four years later she retained her Individual and Freestyle golds and added a third in the Team competition at the Rio Games.

Natasha said: "The council gave me a sports grant in 2009, which helped me to buy JP, the horse that I won my gold medals on in London and then Rio. In 2008 I'd had a hard year, the horse that I wanted to go to Beijing on got injured and went lame. All of our savings went into that horse, I needed another horse to aim for London 2012 but we had nothing.

"To get the grant from the council was just incredible because I wouldn't be where I am now if it hadn't have been for that. They enabled me to win the gold medals we went on to achieve. It's great that the council has provided young Hillingdon sportspeople with grants to help them further their careers."

JP, who Natasha describes as her horse of a lifetime, tragically died last year. She said: "We did so many incredible things together and we had so many special moments."

Following his death, Natasha found Diva at the end of January, who will now

be her main competition horse. Natasha said: "I looked at loads of horses – it takes a long time. I wasn't just looking for any old horse, I was looking for one that will help me win gold medals.

"The horses I saw were either unsuitable or failed the vetting process. It takes a special horse to get to grips with my disability. I contacted a stud in Yorkshire called Mount St John. They offered me Diva to lease; she ticked every box. She's nine, the perfect age, as

"They enabled me to win the gold medals we went on to achieve"

she has experience but is young enough to go to a few Paralympic Games."

Natasha had saved some money to lease Diva and the council has contributed additional funding to support her in the lead up to the Tokyo Games in 2020.

Natasha said: "It's so great to get the support from the borough and I try to give as much back by supporting them in anything I can do. It's amazing that they've seen that I can maybe go on to achieve more success with this horse like I did the last one.

"Receiving the Freedom of the Borough from the council in 2012 was a moment of recognition of

what I'd achieved in the London Games. Also, the support I get from residents is fantastic. It's nice to know that I have so much local support and that people are proud of me."

About riding Diva, Natasha says: "She's really conscientious and tries hard, which I probably love most about her. She never has an off day, she's happy and really cuddly which is a bonus! I ride her four or five times a week and we do a variety of training."

Natasha has always been ambitious. She started to ride competitively aged nine at the Riding for the Disabled Association in Buckinghamshire. Whilst watching the 2000 Sydney Paralympics, she decided she wanted to compete in the Paralympics, with the dream of one day winning gold. "I had the drive and passion from such an early age. I'm one of those people that if I say I'm going to do something that it has to happen. I'm very determined."

She's now got her sights set on the World Games in North Carolina in September. She said: "That has been my goal the whole of this year. At the beginning of the year if someone had asked me if I would be able to compete I probably would have laughed, as I wasn't in a position to even be selected.

"To now have a new horse and to have built such a special relationship in such a short time, I'm so pleased. Diva is a very different character to JP. She is definitely braver. He needed a lot of nursing, whereas she will take the environment and atmosphere in her stride and rise to the occasion."

Natasha is also hoping for three gold medals at Tokyo. "I would like to be part of the team to once again have the chance of winning three medals and at some stage I'd also like to beat the Paralympic records I set in London 2012. I want to compete in as many Paralympic Games as I can, as long as I'm enjoying it, and see where I can get to."

Leader of the Council, Cllr Ray Puddifoot, said: "Ensuring young people in Hillingdon, whether able bodied or disabled, have access to sport is important. We want young people to have the opportunity to take part in the sport of their choice, which may then allow them to compete on the world stage as Natasha has done."



A SUMMER OF FUN FOR HILLINGDON'S YOUNG PEOPLE

The council held its popular FIESTA activities programme during the summer holidays, offering a variety of sessions for children and young people, including street dance, motor mechanics, film production, self defence, fashion design, climbing and kayaking.

More than 1,200 children and young people attended in July and August, with 60 different courses on offer. Sessions took place at various locations, including the council's young people's centres, community centres and sports halls.

WHAT SOME OF THE YOUNG PEOPLE SAID

Jenson Jolly, 13, from Hillingdon, wants to be a photographer when he grows up, so loved the idea of spending a week on the smartphone photography course. He said: "I signed up for this course because I like photography and editing pictures and I'm always trying to find things at home to adapt into a shot. I've really enjoyed becoming a better photographer, using the software to edit pictures and I've learnt lots of new skills. It's also nice to get out of the house during the holidays to meet new people."



Hannah Shephard, 14, from Ruislip, wants to be a wildlife/marine photographer when she grows up, so she wanted to spend a week on the smartphone photography course to begin to learn photography techniques. She said: "I've learnt about positioning photos, composition and using the horizon to structure pictures, as well as lighting. I like this event because we're not staying in the same place and we can get out and take pictures of the scenery and also learn new skills. Last year I did self defence classes and water sport activities at FIESTA and the photography course and water sport activities have been my favourite."

Amari Adams, 14, from West Drayton and Laiyla Rahman, 15, from Uxbridge, both have an interest in cars and spent a week on the motor mechanics course, which was led by The Skills Hub and funded by Hillingdon Community Trust. Laiyla said: "I signed up to this course because I wanted to

learn basic mechanics. FIESTA gives you a wide range of activities to do but this one is definitely my favourite because I really enjoyed exploring one of my interests and getting to change a wheel." Amari said: "I've enjoyed changing the spark plugs and stripping down and rebuilding an engine. I found this activity fun and would say it's a good way to meet new people whilst learning."



Cllr David Simmonds, Cabinet Member for Children's Services and Education, said: "We have been running our FIESTA summer activities programme for 11 years now and it continues to grow in popularity every year. We offer a range of fun and educational sessions for local families, and it's a great chance for young people to make new friends and learn new skills during the holidays."

Help us make a difference this Recycle Week

This year, international media has highlighted, more than ever before, the damaging impact of plastics on our environment. We are encouraging residents this Recycle Week to get involved to make a positive difference to the world we live in for us and future generations.

Did you know that 91 per cent of the plastic created over the last 70 years hasn't been recycled? Out of the 8.3 billion tonnes produced, 12 per cent has been incinerated and 79 per cent has been thrown away, into landfill or the general environment. More than eight million tonnes finds its way into the oceans each year. Shockingly, just nine per cent of plastic has been recycled.

Recycle Week, Monday 24 to Sunday 30 September is a national campaign, which aims to encourage the public to learn about what can be recycled and to recycle more items from around the home.

Recycling in Hillingdon

We are proud to offer weekly recycling collections for dry recyclables (which includes plastics), textiles, food and garden waste. There are also two civic amenity sites in the borough: Harefield, which is open daily and West Drayton, which is open on selected weekends.

Dry recycling

The council provides clear bags for dry recycling. You can recycle aerosols, books, magazines, cardboard, paper, tin cans, aluminium foil, tetra packs, glass bottles and jars, paper cartons, plastic bags, plastic trays and plastic bottles. All you need to do is put these in the clear bag and leave out for your weekly collection. The full item list of what you can recycle is printed on the clear bags and is available alongside further information on www.hillingdon.gov.uk/recycling.

When items that are not recyclable are placed into recycling bags, this has a negative impact on the recycling process and could even lead to the material being rejected at the recycling facility and disposed of as waste. The most common incorrect items found in recycling are small electronic items and nappies. Electronic items can be recycled at our civic amenity sites (see right) and nappies should be placed into general waste.



Textiles

Textiles are collected on the same day as dry recycling. The council provides purple textile recycling bags and you can put a variety of items in them, including clothing, handbags, pairs of shoes, curtains, towels, bed sheets, blankets and soft toys. The

money from the sale of the textiles goes to the Mayor's Charity Appeal.

Food waste

Food waste can be recycled using a caddy that can be stored in your kitchen. Food waste includes bread, fruit, vegetables, peelings, cereals, tea bags, dairy produce and meat. The caddy needs to be lined with corn starch bags or newspaper, so it can easily be reused once it's full and emptied. When the caddy is full, the contents can then be placed in the external food storage bin. You

can get a caddy, external bin and bags from the council. The food storage bin should be put out for collection each week with your garden waste.

Garden waste

Garden waste can be recycled in white canvas bags, provided by the council. Garden waste includes dead flowers, grass cuttings, hedge clippings, leaves, prunings, twigs and branches and weeds.

Civic amenity sites

A range of items can also be recycled for free at our civic amenity sites at Harefield (New Years Green Lane, Harefield, UB9 6LX) and West Drayton (Railway Sidings, Tavistock Road, West Drayton, UB7 7QT) with your Hillingdon First card or proof of residence. Items that can be recycled, include car and household batteries, furniture, electrical appliances, mattresses, rubble and stone, scrap metal, textiles, vegetable oil, wood and garden waste. For more information and opening times visit www.hillingdon.gov.uk/wasteandrecyclingsites.



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

said: "We should all try to reduce the waste we throw away and reuse or recycle items to make a positive effect on our environment. Too many materials are being sent to landfill and polluting the world we live in. If you learn something new about recycling in Hillingdon or even make some small changes to your waste and recycling lifestyle this Recycle Week - you will be working together and helping us to create a better, cleaner and more sustainable environment."



For more information on recycling in Hillingdon, get more bags or sign up for automatic bag deliveries visit www.hillingdon.gov.uk/rubbishandrecycling

Our annual festival celebrating arts, literature and culture starts this month, offering residents of all ages a varied programme of talks from bestselling authors and creative writing, arts and craft sessions to attend.

CULTURE bite

HILLINGDON ARTS & LITERATURE FESTIVAL



Culture Bite events will take place across the borough between Friday 14 September and Sunday 28 October. Book tickets now to secure your place at one or more of the 70 events.

Free events can be booked at any Hillingdon Library or by emailing culturebite@hillingdon.gov.uk. All paid events can be booked on www.hillingdon.gov.uk/culturebite or by calling 01895 250615.

In the last edition of *Hillingdon People*, we featured a selection of the September sessions - here are some more of the festival's offerings.

Date and location change

Tracy Borman
The King's Witch
Monday 8 October,
7.30pm to 9pm
Battle of Britain Bunker Exhibition and Visitor Centre, Wren Avenue, Uxbridge
Historian, writer and TV presenter, Tracy Borman has already captivated Culture Bite audiences with her enthusiastic and comprehensive talks on Tudor history, based on her non-fiction books. Tracy has combined her knowledge with her gifts as a true storyteller and returns to Hillingdon to talk about her debut novel *The King's Witch*.
Cost: £5.

National Libraries Week
Monday 8 to Saturday 13 October
All Libraries
This year, Libraries Week will focus on wellbeing, with Hillingdon libraries showcasing how they bring communities together, combat loneliness, provide a space for reading and creativity, and support people with their mental health. Ruislip-born author Tony Kent will share his explosive new thriller *Killer Intent* for free at The Stables, Manor Farm on Thursday 11 October between 7.30pm and 9pm.
Cost: Free.

Harriet Evans
Meet the Wildflowers
Tuesday 25 September,
7.30pm to 9pm
Compass Theatre
Bestselling author Harriet Evans will be talking about her latest book *The Wildflowers* – a current Richard and Judy Summer Book Club title.
Cost: £5.

Mark Billingham and Martyn Waites
Tuesday 16 October,
7.30pm to 9pm
Compass Theatre
Join bestselling crime writers, Mark Billingham and Martyn Waites, as they discuss their new books. *The Killing Habit* is Mark Billingham's fifteenth book in the hugely-popular *Detective Tom Thorne* series. *The Old Religion* is Martyn's new, dark and chillingly atmospheric thriller.
Cost: £5.

Reflections from the Amazon
Thursday 18 October,
7.30pm to 9pm
Compass Theatre
Professional adventurer Pip Stewart has cycled along Brazil's Trans-Amazonian Highway, lived with indigenous communities in Peru and paddled Guyana's Essequibo River from source to sea (a world first), accompanied by the local Wai Wai tribe. Hear about the destructive nature of modernity and why protecting wild places is so important.
Cost: £5.

An Introduction to Wine Tasting
Sunday 21 October,
6pm to 7.30pm
Compass Theatre Bar
During this wine tasting session you will compare, contrast and discover wines from around the world, improve your tasting skills, develop your senses and take home practical tips for wine and food matching. You will also taste exciting wine styles and grape varieties to help you understand why you like the wines that you currently enjoy and to discover new wines to buy.
Cost: £10.

Mischief Makers and the Dice of Destiny
Monday 22 October,
10.30am to 11.30am
Uxbridge Library
Sometimes breaking the rules can be fun. Children's author Jennifer Killick will be running a creative writing workshop for seven to 11-year-olds. Using the Dice of Destiny tool to choose characters and settings, we will create a list of rules and then help our characters to break them all in order to get what they want!
Cost: Free.

Ross Montgomery Christmas Dinner of Souls
Monday 22 October,
2pm to 3pm
The Great Barn, Manor Farm
In Ross Montgomery's collection of gruesome festive horror stories, he aims to make the reader squirm with terror – but how? After discussing horror scenes and the techniques writers use to build up to a big scare, attendees write a scene of their own, using vivid language, tension and pace to build to a terrifying climax! With atmospheric music and dramatic readings, the children revisit their work to improve it, learning the value of editing. Ideal for 9 to 12-year-olds.
Cost: Free.

Writing for Children A Masterclass
Friday 26 October,
7.30pm to 9pm
The Stables, Manor Farm
In this beginner-level class, award-winning writer of more than 90 books for children, Alan Durant, gives a fun talk that covers the key techniques for writing picture books for young children.
Cost: Free.

Heroes and Villains
Saturday 27 October,
6.30pm to 8.30pm
Uxbridge Library
Come along to this special event and celebrate the characters of your favourite comics and graphic novels. Learn to draw your favourite superheroes and write their adventures at special workshops.
Cost: Free.

Grand Finale with Stardust Big Band
Sunday 28 October,
6pm to 8pm
The Great Barn, Manor Farm
Join us for this charity concert with Stardust Big Band and guest speaker to celebrate the end of this year's Culture Bite. Ticket includes food and all proceeds go to charity.
Cost: £10.



Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "If you haven't had a chance to look at the full programme for this year's festival or book your ticket yet, I'd encourage you to do so now. Culture Bite 2018 will bring even more must-see events for adults and children and I hope that residents enjoy them."

To view the full programme visit www.hillingdon.gov.uk/culturebite Brochures are also available in libraries

A fantastic summer of family fun

The council held a varied programme of summertime events and activities for residents to attend.

All new Hayes Carnival

Family Fun Day

The all new Hayes Carnival Family Fun Day went very well, drawing estimated crowds of 2,000 people to Barra Hall Park on Saturday 7 July.

The day brought an extravaganza of family-oriented fun, games and entertainment to the park, including a visit from the Summer Lion - a magical creature that delighted adults and children alike - and Captain Jon Voyage with his avian amigos, the squawk birds.

Crowds were also treated to energetic dance performances from Jay Kumar and Dance Asia and children's entertainment from Verona Chard and her Musical Balloon Band. The sports, children's and cycling zones also proved successful and were very busy all day.

Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "The event was a fun day out for all who attended, despite England playing football in the World Cup that afternoon. With lots of different activities for all of the family to enjoy, it certainly was a day to remember, and the perfect way to celebrate Hayes and its diversity."



Family Fishing Fun Days



Our annual Family Fishing Fun Days returned for their tenth year on Sundays 29 July and 12 August.

The ever-popular events, which were free to attend and open to everyone of all ages, took place at Little Britain Lake, Cowley.

The sessions gave residents - whether seasoned anglers or novices - the perfect opportunity to pick up a rod and have a go at fishing. Some also got the chance to meet fishing legend Keith Arthur.

Bird box making, face painting and a bouncy castle were also available for children.

Catch of the day prize winners

- 1st prize** - Harley Brannan (8), Jacob Thomas (8) and Alice Gardner (8)
- 2nd Prize** - Joshua Poulton (10) and Kai Sibley (4)
- 3rd Prize** - Courtney Smith (6) and Anjika Goyal (7)
- Lucky Dip** - Jamie Pither and Sue Lowden

Leader of the Council, Cllr Ray Puddifoot, said: "Our Family Fishing Fun Days are a highlight of the summer events calendar. Once again, I was delighted to see so many families enjoying the lake and the activities on offer. I hope it inspires residents to take up fishing and make use of our wonderful green spaces throughout the year."



Art in the Park



Budding artists of all ages took to Hillingdon's award-winning parks and green spaces for a series of creative art sessions.

Beginning on 15 July, 'Art in the Park' took place in various locations across the borough, including The Gravel Pits in Northwood, Pole Hill Open Space in Hillingdon, Cranford Park and in the grounds of the Battle of Britain Bunker.

Now in their second year, the sessions gave residents the chance to draw, paint or sculpt 'al fresco' while using Hillingdon's Green Flag parks as inspiration. Paint, crayons and paper were all provided for free.

Angel Raheja, 6, Ridhaan Thakkar, 6 and his dad Rajen Thakkar decided to go to the Art in the Park event at Pole Hill Open Space to explore their love for art. Angel and Ridhaan said: "We love drawing and painting at school, so we wanted to go somewhere we could do this on our holidays." Rajen added: "I brought the children today to get them out of the house and enjoy the sun and be creative."

Sahib Deol, 9, also attended the session at Pole Hill Open Space. He said: "I came to Art in the Park with my dad. I've been drawing and watercolour painting. The watercolour painting has been my favourite activity because I'm learning new things."



Playday

Playday, Hillingdon's free annual family fun day aimed at promoting the importance of children's play, took place on Wednesday 1 August.

The popular event, which is now in its fourth year, welcomed more than 1,600 visitors to Hillingdon Athletics Stadium, Uxbridge, where attractions included, face painting, various sport and physical activities, scooters, arts, crafts and the mobile library. There was also an urban safari, where children could meet animals, such as reptiles, snakes and spiders.

Elaine from West Drayton attended with her daughter Emily who is 3, she said: "It's our third time at Playday. Anything that is active is good for us and it's great that it's free and that there is so much to do."

Ali from Hillingdon attended with her daughter who is 1, she said: "I think Playday is amazing. There's something for all ages. It's a really good idea to play with cardboard boxes. It's great that this borough has so much to offer children."



Enjoying fireworks safely and responsibly

For many residents, autumn nights are synonymous with fireworks. With Bonfire Night and Diwali in November, and New Year's Eve and Chinese New Year a bit later on, many of us will be attending organised firework displays. But for those of us planning to let off our own fireworks, it's worth remembering how we can enjoy them safely and responsibly, plus how to minimise nuisance to our neighbours.

Staying within the law

The law bans the use of fireworks between 11pm and 7am. However, there are extensions on certain nights of the year:

- midnight after Bonfire Night (5 November)
- 1am after Diwali (7 November)
- 1am after New Year's Eve (31 December)
- 1am after Chinese New Year (5 February)

And remember: there are laws against throwing or setting off fireworks and lighting bonfires in roads and public places, and fireworks can only be sold to and possessed by over-18s.

Staying safe

Be safe, not sorry, and always follow the Firework Code:

- only buy fireworks marked BS 7114
- don't drink alcohol if setting off fireworks
- keep fireworks in a closed box
- follow the instructions on each firework
- light fireworks at arm's length, using a taper
- stand well back
- never go near a firework that has been lit - even if it hasn't gone off, it could still explode
- never put fireworks in your pocket or throw them
- always supervise children around fireworks
- light sparklers one at a time and wear gloves
- never give sparklers to a child under five
- keep pets indoors
- don't let off noisy fireworks after 11pm

Keeping noise to a minimum

While many people enjoy fireworks, they can be frightening for the vulnerable, elderly, children and animals. If you're having a Bonfire Night party, you may want to let your neighbours know. They could have pets that need to be kept indoors. In rural areas this could include larger animals, such as horses in nearby stables.

You might also want to let elderly neighbours and families with young children know there may be some loud bangs for a period of time.

Reporting nuisance noise

Fireworks don't usually last long enough to be considered a breach of noise regulations, and, with several fireworks often going off at the same time, it can be difficult to prove beyond reasonable doubt that any one person or event is responsible.

However, fireworks can sometimes be deemed a nuisance, and the council has a team of dedicated officers to handle complaints out-of-hours. The anti-social behaviour and environment team routinely operates during the following hours:

- Thursday from 8pm to 2am
- Friday from 9pm to 3am
- Saturday from 9pm to 3am
- Sunday from 7pm to 1am

During the festive period between 29 October and 11 November, the out-of-hours service will be extended to Monday, Tuesday and Wednesday between 9pm and 4am.

Contact the team out-of hours by calling call 01895 250111



The council or the police?

Where to report crime and anti-social behaviour

The council and the police work together to keep our neighbourhoods safe. Both organisations encourage residents to report crime and anti-social behaviour, but with so many different types, it can sometimes be hard to know what to report to which organisation.

As a general rule of thumb, the council investigates activities that negatively impact on the environment and the quality of life in neighbourhoods, while the police investigate serious and organised crime and disorder.

Issues you should report to the council include:

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

For the full list of issues that the anti-social behaviour and environment team investigates, visit www.hillingdon.gov.uk/asb

You can also report issues on the same web address, by emailing contactcentre1@hillingdon.gov.uk or calling 01895 556000. Out-of hours, call 01895 250111



Issues you should report to the police include:

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

To report one of the above, visit www.met.police.uk or for a non-emergency call 101. If someone is in immediate danger or harm or a serious offence is in progress, call the police on 999



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

said: "We are working more closely with the police to ensure our neighbourhoods are safe, clean and free from nuisance behaviour. As part of those efforts, we have introduced robust Public Space Protection Orders that give us stronger powers to deal with a wide variety of anti-social behaviour. We encourage residents to remain vigilant and report incidents to the correct authority."



Update from the West Area BCU Superintendent

It has been a busy few months since my last article, with some outstanding arrests and convictions of a number of criminals in Hillingdon. We have maintained a significant reduction in burglary offences and will continue to target those responsible, alongside our partners, to reduce this even further and protect your homes and businesses. We have now been part of the West Area for nearly two months (as I write) and we are starting to see some of the benefits. The allocation of resources is more fluid, and as such, we have seen Hounslow and Ealing sectors providing response vehicles to the Hillingdon sector in times of need. The good news is that in the period of change we have maintained our emergency response times and will look at ways to continually improve these. The Mayor of London has set a target of a 90 per cent occupancy

rate for Dedicated Ward Officers (DWOs) and since the formation of the West Area, DWOs are on a 94 per cent occupancy rate, which is the second highest in the Met.

I would like to take this opportunity to let you know about 'OWL' (Online Watch Link), which was launched in June between Hillingdon Neighbourhood Watch and the Metropolitan Police. It is a secure and free to use system that allows messages to be sent to residents by both the police and the Neighbourhood Watch co-ordinators. It is a huge leap forwards in enabling us all to work together and I would urge you, if you haven't already done so to sign up at www.owl.co.uk. Register online and within a few days you will be sent a login, and passport and alerts can then be sent straight to your mobile phone or email inbox. We are hoping to get as

many residents as possible signed up, so please get involved!

Our officers continued to work hard despite the long spell of hot weather during the summer and I'd ask you to remain vigilant and look out for your neighbours, particularly the very young or elderly or those with existing medical conditions. It is also important to remember to close your windows, particularly ground floor ones when you go out and to not leave your keys in the vehicle whilst you wait for the air-conditioning to come into effect! Thieves are usually opportunists and will take advantage of all situations. As always, if you see something suspicious, report it via 101 or if an emergency dial 999.



Gary Taylor

Health and care partners work together to support carers

The council has partnered with a number of health and care organisations to provide an improved and fully integrated package of support to unpaid carers in Hillingdon.

Unpaid carers are residents who look after a family member or loved one who would find it difficult to cope without their support, but often don't recognise that they are entitled to support.

The joint partnership approach aims to identify, support and value unpaid carers, and commits all health and care partners to a number of key principles, which include promoting carers' mental health and wellbeing, ensuring that carers receive the right support at the right time, and committing to information sharing between all organisations.

Joint support available across the borough for carers will include advice and information, online resources, help offered through GP practices, respite opportunities, peer support groups and short breaks for young carers.

Partner organisations, including Hillingdon Clinical Commissioning Group, Hillingdon Hospitals NHS Foundation Trust, Central and North West NHS Foundation Trust, Hillingdon GP Confederation, H4All and the Hillingdon Carers Partnership, have all agreed a Memorandum of Understanding for carers.



Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "This is the first time that organisations in Hillingdon have joined forces to support unsung heroes across the borough, which is a significant step forward in ensuring that we collectively recognise the valued contribution that unpaid carers make to our community."

"If someone you know looks after a friend, loved one or family member who couldn't cope without their support, they could be an unpaid carer. You can find information and advice on our Connect to Support website, which includes community support, care services, and details on how to complete an online assessment, or you can get in touch with the Hillingdon Carers Partnership."

Hillingdon Carers Partnership

The Hillingdon Carers Partnership receives funding from the council to improve help and support for an estimated 26,000 unpaid carers in Hillingdon.

The partnership consists of five charities working closely together to deliver a range of services, including information and advice, respite care, health and wellbeing activities and counselling.

Sally Chandler, Chief Executive at Hillingdon Carers, said: "We are working hard to ensure that we can support any carer that gets in touch with us, in a way that genuinely helps them. Over the past three years, our team has claimed more than £2.5 million of benefits for carers in the borough."

"We provide unpaid carers with free training and counselling, and extra support is available from our dementia service. We deliver invaluable respite care to give unpaid carers a well deserved break, and run 11 social support groups across the borough, known as Carer Cafes. We even offer support for carers to get back into work once their caring responsibilities have ended through our Working for Carers programme."

"We also have access to free holidays and health and wellbeing activities, such as pamper days, health MOTs and weekly yoga. There is genuinely something for everyone."

"Young carers can receive support from the age of five through youth clubs, activities, trips and residential weekends, as well as specialist emotional support."

All services are delivered free of charge, and the partnership is encouraging unpaid carers in Hillingdon to get in touch. Hillingdon Carers would also like to hear from anyone who is caring for more than one person with a disability to discuss additional challenges.



Come and join us at the Hillingdon Independent Living Roadshow

Following the success of their first event, Hillingdon Clinical Commissioning Group (CCG) is happy to welcome local people to part two of the Hillingdon Independent Living Roadshow, an exhibition to showcase a wide range of aids and equipment available to help residents with disabilities living at home to live as independently as possible.

The Hillingdon Independent Living Roadshow first event was previously held in Uxbridge in July.

The second and final event will be held at Harlington School

in Hayes on Thursday 20 September from 12pm to 6pm.

Hillingdon Independent Living Roadshow aims to give residents the opportunity to find out about a wide range of equipment and aids by mocking up common areas of the home,



such as the bedroom, living room, kitchen and bathroom.

Dr Ian Goodman, Chair of Hillingdon CCG, said "We are delighted to be working with Hillingdon Council and others on this very exciting initiative; we hope that as many local families and carers will come along and discover what support is available for them."

For more information about the Hillingdon Independent Living Roadshow, contact the Communications and Engagement team on 01895 203023 or email HILLCCG.HCCG.Communications@nhs.net.





Secondary School Admissions

Do you have a child born between **1 September 2007 and 31 August 2008?**
If so, you must apply for a school place by **31 October 2018**

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 an information session for parents/carers
For more information, visit our website or call 01895 556644



www.hillingdon.gov.uk



Celebrating a fantastic year for Hillingdon at the 2018 London Youth Games

The Mayor of Hillingdon, Cllr John Morgan, held a special awards ceremony in July to celebrate the hard work and achievements of the borough's young athletes who took part in this year's London Youth Games.



More than 100 of Hillingdon's young sports people, team coaches, winning schools and parents attended a celebratory evening on Wednesday 18 July in the Middlesex Suite at the Civic Centre, Uxbridge, where the Mayor presented thank you certificates and acknowledged



Hillingdon finished tenth overall (out of 33) in the Jubilee Cup, which is presented annually to the group who has scored the highest in the competition. This is a great achievement and means that we are the top west London borough.

Hillingdon was also awarded the first ever 'Respect the Games' award, where young people from each event at the Youth Games and the School Games were asked to nominate the team showing the most respect and sportsmanship.

The London Youth Games was introduced in 1977 to celebrate the Queen's Jubilee and has grown to be the largest multi-sports event for young people in Europe, with more than 45,000 seven to 17-year-olds competing across a range of sports.

the efforts and commitment of everyone involved in the games.

Hillingdon won first in male athletics, BMX and sailing. Lots of individual medals, including archery, judo and swimming, were awarded, and

If you have children aged 7 to 17 who would like to take part in next year's Youth Games, please email sportandphysicalactivity@hillingsdon.gov.uk

Universal Credit will be launched on 24 October. Are you ready?

The government's new single welfare benefit system will be introduced as an online-only service.


Universal Credit will replace:

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


If you need to make a new application for financial support or tax relief, please visit www.gov.uk/universal-credit

Some residents who need help paying their rent will not be eligible to receive housing cost support via Universal Credit and will need to make a new claim through the council.

Pensioners and certain other residents are exempt from Universal Credit.



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



www.hillingdon.gov.uk

Just Friends Club

A friendly social club for widowed and single people aged 50+

- * Meals
- * Theatre trips
- * Walks
- * Pub nights
- * Parties
- * Dances

For more information:
 ☎ Neil 07879 271 726
 ☎ Sylvia 07790 964 408 or
 ✉ info@justfriendsclub.org.uk

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 *Curtain's hung, rails/ blinds fitted *Sticking doors eased/adjusted *Uncompleted projects undertaken
 *Worktops re-siliconed and re-edged *Hollow door/wall fixings *White bath chips touched in
 *Kitchen/WC roll holders fitted
 *Some flat-pack furniture assembled etc.
 References available ~ No job too small ~
 *Cheques accepted ~ NO work undertaken in rented accommodation

P.B. Electrical Services

Call Paul 07850 729 218

*All domestic & commercial electrical work considered ~NAPIT Approved
 ~Certification available ~No job too large or small ~Established locally for 35 yrs



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Join for only £65 per month and half price joining fee*

Call us now on 01923 842238 to join
*Offer expires 31st October 2018. T&C's apply.

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22 Chestnut Avenue, Northwood, Middlesex HA6 1HR

Supporting Hillingdon residents who are affected by cancer

New community cancer centres are opening in Uxbridge and Yiewsley to support people affected by the disease and they are looking for volunteers to help in various roles.



premises at 111 High Street, Yiewsley, UB7 7QL will open on Mondays and Wednesdays, between 10am and 4pm.

There is a range of volunteering opportunities available at both centres, with volunteers needed for:

Front desk/reception – to provide a warm and friendly welcome to visitors at the front desk, answer the telephone, take messages, reply to enquiries and ensure all visitors are signed in and out of the centre.

Administration support – to assist with general administration duties, including data entry, collating post, booking appointments and completing forms for new members.

Befrienders – to give out information, signpost people to other appropriate services and offer emotional support, by listening with empathy and compassion in a non-judgemental way.

The centres are also looking for qualified complementary therapists and student counsellors who are looking for placement opportunities.

Debra Morgan, co-ordinator for the cancer service, said: "We are pleased to be offering this free service to individuals and families in Hillingdon affected by cancer. With support from trained volunteers and qualified therapists, we will help people through their cancer journey, offering personal one-to-one counselling, as well as a befriending service where people can seek help and support."

The Uxbridge centre opens this month and will operate from the The Uxbridge Wellbeing Centre, 40 New Windsor Street, Uxbridge, UB8 2TU on Wednesdays and Thursdays (by appointment only on Thursdays), between 10am and 4pm.

From October, the Yiewsley centre, located in newly-refurbished



The service has received grant funding from the council and will be managed by Harlington Hospice, which works closely with other healthcare professionals to provide co-ordinated and tailored care throughout Hillingdon for people in their homes, their family and friends.

The free service is available to anyone living in the borough who has been affected by cancer, their carers, family and friends. An experienced team of counsellors and trained volunteers will be on hand to offer free advice, information and support in a non-medical, person-centred environment.

Complementary therapies, including massage, reiki and aromatherapy, and counselling during difficult times, such as coping with diagnosis and bereavement, will be available by appointment at the Uxbridge centre. Support groups will be held at both centres.

DO YOU HAVE A HOME TO RENT? **GUARANTEED RENT**

www.paradigmhousing.co.uk/landlords

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- Commission-free lettings and management service
- Rent paid even if property is empty*
- Vacant possession at end of lease

*Exceptions apply

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- Cleaning

Call Matt on 07838 116459

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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Artzania
Help creativity & imagination!

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

Paron Mindfulness presents

Mindfulness for Wellbeing

Saturday 20 October to Saturday 8 December from 10am to midday

at Compass Theatre, Glebe Ave, Ickenham UB10 8PD (opposite Ickenham tube station)


An eight-week experiential course, facilitated by experienced and accredited therapists/mindfulness teachers, Charlotte Morris and Costas Lambropoulos.

The course combines meditation with modern psychology to help you connect with the present moment in an open, non-judgemental and nurturing way.

Cost: £240 for eight-week course
Book: www.paronmindfulness.co.uk Tel: 07434 566491/492

If you are interested in any of these roles or would like more information about the support service, please contact Debra by emailing dmorgan@harlingtonhospice.org or calling 07712 234538







Day of the Older Person

Tuesday 25 September 2018, 10am to 4pm
The Market Square, Pavilions Shopping Centre, Uxbridge

A day to celebrate older people and their contributions to our community.

Find out more at www.hillingdon.gov.uk/over65s

Advice and information stalls from local and national organisations and services • Music
 Local history • Dancing • Seated football Performances

www.hillingdon.gov.uk/over65s

JOIN US TO REMEMBER

THE BATTLE OF BRITAIN BUNKER

SUNDAY 11 NOVEMBER

10am to 4.30pm

A special opportunity for everyone to remember, reflect and learn, including:

- Remembrance ceremony
- remembering the brave animals of WWI and WWII
- discovery trail
- make your own poppy
- poppy art display

ARMISTICE DAY

For activity session times and more information visit battleofbritainbunker.co.uk

CAFE OPEN

Admission free for Hillingdon First cardholders, under-18s and Defence Privilege Card holders.

Wren Avenue, Uxbridge, UB10 0RN

#BofBBunker @BofBBunker



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, starting this October. Sessions last 45 minutes and are open to over-18s. Spaces are limited, so please book early to avoid disappointment.

Cowley Recreation Ground, UB8 2DZ

- ▶ Wednesday 3 October at 2.45pm
- ▶ Wednesday 24 October at 2pm

Hillingdon Court Park, UB10 9JX

- ▶ Monday 1 October at 5.30pm
- ▶ Wednesday 17 October at 1pm

Hill Lane, Ruislip, HA4 7JJ

- ▶ Monday 1 October at 3.15pm
- ▶ Wednesday 17 October at 4.15pm

Kings College Playing Fields, Eastcote, HA4 7UL

- ▶ Monday 1 October at 2pm
- ▶ Wednesday 17 October at 3.15pm

Barra Hall Park, Hayes, UB3 2NH

- ▶ Friday 5 October at 3.30pm
- ▶ Tuesday 23 October at 3.15pm

Pinkwell Park, Hayes, UB3 1TF

- ▶ Friday 5 October at 4.45pm
- ▶ Tuesday 23 October at 2pm

Swakeleys Park, Ickenham, UB10 8SH

- ▶ Monday 1 October at 4.30pm
- ▶ Wednesday 17 October at 2pm

Yiewsley Recreation Ground, UB7 7BE

- ▶ Wednesday 24 October at 1pm

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

www.hillingdon.gov.uk/outdoorgyms



As we move into the autumn, there are a range of events to keep you entertained in and around Hillingdon. Also see what activities are on offer for families for half-term.

THEATRE

Flawless: Chase the Dream - The Reboot

Wednesday 26 September, 7.30pm
also on the Saturday

Following their world tour, Flawless are back in the UK performing even bigger jaw-dropping routines than ever before! Stars of the smash-hit movies *Street Dance 3D* and two-time winners of the World Dance Championships, Flawless came to the fore on ITV's *Britain's Got Talent* and their popularity has continued to rise ever since. This fantastic high energy, acrobat-fused, feel good family show follows the journey of 10 big dreamers, seeking the opportunity to live their ultimate dance fantasy on-board the Intergalactic Dream Ship.

Cost: Tickets cost £26.50. Groups 10+ £20 each.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Step In Time

Wednesday 26 to Saturday 29 September, 7.30pm (2.30pm also on the Saturday)

This cabaret-style show from Hillingdon Musical Society uses the power of theatre to reflect the highs and lows of life. Songs from shows, including *Dreamgirls*, *Saturday Night Fever* and *Kinky Boots* tell a tale everyone can relate to.

Cost: £15. Concessions £12.
To book visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

Arrival: The Hits of Abba

Thursday 27 September, 7.30pm

Over four decades after Swedish pop legends ABBA swept to stardom, their music remains as popular as ever and the magic of the era is being brought to stages across the country courtesy of Arrival – the international, multi award-winning show that has sold out in over 20 different



VIENNA FESTIVAL BALLET

Coppelía

A truly spellbinding performance!★★★★

Cost: Tickets from £20. Under-16s £16. Family offer (four tickets) £70. Schools £15.50 each. Premiere Card from £16.65.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

HILLINGDON WHAT'S ON?

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

countries worldwide since 1995. This high-energy performance features the vast catalogue of hits loved by many generations including *Mamma Mia*, *Dancing Queen*, *Waterloo*, *Super Trouper*, *Voulez Vous*, and many more.

Cost: Tickets cost £24.50. Concessions £1 off. Groups 8+ one in eight go free.
Premiere Card £20.70.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Coppélia

Wednesday 3 October, 7.30pm

Vienna Festival Ballet's eternal production of *Coppélia* embellishes the original E.T.A. Hoffmann tale with fabulous dancing and beautiful storytelling. Follow the adventures of eccentric toymaker, Dr. Coppélius with his beloved doll and the two lovers, Swanhilda and Franz on an enchanting evening of mischief, frivolity and a lovers' tiff. The colourful costumes, lively characters and beautiful music from Delibes all combine to create a magical and comical classic that warms and entertains from start to finish and promises to delight audiences of all ages.

Cost: Tickets from £20. Under-16s £16. Family offer (four tickets) £70. Schools £15.50 each. Premiere Card from £16.65.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Musical Masterpiece

Thursday 4 to Saturday 6 October, 7.30pm (2.30pm also on the Saturday)

Following their production of *Wild, Wild Women*, Pastiche Musical Theatre returns with their annual concert. Featuring the best works of stage and screen, Musical Masterpiece has something for everyone and will take you on a journey through musical theatre.

Cost: £10.
To book visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Jason Donovan and his Amazing Midlife Crisis

Monday 8 October, 7.30pm

Jason is delighted to announce that he will be hitting the road once again in the autumn. Celebrating his 50th birthday and with a wealth of tantalising tales under his belt, this autobiographical show will zigzag back and forth through his life, with stories about *Neighbours*, *Ten Good Reasons*, *Kylie*, *Joseph*, *I'm A Celebrity*, *Strictly* and much, much more. Hear some new stories (and possibly one or two you've heard before!) plus some of the songs you know and love for a night like no other.

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

High Society

Wednesday 10 to Saturday 13 October, 7.30pm (2.30pm also on the Saturday)

Tracy Lord, a rich young divorcee, is about to marry a stuffy but successful industrialist when the family home is invaded by two reporters, her estranged father – and her charming ex-husband. Stand by for fireworks brought to you by KLOS Musical Theatre!

Cost: £15. Under-16s and over-60s £13.
To book tickets visit www.klosmusicaltheatre.co.uk or call 020 8907 2340.
Winston Churchill Theatre

The Merchant of Venice

Thursday 11 to Saturday 13 October at 7.30pm (3pm also on the Saturday)

At this performance brought to you by the Argosy Players, you can witness the cruelty of Shylock pursuing a pound of the Merchant's flesh in a new, edited version of this most excellent of Shakespeare's plays – now set among the pizzarias and cafes of 1950s Venice.

Cost: £13.50. Concessions £12.
To book visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

King Charles III

Wednesday 31 October to Saturday 3 November, 7.45pm

Queen Elizabeth II is dead. After a lifetime of waiting, her son ascends the throne. A future of power. But how to rule? Drawing on the style and structure of Shakespeare, Mike Bartlett's controversial 'future history play' performed by Proscenium explores the people beneath the crowns, the unwritten rules of our democracy, and the conscience of Britain's most famous family.

Cost: £14. Groups of 10+ £10 per person.

To book visit www.hillingdontheatres.uk or call 01895 250615.

Compass Theatre

Joseph and the Amazing Technicolour Dreamcoat

Saturday 3 and Sunday 4 November, 2.30pm and 7pm

Celebrate the 50th anniversary of this well-loved Andrew Lloyd Webber and Tim Rice musical with Encore Theatre Company, featuring unforgettable songs, including *Those Canaan Days, Any Dream Will Do and Close Every Door to Me*.

Cost: £15. Concessions £13. To book visit www.encoretheatre.org.uk or call 07748 490936.

Winston Churchill Theatre

COMEDY

Daliso Chavonda (What the African Said)

Friday 12 October, 8pm

Britain's Got Talent and Amanda Holden's golden buzzer act, Daliso Chavonda has announced his debut stand up comedy tour for 2018 entitled *What The African Said*. The Malawian born comedian was a stand out star from the last show, capturing the nation's hearts and getting more than eight million Facebook views and nine million on Youtube. Daliso has also just been confirmed for his own Radio 4 series entitled *Daliso Chavonda: Citizen Of Nowhere*.

Cost: £18.

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

Beck Theatre

KIDS

Peppa Pig's Adventure

Saturday 29 to Sunday 30 September, 10am, 1pm and 4pm

Peppa Pig and friends are back in the brand new live show *Peppa Pig's Adventure!* Join Peppa as she gets ready to go on an exciting camping trip to the woods with George and her school friends, including Pedro Pony, Suzy Sheep and Gerald Giraffe. With lunch-boxes packed and Daddy Pig

driving the bus, Peppa and friends are excited about their outdoor adventure, full of games, laughter and live music!

Cost: Tickets from £18. Under-16s £2 off. Family offer (four tickets) £72. Groups 10+ from £14.85. Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Rapunzel

Sunday 21 October, 2pm and 6pm

In a far away land, in a lonely tower lives the beautiful princess Rapunzel. Captured as a child by Mother Gothel, she uses Rapunzel's magical hair to upkeep her youth and beauty. When a handsome Prince stumbles upon the tower and wishes to help free Rapunzel, will Mother Gothel's plans be ruined for good?

Cost: Tickets cost £17.50.

Concessions £1 off. Groups 8+ one in eight go free.

Premiere Card £14.40. Family offer (four tickets) £63.

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

Beck Theatre

Bing Live - Bing goes to the Theatre

Wednesday 24 October, 4pm Thursday 25 October, 10am, 1pm and 4pm

Calling all Bingsters! Bing and his friends are coming for the first ever Bing stage show! Join Bing, Sula, Coco and Pando as they find out how to tell stories by pretending, dressing-up and singing songs. Flop and Amma are there to help, but in this magical world of make-believe, things don't always go according to plan.

Cost: Tickets from £18.

Under-16s £2 off. Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

Sandgate Youth Football Club

Saturdays, 10am to 12pm

Enjoy the World Cup, then why not try playing? FA Chartered Standard Development Club Status football coaching and playing for kids of all ages. All coaches FA qualified and Enhanced CRB checked.

Cost: First session free. For more information visit www.sandgatefc.co.uk or email secretary@sandgatefc.co.uk or call 07881 523029.

Bourne Farm Playing Fields

LEISURE

Language Clubs of Hillingdon

Every week on Thursdays, 7.45pm to 9.45pm (starting 27 September)

Friendly clubs offering a chance to practise speaking and hearing Spanish, French, Italian and German, each on a different Thursday of the month. If you are learning a language, want to brush it up or maintain it, or if you are a native speaker wanting to use your own language, contact the right club for you.

Cost: £3 per visit or £15 for annual membership.

Contact:

Spanish Club on 01895 253472.

French Club on 01895 253472.

Italian Club on 020 8863 3468.

German Club on 020 8429 1921.

St Giles' Church Hall

Hidden Tales II exhibition

Saturday 1 September to Friday 7 December

Linda Austin and Terry Charles present 'Hidden Tales II' which is the second showing of some of the works exhibited at the Pasmore Gallery, London. This is a chance to see some abstract painting by two talented local artists.

Cost: Free entry.

For more information visit

www.brunel.ac.uk/life/get-involved/brunel-arts.

Arts Centre Atrium

World War One - Hillingdon Village Remembers

Saturday 10 November, 9.30am to 4.30pm

On the hour during the day, we will be telling stories of some of the 91 men of Hillingdon who gave their lives in World War One.

Cost: Free entry. All welcome.

For more information visit

www.stjohnshillingdon.org.uk.

St John's Church

Meditation

Every second and fourth Thursday of the month, 8pm

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

Cost: Free (voluntary charity donations welcomed).

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

The Stables, Eastcote

House Gardens



EXERCISE

Dru Yoga with Dinta

Saturdays, 11.20am

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

Cost: £8 per class.

To book call 07870 981885

or email yogawithdinta@aol.co.uk.

St Lawrence Church

Zumba with Gabriel

Thursdays, 7pm (Yiewsley and West Drayton Community Centre)

Wednesdays, 6.15pm (Vyners School)

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

Cost: £7 a session. Book 10 classes for £60.

For more information visit

gabriel84.zumba.com or

call 07459 488547.

Yiewsley and West Drayton Community Centre and Vyners School

YOGA course

Mondays, 7.15pm to 8.30pm

A peaceful space to practice the time-tested practice of yoga.

If you are curious and new to yoga and wish to try a class come along for a half price taster session. All welcome. Hatha

Flow and restorative relaxation yoga techniques to encourage the body mind and spirit into balance. 10-week course.

Different yoga topics covered. Meditation and yoga days also available.

The teacher, Maria, is a long time practitioner and teacher of yoga in the Sivananda tradition.

Cost: £85.

Contact Maria for booking and enquiries by calling

07940 722907 or emailing moreyogawithmaria@gmail.com. Spaces limited.

The Stables, Eastcote House Gardens

MUSIC

Folk music concert

Thursday 27 September, 8pm to 11pm

Featuring songs and stories from sparkling international duo Catherine Craig and Brian Willoughby. Up and

coming Scottish singer Iona Fyfe will also perform.

Cost: £12 on the door.

Reductions for members and students.

For more details and to book visit bit.do/uxfolk or call 07941 006017. Tickets also available on the door.

Uxbridge Folk Club

Brunel Arts Lunchtime Concerts

Fridays 28 September and 5, 12, 19 and 26 October, 1.10pm to 1.50pm

Enjoy free weekly concerts taking place in the heart of Brunel University's campus. From virtuoso to ensemble, renowned performers present a delightful repertoire, ranging from classical to folk.

Open to all, come along and enjoy a wonderful opportunity to enrich your Friday afternoons.

Cost: Free entry.

For more information visit www.brunel.ac.uk/life/get-involved/brunel-arts.

The Beldam, Eastern Gateway Building

The RAF Squadronaires: Big Band Legends

Wednesday 17 October, 7.30pm

The 2018 Esprit De Corps Concert Series kicks off in style with Big Band Legends. The RAF Squadronaires have the honour

of introducing a very special guest soloist, Sara Dowling.

Cost: £17.

To book visit www.hillingdontheatres.uk or call 01895 250615.

Winston Churchill Theatre

Choral Society

Tuesdays, 8pm to 10pm (term starting Tuesday 18 September)

This friendly choir would like to welcome new singers in all four voice parts. They sing an established repertoire, with an orchestra and professional soloists in some concerts. This year's Christmas concert will feature Charpentier's elegant *Midnight Mass* with traditional carols in the second half, followed by tea.

To join the choir call 01895 904556 or visit www.eastcote-ruislip-choral.org.

Ruislip Methodist Church

Harrow Choral Society

Mondays, 7.45pm

Interested in joining a classical, auditioned choir and performing a wide range of choral masterworks including Verdi's *Requiem* in spring 2019? Then, why not join 100 other members of Harrow Choral Society - the largest classical choir in Harrow? They perform three main concerts a year with their Music Director Simon Williams, professional orchestras and soloists in prestigious venues. Or, if you feel in need of some encouragement first, join their long established, award-winning training choir, Singing for Starters, for some basic tuition and/or revision.

For more information visit www.harrowchoral.org.uk or contact Jill Mans by emailing membership@harrowchoral.org.uk or calling 020 8248 7625.

St Alban's Church



Bing Live - Bing goes to the Theatre

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www.hillingdon.gov.uk

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

- Advice and support**
Addictions Recovery Community Hillingdon
01895 207777
- Age UK Hillingdon**
020 8756 3040
- Alzheimer's Society Hillingdon**
01923 823999
www.alzheimers.org.uk
- Asphaleia Action**
01895 272478
www.asphaleia.co.uk
- Centre for ADHD and Autism Support**
020 8429 1552
www.adhdandautism.org
- Communicare Counselling Service**
01895 256056
- Consumer helpline**
03454 04 05 06
- Citizens' Advice Bureau**
0344 848 7903
- Disablement Association Hillingdon (DASH)**
020 8848 8319
- Hayes One Stop Shop**
01895 556004
hayesonestop@hilligdon.gov.uk
- HD Carers Support Group**
07752 169849
hilligdondads@gmail.com
- Healthwatch Hillingdon**
01895 272997
- Hillingdon Autistic Care and Support**
020 8606 6780
enquiries@hacs.org.uk
www.hacs.org.uk
- Hillingdon Carers**
01895 811206
- Hillingdon Carers Trust**
01895 258888
- Hillingdon Independent Domestic Violence Advocacy Service**
020 8246 1745
- Hillingdon Mind**
01895 271559
- Hillingdon Parent Carer Forum**
www.hillingdonpcf.com
- Hillingdon Women's Centre**
01895 259578
- Home-Start Hillingdon**
01895 252804
- P3 Navigator Advice Centre**
01895 436114

HILLINGDON CONTACTS

- Samaritans**
Freephone 116 123
- Victim Support Hillingdon**
0208 965 1141 (office hours)
0808 168 9111 (out of hours)
- Local democracy**
Councillors' names, addresses and advice surgeries
www.hillingdon.gov.uk/councillors
- Council meeting dates and agendas**
01895 250636
- Conservative Group Office**
01895 250316/250728
- Electoral registration**
01895 250251
electoralservices@hilligdon.gov.uk
- Labour Group Office**
01895 250780
- Mayor's Office**
01895 250763

- Planning**
Building control enquiries, inspection requests and dangerous structures
01895 558170
- Dangerous structures (out of hours)**
01895 250111
- Local land charges enquiries**
01895 556115
- Leisure**
Botwell Green Sports and Leisure Centre
020 8561 0956
- Hillingdon Sports and Leisure Complex, Uxbridge**
0345 130 7324
- Highgrove Pool, Ruislip**
01895 630753
- Queensmead Sports Centre, South Ruislip**
020 8845 6010
- William Byrd Pool, Harlington**
020 8897 9390

- Environment and street scene**
Affinity Water
0345 357 2425
- Current and proposed roadworks in Hillingdon**
www.hillingdon.gov.uk/roadworks
- Environmental Protection**
01895 250190
- Food, Health and Safety**
01895 250190
- Animal welfare**
01895 250190
- Trading Standards**
01895 250164
- Learning**
Library information desk
01895 250714
- Advice and guidance (young people)**
01895 257855
- Enquiries about school transport**
01895 250008
- Truancy Hotline**
01895 250858

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.
FACT: Not true. The Health Lodge in Hillingdon is currently offering an initial consultation with one of their specialists for Just £49.

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



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."

Take the Next Step - END the Suffering... Initial Consultation Just £49
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.

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