

HILLINGDON people

News from your council
November/December 2017

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Countdown to Christmas

Fun free events
this December

In bloom success
Green spaces win Gold

HOAC agreement
Council to relocate centre



HILLINGDON
LONDON



CHRISTMAS OFFERS



OUT NOW



EVENT HIGHLIGHTS



Primary school admissions

Do you have a child born between **1 September 2013 and 31 August 2014?**
If so, you must apply for a school place by **15 January 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 information sessions for parents/carers
For more information, visit our website or call 01895 556644



www.hillingdon.gov.uk/schooladmissions



Are you receiving single person discount on your council tax?

The spotlight is on you if more than one adult is living at your address.

Don't wait for that knock on your door
Call us today ☎ 0300 123 1384

You can be prosecuted for a false claim

If you suspect someone of falsely claiming single person discount call ☎ 0800 389 8313 or email @ fraud@hillington.gov.uk.
Your report will be treated in the strictest confidence and can be given anonymously.



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COVER PHOTO: A LIVE REINDEER AND HANDLER, WHO WILL BE IN UXBRIDGE TOWN CENTRE AS PART OF OUR COUNTDOWN TO CHRISTMAS.



Advertising deadline for next edition: **Friday 24 November.**

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Welcome



As we begin to look forward to the festive season and the start of a new year it is pleasing to be able to report that Hillingdon Council is continuing to provide facilities and services to our residents that are the envy of those who live in other boroughs. Our policy of sound financial management is also enabling the council to continue investing in high quality services and facilities going forward.

In this edition of *Hillingdon People* you can read about how we were able to reverse a government decision not to provide replacement facilities for the Hillingdon Outdoor Activity Centre (HOAC) and the negotiations with HS2 that have enabled us to secure £26.5 million to take over the responsibility for designing and implementing a scheme for the relocation of HOAC, which marks a significant milestone in allowing this facility to continue.

We have also gained assurances from the Ministry of Defence that the scaremongering rumours regarding the future of RAF Northolt were not true and that the decision taken in 2013 to retain it as a military airfield will not be revisited and that Flybe who made unsolicited approaches has been told that this will not be considered.

At our last Assembly for Older People various council teams spoke to residents about fraud and scams. Recent court cases have highlighted how our joint investigations have led to the conviction of fraudsters for attempting to scam vulnerable residents and profiting from the sale of counterfeit goods. We are also running road safety events to encourage young people to drive safely and working alongside our partners to encourage people to seek help to leave an abusive relationship.

Providing support for families and young people is another of our priorities. We are continuing to assist families on a low income with free childcare for two-year-olds, running a mentoring scheme for young people, and our last FIESTA programme was once again popular with families.

The council celebrated further horticultural successes in the London in Bloom competition, winning Gold and the Large City category (see page 16) and residents' efforts were rewarded in our annual Hillingdon in Bloom and Autumn Show competitions. Our Open House Weekend and the Culture Bite arts and literature festival welcomed record numbers of visitors, and as we count down to Christmas the council is offering events and activities this December to help you get into the festive spirit.

Finally, I would like to wish all Hillingdon residents a merry Christmas and a happy and healthy New Year.



Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL

Free Christmas parking

This December, residents can shop locally with free weekend parking in Hillingdon in the lead-up to Christmas.

Use your HillingdonFirst card to enjoy free parking in council-owned car parks and on-street parking bays on:

- Saturday 2 and Sunday 3 December
- Saturday 9 and Sunday 10 December
- Saturday 16 and Sunday 17 December
- Saturday 23 and Sunday 24 December

Remember to take your card with you and follow the instructions on the machine's yellow label when purchasing your

pay and display ticket, or paying for parking in the Cedars and Grainges car parks, to ensure you don't get charged.

On the festive bank holidays (Christmas Day, Boxing Day and New Year's Day), parking at each of the council's car parks and on-street parking bays will be free for everyone (residents and visitors).

The HillingdonFirst card also offers discounts at a range of local businesses, which may help you with your Christmas shopping.

For more information about the HillingdonFirst card and how to apply for one visit www.hillingdon.gov.uk/hillingdonfirst.



More festive lights set to sparkle this December

The council will once again be installing festive light displays in Hillingdon's town centres and high streets to spread Christmas cheer.

There will be additional lights in more areas this year, with Eastcote, Glebe Estate, Harefield, Harlington High Street, Harmondsworth Road (Sipson), Harmondsworth and Sipson, Hayes, Hillingdon East, Ickenham, Northwood, Northwood Hills, Ruislip, Ruislip Manor, South Ruislip, Uxbridge, Yiewsley, West Drayton and Kingshill Avenue in Charville all receiving funding.

The council will also install Christmas trees in Eastcote, Harefield, Hayes, Uxbridge town centre

and on the forecourt of the Civic Centre.

Uxbridge town centre lights will be switched on on Sunday 19 November and the Civic Centre forecourt on Friday 1 December. Hayes lights will be switched on on Wednesday 22 November.

Leader of the Council, Cllr Ray Puddifoot, said: "This year we will be investing more than £156,000 to light up your local high streets and town centres for Christmas. I hope that residents enjoy these displays and the festive celebrations."

The council is also organising a range of events in the run-up to Christmas. For more information see page 18.

New tea dances for over-65s at Yiewsley and West Drayton

A new monthly tea dance has been introduced at Yiewsley and West Drayton Community Centre to meet increasing popularity for these free events in the borough and allow more older people to take part.

This tea dance will offer over-65s the chance to learn a variety of dances from classic ballroom to Latin and sequence dancing, with line dancing every second month. The events are also

an opportunity to keep active, learn something new and make new friends.

The tea dances are suitable for beginners and intermediate dancers, or for those who just want to enjoy the atmosphere. Light refreshments are available, and places can be booked online with your HillingdonFirst card.

The next dances at the centre will be held on Tuesday 5 December and

Tuesday 6 February from 2pm to 4pm, and more event dates are now available to book online.

Regular tea dances are also held at the Civic Centre, Uxbridge, and the Winston Churchill Hall, Ruislip.



For more information, visit www.hillingdon.gov.uk/teadance.

Two criminals convicted of preying on elderly residents

Two men were found guilty on 12 September at Nottingham Crown Court for preying on vulnerable elderly Hillingdon residents, following a joint investigation by the council and Lincolnshire Police.

John Rooney was sentenced to 15 years and six months in jail for conspiracy to require a person to perform forced or compulsory labour, conspiracy to defraud, fraud by false representation and two counts of theft, and Martin Rooney received

a two-year sentence suspended for two years. The Rooneys deliberately befriended elderly residents and attempted to scam them out of their homes, assets and life savings.

The council worked closely with Lincolnshire Police to identify similar cases around the country connected to the Rooney family, and it later transpired that several of the criminally organised gang members had been previously

charged for modern slavery and other crimes. Following on from the police investigation, the council took steps to safeguard other residents who had been targeted by similar scams.

Leader of the Council, Cllr Ray Puddifoot, said: "We will not tolerate any type of abuse on our residents, and these despicable people deliberately targeted vulnerable elderly people with a view to financially abuse and exploit them.

"Financial abuse includes theft, fraud, exploitation and pressure in connection with wills or property and financial transactions. If you suspect that anyone in Hillingdon is being abused, please report it so we can take the appropriate action to protect them."

You can report abuse confidentially by emailing reportabuse@hillingdon.gov.uk or calling Hillingdon Social Care Direct on 01895 556633. If you think a crime has taken place, dial 999.

Art in the Park returns

Scores of budding artists took to the borough's parks during the last weekend of September for the council's latest outdoor creative art sessions.

'Art in the Park' took place in Hayes End Park, Cranford Park and Eastcote House Gardens between 29 September and 1 October.

The sessions gave residents the chance to draw, paint or sculpt al fresco while using some of the borough's beautiful Green Flag parks as inspiration. With autumn in full swing, there was plenty to get the creative juices flowing.

Edyta Radlinska, who did some painting in Hayes End Park, said: "I love this park and the way it changes throughout the seasons. Having sons, I'm used to being creative, and when I was invited to do some art, I thought 'why not?' I think it's a very nice idea."

'Art in the Park' has proved popular with residents since it was first launched in the summer, with more than 50 people taking part during the course of the weekend.

The latest events were held as part of Culture Bite, the council's autumn festival of arts, literature and culture.



TESTING EFFICIENCY
Cllr Jonathan Bianco with the bin at Ruislip Lido.

High-tech compacting bins to be trialled in Hillingdon

The council is trialling new high-tech 'BigBelly' bins at four litter hotspots, where current bins fill up quickly.

The units, which use solar power to compact litter to provide eight times more capacity, were installed at Ruislip Lido, Rockingham Recreation Ground, Little Harlington Playing Fields and Manor Farm in October for a period of six weeks to investigate whether they have a successful impact on collections.

The bins are able to send an email to the council's parks cleansing team when they need emptying, making collections more environmentally friendly and time efficient. They also have secure lids to prevent animals from getting inside or items being blown in the wind.

Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, said: "We're committed to improving the environment for all who live, work and visit Hillingdon and trying out new technology where we think it can improve efficiency.

"We will carefully monitor this pilot scheme and see if 'BigBelly' bins help us to tackle recycling and waste at some of our busiest hotspots and if they will be a helpful future addition for our parks and street scene."



Counterfeit online DVD seller ordered to pay back £77,000

A rogue trader, who made an estimated £102,000 from selling fake DVDs on Ebay and Gumtree, has been told to hand over £77,800 of his proceeds, following an investigation by the council's trading standards team.

Syed Rizvi, 32, from Spring Promenade, West Drayton, who is believed to have originally bought the DVDs from China, received the order during a sentencing and confiscation hearing at Isleworth Crown Court on Monday 18 September.

Taking into account his available assets, the judge ordered Rizvi to pay £67,800 within three months or face going to jail for a year. The court also awarded costs of £10,000 to the council, which Rizvi must pay within six months.

Rizvi, who previously pleaded guilty to possessing counterfeit goods, also received an

11-month jail sentence, suspended for a year, and must do 200 hours of unpaid community work.

The hearing concluded a three-year investigation, where the council seized 265 counterfeit DVD box sets of TV shows including *Breaking Bad*, *Game of Thrones* and *Sons of Anarchy* from Rizvi's home in March 2014, and later discovered he had been trading under multiple online identities since 2013.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Piracy is not the victimless crime people sometimes think it is; it undermines genuine trade, starves the creative industries and costs the UK economy millions of pounds each year. We hope this successful result will send a clear message to other people who sell fake goods that we are serious about protecting businesses and consumers, and we will do whatever we can to ensure that criminals do not benefit from the proceeds of their crimes."

Court orders filthy Hayes restaurant to pay £20,000

Chef's Corner, in Dawley Road, Hayes and its director Nirmal Pounj were prosecuted by the council and ordered to pay nearly £20,000 after repeatedly ignoring warnings to improve their standard of cleanliness.

During a series of checks, environmental health officers discovered numerous problems, including a failure to remove old mouse droppings from the kitchen floor, surfaces and storage areas. Staff were not washing their hands and food was left in freezers that were not switched on.

Inspectors gave the restaurant a food hygiene rating of '0' - the lowest grading possible and despite extensive help and advice from the council, conditions did not improve.

Appearing at Uxbridge Magistrates' Court on 21 August, Actmore Limited (operator of Chef's Corner)

and its director Nirmal Pounj pleaded guilty to four offences, including failing to put in place food safety procedures, not ensuring staff were trained, not keeping the premises clean and not putting procedures in place to control pests.

The company was fined £12,000, Pounj was fined £5,200 and they were jointly ordered to pay costs of £2,318.

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

said: "Environmental health officers spent a considerable amount of time and effort trying to help and advise Mr Pounj but in the end were left with no alternative but to take court action. We hope this sends a clear message to other businesses that we simply won't tolerate anything that puts residents in harm's way."

Concerns about hygiene at a venue that prepares or serves food can be reported to the Food Standards Agency on www.food.gov.uk/enforcement/report-problem.



Extension provides community centre with new toilet facilities

Hayes and Harlington Community Centre has received new toilets thanks to the council's Chrysalis programme.

The council has created a new extension at the front of the building to provide additional toilet space at the hall for users, including people with disabilities. Mark Collins, from Hayes and Harlington Community Association

submitted an application to the council, explaining that disabled people would particularly benefit from an extension as those using the hall had to make their way to another part of the centre to use the facilities.

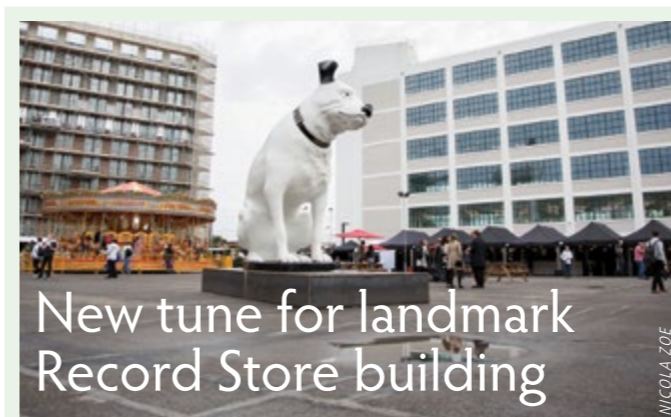
The centre is regularly used by a variety of community groups, such as Hillingdon Carers, The Alzheimer's Society, Hayes Town Women's Institute,

UK Islamic Mission and Hillingdon Tamil Community Centre. Local residents also hire out the space for meetings and functions.

Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Ongoing investment in our Chrysalis programme continues to improve and upgrade council-owned community facilities in the

borough, so that residents can use and enjoy these much-loved and valued amenities. Hayes and Harlington residents will now benefit from more spacious and modern toilets and the work has also improved access for people with disabilities."

For more information on the Chrysalis programme visit www.hillingdon.gov.uk/chrysalis.



At the end of September, The Record Store building re-opened at the Old Vinyl Factory site in Hayes.

The 7,746 square metre high-spec office space joins three completed buildings on the site, which is undergoing a major £250 million regeneration by specialists U+I to create a new quarter for Hayes, combining new business, leisure and homes whilst retaining the site's musical and architectural heritage.

The art deco landmark, one of the oldest buildings in Hayes, was originally designed by Wallis Gilbert and Partners and where the masters of every EMI album were pressed. It has been extensively refurbished and modernised by award-winning architects AHMM, maintaining some of the original design features and offering companies a dynamic space to work in a great location. It also features

200 car parking spaces and storage for 87 bicycles.

The Old Vinyl Factory site of 16,722.5 square metres was first used from 1907 as the headquarters of His Master's Voice (HMV) and EMI. At the launch event, the local community was invited to see the new site and enjoy carnival rides, refreshments, stalls, live music and a vinyl market. A newly commissioned 5.5 metre-tall Nipper the dog statue (the icon of HMV), a tribute to the heritage of the site, was also unveiled by the Mayor of Hillingdon.

Scheduled for completion in 2022, the scheme comprises 14 new or refurbished buildings. It will be home to more than 630 homes, more than 70,000 square metres of commercial space, a three-screen cinema, shops, museum, restaurants, gardens and a university technical college.

For more information visit www.theoldvinylfactory.com.

New sow and grow library initiative reaps success

Yeading Library celebrated its community garden's first harvest with a party in September.

Branch manager, Paramjit Chander recognised an opportunity to create a community garden at the library last November, as the green space in their garden was unused. She worked with resident, Rachel Moustafa to set up the initiative, which will help local residents improve their health and wellbeing, socialise and learn new horticultural skills.

From the outset, volunteers of all ages attended the informal group, dropping in on a monthly basis to decide what to grow and nurture the plants. In June they increased their gardening sessions from once to

twice a month, as more people attended.

The group celebrated their first harvest with a garden party buffet containing homegrown courgettes, potatoes, onions, chillies, herbs, tomatoes and apples.

Rachel, who coordinates the group, said: "We have a great mix of people joining us and it is really buzzing with people attending each time."

If you would like to join Yeading Sow and Grow contact the library on 01895 556060.

The scheme is now growing, with Hayes End Library also starting a group in the autumn. Anyone interested in joining can call the library on 01895 277043.



Wildlife photos featured in new garden centre calendar

The Rural Activities Garden Centre (RAGC) in Hillingdon has produced a calendar using wildlife photographs taken by volunteer gardeners.

The 2018 calendar, which features pictures of flowers, trees and insects, is available from the RAGC for £5. All the proceeds will go towards the running of the centre.

It's the first time the garden centre, which provides supported employment and volunteering opportunities for residents with additional needs, has produced a calendar. The images were taken by the volunteer gardeners during a six-week photography course in the summer.

The RAGC's reputation as a grower and seller of high quality produce has steadily grown since it opened in 1981. The site also boasts tea rooms, run by Hillingdon Autistic Care and Support and an ornamental garden, both of which are open to the public.

For more information visit www.hillingdon.gov.uk/ragc. Follow the team on Facebook at www.facebook.com/ruralactivitiesgardencentre.



New sports programme targets inactive children

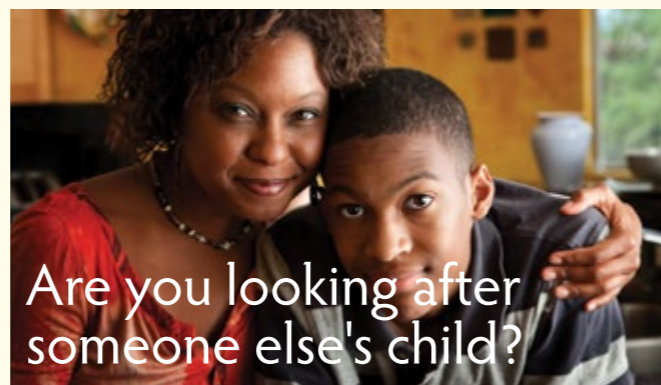
A new multi-skills sports programme was run in the autumn to encourage more young people to get physically active.

The initiative, which was funded by Sport England, ran for eight weeks during September, October and November at young people's centres for children over the age of 11. The young people decided which sports they wanted to play in each session and included dodgeball, football and basketball.

As well as taking part in different group sports, participants learnt problem solving and decision making skills, and the ability to work as part of a team.

The aim of the project was to get more inactive young people engaged in physical activity. Inactivity is classed as doing less than three hours physical activity per month, which excludes school sport and walking or cycling to school.

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Our multi-skills sports programme was a great opportunity for young people to get fit and active whilst having fun. Physical activity has many health benefits for young people, and team sport is a great way to learn new skills and make new friends."



The council is asking residents to come forward if they or someone they know is looking after a child who is not a close relative.

If a child under the age of 16 (under 18 if disabled) is cared for by someone who is not their parent or a close relative for more than 28 days, then they are living in a private fostering arrangement.

Legally, anyone living in a private fostering arrangement must notify the council immediately. The council will then ensure that the foster home is suitable and offer advice and support to safeguard the wellbeing of the child, and support the carer.

There are many reasons why a child or young

person is privately fostered. The child may have moved to England for education or may be living with a friend's family following problems at home. Private fostering also applies to teenagers living with the family of a boyfriend or girlfriend, or children whose parents lack time to care for them due to study or work commitments.

Close relatives are defined as step-parents, grandparents, brothers, sisters, and immediate uncles or aunts. This does not apply where the child is placed in foster care by the council.

To notify the council of a private fostering arrangement, call 01895 556644 or email lbhmarsh@hillingdon.gov.uk.

Annual events urge teen drivers to stay safe and stay alive

The annual Safe Drive Stay Alive road safety events, which use hard hitting real life experiences to warn teenagers about the perils of dangerous driving, will return to Hillingdon this autumn.

Students from 18 local schools and sixth forms will be attending the Winston Churchill Hall, Ruislip, between Monday 27 November and Friday 1 December to watch a series of educational films and live speakers.

A special performance for members of the general public will be held at the same venue on 30 November at 6.30pm. It is



free to attend and can be booked online on www.hillingdon.gov.uk/safedrivesevent.

Each performance will last for an hour-and-a-half and will be followed by an opportunity to ask questions.

Members of the emergency services will describe some of the tragedies they have encountered, and parents of accident victims and former teenagers will explain how their lives

have been affected by poor decisions made behind the wheel.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "Most teenagers dream about passing their driving tests and getting out on the roads with their friends. But the lack of experience and newfound confidence that often goes hand in hand with gaining some independence from parents can be a lethal. Therefore it's vital we educate youngsters to take care, slow down, and speak up if you're a passenger in a car and you feel unsafe."

Agreement secured to relocate activity centre

The council has successfully negotiated an agreement with HS2 Ltd to take over the responsibility in relocating Hillingdon Outdoor Activity Centre (HOAC) to allow residents to continue to benefit from this exceptional recreational facility.

The HS2 Act, which received royal assent in February, confirmed that the route from London to Birmingham would travel directly through the HOAC site on a large viaduct.

As far back as 2011, when the route was being refined, both HOAC and the council robustly maintained that HOAC could not coexist with HS2 on their current site, which was the original proposal. After long deliberations and a robust approach by the council this was finally accepted in late 2014.

A site in Denham Quarry was identified and a planning application submitted in June 2016 with the aspiration of having the new facility in place by October 2018 when HOAC would be required to vacate its existing site.

HS2 had costed the new facility at £26.5 million and agreed to pay that sum but shortly after submission of the planning application announced that they had reworked the costings, which they then estimated to be £56 million - more than twice the original amount.

The Secretary of State wrote to HOAC informing them that at £56 million the scheme was too



AGREEMENT SECURED
Leader of the Council, Cllr Ray Puddifoot; HOAC Principal, Neil Maddock; Boris Johnson MP and Nick Hurd MP.

expensive and that HS2 would revert to its 2011 position of saying that HOAC would continue to operate on its current site once the viaduct had been built across it.

Leader of the Council, Cllr Ray Puddifoot put forward the suggestion that if HS2 could not provide new facilities for £26.5 million then if they would give the council this money - we would. This suggestion was declined but through the sterling

work of our MPs Boris Johnson and Nick Hurd, the council managed to get HOAC back on the agenda and discussions commenced.

Council officers, including the Borough Solicitor, Raj Alagh and Ian Thynne, Principal Environmental Officer worked tirelessly through draft after draft of the proposed agreement and Cllr Puddifoot had numerous telephone conversations and meetings with HS2 officials.



Cllr Puddifoot said: "In all my years as Leader of the Council, I have never come across such a difficult organisation to do business with. But again, with input from Boris Johnson and Nick Hurd we eventually got an agreement signed on 17 August. "As we have now secured funding of £26.5 million, I have asked for Cllr Jonathan Bianco to proceed with the re-provision of facilities for HOAC in the Denham Quarry or elsewhere. HS2's dithering has made it an enormous task to get something ready by October 2018 and next summer we may have temporary buildings - but at least HOAC now has a realistic chance of being able to continue, which it would not have had without the unwavering support of the council and local residents."

Supporting older residents

The council continues to put residents first by ensuring that older residents are kept informed and engaged through our regular Older People's Assemblies.



Held every three months, these popular events give residents aged over 65 an opportunity to find out about local services and have their say. More than 80 older residents came together at the last assembly in the Council Chamber at the Civic Centre, Uxbridge, on Tuesday 26 September, where the theme was 'Combating fraud and rogue traders.' The council's trading standards team talked about the services they offer residents and they presented role plays on scam scenarios. Adult Social Care outlined the support available to victims and vulnerable residents and the client financial affairs team provided financial help and advice. There was also a question and answer

session, and people could raise any queries and seek help and advice. **Jean Barrett**, 72, from Hillingdon, said: "We like to come to the Older People's Assembly, so we can keep up to date with things on offer for older residents and put our views across." **Rita Topkins**, 81, from Uxbridge, said: "It is a social thing for me and I learn a lot about what is going on in the borough. I didn't know I could get my TeleCareLine alarm free until I came here." **Brian Dear**, 81, from Hayes, said: "The council is very good and it looks after older people. We have been attending for a few years now and come to find out what's going on in the borough." The next two assemblies will be held on Tuesday 5 December and Tuesday 27 March.

Leader of the Council, Cllr Ray Puddifoot, said: "These meetings are invaluable for over-65s. They enable residents to find out about a range of services and share their views and opinions in an open, friendly and social setting. They also help the council to gather and listen to feedback, so we can continue to put our residents first."

To book your place or for more information, visit www.hillingdon.gov.uk/opassembly or call 01895 277038

If you spot a scam or have been scammed, call Hillingdon Trading Standards on 01895 250164 to report it and get help and advice.

All-singing, all-dancing Older People's Day

The council held a successful free event on Monday 25 September ahead of International Older People's Day, which enabled over-65s to find out about the wide range of services available in Hillingdon. Residents were invited to speak with the council about adult learning courses, reablement, dining centres, libraries, sports and physical activities. Around 20 local organisations, including Hillingdon4All, Prostate Cancer UK, the Alzheimer's Society and Hillingdon Mind, were also at the event at the Pavilions shopping centre, Uxbridge. Special activities and entertainment, including line dancing, seated football taster sessions and live musical performances, kept everyone entertained. The dementia coffee morning group sang *Edelweiss*, *Yellow Submarine* and *Let It Be*. Bus Pass to Broadway, a group of over-60s, sang and tap-danced their way

through old favourites. There was also a collection of unusual historic objects for residents to guess their use or reminisce about the past. **Dorothy Curtis**, 74, from Hillingdon, said: "This was an excellent and really nice day. I came here for the entertainment and there is so much to see and do. My partner died four years ago and I now use opportunities like this to find out information, exercise and meet other people." **Barbara Kalopsidiotis**, from Hayes End, said: "There is always something new to find out for yourself or a friend by coming to these types of event." **Sue Furzer** from Hillingdon4All, said: "It was a fabulously busy day and we have engaged with many potential service users, who would have been unlikely to seek out support independently. Many thanks to the council for arranging the day."



For more information on services for older people visit www.hillingdon.gov.uk/olderpeople

Raising awareness locally of Polymyalgia Rheumatica

PMRGCAuk had a stand at our Older People's Day event and the charity would like to continue to raise awareness locally. When resident, **Janice Maddock** began suffering from crippling pains and stiffness in her neck, shoulders and back four years ago, she presumed it was down to the stress of caring for her elderly mother who had recently passed away. Yet, very soon everyday life became almost impossible. When she eventually sought help from her GP she was diagnosed with Polymyalgia Rheumatica (PMR) a condition she had never heard of. She is now working on a voluntary basis on behalf of PMRGCAuk to raise awareness of this relatively unknown condition that results in more than 40,000 new cases each year in the UK. It affects people over the age

of 50 but the average age is 72. Are you having difficulty turning over in bed, getting in and out of the chair/car or even combing your hair? Is it worse in the morning and then eases during the day? If you put it down to old age, this may not be the case. PMR is a rheumatic condition of the older person that causes pain, stiffness and tenderness in the large muscles around the shoulders, hips and back. Poly means many and myalgia means muscle pain and it can be managed very well with the help of steroids. It can also lead to another rheumatic condition, Giant Cell Arteritis (GCA) which causes inflammation of the arteries and, if untreated can make you go blind. If you think that you may have PMR or GCA speak to your doctor.

For more information, support or advice visit www.pmr-gca.co.uk or call 0300 111 5090. Janice is also keen to talk to any local organisation or group that would like to hear more about PMR and GCA. To arrange a visit email janice@pmrgca.org.uk or call 0300 999 5090.



Government puts an end to RAF Northolt speculation

The Ministry of Defence has quashed claims that RAF Northolt is set to be turned into a commercial airport.



Local residents had raised concerns with the council regarding speculation that planned runway improvements in 2018 were to enable the airport to receive passenger commercial planes.

Speaking at a Westminster Hall debate on Wednesday 13 September, **The Parliamentary Under-Secretary of State for Defence, Tobias Ellwood MP** put an end to the rumours, stating: "I begin... by paying tribute to those who are connected with RAF Northolt – the community around RAF Northolt, who for many years have been so supportive of the aerodrome, and the personnel of RAF Northolt. It is not just an aerodrome, but a vibrant, core military station, with over 1,800 personnel based across 33 diverse units, from all three of the armed services and wider government. Alongside 32 (The Royal) Squadron undertaking VIP and operational command support flying, there are many other major units at the station in ground roles. An Army bomb disposal squadron, the British forces post office, the Service Prosecution Authority, an aeronautical publication and mapping centre, two RAF bands and an operational RAF regiment unit, which also encompasses the ceremonial Queen's Colour Squadron, are all based at the aerodrome.

"I turn to the aerodrome itself...It is used and needed by the military every single day. It is true that for a number of decades it has been under-utilised in that role. Since the 1980s, RAF Northolt has accepted up to 7,000 business aviation movements per year, but that was done under stringent terms and conditions to utilise the spare capacity. For that very reason, from 2011 to 2013 we conducted an extensive value-for-money evaluation of RAF Northolt's future utilisation. Wide-ranging options were considered, including selling the aerodrome off as a civilian licensed airport, devising shared civilian and military usage to better maximise revenue, and retaining the aerodrome in military hands – although that would leave an irreducible spare capacity. I impress on the Chamber that those were simply options that were considered.

"While the review was going on in 2012, the Ministry of Defence commissioned a series of reports

under Project Ark and Project Noah. Those reports were not designed simply to open the floodgates – no pun intended – to civil movements at the station, but rather to analyse the various available options...

Further consideration was given to one Project Ark option that had the potential to increase civil use of the military aerodrome to up to 20,000 movements, to generate additional revenue from the under-utilised spare capacity. That, in turn, would benefit taxpayers by offsetting the costs to the taxpaying public of the station's military operation. However, Ministers took the final decision to increase the self-imposed cap on civil movements to only 12,000 movements per year. That was implemented in April 2013...there are no plans to revisit that decision.

"Following the review decision, the Project Ark report and other review documents were archived and the project's other options remained hypothetical. I assure...residents of the area that no current active planning is looking at any further changes to that 2013 decision about the cap or the operating terms and conditions. The unchanged, stringent terms and conditions that have been in place for civil movements for many years mean that in future we will not attract any aircraft larger than those that we have accepted for decades.

"It was against these terms and conditions, which were reaffirmed in 2013, that Flybe made an unsolicited bid in 2015. No meetings about RAF Northolt have been held with any commercial airlines, but in late 2015 and early 2016, Ministers corresponded twice with the chief executive of Flybe to inform him that his bid was not being considered further.

"...The runway resurfacing project at RAF Northolt aims to make improvements as required to upgrade existing military runway end safety features and extend the life of the main runway pavement to between 10 and 15 years. This planned life cycle replacement works in line with the safety cases for the military aircraft that operate from the station. I repeat firmly that the aim is not to accept bigger commercial aircraft, but to ensure that the runway has the strength to accept the larger military aircraft that may be required to visit



the station in future. Alongside the BAe 146 military airframes based there, a number of European allies operate medium airliner-sized military aircraft into RAF Northolt on military business. The RAF C-17 and A400M Atlas are the largest types of aircraft that visit the station.

"In conclusion, RAF Northolt remains a core station with many diverse units. The aerodrome is needed by the military every day and is valuable for contingency, as we saw during the Olympics and the Ebola outbreak. A decision on its future use was taken in 2013, and we will not revisit that decision. After the military runway works are complete and the runway reopens, nothing will have changed: the same stringent terms and conditions on civil movements that have been in place for many years and that were reaffirmed in 2013 will remain in place. The MAA and the CAA continue to employ robust oversight and assurance of civil aviation activity."

Leader of the Council, Cllr Ray Puddifoot, said:

"The Minister's statement echoes my previous statements that there was no truth in the rumour that RAF Northolt would start to receive commercial passenger carrying jets and that residents were being unnecessarily scaremongered. It also re-affirms that the resurfacing project is merely to provide the runway with much-needed improvements to extend its life cycle."

History comes to life across Hillingdon

Record numbers of residents and visitors came together to celebrate and discover Hillingdon's heritage during Open House London Weekend on Saturday 16 and Sunday 17 September.

The council, community groups and volunteers worked in partnership to give attendees free and exclusive behind-the-scenes access to four of the borough's historic sites.

Manor Farm

At the Manor Farm complex in Ruislip, more than 2,000 members of the public explored its unique collection of historic buildings and immersed themselves in living history throughout the weekend.

Activities and events included guided tours of the Grade II listed Farm House, a talk on the history of Ruislip Woods, a pop-up cinema in the Community Hut showing historic film footage of the borough, exhibitions and demonstrations. Children also proudly posed with the crowns, swords and shields that they had created in The Stables crafts workshop.

In the Great Barn, medieval dances were led by the beautifully-costumed and quick-footed Nonsuch History and Dance group, accompanied by a live period soundtrack from the K'antu Ensemble.

The Milites de Bec's Norman encampment on the remains of the Norman motte captured the audience's attention with their lively archery and



tournament demonstrations. Visitors tried their hand at crossbow shooting, viewed a variety of medieval objects and tales of medieval valour and courage were shared with young children. When hunger struck, the Duck Pond Market's vendors provided tasty refreshments and the chance to take away examples of local handicrafts.

On the Saturday afternoon, the Great Barn hosted Hillingdon's Autumn Show competition, where our green-fingered residents showcased their homegrown fruits, vegetables and floral arrangements and handmade artwork, jams and pickles. Read

more about this on page 17.

The Sunday evening saw bestselling historical novelist, Michael Jecks, launch this year's Culture Bite festival, with a talk about his latest medieval mystery novel *A Murder too Soon*. Read all about Culture Bite on page 23.

Cranford Park

The Grade II listed stable block and secret garden at Cranford Park welcomed nearly 150 visitors, who came to learn about its history and admire the beautiful surroundings. In the stables, Cranford Park Friends' historian Christopher Luetchford

shared historical information with members of the public. St Dunstan's Church, famed for its monuments and bells, provided refreshments and stories to the steady stream of visitors who came to find out more about the church and its medieval past.



Eastcote House Gardens

At Eastcote House Gardens, the Grade II listed 16th century stables building and 18th century dovecote and walled gardens were open to the general public to explore. Volunteers

more. Visitors were also treated to a classic car rally and a display of more than 20 vintage vehicles, with their owners on hand to provide interesting information about them.

Battle of Britain Bunker

At the Battle of Britain Bunker, Uxbridge, more than 350 visitors were treated to a sneak preview of the council's new exhibition and visitor centre, which generated real excitement about the new facilities, ahead of its public opening next spring. They also participated in guided tours of the bunker itself.

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

said: "It's been fantastic to see so many residents, visitors and organisations enjoying and exploring some of the borough's historic buildings at this year's Open House London Weekend. Hillingdon has a range of heritage sites, which residents are welcome to visit throughout the year."

Discover more interesting places to visit at www.hillingdon.gov.uk/placesofinterest



Celebrating horticultural success



The high standard of the borough's parks and green spaces was recognised this autumn, with new Green Flag raising ceremonies and a collection of award wins in the London in Bloom competition. Residents were also rewarded in our Hillingdon in Bloom and Autumn Show competitions.

Communities celebrate Hillingdon's five new Green Flags

Flag raising ceremonies took place during September and October at the council's five new Green Flag sites.

For the fifth year running, Hillingdon has been awarded more Green Flags (47) than any other local authority in the UK.

Residents, community groups and officers from the council's green spaces team attended the ceremonies, which recognised their hard work and featured a speech of thanks from Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services. The Mayor of Hillingdon, Cllr Carol Melvin helped Cllr Bianco to raise each flag.



Centre: Southlands Arts Centre
Clockwise from top left: Long Meadow, The Gravel Pits, Coney Green and Cherry Lane Cemetery

Blooming summer as Hillingdon retains overall Gold award

For the second year in a row, the borough was rewarded for its horticultural efforts, retaining a prestigious overall Gold award in the 2017 London in Bloom competition at The Art Pavilion in Mile End in September.

This is the fourth time that Hillingdon has won Gold in this competition and the borough was once again named winner in the Large City category.

Eastcote House Gardens won Park of the Year, Gold for its walled garden and Gold in the Our Community award for the Friends of Eastcote House Gardens. West Drayton Cemetery was awarded Small Cemetery of the Year.

Breakspear Crematorium won Gold in the Large Cemetery category. The Rural Activities Garden Centre won Gold in Small Park of the Year. The Polish War Memorial Garden won Gold in Park of the Year. Golds



were also awarded to Poors Field for Common of the Year, Long Meadow for Large Conservation and Ruislip Lido for Large Park of the Year. Stockley Business Park also picked up a Gold in the Business Landscape category.

As Hillingdon People went to print the council was eagerly awaiting the Britain in Bloom results, which were due to be announced on Friday 27 October. Look at www.hillingdon.gov.uk/bloom, Twitter @Hillingdon and Facebook The London Borough of Hillingdon for these results

Cllr Bianco, said: "The council is delighted to have won Gold overall once again and it was great to see so many of our parks and green spaces triumphing with individual Gold awards.

"I would once again like to thank our community of green spaces officers, residents and volunteer groups, as it's down to their hard work and dedication that our green spaces have excelled and are attractive for our residents and visitors each year."

Hillingdon in Bloom 2017

Our Hillingdon in Bloom judges were extremely impressed with the high standard of entries this year. There were 70 entrants from Hillingdon residents in the 10 categories.

Ruislip Bowls Club at the Manor Farm site won our new 'Greening grey Britain for wildlife' category for their beautiful flower beds. New entry Baitul Aman Mosque came third for installing vibrant flower displays around their building.

We had more applications from schools and judges were impressed with the children they met, who showed real pride at what they had grown. Grange Park Junior School won the Roome Cup, displaying their conservation know-how with interpretation signs, outdoor classrooms, a portfolio of what they had achieved and homemade bird

boxes. Hayes Park School won the best school project category.

First time entrants came from across the borough and this was a particularly strong category. The best display category highlighted that you don't need a big garden, as many smaller gardens showed variety and diligent planning.

Winners were announced and presented with certificates and gardening vouchers at the Autumn Show in September.

On their tour of the borough, the Hillingdon in Bloom judges saw an array of well-tended gardens that hadn't been entered into the competition. They chose 10 of the best and wrote to the homeowners to surprise them with special Judges' Choice awards.



High quality produce on display at Autumn Show

This year's competition saw more entries than in previous years, with 440 exhibits in 33 categories, with 60 people of all ages taking part.

The show was held in a brand new location at the Great Barn at Manor Farm during Open House Weekend, welcoming hundreds of visitors, with feedback illustrating that residents preferred this new location.

As always, the judges (the Mayor of Hillingdon and her consort Andrew; Cllr Jonathan Bianco; Paul Richards (Head of Green Spaces, Sport and

Leisure) and the Royal Horticultural Society's Gerry Edwards) found it hard to pick the winners, as the standard of homegrown fruit, vegetables, jams, chutneys, floral art and displays was extremely high.

Terry Clements from Harefield, won this year's coveted Best in Show title, sweeping the board in the floral display section for his stunning dahlias.

Brian Lawrence, 81, from Hayes End won the medium tomatoes, beetroot and blackberry categories. This was the third time he had entered the Autumn Show. He said: "I have had an allotment at Wood End Green for 13 years now and I grow almost everything from cabbage, potatoes and beans, to sweetcorn, tomatoes and marrows. I enjoy gardening as it is an opportunity to meet people, socialise, allows me to grow what I want and have fresh vegetables and keep active. This was

the best Autumn Show yet. The new setting and being part of Open House Weekend suited it really well!"

The 'Plant a Welly' competition for schools was won by **Eva Parker** from Newnham Infant School for her welly featuring her school's colours.

All of the winners were presented with a multi-coloured rosette and garden centre vouchers by the Mayor to continue with their horticultural efforts.

For more information on the bloom competitions and to see more photos visit www.hillingdon.gov.uk/bloom



Countdown to Christmas

Our Countdown to Christmas returns again this December, with 24 days of festive events and activities across the borough for all of the family to enjoy.



From real reindeer, to acrobatic elves and a magical snow lion; the streets of Hillingdon will be alive with Christmas spirit!

There will be exciting free activities happening each day leading up to Christmas at different locations in Hillingdon, plus an array of concerts and choirs from the Hillingdon Music Hub. The council will once again host its annual family pantomime at the Compass Theatre, which this year is Cinderella, and libraries will also be delivering a special programme of seasonal group activities and recitals.

The advent calendar (right) lists all of the locations and times for every Countdown to Christmas event, including street acts, live comedy, acrobatics, magic shows, circus trick performances and street theatre.

A 33ft Christmas tree will be installed on the forecourt of the Civic Centre in Uxbridge, and spectators can watch the lights being switched on at 5.30pm on Friday 1 December, which will officially begin the Countdown to Christmas. The event will also be attended by the Mayor of Hillingdon, Cllr Carol Melvin and will include carols and seasonal music.

Father Christmas will be landing his sleigh in front of the Civic Centre on Saturday 2 December and is inviting families to come and pet the live reindeer.



<p>1 Christmas Tree Lights Switch On and Christmas Carols Uxbridge, Civic Centre Forecourt, from 5.30pm.</p>	<p>2 Meet Santa's Reindeer and visit the Rural Activities Garden Centre's seasonal plant and gift stall Uxbridge, Civic Centre Forecourt, 11am to 3pm.</p>	<p>3 Mischievous Elf Hillingdon Sports and Leisure Complex, Uxbridge, 10am to midday.</p>	<p>4 Hillingdon Adult and Community Learning – Celebration Scrolls and Creative Writing Workshop Harlington Library, 11am to 12.30pm. Book on 020 8569 1613.</p>	<p>5 Festive Magic Show Yeading Library, 11am to midday for ages 6 to 10. 2.15pm to 2.45pm for ages 2 to 5. Spaces limited.</p>	<p>6 The Christmas Belles Hayes town centre, 2pm and 3.15pm.</p>
<p>7 Dickensian Ding Dong Northwood shops, Green Lane, 3.15pm and 4.30pm.</p>	<p>8 Betty Twinkle Ickenham Festival, 6.30pm to 8pm.</p>	<p>9 Squirrel Nutkins Ruislip High Street, 2pm to 3pm.</p>	<p>10 The Snow Lion and the Red Queen Uxbridge Library (pedestrian area), 2pm, 3pm and 4pm.</p>	<p>11 The Gentleman Juggler Eastcote, Field End Road (by the library), 2.30pm, 3.15pm and 4pm.</p>	<p>12 Lairy Fairy and the Magic Christmas Pudding Harmondsworth Village Green, 2.30pm, 3.15pm and 4pm.</p>
<p>13 Knees Up Ebenezer Harefield High Street, 2.30pm, 3.15pm and 4pm.</p>	<p>14 The Lost Elves and Reindeer Northwood Hills Library and Joel Street, 10.30am and 11.30am.</p>	<p>15 Singing Christmas Crackers Yiewsley High Street, midday, 1.30pm and 3pm.</p>	<p>16 Acrobatic Ice Elves Botwell Green Sports and Leisure Centre, 11am, midday and 1pm.</p>	<p>17 Elves and Goodometer Uxbridge Library, 1.30pm, 2.30pm and 3.30pm.</p>	<p>18 Winter Fairy West Drayton Library, 2pm, 3pm and 4pm.</p>
<p>19 Elf Portraits Manor Farm Library, 1.30pm to 3pm and 3.30pm to 5pm.</p>	<p>20 Small Talk Charville Library, 2pm, 3pm and 4pm.</p>	<p>21 Hodman and Sally Uxbridge High Street (outside The Pavilions), 3.30pm and 4.45pm.</p>	<p>22 Swank Christmas Party Highgrove Pool and Fitness Centre, 11.30am, 12.30pm and 1.30pm.</p>	<p>23 Jingle Bells – North Pole Postal Service Ruislip Manor Library and High Street, 12.30pm, 1.30pm and 2.30pm.</p>	<p>24 Christmas Penguins Uxbridge Library (pedestrian area), 12.30pm, 1.30pm and 2.30pm.</p>

Leader of the Council, Cllr Ray Puddifoot, said: "Following the success of our first Christmas advent calendar, this arts initiative will return this year with new acts and attractions to keep all of the family entertained and allow you to embrace the festive spirit within your local community. Come along to one of our events and celebrate the joy of Christmas with your neighbours."

Recycle your waste this Christmas

Hillingdon is proud to be the top performing borough for recycling in west London and is one of the few councils to continue to offer weekly recycling and refuse collections. The council wants to keep helping the local environment and encourage more residents to recycle their waste this Christmas.

Looking for a 2018 New Year's Resolution? If you're not already a keen recycler, why not make a resolution to be kinder to the environment? By making small changes to your daily routine and how you deal with your household waste, you can help to make a big difference.

Why should you take the time to recycle?

When you reduce the waste you throw away, reuse items or recycle them it has a positive effect on the natural environment. You are cutting down on the amount of materials sent to landfill, where sites are filling up year-on-year. You will also reduce the pollution caused by waste, as harmful chemicals and greenhouse gases are released from rubbish in landfill sites.

You are saving natural resources such as timber and minerals and you will also help to save money, as making products from raw materials costs more and uses more energy than those made from recycled products.

Even if you focus on being better at recycling a few more items, it's better than nothing.



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

"Hillingdon is proud to have the fourth highest recycling rate across London and we are recycling more and more each year with weekly free to use collections. We would like to continue to improve our rating and do even more for the local environment, so I would encourage residents who are not already recycling to give it a go!"

Here's a guide to what you can recycle in Hillingdon, with some festive recycling tips...

Dry recycling

The council provides clear bags for dry recycling. You can recycle books; magazines and catalogues; cardboard; paper; small amounts of shredded paper; tin cans; glass bottles and jars; cartons; plastic bags, trays and bottles.

Please make sure that you remove food waste and rinse bottles, jars, cans and trays. Disposable nappies are not recyclable and their inclusion in the clear bags could render a whole bag or container as contaminated and sent to landfill.



★ You can recycle Christmas cards and wrapping paper without glitter on

Please put these items in general waste:

- ★ Christmas cards or wrapping paper with glitter on
- ★ bubble wrap
- ★ dirty or stained paper
- ★ sticky labels
- ★ crisp packets
- ★ laminated foil pouches, such as coffee or baby food pouches



For a full list of dry recyclable items visit www.hillingdon.gov.uk/recycling

Garden waste

The council provides white canvas bags for garden waste recycling. Garden waste includes dead flowers, weeds, grass cuttings, hedge clippings, leaves, prunings, twigs and branches (no more than two inches in diameter and two feet long). Please do not include soil. Garden waste is collected throughout the year and is composted along with food waste.

★ Christmas trees can be recycled for free as part of our gardening waste collections. Make sure that you remove all lights and decorations and cut the tree up into pieces of less than two feet long.



Textiles

Textiles can be recycled using the purple textile recycling bags the council provides. You can recycle clothing, handbags, pairs of shoes, curtains, towels, bed sheets, blankets and soft toys. Textiles are collected on the same day as dry recycling.



★ If you're doing a wardrobe clean to make way for Christmas gifts, such as woollen knitted jumpers, scarves, gloves and slippers, remember that you can recycle your old textiles.



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

Refuse and Recycling

	Normal collection day	Revised collection day
Christmas 2017	Monday 25 December	Wednesday 27 December
	Tuesday 26 December	Thursday 28 December
	Wednesday 27 December	Thursday 4 January
	Thursday 28 December	Friday 29 December
	Friday 29 December	Saturday 30 December
New Year 2018	Monday 1 January	Tuesday 2 January
	Tuesday 2 January	Wednesday 3 January
	Wednesday 3 January	Thursday 4 January
	Thursday 4 January	Friday 5 January
	Friday 5 January	Saturday 6 January

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



www.hillingdon.gov.uk/recycling

Food waste

All of your food waste can be recycled using an internal kitchen caddy that you can leave on your worktop or hide away from sight in a cupboard. Line the caddy with compostable corn starch bags or newspaper, which will keep it clean and then put your leftovers inside. When the caddy is full, tie your bag or fold up the paper and empty into your green external food storage bin. Put your food waste bin out at the same time as garden waste for collection. The council provides a kitchen caddy, external bin and free compostable caddy bags to all households upon request. Caddies can easily be cleaned and are dishwasher proof.



★ You can recycle Christmas cake, all your vegetables from your Christmas dinner (including peelings), fruit, meat (cooked and uncooked), teabags, coffee grounds, eggs, cheese, cereals, bread and pasta.

★ Please don't put plastic bags in your caddy, only corn starch bags or newspaper.





CHILDREN AND YOUNG PEOPLE ENJOY SUMMER FIESTA ACTIVITIES

The council kick-started the summer holidays with an array of fun and exciting value for money activities for children and young people across the borough.

The annual FIESTA summer activity programme proved extremely popular with families, with 1,321 children attending 67 different courses over a six-week period. Activities ranged from sports like golf and basketball, to educational courses, including musical theatre, music production and fashion design. Young people also had the chance to learn new skills, such as international cooking and cycling proficiency. **Ciara**, 17, from Hillingdon spent a week on the musical theatre *School of Rock* course at the Compass Theatre in Ickenham. She said: "I study for a Musical Theatre Diploma at Bishopshalt School and wanted to spend my summer holidays gaining more musical theatre skills. The course has been really good, as I've learnt new dance routines, vocal techniques and warm-up exercises. It's been really beneficial

as I want to study musical theatre at university, and I've also made new friends of all different ages." Courses took place at various locations, including the council's young people's centres, community centres and sports halls. **Billy**, 9, from Ruislip wants to be an actor when he grows up and went on the Film Making: Behind the Scenes course. He said: "We've been having fun and learning everything about filming. We've been learning how green screens work, how to use big cameras and we've been filming news reports. I've been on TV before as an extra so it was really fun to learn what goes on behind the scenes." **Jamie**, 11, from Ruislip went on the week-long Woodlands Week course at Ruislip Lido, which included lots of outdoor activities plus arts, crafts and drama. Jamie said: "I chose to do Woodlands Week because I love being outdoors and I'm really

sporty. The best day was when we learnt how to survive out in the wild, and built our own houses from things we found in the woods like logs and bracken. We also learnt how to make a fire and a toilet, and what foods to forage in the woodlands. It's been really great as it involves everyone and it's a chance to meet new people and have fun."

Cllr David Simmonds, Cabinet Member for Children's Services and Education, said: "This year marked our thirteenth annual FIESTA event, and it's proved more popular with Hillingdon families than ever before! It was a fantastic opportunity for young people in the borough to try their hand at something new, develop their skills and make new friends."



CULTURE goes down a treat

HILLINGDON ARTS & LITERATURE FESTIVAL bite

The council's annual festival of literature, arts and culture, Culture Bite has grown since it started in 2015, attracting a range of bestselling international authors to venues across Hillingdon to talk about their work.

This year's festival was even more successful than the last, with residents and visitors of all ages attending even more exciting and diverse events, including drama, arts, crafts and creative writing sessions; and author talks from a variety of genres. The 2017 programme was extended beyond a month, running from Sunday 17 September to the end of October and events took place in a range of council venues, including Manor Farm, libraries, the Compass and Winston Churchill theatres, parks and adult learning centres.

The festival opened during Open House Weekend with a talk from historical crime writer Michael Jecks, and was attended by 40 people, including the Mayor of Hillingdon, Cllr Carol Melvin.

Other highlights included a sold-out talk by Victoria Hislop on her love affair with Greece, a Doctor Who interactive sci-fi event for families, OBE-awarded author Jeanette Winterson explored love in her fiction, poetry workshops on National Poetry Day, an afternoon tea with top female authors, a talk about the new visitor centre at the Battle of Britain Bunker, a day of wizarding fun for the 20th anniversary of Harry Potter featuring a special screening, a chance to hear from much-loved *Goodnight Mister Tom* author Michelle Magorian, pottery pumpkin making and pumpkin carving for Halloween, crafty origami sessions, family ballet with English National Ballet dancers, an evening of wine tasting and Damien Lewis told an incredible true story about the world's most wanted criminal and arms dealer Viktor Bout and the hunt to catch him.



Arts classes filled up quickly as soon as the programme was released, showing your love of creative sessions, and overall all Culture Bite events were well attended with 10 events sold-out. The finale party featured a speech from the UK Parliamentary Under Secretary for Arts and Culture, John Glen and was a unique opportunity to meet and converse with a range of authors.

Look out for author events throughout the year on www.hillingdon.gov.uk/libraryevents



Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "Our Culture Bite festival is a marvellous and varied showcase of arts, literature and cultural events and also for our venues and council services. It's fantastic to see how the festival is growing from strength to strength each year. "By attracting even more bestselling authors and diverse artists, we are providing residents with exciting and high quality talks and arts offerings right here on their doorsteps and the popularity of our third programme with residents young and old, demonstrates how we are creating events for all tastes and your love for the arts in Hillingdon."

Dionne* is 22 from Hillingdon, and hopes that people affected by domestic abuse will read this and seek help.

She said: "I met my partner when I was at university. A few months into the relationship, we got into a little argument over something really petty, but he got really angry. He left the room and returned with a knife and threatened to kill me. He was so angry and I didn't recognise him as my boyfriend. When he calmed down, he promised that he'd never threaten me again and I agreed to give him another chance."

As their relationship continued, Dionne began to see changes in her partner's behaviour.

She said: "He started to become resentful of me. He didn't like me talking about previous boyfriends and would often call me names for having been with other people before. It started to make me feel worthless and I began self-harming."

"On one occasion, I was studying for my exams and we had a disagreement. He flipped out and turned so angry and aggressive. He threw me across the room and started punching and kicking me. He tried to stab me and I was so scared, he wouldn't let me leave the room."

"I was sobbing on the floor, but then a few hours later he started saying he was sorry for what he'd done but that I shouldn't have made him so angry. I ended up in hospital for a few days and was in a lot of pain. I spoke with a social worker but was reluctant to speak to the police as I was scared it would come back on me. Eventually I gave a statement and he was arrested."

Dionne went back to university for her exams. She said: "A few weeks later, he told me that he forgave me for going to the police and that he was going to anger management classes. He was making an effort to try and change, and he promised to never hit me again."

"We got back together, and there were ups and downs. He met my family and we started planning our future together, but then when we had an argument he would threaten to hurt me or my family. He would tell me that I was nothing, and knew that he had complete control over me and that I couldn't leave him. The

Seek help to leave an abusive relationship

Domestic abuse can happen to anyone, but there is always help available. Dionne, a young victim of domestic abuse was brave enough to share her story with *Hillingdon People*.

mental abuse and manipulation was sometimes worse than the physical abuse, he knew I was terrified of him."

Dionne felt petrified to leave him. She said: "If I ever said I was going to leave, he knew how to scare me into staying. He would become remorseful and promise he would change, and then I would forgive him because I loved him."

"The turning point was when I finished university and moved away to a new area. It finally made me realise that I'd been going round in circles. Each time he did something wrong he said he would change, but he didn't and it was damaging me. I texted him saying I didn't want to be with him anymore and not to contact me. I wanted to start again."

Leaving an abusive relationship can be extremely difficult, but there is always help available.

Dionne said: "Once I began to break the cycle, I had a lot of support. Telling my friends really helped me

and stopped me going back. Even though I was so scared to leave, there were always people who were willing to help me. Complete strangers went out of their way to bring me to safety."

Does Dionne have any advice for anyone wanting to leave an abusive partner? She said: "The decision to leave was entirely in my hands and only I could make that decision. Luckily I sought help and other people were there to advise me and help me when I was ready. The Independent Domestic Violence Advocacy in Hillingdon provided me with safety measures and a way out."

"I felt better when I left but break-ups are not easy. Despite everything, I did really well at university and I've got an amazing graduate job. Now, I am ready to move forward with my life."

**Some of the details have been changed to protect the victim's identity*



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

"We work closely with many partners and domestic abuse agencies in Hillingdon to support and safeguard victims of abuse. There is always help available, and we promise to listen to your fears and concerns without judgement. We hope that Dionne's story will help more people who have suffered abuse to come forward and seek support."

Borough Commander, Colin Wingrove, said:

"If you are in an abusive relationship, or know someone who is a victim of domestic abuse, do not stay silent. Be aware of the signs of domestic abuse and seek help. Tackling domestic abuse is a police priority, and police officers will support victims with compassion. We work with support agencies and charities to help people in abusive relationships and support families, whilst taking a zero-tolerance approach towards perpetrators. Do not suffer in silence, we are here to help."

Signs of domestic abuse

People in abusive relationships with a partner, ex-partner, or close family member will often experience similar patterns of abuse. Some examples of abusive behaviour includes:

- a partner who is jealous and possessive
- being humiliated or insulted
- verbal abuse
- being afraid of a partner
- made to feel isolated and cut off from family and friends
- threatening to harm or kill pets
- physical pain such as slapping, punching or kicking
- threats to hurt someone or their family
- constant criticism
- controlling
- deliberately damaging possessions
- threatening to kidnap or take custody of children



How to seek help

- Talk to a trusted family member or friend, and ask them to go with you to a specialist agency as a first step
- Call Hillingdon Independent Domestic Violence Advocacy for professional advice and support on 020 8246 1745
- The Domestic Violence Helpline (0808 2000 247) is a 24-hour confidential helpline where you can talk anonymously and ask for general information, advice and guidance
- Report the abuse to the police, call 101
- Always dial 999 if it's an emergency or you're in immediate danger



Could you foster a child?

Find out about fostering



Free childcare for two-year-olds

Local resident Michelle Harrison tells *Hillingdon People* why using the council's free childcare offer has had a huge impact on her two-year-old son, and allows her to spend more time with her other children.

Come and find out how to become a Hillingdon foster carer and meet the team on:

Friday 8 December between 10am and 4pm

Pavilions shopping centre, 18 Chequers Square, Uxbridge, UB8 1LN

Tuesday 12 December and Tuesday 9 January at 6.30pm

Civic Centre, High Street, Uxbridge, UB8 1UW


Thursday 4 January between 10am and 4pm

Hillingdon Sports and Leisure Complex, Gating Way, Uxbridge, UB8 1ES

There's no need to book just turn up.

For more details

 www.hillingdon.gov.uk/betheone

 0800 783 1298

The council offers free childcare for two-year-olds to working families on a low income, or to families who are not working and receive benefits. Parents who receive Disability Living Allowance for their two-year-old child, and families caring for a child who is fostered or adopted may also be eligible for free childcare.

Michelle Harrison from Hillingdon began using the council's childcare offer when her son Jacob turned two. Jacob (pictured above with Nursery Officer, Carol Barber) receives 15 hours of free childcare a week at Uxbridge Early Years Centre, which allows him to learn, play and make new friends while his mum spends more time with her other three children.

Michelle said: "Before Jacob started the free childcare offer, his behaviour was hard work. He was a bit wild and he would climb up everything, pull my hair and even started banging his head on things. I have three other children including a one-year-old, so it was difficult."

Michelle was apprehensive about sending Jacob to nursery at first, but she's already seen many benefits for both herself and her children. She said: "My two older children went to nursery when they were little so I knew how beneficial it could be, but I was nervous as I didn't want to leave Jacob with anyone else. I felt like I was the only one who could look after him and that he was too young to be left."

"When a friend told me that I could be eligible to get 15 hours free childcare a week when Jacob turned two, I decided to give it a try. Since he's been going to nursery, the structure and routine of his day has done him wonders and it's completely turned his behaviour around. As well as learning new things, he's also made friends with other children."

Early education can improve a child's learning and development from a young age, and help them to get ready to start school. Michelle said: "The free childcare offer has

made a real difference in such a short time and Jacob has come on leaps and bounds. The staff identified some of his behaviour issues and he's now going through tests for autism. If I hadn't brought Jacob to the Uxbridge centre, I never would have realised that there was something more to his behaviour problems."

Childcare is beneficial for parents too, as it allows extra time to spend with other children, or the opportunity to go back to work or study. Michelle concluded: "I would recommend the free childcare offer to any parent of a two-year-old. Not only has using the offer improved my child's behaviour and helped him interact with other children, it's also given me extra time to spend with my one-year-old daughter."

For more information on free childcare for two-year-olds visit www.hillingdon.gov.uk/earlyyears or contact the Families' Information Service on 01895 556489

Updates from the Borough Commander

'Clocks, Locks, Lights'... usually marks this time of year in the crime prevention calendar, when the clocks go back and we remind residents to double check doors and windows are locked (cars as well as houses) and encourage people to leave lights on at home. This often deters burglars and opportunist thieves. This year we have seen an increase in vehicle crime, mostly thefts from cars and vans, so we need to be making our cars, vans, and bikes less attractive to thieves as well. Top tips include physically checking your car or van door is actually locked before you walk away, and don't leave anything on display worth stealing (even if it's loose change). Check out our Be Safe website page www.met.police.uk/besafe for more information.

This month's *Hillingdon People* highlights domestic abuse ahead of White Ribbon Day on Saturday 25 November. We work very closely with the council and a number of key organisations and I would ask if you are suffering from domestic abuse, or know someone who is, then please let us know, so the police and partner agencies can take steps to prevent it from continuing, deal with the perpetrator, and keep you safe.

Lastly, as I've been out and about feedback from people I meet is that the dedicated ward officers are more visible in their wards, either on foot or bike, dealing with local issues. There are also numerous examples of our response team officers dealing with emergencies and showing great professionalism and courage. Our detectives have

also been busy solving some of the burglaries, robberies, and violent offences we had during the summer. Our public confidence survey also suggests improvements, as we have increased this year from 56 per cent to 65 per cent of people now saying their local police do a good job. Say hello when you see them, and if you want the newsletter to keep up to date, check out our Facebook and Twitter for details. Contact details should also be available at your local library.



Colin Wingrove

Do you really need to go to Accident and Emergency (A&E) this winter?

The Accident and Emergency (A&E) department at Hillingdon Hospital is expecting extremely high demand during the winter months, meaning longer waiting times, and is advising residents to only attend in an emergency.

The hospital's A&E department is the smallest in North West London for the number of patients it sees and has already seen an increase of six and half per cent in the number of people attending A&E compared to last year.

Employees at Hillingdon Hospital take pride in the services they provide to patients, and the doctors and nurses in A&E are doing a fantastic job to provide high quality care during extremely busy and challenging times. However, due to the increase in demand for services, only 88.2 per cent of patients arriving at Hillingdon Urgent Care Centre and A&E in August were seen within the government's four-hour target. The hospital now aims to increase this figure to 95 per cent by March 2018.

Find the right care for you

Hospital employees will always prioritise patients with the highest need and are asking those that don't need to come to A&E, to seek the care they need from the most appropriate place, including their GPs, pharmacies and by calling NHS 111. These extra resources in the community are there to ensure patients are seen appropriately and quickly, ultimately saving a journey to A&E. More information on choosing the right care can be found on www.rightcarenwlondon.nhs.uk.



The cost of accidents and emergencies

- The cost of each visit to A&E is around £150
- For every 1,000 attendees it costs an extra £50,000
- Last year, Hillingdon saw more than 64,000 visitors to A&E
- Approximately 10 per cent of patients could have got faster treatment elsewhere (a pharmacy, GP surgery or other service) which would have saved £960,000

Volunteer as a mentor for young people

More than 100 young people in Hillingdon are in need of a mentor to guide them through a difficult time, and the council is looking for volunteers to lend a helping hand. Local residents Marie and Shirley share their experiences of mentoring and Sophie explains how she has benefitted from the scheme.

Marie Fleming, from Yiewsley, was in and out of foster care when she was a child, and understands first-hand the impact that one person's actions can have on the outcomes of a young life. She has been mentoring two young people since April this year. She said: "When I was growing up in Hillingdon, there were a couple of people in my life who gave me a nudge in the right direction, and I know that I could have turned out very differently if it hadn't been for that advice and support.

"I didn't do well at school and was bullied, but when I went to college my personal tutor took the time to understand me and she knew what it was like to grow up in a poor background. She would do little things like photocopying books for me when I couldn't afford to buy them, and she encouraged me to go to university which I wouldn't have done without her guidance. Those were small things for her, but they were big things for me, and she set me on a path that I might not have found on my own. This is now my opportunity to do something small for someone else that could impact their life forever and change their outcome."

She said: "Mentoring gives me such a huge sense of achievement; a chance to give back to the community and make a genuine impact on a child's life. A young person may disclose personal information such as abuse or self-harm, so the role we play as a mentor is so important. It's empowering to know that they trust you to help them, and that you are responsible for making that difference."

Shirley Allen, from Ruislip has been mentoring Sophie (pictured) for the last six months. She said: "As a single



mother of three, I've always strived to get it right with my own children. Now they've all flown the nest, I wanted to give something back. Mentoring is so rewarding, and it's an amazing feeling when you gel with a young person and they start to open up. They are often very shy or reserved at the beginning but each week their confidence grows."

Shirley feels that it's important to empower young people and give them the skills and tools they need to deal with everyday issues. She said: "I always let the young person lead the conversation, and every week I sit down with Sophie and we have a relaxed chat. I ask her how her week has been and I let her decide what she wants to talk about or work on. If she has any problems we discuss how we can unpick them and change how she feels towards her issues. It's amazing to look back and see how you have helped and made a difference to someone else's life."

So how does it feel to have a mentor? **Sophie** is 14, and has weekly

one-to-one sessions with Shirley. She said: "I was very nervous to meet my mentor at first and wasn't sure what to expect. I didn't expect her to be so nice and welcoming. I was scared to talk, but now I feel comfortable with Shirley and I share my problems with her. We talked about a family issue I had, and she helped me to deal with it and gave me steps to guide me through. I feel more confident now, and I trust her."

The council is looking for residents who are able to give up an hour-and-a-half a week to mentor a young person for up to a year. Volunteers will receive plenty of training and development opportunities. Males from black and Asian backgrounds are particularly needed for young males who would like someone similar to relate to and put their trust in.

To find out more about mentoring a young person, please call 01895 556300 for an initial discussion

FRIDAY 1 DECEMBER - SATURDAY 30 DECEMBER 2017

London Borough of Hillingdon & proDukTions
presents

Cinderella

COMPASS THEATRE
GLEBE AVENUE, ICKENHAM, MIDDLESEX, UB10 8PD

Adults £16 / Under 16s £12
Family, group and school discounts available at selected shows

Members of the Compass Club get £1 off up to 2 tickets per show

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

CHRISTMAS

Charles Dickens' A Christmas Carol
Thursday 16 to Saturday 18 November, 8pm
(Doors open 7.30pm)

A festive play based on the uplifting story of cold-hearted Ebenezer Scrooge, who is transported to the past, present and future to see the world with fresh eyes. Entertainment for all the family.
Cost: £9.50. Concessions £7.50 on Thursday only.
To book tickets, call 01895 820135 or email harefieldmonth@hotmail.co.uk.
St Mary's Church Hall

Light up a Life appeal and remembrance ceremonies

Saturday 25 and Sunday 26 November, 4pm and 6pm
Remember and celebrate the life of someone you love by dedicating a light in their memory for the Michael Sobell Hospice annual Light up a Life appeal. Come together to remember loved ones and friends at one of these ceremonies of music and readings.
To make a dedication and to book your attendance at one of the ceremonies (subject to availability), please visit www.michaelsobellhospice.co.uk or call 020 3826 2367.
Saturday ceremony at The Lecture Hall, Michael Sobell Hospice
Sunday ceremony at Pinner and Northwood Synagogue

Cinderella

Friday 1 December to Saturday 30 December, various times
The council presents another great value, professional pantomime for Hillingdon in partnership with DKproDukTions. This classic rags to riches tale will feature familiar Compass panto faces, popular songs and plenty of silliness. Expect lots of laugh-out loud comedy, traditional audience participation and enchanting magical animation, guaranteed to make your panto experience unforgettable!
Cost: Tickets from £9. Group offers available.
Book online on www.hillingdontheatres.uk

or call the Box Office on 01895 250615.
Compass Theatre

Northwood Craft Market
Saturday 2 December, 10am to 3pm

Beautiful handmade crafts to browse and buy - great Christmas gift ideas! For children there's hands-on crafts and a chance to visit Santa's Grotto.
Cost: Free admission.
For more information visit www.northwoodcraftmarket.co.uk.
Methodist Church Hall, Northwood

Christmas Comedy Cracker: An alternative festive night out

Wednesday 6 December, 7.30pm
Fancy a change from the usual work Christmas party? Then why not try this Christmas Comedy event? The Beck is offering you an alternative night out that will bring you festive fun and laughter from a cracking compère and two comedians, plus a delicious festive meal and a little bit of magic!
Cost: £22.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Aladdin

Saturday 9 December to Sunday 31 December, various times
Produced by One From the Heart, Aladdin features all of the ingredients of the very best Beck Theatre pantomime; a lamp-full of laughter, music, mayhem, a wish-granting genie and plenty of audience participation. This year's family pantomime also features former *EastEnders* actress, model and singer Rita Simons.
Cost: Tickets from £23.
Book online on www.becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Alan Barnes: A Christmas Carol

Saturday 9 December, 7.30pm
Multi-instrumentalist Alan Barnes gives his take on Dickens' *A Christmas Carol*. Also featuring Bruce Adams (trumpet), Mark Nightingale (trombone), Robert Fowler and Karen Sharp

HILLINGDON WHAT'S ON?

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

(saxophones), Dave Newton (piano) Simon Thorpe (bass) and Clark Tracey (drums).
Cost: Tickets from £14.
To book visit www.ticketsource.co.uk/pinnerjazz or call 0333 666 3366 (£1.50 booking fee per transaction for telephone bookings).
Pinner Parish Church

Uxbridge Choral Society's Annual Carol Concert
Saturday 9 December, 5pm

The first part of the concert will feature the Oak Farm Junior School Choir and then at 7.30pm the society will perform four pieces by John Rutter. To be conducted by Tim Armstrong Taylor.
Cost: £7. Children under 12, £4.
Tickets available from www.uxbridgechoralsociety.org.uk or on the door.
St. Margaret's Church

Stardust Christmas Concert
Saturday 9 December, 5.30pm

Enjoy an evening of music in Manor Farm's Great Barn with live music by the fabulous Stardust Big Band. The evening

also includes a raffle and the event, arranged by Manor Farm Library, is in aid of the Mayor's Charity Appeal.
Cost: £7. A glass of wine (or soft drink) and a mince pie are included in the ticket price.
Book online on www.hillingdontheatres.uk or call the Box Office on 01895 250615.
Great Barn

Hillingdon Choral Society Christmas Concert

Saturday 9 December, 7.30pm
Vaughan Williams *The First Nowell*, Christmas songs and carols for choir and audience, and a performance by Ruislip Belles and Beau handbell ringers.
Cost: Adults £12. Children £3.
Tickets available on the door, from Pro Music International, Ickenham, by emailing hillingdonchoralsociety@gmail.com or calling 07941 601966.
Vyners School



Eastcote and Ruislip Choral Society

Christmas Concert
Saturday 16 December, 3.30pm
 The choral society perform Alan Bullard's *O come, Emmanuel* and carols for choir and audience, featuring Bourne Primary School Choir. Refreshments afterwards. The choral society is also looking for new members. Rehearsals are every Tuesday between 8pm and 10pm at Ruislip Methodist Church, Ickenham Road, HA4 7BZ.
Cost: Tickets £12.
Available on the door. To pre-order or for more details about joining the society call 01895 904556. Visit www.eastcote-ruislip-choral.org. St. Edmund's Church

Neil Sands Christmas Memories

Monday 18 December, 2.30pm
 Neil Sands and his West End cast are back with their 2017 Christmas production, which has been described as 'a sparkly Christmas card come to life.' It features a mix of more than 60 of your favourite Christmas songs and carols, 40 stunning costume changes, lots of good old fashioned festive fun, and a unique atmosphere that will warm your heart.
Cost: £16.50. Concessions £1 off. Premiere Card Members £13.50.
Book online at www.becktheatre.org. uk or call the Box Office on 020 8561 8371. Beck Theatre

Mother Goose

Saturday 13 to Saturday 20 January, various times.
 Come along to this family friendly and entertaining pantomime from The Arrow Players.
Cost: £9. Some concessions available for £7.
To buy tickets call 020 8428 1349. St. Edmund's Hall

Michelle John



MUSIC

Esprit de Corps: Central Band of the RAF
Wednesday 22 November, 7.30pm
Esprit de Corps: The Band of the RAF Regiment
Thursday 7 December, 7.30pm
 The second and third of three concerts in this year's Esprit De Corps Concert Series, featuring the talents of the musicians from the Royal Air Force Music Services. All proceeds donated to the RAF Music Charitable Trust.
Cost: £16.
Book online on www.hillingdontheatres.uk or call the Box Office on 01895 250615. Winston Churchill Theatre

Michelle John – The Voice Behind the Voice

Friday 12 January, 7.30pm
 Michelle John's 20 years backing singing experience to the world's biggest stars, including Eric Clapton, Annie Lennox, Carole King, Blue, Ed Sheeran and Lenny Kravitz saw her stay in the Voice UK right up to the finals. In her new show *The Voice Behind the Voice*, Michelle pays homage to many of the artists she has performed with, while regaling fabulous tales of what really goes on backstage, and introduces the audience to some of her own original music.
Cost: £20.50. Concessions £1 off.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

The Jazz Repertory Company

Saturday 13 January, 8pm (doors open 7.30pm)
 Expect fireworks from Enrico Tomasso (trumpet), Pete Long (saxophone and clarinet), Anthony Kerr (vibraphone), Nick Dawson (piano), Dave Chamberlain (bass and guitar), with the maestro Richard Pite (drums) and the vocally-delightful



Esprit de Corps: The Band of the RAF Regiment

Joan Viskant. A veritable feast from the golden age of jazz.
Cost: £18
Book online at www.ticketsource.co.uk/pinnerjazz or call 0333 666 3366 (£1.50 booking fee per transaction for telephone bookings). Pinner United Synagogue

THEATRE

The Rat Pack: With Special Guest Kenny Lynch

Sunday 14 January, 7.30pm
 The Official UK No. 1 Tribute show as voted by The Agents Association of Great Britain in 2017, returns to the Beck direct from London's Leicester Square Theatre, The 02 and a Royal Command Performance.
Cost: £25.50. Concessions £1 off.
Book online at www.becktheatre.org.uk or call the Box Office on 020 8561 8371. Beck Theatre

EXERCISE

Chairobics for over-65s

Thursdays, 11.45am to 12.30pm
 Come and join these easy-to-follow gentle exercise sessions to improve your physical strength and wellbeing. Places are limited, so please book in advance.
Cost: £1 per session (pay on the door).
Call 01895 556242 to book your place or receive more details. Oak Farm Library

YOGA with Juliana

Saturdays 9.30am and Wednesdays 7pm
 Join these drop-in Hatha Yoga classes, which draw on vinyasa, parayoga and yoga therapy to bring a certain radiance, flow, structure and therapeutic elements to the practice. Teaching encourages alignment and awareness in movement and stillness. This approach aims to help you create calm, space, strength and balance in

the body and mind, nourishing your health and wellbeing.
Cost: £12 per class.
For more details visit www.juliana.yoga or email hello@juliana.yoga. The Stables, Eastcote House Gardens

Pilates with Suzy Barton

Tuesdays 1.30pm
 Improve the way you feel, look, and live your life. Pilates exercises focus on improving posture, core strength and flexibility. These classes are suitable for everyone regardless of age, ability, or fitness level. Suzy is an ex British gymnastics squad member. Pilates Foundation trained. CYQ Level 3 instructor.
Cost: £10 per class or £8 if you buy a block of 10.
For more information and to book, email suzybartonpilates@btinternet.com or call 07850 687488. The Stables, Manor Farm

Dru Yoga with Dinta

Saturdays, 11.20am at St Lawrence Church
Mondays, 7.30pm at South Ruislip Community Centre
 Dinta is fully qualified in Dru Yoga, which is based on flowing movements, directed breathing and visualisation. It is good for overall health and wellbeing, core strengthening, weight loss, boosting immunity, improving posture, building strength, flexibility, suppleness, stamina, stress release, fighting depression, achieving goals and deep relaxation.
Cost: £8 per class.
To book, call 07870 981885 or email yogawithdinta@aol.co.uk. St Lawrence Church and South Ruislip Community Centre

Running Groups with Dash for Fitness

Mondays 7.30pm to 8.30pm
 Join these free running groups to make your running more social and fun whilst helping you get fitter, go faster, and go further. Beginners and runners of all levels welcome (under-18s must be

accompanied). 5K masterclasses and 1-1s also available. English Athletics approved coach in running fitness and CYQ Level 3 personal trainers.
Cost: Free.

For further information and to register visit Runtogether.co.uk (search Dash for Fitness), email dashforfitness@btinternet.com, or call Gary and Suzy on 07710 105086. Various routes starting and finishing in Ruislip

LizStyle Living Shape up classes

Sunday mornings
 Join the LizStyle Lottery class between 10am and 10.30am. A mixture of fun, body conditioning exercises that depend upon which cards the members of the class pick. The LizStyle Sprints class between 10.30am and 11am combines short bursts of running with periods of recovery to give the maximum impact and shred fat.
Cost: £6 per class/£10 for both.
Contact aliz@lizstyleliving.com or 07429 275007 or visit www.lizstyleliving.com for more information and to book your place. New Pond Farm Playing Fields

COMEDY

Lee Nelson: Serious Joker

Friday 24 November, 7.30pm
 You've seen him sneaking into places he shouldn't be, now come and see him where he most definitely should be: live on stage with his Serious Joker Tour.
Cost: £23.
Book online at www.becktheatre.org.uk

or call the Box Office on 020 8561 8371. Beck Theatre

LEISURE

Learn to Sing... in Harmony!

Wednesday evenings, 7.45pm to 9pm (starting Wednesday 8 November)
 Come along to this six-week a cappella course for women who love to sing.
Cost: £25.
To book a place email sing@capitalconnection.org.uk or call 07816 827775. For more information visit www.capitalconnection.org.uk/sing. South Ruislip Community Centre

Uxbridge Craft Market

Wednesdays, 9am to 5pm
 Buy and commission goods and services from local businesses and enterprises. Get an antique watch repaired or buy anything from customised picture frames to interior design ideas, jewellery, original art and interesting collectables.
For more details, contact Leon Coleman on 07841 562275 or email enquiries@uxbridge-craft-market.co.uk. Market Square, The Pavilions shopping centre

Hillingdon Choral Society

Mondays, 7.45pm to 9.45pm
 Ever wanted to sing? Not sung for a long time? Why not come and join the Hillingdon Choral Society and sing and perform choral works for local audiences. No audition is necessary and the ability to

read music is not essential. The choir has on average three concerts per year and arranges regular social events.
Cost: £33 per term (first term half price for new members).
For more details call Sybil Denman on 01895 234380. United Reformed Church

Ruislip Country Markets

Fridays, 10am to 11.30am
 Buy fresh local produce, including vegetables, fruit, eggs, cakes, plants, plus handmade cards, knitted items, jams, chutneys, pickles and more.
For more details, email boxoffice@hgfl.org.uk. Manor Farm Community Hut (in St Martin's Approach car park)

Stamp and postcard fair

First Saturday of the month, 10am to 4.30pm
 Where collectors can meet dealers to buy, sell and exchange stamps and postcards.
For more details, email david.milton139@gmail.com. Ruislip Methodist Church

Open Mic Night

Every other Friday, 7.30pm to 9pm
 Sample the best of our local musical and literary talents with our hand-picked selection of performers or, if you're feeling brave, sign up on the night for a floorspot to perform. The perfect evening for lovers of live music and literature.
Cost: £3.50 per ticket, includes one drink at the bar (buy tickets on the door).
To book a slot or to find out more about the event, email openmic@hillingdon.gov.uk. Uxbridge Library

Acorn Youth Club's 30th anniversary party

Saturday 27 January, 6pm to 10pm
 Previous members are encouraged to contact the club to attend its 30th anniversary party, which will include food, an entertainer and music.
Previous members should call Malcolm Porter on 07793 561096 or Phil Myers on 07901 923969 or email acornyouthclub@yahoo.co.uk to attend. Acorn Youth Club

Clothes repair and restyle workshop

Wednesday 22 November, 6pm
 Love Your Clothes and the West London Waste Authority are holding a festive repair workshop for you to learn tips and get practical advice on how to extend the life of your clothes.
Cost: Free.
To book visit billetto.co.uk/en/e/hillingdon-love-your-clothes-festive-repair-workshop-tickets-210622. Our Lady of Lourdes and Saint Michael Catholic Church

Hillingdon4All Third Sector Health and Wellbeing Conference

Wednesday 6 December
 Save the date for this third sector conference, which will identify the key issues facing groups and organisations.
To attend email vpeck@h4all.org.uk providing your name, organisation, job title and email address.

VENUES

Acorn Youth Club

Columbia Avenue, Eastcote, Ruislip, HA4 9SU

Beck Theatre

Grange Road, Hayes, UB3 2UE

Compass Theatre

Glebe Avenue, Ickenham, UB10 8PD

Great Barn

Manor Farm, Bury Street, Ruislip, HA4 7SU

Manor Farm Community Hut

Bury Street, Ruislip, HA4 7SU

Market Square

The Pavilions shopping centre, 18 Chequers Square, Uxbridge, UB8 1LN

Methodist Church Hall

Oaklands Gate, Northwood, HA6 3AA

New Pond Farm Playing Fields

Sidmouth Drive, Ruislip, HA4 0BX

Oak Farm Library

Sutton Court Road, Hillingdon, UB10 9PB

Our Lady of Lourdes and Saint Michael Catholic Church

Osborn Road, Uxbridge, UB8 1UE

Pinner Parish Church

Church Lane, Pinner, HA5 3AA

Pinner United Synagogue

1 Cecil Park, Pinner, HA5 5HJ

Pinner and Northwood Synagogue

Oaklands Gate, Northwood, HA6 3AA

Ruislip Methodist Church

Ickenham Road, Ruislip, HA4 7BZ

South Ruislip Community Centre

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

St. Edmund's Church and Hall

Pinner Road, Northwood Hills, HA6 1QS

St Lawrence Church

Bridle Road, Eastcote, HA5 2SJ

St. Margaret's Church

Windsor Street, Uxbridge, UB8 1AB

St Mary's Church Hall

High Street, Harefield, UB9 6BX

The Lecture Hall

Michael Sobell Hospice, Mount Vernon Hospital, Northwood, WD3 1PZ

The Stables

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

The Stables

Manor Farm, Bury Street, Ruislip, HA4 7SU

United Reformed Church

Swakeleys Road, Ickenham, UB10 8BE

Uxbridge Library

13-14 High Street, Uxbridge, UB8 1HD

Vyners School

Warren Road, Ickenham, UB10 8AB

Winston Churchill Theatre

Pinn Way, Ruislip, HA4 7QL

If you wish to publicise an event, please email details to hillingdonpeople@hillingdon.gov.uk or send to Hillingdon People, 3S/05 Civic Centre, High Street, Uxbridge, UB8 1UW. Events are selected at the editor's discretion.

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www.hillingdon.gov.uk/learntobewell

Golden numbers

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

Council Main Switchboard

01895 250111
 Mon to Fri, 8am to 6pm

Council Tax and Benefits

0300 123 1384
 Mon to Fri, 9am to 5pm

Electoral Services and Registrars

01895 558250
 Mon to Fri, 8am to 6pm

Environment and Anti-Social Behaviour

01895 556000
 Mon to Fri, 8am to 6pm

Families' Information Service

01895 556489
 Mon to Fri, 9am to 5pm

Fraud Hotline

0800 389 8313
 Mon to Fri, 9am to 5pm

Hillingdon First Card

01895 556677
 Mon to Fri, 8am to 6pm

Hillingdon Social Care Direct (adults and children)

01895 556633
 Mon to Fri, 8am to 6pm

Housing Services

01895 556666
 Mon to Fri, 8am to 6pm

Out of Hours (emergencies only)

01895 250111

Pest Control

01895 556000
 Mon to Fri, 8am to 6pm

Planning and Trees

01895 250230
 Mon to Fri, 8am to 6pm

Roads and Pavements

01895 556000
 Mon to Fri, 8am to 6pm

School Admissions

01895 556644
 Mon to Fri, 8am to 6pm

Care services

Adoption and fostering
 0800 783 1298

Community Cancer Centre
www.communitycancercentre.org.uk
 01895 461016

Drugs or sexual health advice for young people up to 21 years
 01895 257285

Advice and support

Addictions Recovery Community Hillingdon
 01895 207777

Age UK Hillingdon
 020 8756 3040

Alzheimer's Society Hillingdon
 01923 823999
www.alzheimers.org.uk

Asphaleia Action
 01895 272478
www.asphaleia.co.uk

Centre for ADHD and Autism Support
 020 8429 1552
www.adhdandautism.org

Communicare Counselling Service
 01895 256056

Consumer helpline
 03454 04 05 06

Citizens' Advice Bureau
 0344 848 7903

Disablement Association Hillingdon (DASH)
 020 8848 8319

Hayes One Stop Shop
 01895 556004
hayesonestop@hillingsdon.gov.uk

Healthwatch Hillingdon
 01895 272997

Hillingdon Autistic Care and Support
 020 8606 6780
enquiries@hacs.org.uk
www.hacs.org.uk

Hillingdon Carers
 01895 811206

Hillingdon Carers Trust
 01895 258888

Hillingdon Independent Domestic Violence Advocacy Service
 020 8246 1745

Hillingdon Mind
 01895 271559

Hillingdon Women's Centre
 01895 259578

Home-Start Hillingdon
 01895 252804

P3 Navigator Advice Centre
 01895 436114

Samaritans
 Freephone 116 123

Victim Support Hillingdon
 0208 965 1141 (office hours)
 0808 168 9111 (out of hours)

HILLINGDON CONTACTS

Local democracy

Councillors' names, addresses and advice surgeries
www.hillingdon.gov.uk/councillors

Council meeting dates and agendas
 01895 250636

Conservative Group Office
 01895 250316/250728

Electoral registration
 01895 250251
electoralservices@hillingsdon.gov.uk

Labour Group Office
 01895 250780

Mayor's Office
 01895 250763

Environment and street scene

Affinity Water
 0345 357 2425

Current and proposed roadworks in Hillingdon
www.hillingdon.gov.uk/roadworks

Environmental Protection
 01895 250190

Food, Health and Safety
 01895 250190

Animal welfare
 01895 250190

Trading Standards
 01895 250164

Learning

Library information desk
 01895 250600

Advice and guidance (young people)
 01895 257855

Enquiries about school transport
 01895 250008

Truancy Hotline
 01895 250858

Planning

Building control enquiries, inspection requests and dangerous structures
 01895 558170

Dangerous structures (out of hours)
 01895 250111

Local land charges enquiries
 01895 250624/556115

Leisure

Botwell Green Sports and Leisure Centre
 020 8561 0956

Hillingdon Sports and Leisure Complex, Uxbridge
 0845 130 7324

Highgrove Pool, Ruislip
 01895 630753

Queensmead Sports Centre, South Ruislip
 020 8845 6010

William Byrd Pool, Harlington
 020 8897 9390

Hospitals

Harefield Hospital
 01895 823737

Hillingdon Hospital
 01895 238282

Mount Vernon Hospital
 01923 826111

Northwick Park Hospital
 020 8864 3232

Watford General Hospital
 01923 244366

NHS: 111

Police

Metropolitan Police non-emergency number
 101
 Textphone 18001 101
hillingsdon.enquiries@met.police.uk

Hillingdon Neighbourhood Watch
 020 8246 1869
all@hillingsdonnhw.co.uk

Fire

Hillingdon Fire Station
 020 8555 1200 ext 38228
hillingsdongroup@london-fire.gov.uk



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