

# HILLINGDON people

News from your council  
September/October 2017

[www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

## Housing for local people New affordable homes created

**Carers rewarded**  
Event recognises unsung heroes

**Culture Bite 2017**  
What's on this October  
**Generating local jobs**  
Old Dairy site redeveloped



HILLINGDON  
LONDON



TEA TIME



HIGHLIGHTS



RECYCLE WEEK



# BLOW THE WHISTLE ON HOUSING CHEATS

When somebody with a council or housing association home rents it out without permission or obtains a home through providing false information, they are guilty of **housing fraud**. They are using up valuable housing spaces and depriving families and vulnerable people on the waiting list. **It's not fair.**

If you suspect someone of unlawfully sub-letting call us on **0800 389 8313** or email us at **fraud@hillingdon.gov.uk**  
Your report will be treated in the strictest confidence and can be given anonymously.




## Secondary School Admissions

Do you have a child born between **1 September 2006 and 31 August 2007**? If so, you must apply for a school place by **31 October 2017**

For full details, key dates and to apply online, visit [www.hillingdon.gov.uk/schooladmissions](http://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](http://www.hillingdon.gov.uk/schooladmissions)

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Advertising deadline for next edition: **Friday 29 September.**

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**For a copy in large print or as an audio version call 01895 250828**

COVER PHOTO: PACKET BOAT HOUSE, YIEWSLEY, WHICH WAS BOUGHT BY THE COUNCIL.

# Welcome



Once again, for the fifth year running, Hillingdon has been awarded more Green Flags (47 in total) for its parks and open spaces, than any other local authority in the UK. It is, particularly in these times of financial constraint for local authorities, a remarkable achievement for the borough to not only retain all the existing Green Flags but to gain an additional five flags. As well as maintaining our policy of continual investment in our green spaces to maintain and improve them, our success is due to the dedication of our green spaces team and the resident volunteers and community groups who work with them.

In this issue you will be able to read about the Hayes Carnival and the Family Fishing Fun Days, both of which were well attended and popular with hundreds of visitors of all ages. You can also read about the council's ceremony in July, to celebrate and recognise the valuable contribution and heartwarming examples of care and support, provided by unpaid carers in Hillingdon.

It has been good to see the wonderful floral displays across the borough during the summer months and we are hoping that Hillingdon will once again perform well in the Royal Horticultural Society's Britain in Bloom competition.

As we move into the autumn months our events programme will continue with Open House Weekend on 16 and 17 September at several of our heritage sites, which will launch the annual Culture Bite Arts and Literature Festival. Information about the visiting bestselling authors and performances on offer is on page 16.

As we leave the summer behind us we will in Hillingdon continue to put our residents, our environment and our heritage at the heart of everything that we do.

Cllr Ray Puddifoot MBE  
LEADER OF THE COUNCIL



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## Quit smoking

Each October thousands of people take part in Stoptober.

The Public Health England funded initiative allows people to pledge to not smoke for the month, with the aim that they will fully quit as a result.

Evidence has shown that those who stop smoking for 28 days are five times more likely to give up for good.

Every cigarette causes damage to your body, from the day-to-day effects on your heart and breathing, to longer-term smoking related diseases, such as heart disease, cancer and strokes.

Quitting is healthier for you and your family. You can also save money!

To sign up and receive support packs and advice visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree). One-to-one advice can be offered by your local community pharmacy.

The council's Stop Smoking Service can also provide free access to stop smoking advice. To find out more call 0800 169 7541 or email [smoking\\_cessation@hillingdon.gov.uk](mailto:smoking_cessation@hillingdon.gov.uk).

For more information visit [www.hillingdon.gov.uk/stopsmoking](http://www.hillingdon.gov.uk/stopsmoking).



## Residents make art in the park

Budding artists of all ages took to the borough's parks this July for a series of free outdoor creative art sessions.

'Art In The Park' took place in Fassnidge Park, Ruislip Lido and Barra Hall Park on 14, 15 and 16 July.

Held in support of Love Your Parks Week, the sessions gave residents the chance to draw, paint or sculpt al fresco, while using some of the borough's Green Flag parks as inspiration.

The events were well attended and proved particularly popular with children, who enjoyed getting messy with paint almost as much as they enjoyed constructing their masterpieces.

**Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage**, said: "It's

the first time we've run art sessions in our parks and I'm pleased they were such a success, particularly with families.

"I encourage anyone who's thinking of doing something creative, or simply wants a pleasant morning or afternoon out in the park, to come along to one of our next sessions."

Further 'Art In The Park' events will be held to coincide with the council's Culture Bite Festival. They will take place on:

- Friday 29 September, 1pm to 3pm, in Hayes End Park
- Saturday 30 September, 11am to 1pm, at Cranford Park
- Sunday 1 October, 1pm to 3pm, at Eastcote House Gardens

No booking is required; please just turn up on the day. Forty spaces

## Children's work permits

Did you know that by law young people between 13 and 16 must have a permit to work part-time?

If they're not licensed, they may also not be insured against any accidents. Young people need to submit an application to the council after ensuring their employer, parent/guardian and school have filled in the necessary information. Employers also have a responsibility to ensure that the young people they employ have work permits.

Young people may work during term-time on school days and Sundays for a maximum of two hours. On Saturdays, those aged between 13 and 14 can work for up to five hours and 15 to 16-year-olds can work up to eight hours. Young people must not work for more than 12 hours a week in term-time.

During holidays, young people aged 13 to 14 can work a maximum of five hours a day, with a maximum of 25 hours a week. For 15 to 16-year-olds, eight hours a day is the limit, with a maximum of 35 hours a week.



Young people cannot work in a pub or club serving alcohol; amusement arcade, betting shop or fairground; warehouse or factory; slaughterhouse; kitchen or chip shop; provide personal care in a residential home or carry out door-to-door sales. They also cannot sell alcohol, cigarettes, medicines or use dangerous machinery and tools, including catering equipment.

Employers and parents are responsible for ensuring young people do not exceed the permitted number of working hours and undertake only the tasks stated in the permit.

To apply visit [www.hillingdon.gov.uk/childworkpermit](http://www.hillingdon.gov.uk/childworkpermit).



are available for each session, so please arrive early to avoid disappointment. Materials will be provided.

## Hillingdon awarded most Green Flags in the UK



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

The total number of flags has increased again to 47, with the borough picking up an additional five this year.

The new Green Flag parks are Coney Green (Brunel), The Gravel Pits (Northwood), Long Meadow (Northwood Hills), Cherry Lane Cemetery (Pinkwell) and Southlands Arts Centre (West Drayton).

**Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services**, said: "Green Flags are the highest accolade a park can receive and they require a great deal of

time and hard work to achieve. To not only retain all of the Green Flags we've achieved over the years but to keep increasing our total is a staggering achievement of which everyone involved can feel incredibly proud.

"I would like to commend the efforts of the council teams who look after the parks, as well as the community groups and volunteers who make it possible for us to maintain such a high standard."

The council also helped Stockley Park business park in Yiewsley achieve Green Flag status for the first time. The new flags will be raised at ceremonies in the parks and open spaces in the autumn.

## CCTV to tackle rogue lorry movements

The council is installing CCTV in Harefield this autumn to crack down on an increase in lorry drivers flouting existing regulations banning them from the village.

The cameras will fully enforce against unauthorised lorry movements in and around the village.

There has been a 7.5 tonne lorry ban on the approaches to the village since September 1983. The council has now revoked this limit on the roads approaching Harefield and introduced a new 7.5 tonne limit within the village on each branch of the roundabout junction at Park Lane, High Street, Rickmansworth Road and Breakspear Road North.

**Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling**, said: "The council is investing £80,000 in CCTV to improve road safety and the quality of life for local residents living along the roads approaching Harefield Village. The installation of the cameras and the fines that will be issued to those who continue to flagrantly disregard the regulations will send out the message that the council will not tolerate this."

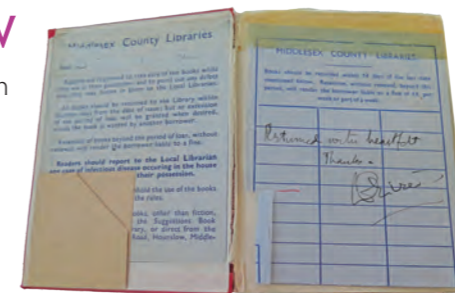
Lorry drivers caught on CCTV entering the village will be fined £130. HGV drivers who need to access addresses in the village will not be issued with a fine if they are legitimately unloading and loading for business purposes.



## Council-owned book to feature on Antiques Roadshow

A book, which is held in the council's archive at Uxbridge Library is set to appear on the BBC's *Antiques Roadshow* this autumn.

The tiny, small and worn copy of William Shakespeare's play *Hamlet*, was borrowed from Middlesex County Library by Sir Laurence Olivier in 1947 during filming of his



production of the play at nearby Denham Studios.

When the book was returned he had not only signed the copy 'with

thanks' but so had many of the stars of stage and screen who were also in the cast, including Jean Simmons and Stanley Holloway.

The book has been in the collection at Uxbridge Library (formerly Middlesex County Library) for more than 70 years.

The council was asked by the BBC to take it to a special filming day on the *Eastenders* set at Elstree, where it was shown to specialist Hilary Kay and caused great excitement.

Hilary declared the book



a 'treasure' for a real film buff even in its slightly damaged state and was delighted to see it. As for the valuation, follow @Hillingdon on Twitter to find out when the programme will be aired.

## Green gym sessions launched in Uxbridge



The council is working in partnership with intu shopping centre and community volunteering charity The Conservation Volunteers (TCV) to host a green gym initiative in Uxbridge.

The TCV-run Uxbridge Green Gym will be held on council land at Hillingdon Farm Pond, adjacent to Hillingdon Leisure Centre every Wednesday between 10.45am and 2pm.

Green gyms offer volunteers the opportunity to take part in practical nature conservation sessions, while getting active and fit.

Volunteers can get involved in managing wildflower meadows, ponds, trees, hedges and paths; scything; removing invasive species and scrub clearing.

Uxbridge College also gave £2,000 to the initiative for a tool store and additional equipment.

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

"As a result of this partnership work with TVC and intu, the council's valuable green space and habitats will be maintained and conserved for residents to enjoy and wildlife to thrive in. The council and the borough benefits from a variety of close partnership work and the loyalty and commitment of bands of volunteers to make Hillingdon the best place to live, work and visit."

If you would like to volunteer email [gg-uxbridge@tcv.org.uk](mailto:gg-uxbridge@tcv.org.uk) or call 07976 296439.

## Celebrate Older People's Day

A free event for older residents has been organised for Monday 25 September ahead of International Older People's Day in October.

Older people are welcome to attend the day of free entertainment, information and advice in the Pavilions shopping centre, Uxbridge between 10am and 4pm.

There will be a variety of stalls from organisations,

including the council, Hillingdon4All, Prostate Cancer UK, GLL, ARCH, the Alzheimer's Society and the University of the Third Age. Entertainment will include a seated football taster session, singing from the Dementia Coffee Morning group and a choir. At 3pm, there will be a performance from Bus Pass to Broadway – a group of over-60s who perform themed shows.

## New hospital discharge information booklet

A new booklet has been launched to better inform patients admitted to Hillingdon Hospital (and their families) about what to expect during their stay.

Working Together also explains the hospital discharge process and was produced in partnership by Hillingdon Hospital, Hillingdon Healthwatch, Hillingdon Clinical Commissioning Group and Hillingdon Council.

Everyone admitted to the hospital will be given a copy to keep with them throughout their stay. The booklet includes a checklist for patients to prepare for discharge (with help from hospital staff), a table to make notes of follow-up support visits and appointments, useful contact numbers and a notes section to include the tests or procedures undergone and key care information.



The booklet is part of a range of improvements being introduced to the hospital discharge process. These will ensure that patients only have to stay in hospital for as long as is necessary to safely meet their medical needs.

Improvements include starting to plan for discharge much earlier than before, as well as identifying a care coordinator to liaise with the relevant health and care partners to support patients to return to their usual place of residence.

Where a patient is well enough to leave hospital but is unable to return home immediately, arrangements may be made for them to move to an alternative care setting, for example a care home or extra care housing, for a short period of time.

**Leader of the Council and Older People's Champion, Cllr Ray Puddifoot,** said: "This is the perfect opportunity for all of us to recognise and appreciate the contributions that older people make to our society and raise awareness of the issues that may affect their lives. If you have a friend, relative or neighbour aged 65 or over, please tell them about this free event, which promises to be both informative and entertaining"



For more information, visit [www.hillingdon.gov.uk/olderpeople](http://www.hillingdon.gov.uk/olderpeople).

## Youngsters' sporting success celebrated



The hard work and achievements of Hillingdon's young sports people were recognised at a special awards ceremony hosted by the Mayor of Hillingdon, Cllr Carol Melvin.

The ceremony, which took place in the Mayor's Parlour on Thursday 13 July, celebrated Hillingdon's recent success at the London Youth Games.

The Mayor presented medals to seven of the teams, including the borough's youth angling team (above) who topped their category, winning Gold medals.

Hillingdon also had noticeable successes in sailing (winner team Silver,

below top) and athletics (bottom), where the boys' team received Bronze for their 100-metre relay.

The borough also did well in swimming and fencing, and 13-year-old Joel Gunnery received an individual Gold for his races in the kayak slalom.

Launched in 1977, London Youth Games is the largest multi-sport event for young people, with more than 45,000 youngsters aged between seven to 17 competing in a range of sports.

If you have children aged between seven to 17 who would like to take part in next year's games email [sportandphysicalactivity@hillingdon.gov.uk](mailto:sportandphysicalactivity@hillingdon.gov.uk).



## Apply for housing benefit and council tax reduction online

The council has introduced a new online service to make it easier for residents to apply for help to pay their rent through housing benefit or receive a council tax reduction.

All applications must now be made online and claimants will be able to do this at home at a time that suits them.

To make a claim visit [www.hillingdon.gov.uk/hbctrapply](http://www.hillingdon.gov.uk/hbctrapply), where you will also find guidance on eligibility and a benefits calculator to find out what you may be entitled to. There is also guidance on how to fill in the form, and you will need to scan any supporting documents and upload these onto your computer to submit alongside the application.

If you do not have a home computer, you can access PCs for free at Hillingdon libraries and self serve computers at the benefits reception at the Civic Centre or at the One Stop Shop reception in Hayes, where there is limited access.

## Improved online services

The council's newly improved 'Do it online' account allows residents to access more than 200 services, 24 hours a day, seven days a week in one place.

Access [www.hillingdon.gov.uk/doitonline](http://www.hillingdon.gov.uk/doitonline) on your mobile or tablet, or for free on a computer at your local library. Online services are easy to access, whether you need to pay for something, report an issue or send us feedback. Tasks include requesting recycling bags, reporting fly-tipping, booking adult learning courses and applying for school places. Recently added online services include applying for licences and permits.

Hillingdon's 'Do it online' has also been introduced to the council's website for young people, [young.hillingdon.gov.uk](http://young.hillingdon.gov.uk), along with a 'Find my nearest' tool. 'Do it online



services' include applying for apprenticeship schemes and reserving/renewing library books. With 'Find my nearest', you can look up your local library, young people's centre, park, leisure centre, school and more. The website's design, navigation and search facilities have also been improved, so it's easier to find the information you need.

For some of these online services, you need to be registered and signed in to your account.

## Mayor's Charity Appeal launch event

The Mayor of Hillingdon, Cllr Carol Melvin launched her 2017/18 charity appeal in July, receiving initial fundraising for her three chosen charities.

She was joined at the launch by councillors, local businesses and representatives from the charities at the evening at Northwood Golf Club.

On the night, a raffle offering donated prizes raised £437. This amount was then matched by Barclays.

The Mayor's three chosen charities are The Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre treating all those locally affected by cancer; The Halo Foundation, which offers bereavement support for children and young people; and the 1st Northwood Scout Group, who are trying to raise money to rebuild their ageing 60-year-old hut.

**Cllr Melvin** said: "I really want to thank all those who came out to



**NEW CHARITY APPEAL** Cllr Carol Melvin and representatives from her three chosen charities.

launch the appeal. These are worthwhile local charities dealing with all aspects of modern life in our community and they really need our support. I hope others will join me in getting behind them by supporting their important work."

To donate to the Mayor's Charity Appeal visit [www.hillingdon.gov.uk/mayorcharity](http://www.hillingdon.gov.uk/mayorcharity) or send a cheque payable to the 'Mayor of Hillingdon's Charitable Trust' to the Mayor's Parlour, Civic Centre, Uxbridge, UB8 1UW.

## Extension provides much-needed space for social club

Older residents who attend the weekly lunch and social club at Bell Farm Christian Centre are delighted with their new extension. They tell *Hillingdon People* how important this service is to them.



have become good friends. Babs said: "I've been coming here for three years now and it's marvellous - everyone is so friendly. They serve good food and the attention you get from employees and volunteers is fantastic. It's good that there's now another room and I like doing arts and crafts in there."

June said: "I enjoy coming here very much, there's a really lovely atmosphere. My husband is in a wheelchair and doesn't get out much and as we get transport here it's a chance for us to leave the house and socialise. The team here work so hard and make us feel so welcome."

The extension is also used for meetings, Sunday school, ward councillor surgeries, and other services the centre runs for the local community.



**W**ork on the building extension at Bell Farm Christian Centre, West Drayton began in January last year, with residents first starting to use it a couple of months ago. The centre received £80,000 from the council's Leader's Initiative for Older People to carry out the work. The additional new room, which is adjacent to the main hall, now provides more space with doors opening onto the patio and garden.

**Emily Hancock**, 91, from West Drayton, said: "The new extension is lovely. I do some of the exercise sessions in there. I've been coming here for 19 years now and everyone is really friendly and nice. When I lost my husband the club offered me the opportunity to get out of the house and not be on my own."

**Irene Collinson**, 77, from West Drayton, said: "The extension is handy for us to do arts and crafts in and chairobics. I've been coming here for the last 10 years. The lunches are excellent, the volunteers are fantastic and everyone is really friendly. The club provides me with good company and a chance to socialise."

**Peter Guiver**, 69, from Harlington, said: "I'm on my own and the club has helped me to make new friends. The exercise classes in the new extension help me to keep fit. The day trips the centre runs for older people are also really good."

**Babs Kopp**, 87, from West Drayton met **June Jones**, 80, from Hillingdon at the club and the pair said that they

The room is currently used for arts, crafts, exercise sessions, planting, quiet time and other activities once lunches have finished, but **Donna Rall**, **Manager and Outreach Worker for Older Persons**, explains that it could also in future be used by additional members as another space for eating lunch. She said: "It's absolutely great, really lovely. The room has increased our capacity and allows us to do so much more. On nice days we can open the doors and it really opens the space up even more."

The club provides a two-course cooked meal each Tuesday for up to 75 older residents with fresh meat and vegetables. The centre also organises occasional day trips, weekends away and other activities for their older members.

Bell Farm is always looking for new volunteers to help with lunches, for more information on this or the social club call Donna on 01895 444406 or email [Donna@bfcc.org.uk](mailto:Donna@bfcc.org.uk). For information on Hillingdon dining centres visit [www.hillingdon.gov.uk/diningcentres](http://www.hillingdon.gov.uk/diningcentres)

## Can you spare 90 minutes a week to help a young person in need?



The council is looking for volunteers in the community to commit 90 minutes each week to support and guide a young person through a difficult time in their life.

Whether struggling at school, coping with a family

bereavement, or having trouble with relationships at home; there are more than 100 young people in Hillingdon in need of a mentor to help them get back onto the right track.

Volunteer mentors will go on a part-time training

course to learn how to provide one-to-one support to young people aged 13 to 25, and will then be matched with a young person in the area who needs help.

Mentors will meet their dedicated young person each week in a public community space to help find solutions to their problems and support them to achieve their goals.

The volunteer role would suit residents who are looking to give something back to the community whilst learning new skills, and it is also an opportunity to enhance your CV. The council is particularly looking for young men from black and Asian backgrounds to sign up, as many young teenage boys request an

adult male who they feel comfortable opening up to.

**Cllr David Simmonds**, **Cabinet Member for Education and Children's Services**, said: "Mentoring is a fulfilling role and we are looking for responsible adults to come forward to help young people in the community. Some of those who need support have been through upsetting personal experiences or have made poor decisions in the past, and they may be struggling to move forward in their lives. Our volunteer mentors provide one-to-one guidance and encouragement to help them overcome personal difficulties and fulfil their potential."

If you want to volunteer contact Marie Fleming on 01895 556300 for an initial discussion.

# Meet some of the unsung heroes of our community



The council held a ceremony in July to celebrate and recognise the valuable contribution that unpaid carers make to our community.

An unpaid carer is someone who looks after a friend or family member who otherwise wouldn't be able to cope without their support.

More than 70 carers were nominated by the people they care for and residents, and were invited to a celebratory evening at the Civic Centre in Uxbridge. All carers were recognised and thanked by the Mayor of Hillingdon, Cllr Carol Melvin and the Leader of the Council, Cllr Ray Puddifoot.

### Alf and Jill

Local resident Alfred Reynolds from Hillingdon has been caring for his beloved wife Jill for the past three years (left). He was delighted to receive his certificate.



Alf said: "My wife Jill has Parkinson's and Dementia. I can't describe how happy I feel to be nominated. I've been married to Jill for 50 years and I do everything for her; from washing to cooking to helping her into bed at night.

"I run the household and it can be very stressful as I never switch off, I'm always concentrating on looking after her. It's heartbreaking to watch my wife's condition get worse, but my saving grace is my garden. I love being out in my garden and Jill can watch me whilst I work, and that's my release."

### Claudine and Melanie

Claudine Schopfer from Hayes (right) was nominated by Sally Leahy from Queens Walk Resource Centre; a state-of-the-art facility for people with physical and learning disabilities in South Ruislip. Sally said: "Claudine is an admirable mother, she has dedicated her whole life to her daughter Melanie with no respite. She always supports Melanie in everything she does and goes that extra mile to ensure that Melanie enjoys all aspects of her life."

Claudine said: "I do everything for Melanie including washing, dressing

and making sure she has her medication. I feel very tearful about being nominated. It's so nice that staff at Queens Walk think so highly of me as a mum. I love my daughter to bits and I wouldn't swap her for anything else in the world."

### Young carers

It is estimated that there are more than 2,500 young carers in Hillingdon, yet younger people often don't seek support for their caring responsibilities.

### Paul and his brother Jacob

Paul Evans (right) is 12 years old from Uxbridge and he attends Abbotsfield School in Hillingdon. He was nominated by his friend Stephanie, who said that Paul is a very caring and supportive sibling who brings out the best in Jacob.

Paul said: "I'm shocked to be nominated but I'm really happy. I like to help my brother Jacob. I adapt his games and equipment for his visual impairment so that he can use them, and I go to a special needs group with him. I give him his medication and I'm always here to support him. It makes me feel happy to see my little brother succeed."

Jacob said: "I feel excited to be here. Paul is a good carer. He helps me put together my Lego and he helps me walk around the park."



### Harry and Helen

Harry and Helen Stephens, aged 12 and 13 from Ruislip (top left), care for their mum Monique. They help her with the housework but still manage to get all of their homework done. Helen said: "We're really happy and surprised to be nominated as young carers. We didn't expect it!"

Their mother Monique said: "I'm very proud of my children, they provide me with unconditional support and a lot of love. Helen does all the cooking whilst Harry prepares the food, and they help me with everyday activities, as well as getting me out and about.

The support they give me allows me to continue. I'm able to carry on with life."

All of the nominated carers were presented with a framed certificate.

Meadow High School and Coteford Infant School were also nominated for the support they provide to young carers.



### Leader of the Council, Cllr Ray Puddifoot, said:

"Many carers in Hillingdon don't realise that they have caring responsibilities, but our annual Carers' Recognition Scheme aims to recognise the work of unpaid carers and ensure they are given the support they need.

"Being a carer is a challenging role as many people have to juggle their caring responsibilities with work, study and other family commitments. We want to thank all carers in Hillingdon for the valuable contribution they make to our community, and to make residents aware that there is advice and support on offer."

Anyone who thinks they may be a carer can find out more information on [www.hillingdon.gov.uk/carers](http://www.hillingdon.gov.uk/carers)



Oliver Perrott Photography

# Regenerated Old Dairy site creates employment opportunities for local people

The former Arla Dairy in South Ruislip has now been fully redeveloped by Citygrove, creating more than 500 new jobs and an attractive leisure and retail park for local residents.

Work on the £100 million development commenced in October 2015 and the scheme includes 183 homes (18 shared ownership and a block of 12 affordable homes to rent), family restaurants (including Nandos, Frankie and Benny's and Chiquitos) which open out onto a central public piazza with seating, an Asda foodstore, petrol station and 11-screen multiplex Cineworld cinema. New off-road paths and cycle routes provide easy access to public transport. Citygrove won the RICS Award for Regeneration in May for transforming the site.

## Asda

Asda opened at the end of May. The 40,000 sq ft store has fresh food

(chilled, bakery and meat), groceries (including traditional and world foods) and a range of non-food items. The shop has 10 checkouts, 18 selfscan points and there is also a 'food to go' area and café.

Asda has worked with the council and Jobcentre Plus (JCP) to provide employment opportunities for residents and more than 90 per cent of the 270 staff are local.

Asda asked JCP and the council to support their recruitment campaign, following a successful partnership with the Hayes store in 2015. JCP supported the recruitment process by holding three assessment days at Uxbridge Jobcentre.

The council also organised a special information recruitment session for residents with learning disabilities in

April at South Ruislip Adult Learning Centre. Following this session, three residents with autism were employed.

**Stephanie Mullally, Business Development Manager from Hillingdon Autistic Care and Support (HACS)**, said: "HACS is very proud that three of our young people have gained employment with Asda after also successfully completing our Employability programme, which was funded by Hillingdon Council. Asda has been a shining example of an inclusive employer.

"They facilitated adapted small group interviews for our candidates and we are looking forward to our monthly meetings with Sev Or, Customer Service Manager to review their progress and ensure a smooth transition into the role. It's great that Asda has recognised their potential and given them their first step into paid employment."

**Bradley Adaway, Veerinder Gill and Michelle Pearson** are really grateful for their new jobs.

Bradley, 22, from Cowley is employed for 23 hours a week as a porter. He said: "I really enjoy it and I get on well with everyone. I'm really pleased that I have a stable permanent job. I'm quite independent and like getting on with jobs on my own. I enjoy helping customers, particularly the elderly as I don't like to see them struggling with carrying their shopping. I'd really like to stay working here in the future and try unloading in the warehouse."

Veerinder, 29, from Hayes, works at the store two days a week. She said: "I'm really enjoying it - it's my first paid job. When I found out that I had got it I cried with happiness. Everyone's friendly and welcoming and I'm learning new skills. I replenish front of store stock and I also spend some time on the check-outs. I really look forward to coming to work, as this job has helped me to become more confident and enjoy myself more."

Michelle's mum said that she has become more talkative and confident since she started at Asda. She is proud of her 29-year-old daughter for getting her first paid job and how she has just been getting on with her job. This was echoed by Sev who said she has noticed a real difference in Michelle's confidence.

**Store Manager, Lee Randall**, said: "We worked with the council when recruiting at the Hayes Asda and agreed that we would work together again to hold an open information day

for people with learning disabilities for the South Ruislip store. The three local people we have recruited are getting on really well and their communication and customer relations have really improved."

## Cineworld

Cineworld opened at the start of July. The new multiplex cinema has 11 screens and will show the latest movies, with six screens able to offer 3D. All screens are wheelchair accessible and five have access boxes for people with disabilities.

Cineworld held a recruitment open day in May at the Ramada Hotel, South Ruislip and all 59 jobs went to local people.

**Alex Cannon**, 22, from Yeading returned to his family home after studying creative writing at university in Bath and said that he initially struggled to find work locally. Alex has autism and Asperger syndrome. He said that his new job as a team member is the best he has ever had because of the approachable, understanding and supportive managers, friendly team and enjoyable work. He said that his love of films adds to his happiness in his role. Alex said he'd love to stay at Cineworld and work his way up in the company.

**Fred Bates**, 20, from South Ruislip said that he is enjoying the quick 10 minute walk to work from home. He is also working as a team member, and like Alex had struggled to find work

locally after finishing sixth form. He said: "The application process was really good and quick, and I was shocked when I got the job and thankful to be given a chance. I'm loving it as I'm always doing something

different and learning new processes. I am happy that I have found a stable job with a steady income and have made new friends."



HIRED Alex, Sam and Fred.

## Sam Tomlinson, Cineworld South Ruislip General Manager,

said: "Cineworld has fantastic career prospects and is a brilliant company to work for. Our new employees are getting on well and business is picking up each week following a busy opening week with great feedback from customers. We want the cinema to be part of the local community and we are also offering screenings for community groups, schools and clubs."

## Clr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration,

said: "The council is committed to working with partners to support new businesses and developments to boost the borough's economy and increase employment opportunities for residents. The Old Dairy site has seen a real transformation. It's good to see that the various businesses have employed local people and that trading is going so well."



RECRUITED Bradley and Veerinder with Lee and Sev (above). Clr Mills with Lee (right).



For more information on business in Hillingdon visit [www.hillingdon.gov.uk/business](http://www.hillingdon.gov.uk/business)

# Fun free summer events enjoyed by families



The council hosted two of its popular annual outdoor events for residents. Hayes Carnival and our Family Fishing Fun Days saw families take part in a variety of activities.

Hayes Carnival - the annual celebration of Hayes and its diverse community - took place on Saturday 8 July, bringing with it an explosion of colour and song.

An estimated 3,000 people attended the event, which began with a parade from Central Avenue to Barra Hall Park. Led by renowned Bollywood choreographer Jay Kumar and his Dance Asia Team, the procession featured a variety of dazzling costumes.

### Parade prize-winners:

#### Community Walking Group

- 1st Centre for Oneness
- 2nd Transition Heathrow
- 3rd Encore

#### Children's Walking Group

- 1st Yeading Junior School
- 2nd Hayes Town Chapel
- 3rd Hayes and Harlington Scouts

The winners received their prizes



from the Mayor of Hillingdon, Cllr Carol Melvin.

The ceremony was followed by a fun-packed afternoon of free attractions for all of the family, including children's shows, games, puppets, sports, arts and crafts and walk-a-bout acts.

The Hillingdon Community Choir, rhythm and blues trio Red Jackson and indie-pop four piece The Scapegoats dazzled carnival-goers with their musical talents from the main stage, and Dance Asia got the crowd on their feet for a mass Bollywood dance class.

For more photos visit [www.hillingdon.gov.uk/hayescarnival](http://www.hillingdon.gov.uk/hayescarnival)

# Family Fishing Fun Days



Our Family Fishing Fun Days were back for the ninth year running in July and August, giving residents a fun and free way to try their hand at fishing.

The events held at Little Britain Lake, Cowley proved to be as popular as ever, with an estimated 850 people taking part in fishing.

As well as offering hourly angling sessions guided by experienced volunteer anglers, the events also gave people the chance to try out bird box making. For younger visitors there was a bouncy castle and facepainting.



### Catch of the day prize winners

- 1st prize** - Sola Ogundipe, 6 and Audrey Abdullas
- 2nd prize** - Muhsin Budak, 6 and Hollie-May Stroud, 7
- 3rd prize** - Thomas Dickson, 6 and Neshra Dawod, 15
- Luck Dip** - Joe Wyse, 8 and Terry James



**Leader of the Council, Cllr Ray Puddifoot**, said: "I'm delighted that this year's Family Fishing Fun Days were once again a resounding success.

"They're such a great day out for everyone and the perfect opportunity to learn something new while spending some time outdoors in one of our fantastic green spaces."

For more photos or information on fishing visit [www.hillingdon.gov.uk/fishing](http://www.hillingdon.gov.uk/fishing)



# CULTURE & LITERATURE FESTIVAL bite

In the last issue of *Hillingdon People*, we featured some of the September Culture Bite events - here's a selection of the festival's offerings for October.

Culture Bite is the council's annual festival celebrating arts, literature and culture, and the programme includes drama, creative writing, arts, crafts and talks from bestselling authors at a range of venues across the borough. The festival will begin on Sunday 17 September and run until the end of October.



**Jeanette Winterson**  
**The Reformation of Marriage**  
Wednesday 11 October,  
7.30pm to 9pm  
Compass Theatre, Ickenham  
The charismatic novelist, who explores love and passion and freedom in her fiction, re-imagines the union of loving human beings, as she did at The Hay Festival earlier this year. Her books include *Why Be Happy When You Can Be Normal?*, *The Passion*, *Oranges are Not the Only Fruit* and most recently *The Gap of Time*.  
**Cost: £10.**

**An evening with Victoria Hislop**  
Tuesday 17 October,  
7.30pm to 9pm  
Compass Theatre, Ickenham  
The beloved, bestselling author's new novel is illustrated with photographs that make this journey around Greece, already alive in the imagination, linger forever in the mind. Hislop's other Greek novels include *The Island* and *The Thread*. She will be holding a Q&A at the end of the session, as well as a book-signing.  
**Cost: £5.**

**The S-Word**  
Thursday 19 October,  
7.30pm to 9pm  
Winston Churchill Theatre  
What makes the relationship between sisters so special and yet so sinister? Our panel of incredibly talented authors, have all released books dealing with this very subject over the past year, creating a buzz of 'Sister Fiction.' Join Isabel Ashdown, Michelle Adams, Sue Fortin and Louise Jensen as they discuss the appeal of exploring the hidden depths in these family ties.  
**Cost: £5.**

**Wine Tasting with Henry Jeffreys**  
Friday 20 October,  
7.30pm to 9pm  
Uxbridge Library  
A history of the British Empire with a boozy twist, Henry Jeffreys will be talking about his award-winning book *Empire of Booze*. If the talk leaves you feeling thirsty why not join in with the wine tasting?  
**Cost: £10.**

**Charlotte Brontë Women and Literary Ambition with Dr Claire O'Callaghan**  
Saturday 21 October,  
7.30pm to 9pm  
Uxbridge Library  
Claire O'Callaghan will talk about Charlotte Brontë's literary ambitions and her desire to be remembered, how she sought to carve her professional identity and some of the challenges she faced as a woman writer that meant she had to be published under a pseudonym.  
**Cost: Free.**

**Sarah McIntyre and Philip Reeve**  
Tuesday 24 October,  
2pm to 3pm  
Winston Churchill Theatre  
Author Philip Reeve and author/illustrator Sarah McIntyre have created a number of award-winning books; *Oliver and the Seawigs*, *Cakes in Space*, *Pugs of the Frozen North* and *Jinks and O'Hare Funfair Repair*. Their new activity book *Pug-a-Doodle-Do* will be published in September. Get your pens out and step into an amazing world of pugs, sea monkeys, killer cakes and more, for a whole host of drawing and creative writing adventures and fun with these expert guides.  
**Cost: £2.**

**Nutcracker Family Dance Workshop**  
Saturday 28 October,  
1pm to 2.15pm and  
2.30pm to 3.45pm  
Uxbridge Library  
Get in the festive spirit and take part in a creative family ballet workshop inspired by, *The Nutcracker*. Learn extracts with English National Ballet dance artists. Suitable for children aged between five and 10 years with an accompanying participating adult. No previous experience necessary.  
**Cost: Free.**

**Operation Relentless with Damien Lewis**  
Saturday 28 October  
7.30pm to 9pm  
Uxbridge Library  
Bestselling author of *Zero Six Bravo*, Damien Lewis tells the incredible true story of the world's most-wanted criminal, arms dealer Viktor Bout, and the non-stop hunt of the elite forces to catch him.  
**Cost: Free.**

**Death of a Translator**  
Friday 27 October,  
7.30pm to 9pm  
Uxbridge Library  
Novelist Ed Gorman visits Culture Bite to talk to us about his new book *Death of a Translator*, which is a searingly honest description of a mind haunted and eventually paralysed by the terror of Post Traumatic Stress Disorder. A young journalist who has reported on many wars, has an experience in Afghanistan that will never let him go.  
**Cost: Free.**

**Culture Bite Grand Finale**  
Tuesday 31 October,  
7.30 to 10pm  
Middlesex Suite, Civic Centre  
Make sure you book a place at this exclusive party, where you will be able to mingle with your favourite authors and artists.  
**Cost: £3.**



Cllr Richard Lewis, Cabinet Member for Culture, Heritage and Central Services, said: "The countdown has now begun for the start of this year's festival. If you haven't had a chance to look at the programme or book a ticket for an event, I encourage you to do so. Culture Bite 2017 is offering a wide variety of must-see events and even more bestselling authors for adults and young people of all ages to enjoy or participate in."

**Mr and Mrs Polluto**  
Monday 23 October.  
Two performances at 11am and 2pm  
Winston Churchill Theatre  
A fun-filled, family adventure for ages 3+  
Welcome to the world of the Polluto family who throw all their rubbish into the garden and never recycle. One day, their rubbish piles so high that they can no longer leave their house. As the rubbish piles higher and higher, will they ever find their way out?  
Using puppetry and live music, we invite you for a fun and playful adventure that explores the environment and our relationship to it.  
Running time: 45 minutes.  
Presented by Total Insight Theatre.  
**Cost: £2.**

To book to attend one of these events or see everything on offer visit [www.hillingdon.gov.uk/culturebite](http://www.hillingdon.gov.uk/culturebite) or go to your local library. Full programme brochures are also available in libraries

# New scheme gives job opportunities to young people with learning difficulties

Less than six per cent of children in the UK with learning disabilities will go into employment as an adult,\* so the council has set up a new scheme to help more young people with special educational needs and disabilities (SEND) into work. *Hillingdon People* met some of the scheme's interns to find out how the project has helped them gain their first step on the career ladder.



Project Search was set up by the council in partnership with the Marriott Hotel, Heathrow and Meadow School, Uxbridge to provide young people with SEND with a full year's internship to gain experience for future employment.

As part of the programme, young people learn invaluable skills in the workplace such as working as part of a team and dealing with customers, as well as everyday tasks like waiting tables and housekeeping. The interns also undertake job interviews and get help updating their CV to prepare them for working life.

As a result of the scheme, four young people have already been offered full-time employment, and all other interns have job interviews lined up.

## Meet the interns

**Michael Vickery**, aged 22 from Ickenham, is autistic and has just accepted a permanent full-time job at the Marriott. Michael said: "Before I started the internship I didn't communicate well, but now I speak to lots of different customers. Project

Search is all about learning new skills so that you are ready to apply for jobs, and it's helped me to be more confident. I really enjoy working at the Marriott as I like to be busy and do lots of different things in my job."

**Jason Mann**, aged 20 from Ruislip has moderate learning difficulties and speech, language and communication difficulties. Jason has just been offered a job at a company in Heathrow where he will be taking on a customer service and cleaning role. He said: "Guests like my service as a concierge at the hotel, and I like booking cabs for people and taking luggage to their rooms. I went for an interview for a job and I was really nervous but my experience from the internship helped me to succeed. I get two buses and a train to my new job and now I feel confident being independent."

**Rhianna Lavender** is 23 years old from Hayes and has moderate learning difficulties and severe dyspraxia. In June, she started working as a care attendant in a care home in West Drayton as a result of the programme.

Rhianna said: "During Project Search, I worked in housekeeping as a room attendant and then in the public areas, which I liked because I got to talk to the guests. The programme has changed me quite a bit. I've got more confidence in myself and I can talk to other people more now. I like my job working as a carer and caring for residents."

Project Search has helped 10 young people in Hillingdon in its initial year.

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

"Project Search has already been extremely successful in teaching young people with learning difficulties the skills needed to get into full-time employment.

"Our partnership with the Marriott Hotel allows young people to build confidence and get real-life experience to prepare them for the first step in their career as an adult.

"We look forward to helping more young people into employment across the borough."

For more information, visit [www.hillingdon.gov.uk/youngemployment](http://www.hillingdon.gov.uk/youngemployment)

\* Stat taken from BASE



# Former business unit turned into homes for Hillingdon residents

A newly refurbished apartment block in Yiewsley is providing 41 much-needed homes for local people, after being bought by the council to help meet the growing demand for housing.

Packet Boat House, in Packet Boat Lane, is a former business unit that lay derelict for many years before being extended and refurbished by a housing association in 2016.

The apartment block has a mixture of studio, one and two bedroom flats, with modern kitchens, bathrooms and private balconies or terraces.

The council bought Packet Boat House in November 2016, investing £10.3 million, and has since turned 21 of the flats into social housing, with the first tenants moving into the homes in June 2017.

One of those tenants is **Chris Cooper**, aged 52, who lived on a narrowboat for 15 years until poor health forced him to move.

"I would have lived there forever if my health hadn't deteriorated," said Chris. "But unfortunately, I got arthritis and I have problems with my heart, so I could no longer live on the boat; it just became too hard with my health issues.

"When I went to view the new flat, it was really lovely. The building is modern and the apartments are all

gorgeous. It was well worth the wait. It's funny because I lived on a boat for so long, and now I live in Packet Boat House on Packet Boat Lane - overlooking the marina and the place that I spent so many years of my life."

Many of Chris' new neighbours have downsized from larger council houses. The vacated properties are now free to go to other families on the housing waiting list.

In addition to the 21 flats for rent, Packet Boat House contains 20 flats due to be sold as part of a shared ownership scheme that aims to help lower income households and first time buyers to get onto the property ladder.

Under the scheme, applicants can purchase a share in one of the flats and are only required to buy 25 per cent, rather than the 40 per cent required by most housing providers. They then pay subsidised rent on the remaining share of the property, and as and when their finances improve, they can purchase additional shares until they own the property outright.



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

"Like many local authorities, we are facing a growing demand for quality, affordable housing, and it's important we take action to ensure there are enough homes in the future.

"As well as providing new developments, we're keen to make the best of former business or industrial sites as housing for local people. Packet Boat House is a perfect example of this.

"By making half of the flats available to people on our housing register, we're not only giving residents good quality homes but we're often freeing up larger properties for the families who need them the most. By selling the rest to shared ownership buyers, we're giving people on lower incomes, who might otherwise be priced out of the market, the chance to gain a foothold on the property ladder."

To register an interest in the shared ownership flats visit [www.hillingdon.gov.uk/packetboathouse](http://www.hillingdon.gov.uk/packetboathouse)

# Could you foster a child or young person?



Hayat Khiar is new to fostering and began looking after her first child in November last year. *Hillingdon People* talked to her to find out about the journey to become a foster carer, and why she wants more people to come forward to look after a child in need.

Hayat said: "I'd always been fascinated by fostering, and I thought it might be something I would think about doing when my children had grown up. Watching the Syrian child refugee crisis on the news really made me want to do more to help."

"One day, I was visiting the mosque and the Imam told us that the council was looking for more Muslim families to care for children in the borough. I felt like it was a call from God. There are so many children with no parents or family to look after them, and I knew I could care for a child and help them through life. When I finished praying with my sister, I knew this was my calling. I was ready to do it."

**Once Hayat felt ready to foster, it took around a year to ensure that she was right for the role and to prepare for the challenge.** She said: "After taking a fostering leaflet at the mosque, I arranged to go to an information evening at the Civic Centre in Uxbridge to find out more. I soon realised that I ticked all the boxes of what they were looking for, as I



already had childcare experience from bringing up my own children. Two of my children had already left home after graduating from university so I had the space, and I felt physically and emotionally ready. I wanted to do something to change what these children and young people are going through."

**So after she was told that she was suitable to foster, what happened next?**

She said: "It's a real journey to become a foster carer but it's so worth it. I went on a three-day course to learn all about fostering, and it was very emotional. I learnt that children come into foster care for many different reasons, whether they've been abused or neglected or their parents have passed away. It was upsetting, but I knew that I could give a child a safe space to live and help them to have a better future."

"I then spent a lot of time with a

dedicated member of staff from the council, and went on courses to learn new skills, such as how to look after a child who has been neglected. It was like going back to college with homework and research."

*"It's a real journey to become a foster carer but it's so worth it"*

**After successfully completing background checks and interviews with members of the council's fostering team, Hayat was given her first foster child; a 16-year-old girl from Hillingdon.**

She said: "It can be scary and challenging welcoming a teenager into your home, but we've come such a long way in a short space of time. I give her all the love and support she needs

and most importantly, I listen to her when she needs to talk. I think it's important to treat people the way you want to be treated, and all I ask in return is respect. She was only supposed to stay short-term for a week and had another foster family lined up, but we bonded really well and she asked the council if she could stay with me permanently."

**Although Hayat has only been fostering since November, she has already found it so rewarding.** She said: "My foster child has been through a difficult time in her young life but I have helped guide and support her and encouraged her to feel positive about herself. After just a short time, she became a different child. I try my best to make her happy and give her a good life, and she's doing really well."

**The council is always looking for foster carers from all backgrounds and ethnicities to care for children from birth to 18 years, but this**

**Have a chat about fostering**  
**Monday 11 September** from 10am to 4pm at the Pavilions shopping centre, Uxbridge, UB8 1LN  
**Thursday 5 October** from 10am to 4pm at Botwell Green Sports and Leisure Centre, East Avenue, Hayes, UB3 2HW  
**Fostering information evenings**  
**Tuesday 12 September** from 6.30pm to 8.30pm, Civic Centre (main reception), High Street, Uxbridge, UB8 1UW  
**Tuesday 10 October** from 6.30pm to 8.30pm, Civic Centre (main reception), High Street, Uxbridge, UB8 1UW

**month the service is appealing for residents to care for young people aged 13 to 18.** Hayat said: "Teenagers need you more because they need guidance, support and someone to listen to their worries. The biggest reward I get is seeing my foster child changing and looking forward to her future. She's just completed an apprenticeship and I'm now guiding her through the next steps of her life to go to college or into work."

**As a new foster carer, does Hayat think there are any particular qualities you need to look after children and young people?** "I think the most important thing you need is a big heart. You will be looking after someone else's child and you are doing it for the love of being a parent, and that's got to come from the heart. If you have space in your house and space inside your heart, then there are children who need you. Please, please think about fostering."

**What makes a good foster carer?**

Understanding  
 Selfless Caring  
 Listening Helpful  
 Supporting you Funny  
 Loving Nice food!  
 Giving you space

**From children in foster care**

*"I felt like it was a call from God. There are so many children with no parents or family to look after them, and I knew I could care for a child and help them through life."*

For more information on fostering visit [www.hillingdon.gov.uk/betheone](http://www.hillingdon.gov.uk/betheone)

# HILLINGDON in BLOOM



## Hillingdon in full bloom

Judging took place across the borough for the Britain in Bloom and Hillingdon in Bloom competitions during the summer. Find out what happened and how the council thanked residents for their support.

### Britain in Bloom

Judges from the Royal Horticultural Society toured Hillingdon on 9 August for Britain in Bloom. **Darren Share** and **Geraldine King** were guided by the council's green spaces officers and Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services, visiting a range of sites, including the Rural Activities Garden Centre, Stockley Business Park, Civic Centre, Eastcote House Gardens, Breakspear Crematorium, Ruislip Lido and Poors Field, Meadway Allotments and Manor Farm. They met with volunteers, community groups and residents who all play a vital role each year in helping Hillingdon to bloom.

A portfolio was also created to showcase what the council and the local community have achieved.

Britain in Bloom is a nationwide competition. More than 3,000 cities, towns and villages take part each year to show off their achievements in environmental responsibility, community participation and horticultural achievement. The council won Gold in this competition in 2015.

**Jean Sherrington** and **Margaret Archer** are sisters who plant and maintain the flower beds at Eastcote Station. They've met the judges before and were pleased and surprised to be asked to meet them



again. Jean said: "We've been doing it for five years now. We started from scratch and took all the old shrubs and plants out, and we planted it up, and over the years it's grown. We enjoy doing it - it's good exercise."

**Jean Pine, from 6th Eastcote Scout Group**, said: "We've been up to Eastcote House Gardens to show our projects to the judges and we think it's been a lovely day. We were so happy about being invited back again. This is a wonderful place to live - we love living here - and hopefully we'll come out with top marks!"

**Darren** said: "Hillingdon is in the national finals and one of the top three entries in the UK and that's something to be very proud of. It was great to hear how committed the council is to open spaces and it is so nice to see the amount of community activity and volunteering that you all do. Everything we saw was really impressive, so well done."

**Geraldine** said: "Thank you for giving us a splendid day and showing us some of your masterpieces and the

areas that you work within. I'd like to say thank you to the green spaces team who have diligently taken us around and the volunteers for telling us about their contributions.

"Obviously you haven't been marked yet and we don't know what the result will be but you have done a good job - you all are working hard and it's what the three core pillars of the Royal Horticultural Society are about: environmental responsibility, horticulture and most importantly community."

The Britain in Bloom results will be announced on Friday 27 October at Colwyn Bay, Llandudno.



**ALL SMILES** Field End Junior School hard at work for Britain in Bloom.

### Hillingdon in Bloom

Judging also took place for Hillingdon in Bloom (the council's own horticultural competition) in July. The council had more entries than ever before in the 11 categories, with more schools taking part. Hillingdon in Bloom entries also contributed to our Britain in Bloom submission.



**BLOOM CREATIVITY** Sunshine House School, Northwood created a scarecrow which was on display for the judges.

### Judges and council green spaces officers, Tim Gutierrez and Neil O'Connor, said:

"As always we have had some spectacular entries which have all been a visual delight. No matter how big or small these are, they are a great contribution to the borough's horticultural vision and environmental ethos. It is truly wonderful to see the horticultural and conservation efforts made by our



residents, which spread colour, scent and joy to our local communities and wildlife."

Winners will be revealed at the council's Autumn Show on the afternoon of Saturday 16 September

at the Great Barn, Manor Farm during Open House Weekend. See page 33 for more details.

### Thank you tea party

The council hosted a vintage tea party at the Great Barn, Manor Farm following the Britain in Bloom judging.

The event was an opportunity to thank council officers, volunteers, community groups and residents for their hard work in supporting all of the horticultural competitions. They were treated to tea, cakes and entertainment from rhythm and blues trio Red Jackson.



### Cllr Jonathan Bianco, said:

"We're hopeful of good results again this year in these competitions. I have been impressed by the wealth of horticultural displays on show across the borough and how well presented our green spaces have been. We wouldn't be able to enter these competitions and maintain such high standards without the dedication and support from residents, community groups and council officers. I'd like to thank you all for again providing us with such fantastic displays."

Keep an eye out on [www.hillingdon.gov.uk/bloom](http://www.hillingdon.gov.uk/bloom), Twitter @Hillingdon and Facebook The London Borough of Hillingdon for result announcements

# Driving across a pavement safely and legally

Hillingdon People answers some frequently asked questions from residents regarding vehicle crossings.



LEGAL Tarmac crossover installed by the council.

**Q** The kerb outside my house is quite low - can I just drive over it to get to my driveway?

**A** Driving across pavements and grass verges is illegal and can cause considerable damage to both the pavement and your vehicle.

If you see someone regularly driving over the footpath or causing damage to a pavement or verge, you should report it to the council by visiting [www.hillingdon.gov.uk/drivingacrosspavements](http://www.hillingdon.gov.uk/drivingacrosspavements) or calling 01895 556000. You will need to provide details, including the registration.

**Q** I am not concerned about damaging my old car, can I just mount the kerb to cross?

**A** No, it's not just about protecting your vehicle. It's about preserving our infrastructure by preventing damage to the pavement and any public utility services below. It is illegal to drive across all pavements unless a crossover is in place.

**Q** Do I need planning permission to install a crossover?

**A** In most cases, no. However permission is needed if the property has a frontage directly on a classified road, is a listed building or not in use by a single family (is made up of flats). Visit [www.hillingdon.gov.uk/planning](http://www.hillingdon.gov.uk/planning).

**Q** I know a builder who can do this work for me, can I go ahead and use him?

**A** No. Only the council is permitted to construct residential crossovers in Hillingdon.

**Q** Can I choose what material is used for the crossing?

**A** No, the standard finish for crossings is tarmac or concrete, which will be decided solely by the council.

**Q** How much does it cost to get a crossover installed?

**A** The cost can vary depending on the size of the area and any obstructions that need to be repositioned, so an officer must visit the site first before providing an estimate. Costs for standard size crossovers can be between £700 and £1,000. A non-refundable £50 site/administration fee is also charged for all applications. The council's fees and charges are set at a maximum of 90 per cent of what neighbouring boroughs are charging.

If you or a household resident has a substantial and permanent disability and experience difficulty in accessing your home, you may be eligible for financial assistance towards a crossing. Contact Social Care Direct on 01895 556633.

**Q** I don't want to commit to this expense - what happens if I just take a risk?

**A** The council's anti-social behaviour investigations team takes all reports of people driving across and causing damage to pavements or constructing crossings without permission and via external contractors extremely seriously. If the council finds that there is a breach of the Highways Act, a notice can be served setting requirements that should be complied with. Failure to comply with this can result in prosecution proceedings carrying a maximum fine of £1,000. Any costs incurred by the council in repairing damage to the pavement or verge can be passed onto the owner or occupier of the property concerned.

Report incidents to the council by visiting [www.hillingdon.gov.uk/drivingacrosspavements](http://www.hillingdon.gov.uk/drivingacrosspavements) or calling 01895 556000.

**Q** An inconsiderate motorist is blocking my crossing by parking in front of it - what do I do?

**A** Once you have had your crossover and dropped kerb installed you will need to register your dropped kerb for free. To do this visit [www.hillingdon.gov.uk/enforcementofdroppedkerbs](http://www.hillingdon.gov.uk/enforcementofdroppedkerbs).

Once you have registered and you find that your dropped kerb or access to your crossover is blocked you will be able to call the council's parking enforcement hotline on 01895 271 418 and an enforcement officer will visit. Any vehicle found parked in contravention will be issued with a parking ticket.

To apply for a vehicle crossing visit [www.hillingdon.gov.uk/vehiclecrossovers](http://www.hillingdon.gov.uk/vehiclecrossovers)



The council is committed to protecting vulnerable children and young people from child sexual exploitation (CSE) and works closely with its partners and the Metropolitan Police to prevent CSE in Hillingdon.

Child sexual exploitation is a national priority, and is a form of sexual abuse that happens when an offender uses power or advantage over a person under the age of 18.

The council has trained more than 1,200 professionals working with children and young people during the last three years, and all Hillingdon schools will receive workshops on CSE so that young people can learn how to spot the signs of abuse.

In recent reviews, Hillingdon's approach to tackling CSE was rated as 'Good', and the council pledged to continue to look at ways to improve awareness of the crime.

Child sexual exploitation information including a resource pack for young people and parents/carers is available online. For more information, please visit [hillingdonlscb.org.uk](http://hillingdonlscb.org.uk).

To report child abuse, please contact the police on 101 or 999 for an emergency, or you can contact the council's multi-agency safeguarding hub on 01895 556633. Concerned residents or victims can also call the free national helpline number for CSE 116 000, or report a crime anonymously to Crimestoppers on 0800 555 111.

**Cllr David Simmonds, Cabinet Member for Education and Children's Services,** said: "We work together with the police and our valued partners to keep young people safe in Hillingdon, and we will continue to focus on preventing child sexual exploitation in the borough. Although Hillingdon does not have a significant CSE problem, we must not be complacent.

"Professionals across all authorities in Hillingdon are fully trained to work together to prevent this horrendous crime, but we cannot do it alone. It's the responsibility of everyone in the community to learn how to spot the signs of CSE and report it. We promise that young people will be listened to and believed. If you suspect that a child or young person is being exploited, please contact the police, Crimestoppers or the local safeguarding board."

**Some of the common signs of child sexual exploitation include:**

- going missing for periods of time or regularly returning home late
- skipping school or being disruptive in class
- appearing with unexplained gifts or possessions
- experiencing health problems that may indicate a sexually transmitted infection
- having mood swings and changes in temperament
- using drugs and/or alcohol
- displaying inappropriate sexualised behaviour
- signs of unexplained physical harm, such as bruising and cigarette burns



## Updates from the Borough Commander

During the summer I held 'Coffee with a Cop' drop-in sessions around the borough. These were well attended and I met a lot of local people to discuss their area and see how we can further improve Safer Neighbourhood Policing. This included how we doubled the number of officers per ward to boost visible foot and bike patrolling; and how we have tackled anti-social behaviour in some hotspots. I also showed residents how to use our new website [www.met.police.uk](http://www.met.police.uk) and by entering your postcode you can see who your officers are, what crime occurs in your area and advice to prevent you becoming a victim. During October I will be holding more sessions. Check out the Hillingdon Police Facebook page for details.

You might have seen news about the draft Public Access and Engagement Strategy from the Mayor's Office for Policing and Crime. This sets out how public access to the police will evolve in London whilst making savings by reducing the number of buildings the Met has. This will include moving our 24/7 front

counter from Uxbridge to Hayes, and at some point in the future selling Uxbridge. I'm holding a public information event in September (see Facebook for details) to provide more information about this, the different ways you can access the police, as well as all the other local services we provide.

Burglary is one of our crime priorities, and we have seen increases, followed by decreases once we have locked away the offender(s)! We are continually working hard to arrest criminals, provide Met Trace Kits in hotspots, and conduct regular patrolling and follow-up visits. The council has a scheme to provide burglar alarms for the over-65s, and the London Fire Brigade also give prevention advice during their fire safety visits, so it is a genuine partnership effort. We also have Neighbourhood Watch schemes across the borough that you can join. The main thing is check doors and windows are locked, leave a light on or user a timer switch, lock any outside ladders or tools away, trim back any hedges and consider an

outside security light or even CCTV. Visit our website for more tips.

Lastly, another of our priorities is safeguarding children and young people. Children are going back to school or college and will hear talks from schools officers to help keep them informed and safe but I would ask parents and carers to help by checking what your children are taking to school or bringing back, to make sure they are not carrying a knife, or taking in sharp scissors instead of safety scissors. If you have any concerns speak to the school, college, or a police officer. Hillingdon remains one of the safest places in London, you have the best officers and staff I've worked with, brave, compassionate, dedicated and professional; and by working together we can help make Hillingdon even safer.



Acting Chief Superintendent  
Colin Wingrove

## Healthcare in Hillingdon



NHS Hillingdon Clinical Commissioning Group is pleased to invite you to their Annual Health Conference and Annual General Meeting, taking place at Brunel University on Wednesday 20 September 2017.

They will be presenting their annual report and accounts as well as setting out the improvements to care they have made over the last year, the challenges ahead and what their plans are for next year.

The schedule for the event is as follows:

**12pm to 12.30pm** Registration, lunch and interactive gallery walk through

**12.30pm to 1.15pm** Annual General Meeting

**1.15pm to 1.45pm** 4 Seasons in one day: How Hillingdon's Health Economy has blossomed in 2016/17

**1.45pm to 2.15pm** Question time

**2.15pm to 2.30pm** Outcomes from the morning's gallery walk through

**2.30pm to 3.30pm** Interactive gallery walk through

The venue has disabled access and disabled parking bays are available. You can register to attend the event by visiting [bit.ly/2vak5Me](http://bit.ly/2vak5Me) or calling 01895 203000.

## Recycle it right

With Recycle Week taking place between 25 September and 1 October, the council would like to encourage more people to get involved to benefit the environment.

Hillingdon is proud to offer weekly recycling collections for dry recyclables, textiles, food and garden waste and we are pleased that the quantity of recycling is increasing across the borough.

Unfortunately, when recycling is contaminated by non-recyclable items the whole bag or container has to be sent to landfill, so we would like to help ensure that only suitable items are deposited in these.

### Dry recycling

The council provides clear bags for dry recycling. You can recycle aerosols, books, magazines, cardboard, paper, tin cans, glass bottles and jars, paper cartons, plastic bags, plastic trays and plastic bottles. For more items and details visit [www.hillingdon.gov.uk/recycling](http://www.hillingdon.gov.uk/recycling).

The following items are commonly mistaken as dry recyclables and must go straight into your waste bin:

- laminated foil pouches, such as baby food and coffee pouches
- drinking glasses, such as a wine glass
- dirty/stained paper
- glass cookware, such as pyrex
- ceramics
- greetings cards with glitter on them
- sticky papers, such as labels
- bubble wrap
- nail varnish bottles
- window glass
- crisp packets
- takeaway coffee cups
- the trigger from household cleaners
- blue glass bottles



### Textiles, food and garden waste

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.



Food waste can be recycled using an internal kitchen caddy, lined with corn starch bags or newspaper. When full this should be placed in the external food storage bin. You can get a caddy, external bin and bags from the council. Food waste includes bread, fruit, vegetables, peelings, cereals, tea bags, dairy produce and meat. You should put your food



storage bin out for collection each week with your garden waste.

Garden waste should be recycled in white canvas bags, provided by the council. Garden waste is collected throughout the year. Garden waste includes dead flowers, grass cuttings, hedge clippings, leaves, prunings, twigs and branches and weeds. Both the food and gardening waste is composted.

You can find out more about the importance of recycling and its environmental benefits by visiting [www.recyclenow.com](http://www.recyclenow.com).

During the summer the council awarded a two-year contract for its boroughwide dry recycling collection service to Biffa Waste

Services Ltd. The company started collecting and treating the dry recycling from June.

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

said: "Recent national statistics show that nine out of 10 people are making mistakes in mixed recycling bags. Including non-recyclable items in your clear dry recycling bags spoils them and as a result, everything is sent to landfill. Our teams are often finding unrecyclable items which should have gone into the black bag as normal waste.

"I'd encourage residents to really think about what they're putting in their bags this Recycle Week and if you're unsure look it up. If you're not already recycling give it a go, once it's part of your daily routine it becomes second nature. Your co-operation with recycling in Hillingdon is really appreciated."

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

# Invisalign and Braces @130 Dental, Hayes 020 8573 0026

0% Finance  
Braces from £900

FREE  
tooth  
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We are the  
Accredited Invisalign  
Mismile Provider for  
North West London

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**Free Consultation**  
@ 130 Dental Centre



020 8573 0026

www.130dentalcentre.com

130 Coldharbour Lane, Hayes, Middlesex UB3 3HB

### Client reviews on our website...

"Very nice clinic. I was really happy with my treatment and all the staff are very experienced and polite. Highly recommended!"

Kali ★★★★★

"Really pleased with my teeth and I can now confidently smile and feel good about it. Thank you to all the staff."

Idil ★★★★★

"Have been coming here as a private patient for the last three years with both my teenage daughters for their braces. The dentist and her assistant are always both friendly and helpful. Never usually kept waiting either and the appointments are never that long too, which is always helpful with our busy lives."

Joanna ★★★★★

"In the last two years I have had orthodontic braces for a smile makeover and the results are fantastic, the whitening has brought out my smile after years of shying away from photos."

Phillip ★★★★★

# Volunteer drivers needed

Hillingdon Community Transport (HCT) is a registered charity that provides low-cost minibus transport to people with disabilities and social groups within the borough, who may otherwise find it difficult to get around.

The voluntary organisation, which is part funded by the council, has been providing transport services to Hillingdon residents since 1979. It was originally set up as a dial-a-ride service with just one minibus.



Today, it has a fleet of vehicles that are fully accessible for wheelchair users and passengers with boarding difficulties. The 24-hour service supports the local community to get out and about, taking groups to activities, meetings, outings and places of interest.



HCT relies on volunteers and is always looking for drivers, who are over the age of 21 and have held a full driving licence for two years. If you have time, energy and want to give something back to the local community, please get in touch.

For more information, visit [hillingdoncommunitytransport.org.uk](http://hillingdoncommunitytransport.org.uk), email [hct@hillingdon.gov.uk](mailto:hct@hillingdon.gov.uk) or call 01895 277773

# Fundraising roles at Marie Curie



### Collection Box Coordinator

In this extremely flexible role, Collection Box Coordinators place collection tins in local shops, train stations, shopping centres, pubs and hotels. They return regularly to replace full boxes before counting and banking the money.

### Volunteer Collection Host

The most successful collections are those that are overseen by a Volunteer Collection Host. In this role, you would meet and greet collectors throughout the day and provide them with the things they need. The host also counts and banks the money collected.

Across the UK, small groups of dedicated people join together to raise funds for Marie Curie, which provides care and support for people living with a

terminal illness and their families. If you'd like to get out and about to support the charity's fundraising, whilst meeting new people and having fun, these roles could suit you.

To find out more about these and other volunteer opportunities at Marie Curie, contact Hannah Woolcott by emailing [hannah.woolcott@mariecurie.org.uk](mailto:hannah.woolcott@mariecurie.org.uk) or calling 020 7599 7774

## New brochure out now

Full and part time  
**Adult Learning Courses**  
September 2017 to August 2018

More than just learning  
 • Increase independence  
 • Relax and unwind  
 • Improve wellbeing  
 • Gain qualifications  
 • Build confidence  
 • Change career  
 • Make friends

HILLINGDON LONDON  
www.hillingdon.gov.uk/adultlearning

Visit [www.hillingdon.gov.uk/adultlearning](http://www.hillingdon.gov.uk/adultlearning) or pick up a brochure and book your course now

## We're recruiting reablement carers

- ▶ Do you have a passion for caring and helping others?
- ▶ Do you have excellent communication skills?
- ▶ Do you hold a driving licence and have use of a vehicle for work?

This is a great opportunity for enthusiastic, reliable individuals with a 'can do' attitude. If you are successful, you will be supporting our residents to maintain or regain self care skills to either prevent admission to hospital or support them on discharge.

Visit our website [www.hillingdon.gov.uk/jobs](http://www.hillingdon.gov.uk/jobs) and search for 'reablement carer' for more information and to apply.

HILLINGDON LONDON  
www.hillingdon.gov.uk/jobs

As autumn arrives there are a variety of events to keep you entertained in and around Hillingdon. There are also a range of family activities on offer for half-term.

# HILLINGDON WHAT'S ON?

For more Hillingdon events or to advertise your own, visit [www.hillingdon.gov.uk/whatson](http://www.hillingdon.gov.uk/whatson)

VIENNA FESTIVAL BALLET  
**THE SLEEPING BEAUTY**  
www.viennafestivalballet.com

"The entire show was captivating from start to finish."  
- WELWYN HATFIELD TIMES

**Sherlock Holmes - Hound of the Baskervilles**  
**Thursday 5 October to Saturday 7 October, 7.30pm and 2.30pm on the Saturday**  
 Let Argosy Players take you on a Victorian journey, back to the famed 221b Baker Street address, where a certain, world famous detective, studiously sits with a keen eye, hawked nose, and the trademark hat and pipe, patiently he awaits his next case... Dr Mortimer, unveils an 18th century manuscript, as he recounts the myth of the lecherous Hugo Baskerville, and a family named plagued by a mysterious ancient and supernatural curse.  
**Cost: £12.**  
**To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

and aggressive dog! Lastly there's the bank manager and his wife in their freezing cold, large and slightly modernised, old Victorian style kitchen. Chaos reigns as social climbing turns into domestic disaster in this agonisingly funny Christmas comedy.  
**Cost: £12.**  
**To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

## MUSIC

**Folk music concert**  
**Thursday 26 October, 9pm to 11pm**  
 Featuring Luke Jackson - BBC Radio 2 Folk Award winner and a young singer/songwriter.  
**Cost: £10 on the door.**  
**Reductions for members and students.**  
**For more information visit [tinyurl.com/uxfolk](http://tinyurl.com/uxfolk) or call 07941 006017.**  
**Uxbridge Folk Club**

**The Changeling**  
**Wednesday 11 October to Saturday 14 October, 7.45pm**  
 Proscenium presents this classic Jacobean revenge tragedy mixing sex and death with wicked humour. Beautiful and rich, Beatrice-Joanna is in love, so she hires her father's trusted manservant, the repellent De Flores, to kill her current fiancé. But Beatrice discovers that, in return, De Flores wants something far more precious than money. Meanwhile, two chancers feign madness in order to gain admittance to the local madhouse, to test the virtue of the jealous owner's wife, who proves more than capable of turning the tables on them both.  
**Cost: £14.**  
**To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Compass Theatre**

## EXERCISE

**Monday yoga for all**  
**Mondays, (starting from 11 September)**  
 Ten week introductory class. A step by step guide to Hatha Yoga. Practise a way to relax, refresh and rejuvenate. Discover the tools to radiant health.  
**Cost: £80 for the course.**  
**For more information contact Maria on 07940 722907 or email [moryogawithmaria@gmail.com](mailto:moryogawithmaria@gmail.com).**  
**The Stables, Eastcote House Gardens**

## Tea Dancing at the Vale

Every Wednesday 1.30 pm to 4 pm  
**Ruislip Social Club**  
 Grosvenor Vale, Ruislip, Middlesex HA4 6JQ  
 Join us for an afternoon of Ballroom, Latin American, Sequence & Line dancing  
 Refreshments provided  
 Good floor, ample parking & good public transport links  
 Your host - Philip of 'PJ Music & Dance'  
 Contact: 0794 138 1496  
 email: [pjmusicanddance@virginmedia.com](mailto:pjmusicanddance@virginmedia.com)  
 web: [pjmusicanddance.wordpress.com](http://pjmusicanddance.wordpress.com)

Brought to you in association with  
 The Wealdstone FC Foundation Trust  
[www.wealdstone-fc.com/club/community](http://www.wealdstone-fc.com/club/community)

**SMART CARRIERS**  
 MOVALS STORAGE  
 TEL - 01923 802241 - MOBILE - 07775 075827  
 EMAIL - DAVIDSMART@SMARTCARRIERS.COM

## Family Support Volunteers Needed

Home-Start Hillingdon's Home-visiting volunteers give 2-4hrs a week to support young families under stress.

Next Volunteer Training Starts Autumn 2017

Please call: **01895 252804**  
**Home Start**  
 Support and Friendship For Families

[www.homestart-hillingdon.org.uk](http://www.homestart-hillingdon.org.uk)

Lacking confidence? Stressed? Trauma? Bereavement? Panic attacks? Relationship difficulties? Anxious? Depressed?

## Communicare Counselling Service

A professional, accessible, affordable counselling service, offering a wide range of talking therapies to all aged 18 and over in a community-based service, established 30 years

[www.communicarecounsellingservice.co.uk](http://www.communicarecounsellingservice.co.uk)  
 ccenquiry@btinternet.com 01895 256056  
 Redford Way, Uxbridge, UB8 1SZ  
 Registered Charity No1109521

## THEATRE

**Oklahoma!**  
**Wednesday 20 to Saturday 23 September, 7.30pm and 2.30pm on the Saturday**  
 Hillingdon Musical Society presents the original Rogers and Hammerstein production of *Oklahoma!* Based on a play by Lynn Riggs called *Green Grow the Lilacs*, which was written back in 1931, *Oklahoma!* is full to the brim with memorable songs including: *Oh What A Beautiful Mornin'!*, *I Cain't Say No* and *People Will Say We're In Love*.  
**Cost: £15.**  
**To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.**  
**Winston Churchill Theatre**

whisking you around the world with choreographed dance numbers. Featuring songs from all the best loved shows, including *The Lion King*, *42nd Street*, *Les Miserables* and many more.  
**Cost: Tickets from £13.**  
**To book call 07905 932366 or visit [www.ticketsource.co.uk/ruislipperatic](http://www.ticketsource.co.uk/ruislipperatic).**  
**Winston Churchill Theatre**

**Sleeping Beauty**  
**Thursday 5 October, 7.30pm**  
 A classic fairytale from the Vienna Festival Ballet set to Tchaikovsky's magnificent score, stunning choreography, beautiful costumes all combine to portray the struggle between good and evil.  
**Cost: Tickets from £20.50. Under-16s £14.50. Fee-free booking for Premiere Card Members.**  
**Book online at [www.becktheatre.org.uk](http://www.becktheatre.org.uk) or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

**What a Wonderful World**  
**Wednesday 27 September to Saturday 30 September, 7.30pm**  
 Ruislip Operatic Society bring you a musical compilation show,

**5K Masterclass**  
**Saturdays 9am to 10am (from Saturday 16 September)**  
 Dash for Fitness in association with Hillingdon Athletic Club is running a 5K masterclass suitable for beginners and improvers. Achieve your goal with a 12-week training plan created by a UK athletics running coach.  
**Cost: £5 per weekly session. Limited places available.**  
**For further information and to register email [dashforfitness@btinternet.com](mailto:dashforfitness@btinternet.com) or call Gary on 07710 105086.**  
**Kings College Running Track**



### Moor Park 10K and Junior fun runs

**Sunday 1 October, from 11.45am (10K at 3pm)**  
Come and join in this stunning 10K route through Moor Park Estate and Golf Club. Safe junior route on the school playing fields. Medals for all runners, with trophies for age category winners. In aid of the Lynda Jackson Macmillan Centre at Mount Vernon Hospital.  
**Cost: £17 for the 10K and £9 for the junior fun runs.**  
For more information and entry details visit [www.moorpark10k.org.uk](http://www.moorpark10k.org.uk).  
**Merchant Taylors' School**

### Stretch-a-cise

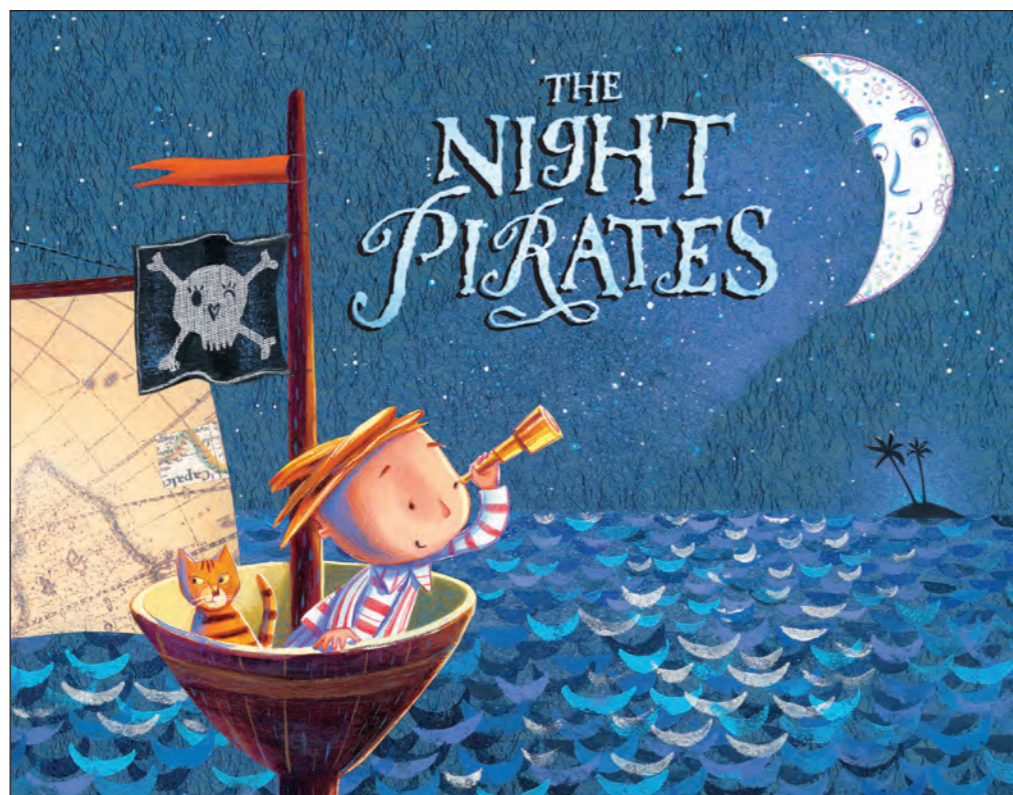
**Thursday 5 October, 11am**  
The council's Leader's Initiative for Older People is offering over-65s the chance to attend this taster keep fit class free of charge on Thursday 5 October. This is a chance to enjoy some gentle exercise and make new friends, as well as enjoying refreshments. Everyone is welcome, no booking necessary.  
**Cost: Free.**  
For more information call 020 8842 0547.  
**South Ruislip Community Association**

### Friday food and fitness!

**Fridays, 1pm to 4.30pm**  
Enjoy a well-deserved treat at the end of the week with a pilates class and nutrition workshop to inspire and leave you feeling refreshed and energised for the weekend. Pilates suitable for adults of all ages and mixed abilities. Nutrition questions welcome.  
**Cost: £35 (including light refreshments).**  
For further details and to book call Julia on 07787 160830.  
**The Stables, Eastcote House Gardens**

### Dru Yoga

**Thursdays, 7pm to 8pm at Barnhill Community High School and Sundays, 9.45pm to 11am at Yeading Community Centre**  
Dru yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit, improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being. Dru yoga is designed to be practised by people of all abilities, all fitness levels and all age groups.  
**Cost: £8.**  
For more information visit [www.lifestyle-dru.co.uk](http://www.lifestyle-dru.co.uk).  
**Barnhill Community High School and Yeading Community Centre**



### Queensmead Badminton Club

**Fridays, 9pm to 11pm**  
Join the club for a sociable game of badminton.  
**Cost: £5 per evening.**  
For more information Judy on 07803 955708 or email [judy\\_wise44@hotmail.com](mailto:judy_wise44@hotmail.com).  
**Queensmead Sports Centre**

### Short mat bowling

**Monday, Tuesday, Wednesday and Thursday afternoons, 1.15pm to 3.15pm (from early October to April)**  
An ideal opportunity to take part in the sport of bowling and to enjoy some good company. Bowlers can use the bowls supplied, or bring their own. New bowlers welcomed. Instruction is available.  
**Cost: Membership fee £35. Charge per bowling session £1.**  
For further information email [helenfanshawe@hotmail.com](mailto:helenfanshawe@hotmail.com) or call 01895 470527.  
**Eastcote Community Centre**

**Canoeing and Kayaking**  
**Tuesdays, 5pm**  
The Sharks are a community based canoe club, providing sessions for all ages. They provide all the equipment at every stage of your paddling, so cost is never a barrier to participation. They teach and coach and have recreation sessions and training sessions for those who compete and have a fantastic record.  
**Cost: £6.**  
Interested? Email [canoeing@thesharks.org.uk](mailto:canoeing@thesharks.org.uk) or call Neal on 07951 770241.  
**Hillingdon Sports and Leisure Complex**

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**Hillingdon Sports and Leisure Complex**

## KIDS

### The Wizard of Oz

**Wednesday 11 October to Saturday 14 October, various times**  
Come over the rainbow with KLOS Musical Theatre. Dorothy Gale is blown from Kansas to the Land of Oz, where she meets the Scarecrow, Tin Man, Cowardly Lion and more colourful characters. She defies the power of the Wicked Witch to reach the Emerald City and ask the Wizard to send her home.  
**Cost: £15.**  
To book tickets call 020 8207 2340 or visit [klosmusicaltheatre.ticketsource.co.uk](http://klosmusicaltheatre.ticketsource.co.uk)  
**Winston Churchill Theatre.**

### The Night Pirates

**Friday 13 to Sunday 15 October, various times**  
The Night Pirates tells the tale of a group of little girl pirates who descend on a young boy called Tom at bedtime. Eager to join the pirate adventure, Tom uses his house as a pirate ship and sets sail to retrieve stolen treasure from Captain Patch and the bumbling grown-up pirates. Adapted and directed by Miranda Larson, this show combines original songs and swashbuckling adventures, suitable for any budding young pirates.  
**Cost: £15. Family offer of four tickets for £48.**  
Book online at [www.becktheatre.org.uk](http://www.becktheatre.org.uk) or call the Box Office on 020 8561 8371.  
**Beck Theatre**

Beck Theatre

### Sid's Show

**Thursday 26 October, 2pm**  
Join Sid from Cbeebies live on stage in a fantastic fun-filled adventure that'll knock your socks off! Sid is setting out on a heroic quest to find out where in the world his favourite socks and shoes have got to!  
**Cost: £15.**  
Book online at [www.becktheatre.org.uk](http://www.becktheatre.org.uk) or call the Box Office on 020 8561 8371.  
**Beck Theatre**

## LEISURE

### Language Clubs of Hillingdon

**Thursdays 7.45pm to 9.45pm (starting 28 September)**  
Friendly clubs offering a chance to practise speaking and hearing Spanish, French, Italian and German, each on a different Thursday of the month. If you are learning a language, want to brush it up or maintain it, or if you are a native speaker wanting to use your own language, contact the right club for you.  
**Cost: £3 per visit or £15 for annual membership.**  
Contact the Spanish Club on 01895 253472  
French Club on 01895 253472  
Italian Club on 020 8863 3468  
German Club on 020 8429 1921  
**St Giles' Church Hall**

### Dogs Trust Dog School

**Tuesdays and Saturdays, various times, starting every three weeks with two trained coaches**  
Dogs Trust Dog School is running

five week dog training courses for puppies, rescue dogs and adult dogs to give dogs and their owners the vital skills needed to live happily within the local community. Dogs learn to settle by themselves, walk nicely, be polite around people and food, come back when called, not jump up, relax and be handled confidently. An informative presentation on dog communication and learning is included free of charge.

**Cost: Five week courses cost £50 (£40 for any rescued dog).**  
For more details and enquiries visit [www.dogtrustdogschool.org.uk/dog-school/london](http://www.dogtrustdogschool.org.uk/dog-school/london).  
**Dogs Trust Rehoming Centre**

### Open History Weekend at Manor Farm

**Saturday 16 and Sunday 17 September, 10am to 5pm**  
Visit one of Hillingdon's flagship heritage sites for free and get special access to the upstairs of Manor Farm House. There will be guided tours of the Great Barn and the Farm House. There will also be a Norman settlement on the site for the weekend with a living history tent, crafts, archery and combat demonstrations. There will also be workshops, dance performances, a pop-up cinema and arts and crafts.  
**Cost: Free.**  
For more information visit [www.hillingdon.gov.uk/openhouse](http://www.hillingdon.gov.uk/openhouse).  
**Manor Farm**

### Autumn Show

**Saturday 16 September, 1.30pm**  
Come and see the winners of the council's Autumn Show competition. A variety of fruit vegetables, herbs, preserves will all be on display.  
**Cost: Free.**  
**Great Barn, Manor Farm**

### Tasting session for over-60s

**Saturday 16 September, 2pm to 4pm**  
Come along to Elm Park Club, a dining and social club for older residents, for a free tasting session of the three course lunches currently provided to members (for a cost of £3.70 Monday to Friday each week). The club based in Ruislip Manor also offers social opportunities, including friendship, afternoon activities and outings. Pop along to this free tasting session for a chat to see how friendly they are and if they are the place for you.  
**Cost: Free.**  
For more information call Linda on 01895 634 962 or email [linda102@sky.com](mailto:linda102@sky.com).  
**Elm Park Club**

### Eco Festival

**Saturday 30 September, 1pm to 5pm**  
A community event focusing on wildlife and the environment, including walks, talks, music, stalls, and fun activities for children. Refreshments available.  
**Cost: Free.**  
For more information visit [www.stjohnshillingdon.org.uk](http://www.stjohnshillingdon.org.uk).  
**St Johns Church**

### Hillingdon Literary Festival

**Friday 6 to Sunday 8 October**  
A free weekend of lively literary events, featuring Jonathan Coe, Tessa Hadley, Will Self, Benjamin Zephaniah and many more.  
**Cost: Free entry.**  
For more information visit [www.hillingdonliteraryfestival.com](http://www.hillingdonliteraryfestival.com).  
**Antonin Artaud Building, Brunel University**

## VENUES

**Antonin Artaud Building,** Brunel University, Kingston Lane, Uxbridge, UB8 3PH

**Barnhill Community High School,** Yeading Lane, Hayes, UB4 9LE

**Beck Theatre,** Grange Road, Hayes, UB3 2UE

**Compass Theatre,** Glebe Avenue, Ickenham, UB10 8PD

**Dogs Trust Rehoming Centre,** Highway Farm House, Harvil Road, Harefield, UB9 4JW

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

**Elm Park Club,** Park Way, Ruislip, HA4 8NS

**Hillingdon Sports and Leisure Complex,** Gattings Way, Uxbridge, UB8 1ES

**Kings College Running Track,** Kings College Road, Ruislip, HA4 7JZ

**Manor Farm,** Bury Street, Ruislip, HA4 7SU

**Merchant Taylors' School,** Sandy Lodge, Moor Park, Northwood, HA6 2HT

### Ties and Tiaras Gala Charity Ball

**Saturday 7 October, 6.30pm to 7pm**  
Tickets include reception drinks, three-course meal and live band The SoulMates and a donation. The money raised will be split between three charities – Bloodwise, The Community Cancer Centre and Anthony Nolan Trust  
**Cost: £55.**  
To book contact Carla Batten by emailing [ties.tiaras@gmail.com](mailto:ties.tiaras@gmail.com) or calling 07903 996 964.  
**Radisson Blu Edwardian Hotel**

### Michael Sobell Hospice 40th Anniversary Walk

**Sunday 8 October, registration at 8.15am, walk starts at 9am**  
Walk and help raise vital funds for the hospice during Hospice Care Week. Join in a three or 12 mile walk, taking you through the beautiful countryside around Moor Park, Harefield and The Grand Union Canal. Dogs and children welcome.  
**Cost: Entry fee £10 per adult, £5 per child under 16, family discount £25 (2 adults, 2 children).**  
For more information visit [www.michaelsobellhospice.co.uk](http://www.michaelsobellhospice.co.uk).  
**Michael Sobell Hospice**



### Harrow Choral Society

**Mondays, 7.45am to 9.45am**  
Harrow Choral Society is an extremely friendly choir. They would welcome new members in all voice parts, with current members coming from both the Hillingdon and Harrow area. Harrow Choral Society sings a traditional choral repertoire, with a slightly lighter programme in the summer term. They perform with professional orchestras and soloists in a range of venues. In September preparations start for the Mozart Requiem spring concert, followed by work on the ever-popular Christmas concert. If you would like to brush up your skills before joining the choir, they also run a one-year course, Singing for Starters, which provides a structured introduction to choral singing.  
**Cost: Membership subscription £185 annually. Free for anyone undergoing full time education. Singing for Starters is £80 per term.**  
For more information visit [www.harrowchoral.org.uk](http://www.harrowchoral.org.uk).  
To join call Jill Mans on 020 8248 7625 or email [membership@harrowchoral.org.uk](mailto:membership@harrowchoral.org.uk).  
**St Alban's Church**

**St Giles' Church Hall,** Ickenham, UB10 8BG

**St John's Church,** Royal Lane, Hillingdon, UB8 3QP

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

**Uxbridge Folk Club, Royal Naval Association,** 388b Long Lane, Hillingdon, UB10 9PG

**Winston Churchill Theatre,** Pinn Way, Ruislip, HA4 7QL

**Yeading Community Centre,** Ditchfield Road, Hayes, UB4 9BH

If you wish to publicise an event, please email details to [hillingdonpeople@hillingdon.gov.uk](mailto: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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Advertising Feature

# Breakthrough relief for back pain and sciatica



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

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

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

**That is, until now...**

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 88% some back surgeons

recommending their patients try this treatment first before having back surgery.

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

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

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

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

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

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call 02088488787.

**Mention this article (CODE: MKC43CSP10hb) and Louise will happily reduce her usual consultation fee of £195 to just £49.** But hurry, due to obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

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

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Louise and his team now by calling 02088488787, they are waiting to take your call today.

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

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

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

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

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

**Call them now on 02088488787 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!**

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

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

Call 02088488787 NOW and leave a message if it's a Friday or the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on 02088488787 and quote this special discount code: MKC43CSP10hb

**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@hillingdon.gov.uk
- Healthwatch Hillingdon**  
01895 272997
- Hillingdon Autistic Care and Support**  
020 8606 6780  
enquiries@hacs.org.uk  
www.hacs.org.uk
- Hillingdon Carers**  
01895 811206
- Hillingdon Carers Trust**  
01895 258888
- Hillingdon 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@hillingdon.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  
hillingdon.enquiries@met.police.uk
- Hillingdon Neighbourhood Watch**  
020 8246 1869  
all@hillingdonnhw.co.uk
- Fire**  
**Hillingdon Fire Station**  
020 8555 1200 ext 38228  
hillingdongroup@london-fire.gov.uk

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DAYS**



- ▶ **Wednesday 8 November / Uxbridge Campus / 3 - 8pm**
- ▶ **Wednesday 22 November / Hayes Campus / 3 - 7pm**

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

**01895 853333**

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