

# HILLINGDON people

News from your council  
May/June 2017

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

## Get gardening for Hillingdon in Bloom Applications open

**Foster Care Fortnight**  
Could you offer a loving home?

**Summer events**  
Family Fishing and  
Hayes Carnival return

**New mobile library**  
Access a range of literature



HILLINGDON  
LONDON



STAR VISITS



APPRENTICESHIPS



LEISURE

# FIESTA

Summer activities for children and young people

**24 July - 1 September**  
Book courses from 14 June

[young.hillingdon.gov.uk/fiesta](http://young.hillingdon.gov.uk/fiesta)

[young.hillingdon.gov.uk/fiesta](http://young.hillingdon.gov.uk/fiesta)

## Refuse and Recycling

### Spring holiday 2017

Normal collection day	Revised collection day
Monday 29 May	Tuesday 30 May
Tuesday 30 May	Tuesday 30 and Wednesday 31 May
Wednesday 31 May	Wednesday 31 May and Thursday 1 June
Thursday 1 June	Thursday 1 and Friday 2 June
Friday 2 June	Friday 2 June

Please leave your rubbish out for collection between 6am and 6pm on the revised collection day. Please leave your rubbish near your front gate, but not on the pavement. Separate arrangements are in place with regard to flats and business premises. If you have any queries, or would like to report a missed collection, visit [www.hillingdon.gov.uk/recycling](http://www.hillingdon.gov.uk/recycling) or call 01895 556000.

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

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# Welcome



Welcome to the May/June edition of *Hillingdon People*. As we commence a new municipal year which will see me start my 18th year as Leader of the Council, I am fully aware that the next 12 months will be as challenging for local authorities as the last few years. However whilst we cannot change the direction of the wind we can, and do, continue to set the sails and I am able to reassure you that we are in a sound financial position and that for Hillingdon it's business as usual and we will continue to put our residents first by delivering the services that you value.

In this issue, you will be able to read about the progress in construction of the new visitor and education centre at the Battle of Britain Bunker in Uxbridge. Work is well underway on the 2,000 square metre building, which will provide high quality facilities and a range of exhibits for residents and visitors.

We have also started to upgrade all streetlights in council-owned streets across Hillingdon with LED lighting. This £5.2 million project will increase visibility, safety and energy efficiency and contribute to lower running costs.

Foster Care Fortnight takes place from the 8 to 21 May and *Hillingdon People* has spoken with a foster care couple and their former foster child, who have both shared their experiences and journeys. All of our foster carers give their time and love to children who need support and a loving home, and we are always looking for more to join them.

In April, our new custom-built mobile library van arrived and started to make its rounds around the borough. This service is extremely well used and is a lifeline for residents who cannot get to their local library, particularly the elderly, and it also offers families and schoolchildren the opportunity to access books. Keep an eye out for it, with its vibrant signage as it continues to make its way around Hillingdon this month.

With summer just around the corner, we will be bringing a whole host of summer events to you. Hayes Carnival returns with its colourful displays and activities in Barra Hall Park. Our Family Fishing Fun Days are also back, offering you and your family a chance to try out this enjoyable pastime. We are working with Hillingdon Arts Association to offer a programme of arts events during June and July, which is new for this year. Hillingdon Arts in Action will include a variety of concerts, arts sessions, theatre and author talks.

Finally, Hillingdon in Bloom was launched in April and you can now apply to take part. I am sure you will agree that it is always a delight to see the colourful displays around the borough during the summer months and I would encourage residents, businesses, schools and community groups to take part.

*Ray Puddifoot*  
Cllr Ray Puddifoot MBE  
LEADER OF THE COUNCIL

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Advertising deadline for next edition: **Friday 26 May.**

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COVER PHOTO: ANDREW WALSH FROM THE RURAL ACTIVITIES GARDEN CENTRE AT THE LAUNCH OF HILLINGDON IN BLOOM 2017.

## Are you receiving single person discount on your council tax?

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

Don't wait for that knock on your door

Call us today 0300 123 1384

**You can be prosecuted for a false claim**

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



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

## Boost your fitness with our new outdoor gyms



Pole Hill Open Space

Two new outdoor gyms were officially opened at the end of March by the Mayor of Hillingdon. Pole Hill Open Space, Hillingdon and Pinkwell Park, Hayes both have new gyms just in time for spring/summer.

The two new facilities are the result of successful Chrysalis applications to the council from local residents, and offer a range of equipment, including spacewalkers, rowing machines and bikes. Both have been developed with

young teenagers to adults of all ages in mind and will provide users with a full cardiovascular workout. Signage at the site gives instructions on how to use the equipment and you can even use your phone to scan the QR codes to download video tutorials.

**Tony and Rosemary Taylor**, who attended the Pole Hill opening and live nearby said that they're planning to use it. Tony said: "We are 76 and I believe it will help me keep on breathing a bit longer!" Rosemary said: "It's nice and close, as it's only a couple of hundred yards up the road."

The council has now installed 18 outdoor gyms



Pinkwell Park

across the borough which offer free access to easy-to-use equipment.

**Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration**, said: "Since it was established in 2009, the council's Chrysalis Fund has helped deliver more than 170 local projects across Hillingdon to improve its assets. I hope that residents young and old enjoy using the facilities at both parks."

## Handrails improve access and safety

The council's Leader's Initiative for Older People has funded the installation of additional handrails at three of the borough's theatres to help residents and visitors climb the stairs to their seats.

The double handrails were fitted this year at the Winston Churchill Theatre, Ruislip, the Beck Theatre, Hayes and last year at the Compass Theatre, Ickenham. They will not only support the elderly, but people of all ages with limited mobility.

The work was completed following a petition from Elizabeth Douglas, Chair of an independent committee for audience safety, requesting access improvements for older and disabled residents.

**Leader of the Council and Older People's Champion, Cllr Ray Puddifoot**, said: "The Leader's Initiative for Older People supports local



projects and schemes to keep older people, safe active and independent. By installing handrails at the theatres we are ensuring that older people can safely access these facilities and the entertainment on offer."

**Mrs Douglas**, who lives in Uxbridge North, said: "We are delighted that Hillingdon Council has risen to the challenge of installing new handrails in each of these venues and it's great to see them in place. It's important that people, not just older people, have something to hold onto to steady themselves and prevent the risk of falls. They also take away the worry of falling or having to find a seat at the front of a venue."

## CCTV to be used in fly-tipping crackdown

The council is investing more than £100,000 to help in the fight against fly-tipping and other anti-social behaviour by deploying an arsenal of new mobile CCTV cameras.

Twenty five state-of-the-art cameras, capable of capturing high definition images in even the poorest light, are being installed at various hotspots across the borough.

The council hopes the cameras will record evidence of fly-tipping and other forms of anti-social behaviour, and ultimately lead to successful prosecutions.

Fly-tipping is a criminal offence that carries a sentence of up to 12 months in prison, a fine of up to £50,000, or both.

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

"Fly-tipping is a crime that blights people's lives and we're determined to identify and prosecute those who do it, as well as curb other forms of nuisance behaviour."



"The cameras will be integral to our investigations, helping us capture the highest quality evidence we can. And being mobile, we'll be able to move them to wherever they're needed the most. Please dispose of your rubbish legally or face the consequences."

To find out more or report fly-tipping visit [www.hillingdon.gov.uk/asb](http://www.hillingdon.gov.uk/asb).

## New environment-friendly street lighting to improve visibility



**BEFORE**  
**POOR VISIBILITY**  
Cllr Burrows with the previous old lighting at the junction of Whitehall and Hinton Roads, Uxbridge

The council has started to upgrade all street light bulbs in council-owned streets across the borough with LED lighting.

The £5.2 million project will benefit residents in terms of security and safety and have a positive effect on the local environment, whilst allowing the council to save money in the long-term.

The work will be carried out over an 18-month period by civil and electrical firm, McCann, who will also maintain all 25,000 street lights,

subways, illuminated signs, bollards and zebra crossings owned by the council boroughwide during the next five years.

**Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling**, said: "Hillingdon is committed to ensuring that streets are safe for motorists and pedestrians and our latest LED street lighting initiative will see improved visibility and lower running and energy costs."



**AFTER**  
**SHINING BRIGHT**  
Cllr Burrows with a newly installed LED light at the same junction

## Remember to have your say on Heathrow



Hillingdon residents are reminded to have their say on the proposals for the expansion of Heathrow Airport before the end of this month.

The 16-week public consultation will close at midnight on Thursday 25 May and the council is continuing to encourage people to respond before this deadline to make sure that local opinions on these devastating proposals are heard.

The proposals have listed the economic benefits of a third runway, yet failed to outline the detrimental environmental impacts that it would bring. The council has listed some of these concerns on [www.hillingdon.gov.uk/heathrow](http://www.hillingdon.gov.uk/heathrow) and outlined how people have not yet been informed of the airport's new flight paths, which could affect residents boroughwide.

**Leader of the Council, Cllr Ray Puddifoot**, said: "We have repeatedly voiced our concerns about the impact of a third runway on the borough. These include an increase in already illegal air pollution levels and more traffic and noise, and the destruction of 1,000 homes with no infrastructure or community facilities planned to support an expanded airport. All of this will be extremely damaging to our environment and will affect residents' health and wellbeing. The council has now responded to the consultation and I encourage residents to also have their say before it ends."

To have your say visit [www.gov.uk/dft/heathrow-airport-expansion](http://www.gov.uk/dft/heathrow-airport-expansion).

## All Hillingdon pupils offered school places

Hillingdon has topped the list in west London for families receiving an offer at one of their preferred primary schools, and the council has once again ensured that every child has been offered a primary or secondary school place for September 2017.

Despite high levels of demand for school places in Hillingdon, 98.5 per cent of applicants received an offer at one of their preferred primary schools in April, and 94.9 per cent of secondary school pupils were also awarded with one of their preferred choices in March.

The council has continued to meet increasing demand for school places by investing more than £314 million into its school expansion programme, one of the largest in London.

**Cllr David Simmonds, Cabinet Member for Education and Children's Services**, said: "Hillingdon Council is proud to offer every child in the borough a primary and secondary school place, and we're delighted that so many families in Hillingdon have been offered one of their preferred school choices."

"We've invested more than £314 million into our school expansion programme to ensure that all Hillingdon children have a great school to go to in September. Academic attainment for children and young people in the borough is very positive, and we will continue to ensure that education is a top priority for the council." For more information visit [www.hillingdon.gov.uk/schooladmissions](http://www.hillingdon.gov.uk/schooladmissions).

## Council recovers £100,000 from landlord who illegally converted house

A landlord who converted an Uxbridge house into two flats without planning permission has been ordered to pay £108,000, following legal action by the council.

Mohamed Omar Hassibi, 64, was prosecuted for breaching a planning enforcement notice requiring him to revert his property in Mayfield Close back to a single dwelling.

At a sentencing and confiscation hearing at Isleworth Crown Court in February, Hassibi, who previously pleaded guilty, was fined £1,000 and ordered to pay the council's costs of £7,000.

The court also imposed a confiscation order of £100,000, requiring Hassibi to pay the sum within three months or face going to jail for four months.

The prosecution was brought jointly by the council's planning enforcement team and a trading standards task force that specialises in recovering proceeds of crimes.

**Leader of the Council, Cllr Ray Puddifoot,** said: "This is a great result for the council. Hassibi was generating a large rental income - around £2,000 a month from unwitting tenants and it's only right that he should handover the money he earned from his illegal activity. We are committed to ensuring that crime does not pay in Hillingdon."

## Fair offers support to carers



This year's annual Carers' Fair will take place in The Pavilions shopping centre in Uxbridge on Tuesday 13 June.

The event, which will be held between 9.30am to 4pm and is free to attend and open to all residents, is part of the national Carers' Week campaign (12 to 18 June) which aims to raise awareness of carers and the valuable contribution they make to families and communities.

**Cllr Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing,** said: "An array of stalls from local services and organisations will offer

information, advice and support to those unpaid carers providing assistance to family and friends. The event also aims to encourage those that have never considered themselves as carers to recognise their role and benefit from the help available."

For more information and support advice visit [www.hillingdon.gov.uk/carersfair](http://www.hillingdon.gov.uk/carersfair).

Hillingdon Carers also offer a range of services to support carers in the borough and can be contacted by calling 01895 811206 or emailing [office@hillingdoncarers.org.uk](mailto:office@hillingdoncarers.org.uk).

## Mayor hosts afternoon tea for Hillingdon veterans

Four World War Two veterans were invited by the Mayor of Hillingdon, Cllr John Hensley to attend an afternoon tea in March to thank them for their participation in an oral history project.

The Hillingdon veterans, of each of the armed services and now in their 90s, have sat with the council's Local Studies, Archives and Museum Service for a number of sessions to retell their wartime experiences, so that these can be recorded,

preserved and archived.

Among the many medals proudly displayed was the highest honour awarded by the French government, the Légion d'Honneur. Myer Malin, (Royal Artillery), Patrick Manion (Royal Navy) and Walter Hart (Royal Army Medical Corps) received the medal for the selfless acts of heroism and determination displayed by all surviving veterans of the Normandy landings and the wider campaigns to liberate France in 1944. Arthur



Preston (RAF) fought in the Burma campaign.

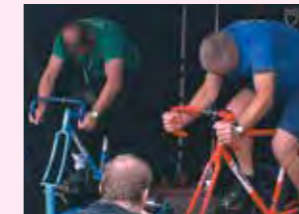
**The Mayor of Hillingdon,** said: "I feel like I am walking in the footsteps of giants. I would like to thank them all for taking part

in this project. By recording the veterans' wartime experiences, the council is ensuring that their stories of historical importance are not lost and can be listened to by future generations."

## Find out about cycling

On Saturday 17 June, the council's Bikespiration event will return to the forecourt of the Civic Centre, Uxbridge between 10am and 4pm.

The event focuses on cycling in the borough and features a range of free cycling related activities, with professionals also on hand to give you more information about what to look for when purchasing a bike, how to look after it, what



guided cycling rides are on offer and what road safety training programmes the council runs to increase your confidence and encourage safety.

There will be a bike try-out area, rollapalaza (where two participants battle to see who can cycle quicker) games, competitions and information stalls.

## General election

As *Hillingdon People* went to print, a UK parliamentary general election was called for Thursday 8 June.

You will have one vote to choose a candidate to represent your constituency in the House of Commons. There are three constituencies in the borough: Uxbridge and South Ruislip; Ruislip, Northwood and Pinner; and Hayes and Harlington. Polling stations will be open between 7am and 10pm.

For more information about the election and to check you are registered, visit [www.hillingdon.gov.uk/elections](http://www.hillingdon.gov.uk/elections), email [electoralservices@hillingdon.gov.uk](mailto:electoralservices@hillingdon.gov.uk) or call 01895 250251.

## Residents invited to make art in the park

Budding artists of all ages are being encouraged to come along to a series of free park-based creative art sessions in July.

The sessions, which are being held in support of national Love Your Park Week (14 to 23 July), will be an opportunity for residents to draw, paint or sculpt 'al fresco', while using some of the borough's award-winning Green Flag parks as inspiration.

Tutors will be on hand to provide expert advice and guidance, and all materials, such as paint, crayons, paper and clay, will be provided for free on a first come, first served basis.

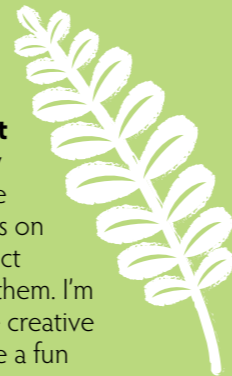
Each session will last for two hours and participants will be able to take their art away with them.

The sessions will take place in:

- Fassnidge Park, Uxbridge, at 12pm on Friday 14 July (by the bandstand)
- Ruislip Lido at 11am on Saturday 15 July (by the Boathouse)
- Barra Hall Park, Hayes, at 2pm on Sunday 16 July (by the amphitheatre)

**Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services,** said: "We have some wonderful green spaces on our doorsteps and this is the perfect opportunity to get out and enjoy them. I'm sure there will be plenty to get the creative juices flowing and it promises to be a fun experience for all the family."

No booking is required; just turn up on the day. Forty spaces are available for each session, so please arrive early to avoid disappointment.



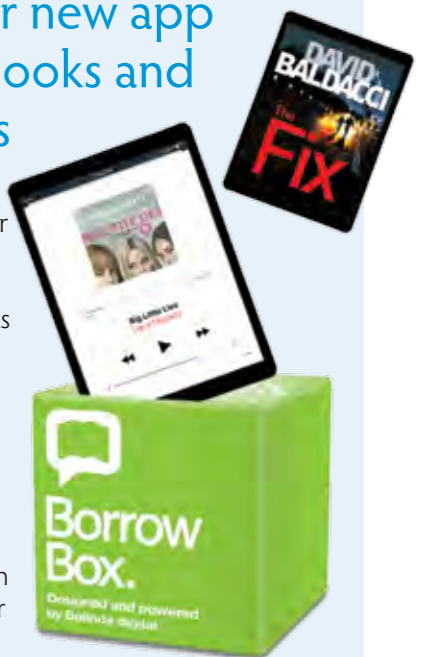
## Libraries offer new app to borrow eBooks and eAudiobooks

In April, the council introduced a new app for library members to download and borrow eBooks and eAudiobooks as part of a free digital loan scheme.

The BorrowBox library app enables residents to access a varied collection of bestselling authors 24 hours a day, seven days a week from home. You can download books on your smartphone, tablet or home computer and the app also has an inbuilt eBook reader and eAudiobook player.

The list of titles is also expanding constantly to bring you up-to-date content and a range of options to choose from.

To get the app, all you need to do is visit your local library or install BorrowBox on your Apple or Android device. Within the app you need to choose 'Hillingdon Libraries' and enter your library membership



number on your library or HillingdonFirst card and the PIN number (the last four digits on your library and HillingdonFirst cards).

BorrowBox joins existing apps Zinio, where library members can download and read digital editions of popular magazines for free and PressReader, where you can read newspapers and magazines on-screen as they would appear in print.

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



## Share your "I do" moment



The council's Register Office has introduced a webcasting service for couples to share their wedding ceremony with friends and family across the globe.

If you have guests who are unable to make your big day, this new high quality service will allow them to watch the proceedings at the Civic Centre live on the internet. You will also be able to keep the recording, so you can both relive the magical moment of saying "I do" forever.

The Register Office will give you a unique web address on booking the service, which only costs £70, and you can share this



with friends via email or social media to watch on a variety of devices, including laptops, smartphones, computers and tablets.

**Jonathan and Angela Glenny** were the first to use the service in March.

Angela's parents watched the webcast from their home in Florida. Her mum, **Bunny Collina**, said: "The unique webcam viewing was so appreciated. On one of the most important days of our lives with our daughter, the council's service brought family and friends together from thousands of miles away. It meant the world to us to be present for Angela and Jonathan's wedding day. Not only on the day of the ceremony but we can now watch it again and again for years to come."

For more details visit [www.hillingdon.gov.uk/weddings](http://www.hillingdon.gov.uk/weddings) or call 01895 250418.

## Kids challenged to keep reading this summer

The annual Summer Reading Challenge, which encourages children to keep reading during the school summer holidays, will return to Hillingdon libraries on Saturday 8 July.

The challenge invites young people between the ages of four and 11 to visit their local library six times, to borrow books and pick up rewards for reading. Last year, more than 8,000 Hillingdon children took part.

This year's theme is 'Animal Agents', which will involve young people meeting animal detectives, who will use their skills and natural instincts to unravel a series of mysteries.



After six visits, children will be rewarded with a medal and certificate. There are also 20 Starborg cards, unique to Hillingdon libraries, and other gifts to collect.

To sign up visit your local library. For more information visit [www.hillingdon.gov.uk/summerreading](http://www.hillingdon.gov.uk/summerreading).

## Council wins recycle plant planning appeal

The Planning Inspectorate, the national executive agency that considers planning appeals, upheld the council's decision to refuse planning permission to develop an absorbent hygiene waste recycling facility close to local amenities in Hayes at a hearing on Tuesday 14 March.

The plant, which was proposed for the Springfield Road Industrial and Business Area, off Uxbridge Road, would have been capable of processing at least 36,000 tonnes of recycled nappies, incontinence pads and feminine hygiene products per year and the council believed that applicant, Knowaste Ltd, had underestimated the potential for noxious odour emissions from the site.

Following an assessment of the company's proposals to tackle odour at the site, the

council's planning officers had established that the proposed plant's proximity to Blair Peach Primary School, allotments and residential areas was unacceptable. The council had also received a petition with 59 signatures from local residents objecting to the application.

**Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling**, said: "At the time of the decision in July 2016 the council decided that the location was inappropriate, and even a small margin of error would adversely impact on local residents and a primary school. We are delighted our defence of the appeal was successful and our original decision was upheld."

## Put on your dancing shoes and dance the afternoon away...



The council offers free monthly tea dances to residents aged over 65 at the Civic Centre, Uxbridge and Winston Churchill Hall, Ruislip.

Dance benefits the body and the mind. It's an enjoyable sociable activity, enhancing your sense of wellbeing through interaction with others. The exercise can also offer physical health improvements in balance, strength and step, which can reduce the risk of falls. Taking part in dance also improves mental health, including reaction times, coordination and cognition.

A variety of musical styles and dances are on offer, from classic ballroom to Latin and sequence dancing. Dance is an inclusive activity, with all genders and abilities able to take part, and you don't need to bring a partner. Half an hour's dance tuition is also offered at the Civic Centre dances and light refreshments are available.

**Leader of the Council, Cllr Ray Puddifoot**, said: "The council is committed to putting residents first and improving their health and wellbeing. Our tea dances are a sociable, fun and free way to keep active and stay well. If you're over-65 and looking for a new leisure activity, why not give dancing a try?"

**A surprise guest encourages our older residents to keep dancing!**

On Monday 20 March, *Strictly Come Dancing* star Giovanni Pernice quick stepped into the Civic Centre, Uxbridge to meet with residents attending the monthly tea dance.

Giovanni, who will be appearing at the Beck Theatre, Hayes in a new dance show in July, took to the floor with Hillingdon residents to cha-cha and waltz.

He said: "I always say there's no age to dancing. Every time you exercise you're keeping the body fresh, and with the enjoyable music it can be a distraction. It's great the council offers this for free."

**Connie Witte**, 97 from Hillingdon, danced with Giovanni and said: "My friend pushed me up to dance with him and I'm glad that she did. It was lovely."



**A starring role...**



In February, the council was approached by a production company, who were looking for an older couple to dance on popstar Ed Sheeran's music video for his song *Perfect*, from his new album, *Divide*.

The council approached tea dance regulars **Lillian and John Clark**, who agreed to take part. Lillian, 84 and John, 87 from West Drayton, have been married for 64 years and met at a dance at Hammersmith Palace 65 years ago and have been regularly dancing together ever since.

Lillian said: "We love the music and the people that we meet at the dances. It really does also help your fitness as it's good exercise."

John said that at the filming studio they couldn't waltz fully because of space limitations but they were happy to improvise in front of a green screen. He added that he prefers improvised dancing.

John said: "It all went well. We danced and did turns. At the end of our section I kissed Lillian's hand and they seemed really happy with our dancing."

Lillian said: "We never expected to be part of an experience like this but everyone was really nice and we really enjoyed the whole day."

For more information and to book with your Hillingdon *First* card visit [www.hillingdon.gov.uk/teadance](http://www.hillingdon.gov.uk/teadance). Those booking can bring up to three guests. For queries call 01895 556688

# Be the one... to support them



Foster Care Fortnight (8 to 21 May) is a national awareness raising campaign to encourage more people to foster. We met up with foster carers Lynne and Michael and their former foster child Emma, who told us what it's like to grow up in care.

## Lynne and Michael's story

Lynne Moore was a childminder when she started fostering with her husband Michael more than 23 years ago when they lived in Ickenham. The couple recently moved to Oxfordshire, but still continue to foster children for Hillingdon Council.

Lynne said: "I'd been childminding for a while when I saw an advert in the paper for fostering. I already had experience with children and I wanted to build on my skills and give something back. Looking after children has always come naturally to me and I just wouldn't do it if it wasn't a rewarding experience. The children may have experienced difficult times, so when they communicate their concerns; we empathise, look for appropriate solutions, and gradually build a relationship. At the end of each day we know we have done our best for the children and that's really fulfilling"

The Moores also have three daughters of their own and Michael believes that it's important to treat each child equally. He said: "Having our own children has always really



helped build trust and confidence with new foster children and we treat everyone the same and offer fair opportunities, consistency is key. Fostering is a personal experience and you have to look at each child

*"Fostering can make such a lifelong difference to a child's life"*

and recognise their strengths; whether it's sport, work ethic or education. We love having an open house and we enjoy the big family environment - we're just a normal family."

Lynne and Michael feel very proud

of the achievements of the children they have fostered. Lynne says: "Fostering can make such a lifelong difference to a child's life - for life. In fact, it can turn their life around. But we also get a lot out of it too. Michael loves involving the children in sporting activities, socialising around the barbecue and having general discussions. There are also lots of training courses available which have allowed us to learn new skills and grow our knowledge and understanding."

So after 20 years would the Moores encourage others to foster? Lynne concluded: "Fostering can be extremely rewarding and foster carers play a vital role in supporting children and their families. To make a difference you need commitment and enthusiasm, so if anyone has just an inkling about fostering, please try it!"

## Emma's story

Emma is 25 years old and she grew up in foster care in Hillingdon with Lynne and Michael Moore. Emma met the Moores when she was just three years old, and first stayed with them temporarily when her family environment became unsuitable.

A year after Emma had returned home, her mother tragically died. Emma reflects: "I was very young when I first met my foster carers Lynne and Michael and because of the violence I had experienced at home, I wasn't able to look Michael in the eye for such a long time. When my mum died I was incredibly fortunate that Lynne and Michael agreed to foster me. They put me into a good school and always made me do my homework, and they taught me the value of education."

*"My foster family had a big impact on my life and I couldn't have done it without them"*

Emma believes that fostering kept her on the right track: "Lynne and Michael were so supportive and I don't know how I would have turned out if it hadn't been for them. I always knew that I wanted to make something of myself but they gave me the help and advice I needed along the way. Most importantly, they never made me feel like I was different and I always felt part of the family."

There are many children in need of



foster carers in Hillingdon, and Emma believes that Lynne and Michael have played an important role in her life. She said: "I was lucky that I had strong values ingrained in me from any early age. Lynne and Michael always pushed for me to do well at school and wanted me to go to university, and they encouraged me to be independent and not rely on others. Their parenting skills and guidance helped me to make sensible decisions and focus on my education."

At 18 years old, Emma moved out into her own flat and studied Business Management at Buckinghamshire University. She is now studying for her Masters degree in HR whilst working part-time, and wants to do a PhD so she can teach. Emma continued: "My foster parents were so proud to watch me graduate and when I got married last year, the whole family came along. I see my foster family a few times a week and we are all very much involved in each others lives."

So why are foster carers so important? Emma concluded: "My foster family had a big impact on my life and I couldn't have done it without them. I've always been ambitious and determined, but Lynne and Michael were always there to steer me in the right direction. I went from a bad situation to a loving foster home, and having good role models has helped me make the right choices in both my career and my personal life."

**Cllr David Simmonds, Cabinet Member for Education and Children's Services,** said: "As seen through Emma's story, fostering really does have a monumental impact on young people in Hillingdon and it's so rewarding. Foster carers can also earn up to £415.72 per week and will receive excellent training opportunities."

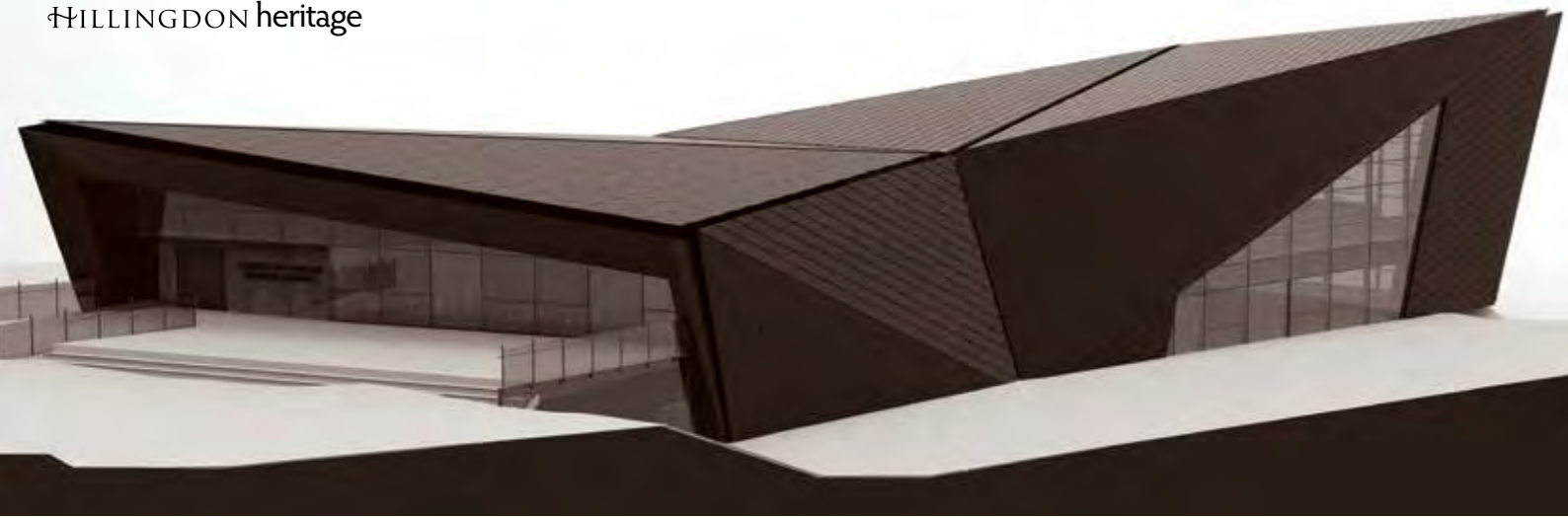
## Fostering information events

**Tuesday 9 May: information evening  
Civic Centre, Uxbridge,  
6.30pm to 8.30pm**

**Tuesday 16 May: Pavilions shopping centre, Uxbridge,  
10am to 4pm**

If you are interested in becoming a foster carer visit [www.hillingdon.gov.uk/betheone](http://www.hillingdon.gov.uk/betheone)





## New high-tech visitor centre on the way

Building work is well underway at the historic Battle of Britain Bunker site, Uxbridge, where the council is creating a state-of-the-art visitor and education centre.

The council is investing nearly £6 million in the new development adjacent to the historic bunker, where its command centre was instrumental in directing RAF operations during World War Two, particularly in the Battle of Britain (July to September 1940).

The bunker welcomes more than 7,000 visitors on average each year and the council hopes that the centre will enhance the experience at this historic venue for residents and visitors.

The building will be 2,000 square metres in size and set across two levels. The design embraces the central themes of flight and planes with a shell-like form and twisted geometry. There will be a 519 square metre main exhibition hall, which will house a variety of exhibits; 100 seat

auditorium and lecture hall; a café and gift shop; reception area; toilets and a workspace for schools, corporate events and functions. When it opens, visitors will be able to explore the centre and then have a guided tour of the bunker or vice versa.

Work completed at the site so far by construction company VolkerFitzpatrick, has included the demolition of the former building on-site, ground levelling, foundation laying, installation of water, drainage and a steel frame and concrete pouring. The building will be made watertight over the next month, with building completion estimated for late September, when it can then be fitted out, exhibits installed and the landscaping outside finalised.



**Leader of the Council, Cllr Ray Puddifoot,** said: "Work on this new development is really gathering pace. The visitor and education centre will offer both residents and visitors (national and international) the opportunity to learn more about the site's fascinating history and its part in helping to win the Battle of Britain. Hillingdon Council is extremely proud to own the bunker and continue to preserve its history for future generations."

### Building progress

Foundations completed in January 2017

Frame completed in March 2017

Concrete completed in March 2017

Watertight expected May 2017

Practical building completion for fit out September 2017

For more information on the Battle of Britain Bunker site visit [www.hillingdon.gov.uk/bunker](http://www.hillingdon.gov.uk/bunker)

## Council launches new mobile library

Hillingdon Council has launched a brand new custom-built mobile library van, which has now started its weekly rounds around the borough.

On Thursday 13 April, Cllr Richard Lewis formally handed over the keys to the van's driver, John Taylor as part of a celebratory launch event on the forecourt of the Civic Centre, marking the beginning of the van's journey in sharing literature with the Hillingdon community.

Cllr Lewis, Cabinet Member for Central Services, Culture and Heritage was joined by children and their families, who took part in a special Easter storytelling and craft making session. Families also had a peek inside and were eager to browse and take out books.

The mobile library will continue to provide a valuable service to residents, particularly those who cannot visit their local library. It stops at 23 roadside sites every week, as well as schools, nurseries, day centres and residential and sheltered homes. The library offers a range of books, free wifi so you can connect to your own device and even hearing aid batteries. There is also a lift for disabled people and the elderly to access the vehicle.

In comparison to the last van, it is more environmentally friendly, efficient and as it is lighter, it can carry more books. It is also the first library in the borough with an iPad computer for borrowing and returning books.

**Nathan and Rebecca Asrat, 9 and 11, from Yeading** are keen readers and enjoyed exploring the new library van. Nathan said: "It's amazing. I was really excited to see what books there were inside." Rebecca said: "I really enjoy reading fiction and there's lots to choose from here. I like the way the books are displayed it makes you want to pick them up and see what they are about. I want to use the van more in the future."

**Shalini and Saurav Ghosh and their children Neel and Subhalakshmi** had a look inside and borrowed some books. Saurav said: "The library is great. We are so

fortunate to have these facilities and I think it's a wonderful thing for our children. They both really enjoy reading"

The library visited Masters and Sherleys Court sheltered housing schemes in Ruislip on Tuesday 18 April. **Val Price, 84,** said: "The new mobile library van is really lovely. You can see everything all at once and the van has encouraged me to read more."



**Cllr Lewis,** said: "I am really pleased to be able to officially launch this brand new mobile library, which will continue to allow thousands of residents to access a wide range of literature. Keep an eye out for it as it drives through the borough with its colourful display on the side and please take a look inside to see what books are on offer."

For further details visit [www.hillingdon.gov.uk/mobilelibrary](http://www.hillingdon.gov.uk/mobilelibrary) or call 01895 556446

# Step on the career ladder

The council is introducing an ambitious all-age apprenticeship recruitment programme, offering exciting opportunities in a range of careers.

If you're leaving school, college or university this summer or looking to retrain in a new career and would like to work in social care, business administration, horticulture, customer services, law or accountancy, to name just a few of our many council services offering apprenticeships, then we'd love to hear from you.

Apprenticeships at Hillingdon Council will provide you with the real world experience and training you need to gain qualifications and forge a career, combining learning with paid work. You will work alongside colleagues in a team environment and complete an assessed apprenticeship development programme. The majority of apprenticeships will provide an accredited qualification and eligibility for entry to a relevant professional body.

## Why we'd recommend an apprenticeship at Hillingdon Council

**Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage**, said: "Hillingdon Council is always trying to maximise local employment opportunities. This new campaign will allow us to work with a range of high quality training providers to nurture and develop new employees in their chosen career. As an apprentice you would help us deliver our vision of putting our residents first, while gaining essential vocational skills and qualifications."

### Ryan Keely, 20, Hillingdon

Ryan came to the council to do a horticultural apprenticeship Level 2 NVQ in October 2015. He's now nearing the end of this training and says he's really enjoyed it and has learnt a lot.

After trying out a range of jobs since leaving Bishopshalt School, he's now sure that this is the career for him. He said: "I wanted something local and outdoors. I like working with tools and machinery and had some previous background knowledge of this. The work is really enjoyable, the people are really friendly and helpful and I have learnt more than I thought I would."

Once a week Ryan goes to Brookfield Adult Learning Centre to complete coursework and learn theory, including how to identify plants, look after them and about plant schemes and lawn care. He says his tutor provides support and makes the sessions fun.

On-the-job learning has given him practical skills and experience and he particularly enjoys grass cutting in the summer. He said: "It's nice to see the end result and know that I'm making an improvement to the area."

He now hopes to continue working for the council. He added: "By the end of the course, I'll have the skills, experience and relevant qualifications to make my way forwards in this career path and that's thanks to the council. It's been a great opportunity to do something that's so enjoyable and get paid for it."



### Gangasuthan (Ganga) Balasubramaniam, 25, Hayes

Ganga applied for a legal apprenticeship at the council four years ago. He has successfully completed a Level 2 NVQ legal apprenticeship and a Level 3 apprenticeship in business administration. He is now doing Level 4, a higher apprenticeship initiative, equivalent to a degree, with CILEx the Chartered Institute of Legal Executives. The new 18-month course enables learners to follow an apprenticeship pathway to become a qualified legal practitioner.

He said: "I knew I wanted to go down the legal route, as I have always had an interest in law, my dad is a solicitor and after school I did a two-year legal administration course at Kingston College. Working at Hillingdon Council has given me a range of skills. My communication is better and I have adapted to working in an office and as a team. I also work with internal and external clients and of course, I have substantially enhanced my legal knowledge. I spend one day a week at the University of Law and the rest of my working week is on-the-job training.

"The apprenticeship has given me the opportunity to work in different council service areas, such as housing and property, planning and social services. I am now based permanently in housing and property and I really enjoy it, as there's a lot of legal work to do. Colleagues are always willing to help and managers have been really supportive. I would really like to stay at the council and eventually become a solicitor."



### Zahra Sagadhi, 31, Ealing

The council is always helping employees to further their training and experience and Customer Service Advisor, Zahra is currently doing a Level 3 NVQ in customer service.

Zahra has been working at the council for two years and loves working with the close-knit friendly team in the contact centre, who are usually the first point of contact when a resident calls.

Zahra answers calls relating to adult social care and fostering recruitment. She said: "You need to be talkative, hardworking and willing to learn. We work with teams across the council and refer residents to services. Every day we are learning something new and we share our knowledge with each other.

"I really enjoy my job. It can be challenging and no call is the same but at the end of the day we are helping residents and when we get feedback or see how we've made a difference, it can be satisfying and rewarding. The 18-month apprenticeship from Hull College is theory based and I have become more knowledgeable in how customer service works and the tutors are great."

Working at the council has allowed Zahra to learn a lot of skills, from being able to use varied computer systems; to becoming more patient, resilient and compassionate; and what services the council offers. She wants to continue working at the council and in the future explore opportunities in other departments.



To search for apprenticeships and apply visit  
[www.hillingdon.gov.uk/apprenticeships](http://www.hillingdon.gov.uk/apprenticeships)



# Exciting community events on the way this summer

Hillingdon Council will offer a range of activities for all of the family to take part in.



This year's Hayes Carnival on Saturday 8 July will once again be a celebration of Hayes and its diverse community. The parade will commence at 12.45pm from its new starting point in Central Avenue and make its way along Botwell Lane to Barra Hall Park, where there will be a range of free activities

for all ages to enjoy during the afternoon.

Renowned Bollywood choreographer, Jay Kumar and his Dance Asia Team will lead the parade, performing their routine along the route in a variety of colourful and dazzling costumes.

Events in the park will begin at 1.15pm on the main stage, with music and song from the Hillingdon Community Choir



followed by the parade prize giving ceremony just after the parade arrives in the park. Red Jackson, a rhythm and blues trio and The Scapegoats, an indie-pop four piece will also perform and there will be a Bollywood style dance class.

It will be a fun afternoon for all the family, with a variety of amazing children's shows, a soft play and crafts area, Gozart and his Giant Puppet, stilt walkers, StoryCamp, a sports zone, cycle zone, floral displays, community stalls, a food court and Monty Hammond's Fun Fair.

## Family Fishing Fun Days

Now in their ninth year, our free Family Fishing Fun Days are back for summer 2017.

The popular council-run events, which are open to residents of all ages will

take place on Sundays 30 July and 13 August between 9.30am and 3.30pm at Little Britain Lake, Cowley.

You don't need to be an experienced angler to attend and take part, as it's a welcoming day where you can experience a new pastime and have fun as a family, with friends or on your own. All equipment and bait will also be provided for free.

There will be hourly angling sessions guided by experienced volunteer anglers and you'll be able to meet angling legend Keith Arthur. Other free activities include river dipping, bird box making, face painting and a bouncy castle.

You need to register for fishing on the day, with places offered on a first come, first served basis.

**Leader of the Council, Cllr Ray Puddifoot,** said: "Our Family Fishing Fun Days are a fun day out for the whole family and are an opportunity for residents of all ages to experience fishing and attempt to catch a fish in Little Britain Lake or the River Colne. If you've not been before I would encourage you to come down and see what's on offer."



New for 2017, this programme of arts events organised by the council in collaboration with Hillingdon Arts Association will run between Friday 23 June and Saturday 15 July.

It will offer a varied selection of arts offerings for all ages, including choral, jazz, folk and opera performances; open air theatre; art exhibitions; painting demonstrations; new plays and poetry in venues across the borough.

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

The brochure of events will also be available in your local library and a range of council venues.



## Bestselling authors visit

During the next few months a variety of bestsellers, debut novelists and performers will come to Hillingdon to talk about their work.



### Alison Weir - Anne Boleyn event

**Wednesday 24 May, 7.30pm, The Great Barn, Ruislip**  
Who really was Anne Boleyn? Alison Weir visits the Great Barn to tell us all about the second book in her Tudor Queens series: *Anne Boleyn: A King's Obsession*. Tickets £5 (includes a free drink). To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.



### An Evening with Louise Doughty and Amanda Coe

**Thursday 8 June, 7.30pm, The Great Barn, Ruislip**  
Bestselling author of *Apple Tree Yard*, Louise Doughty will be visiting to talk about the BBC TV adaptation of her thriller, along with the show's scriptwriter Amanda Coe. Tickets £6 and include a copy of Louise's new paperback *Black Water*. To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.



### An Evening with Jeffrey Archer

**Wednesday 28 June, 7.30pm, United Reform Church, Ickenham**  
Bestselling author Jeffrey Archer will be visiting Hillingdon to speak at this event. Copies of Jeffrey's books will also be available to buy on the night and he will be happy to sign copies. Tickets £10 for adults and £8 for those still in education. All proceeds will go to the CLICK Rukiga project in Uganda [www.clickrukiga.org.uk](http://www.clickrukiga.org.uk). Tickets available from the United Reform Church, St Giles' Church offices, AVK-I Care opticians, Ickenham Library or by calling 01895 678169.



### Dazzling Debuts

**Friday 30 June, 7.30pm, Uxbridge Library**  
An evening with Sally Rooney, Harriet Cummings, Gail Honeyman and Elizabeth Jenner, who have all just published their debut novels. Free event. Book through your local library or email [culturebite@hillingdon.gov.uk](mailto:culturebite@hillingdon.gov.uk).



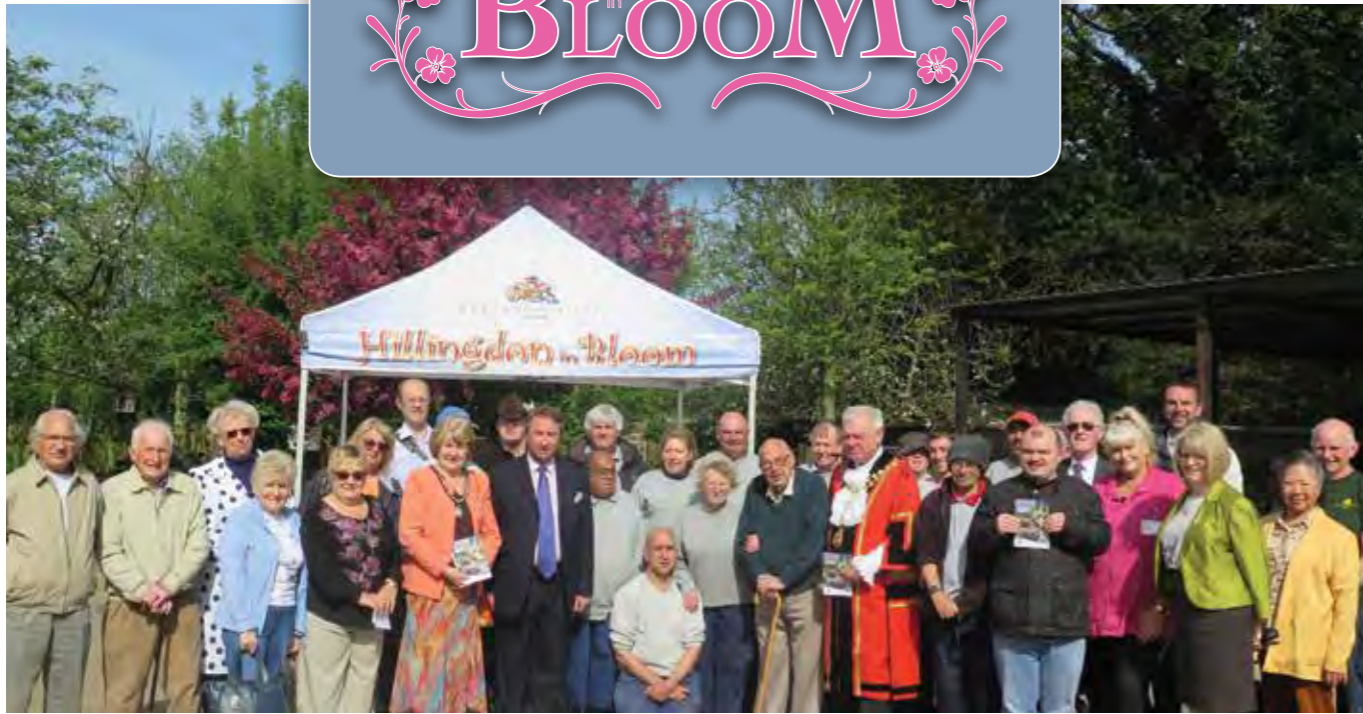
### Spoken Word and Storytelling Extravaganza

**Thursday 6 July, 7.30pm, The Great Barn, Ruislip**  
A summer's evening of stories and spoken word in a thirteenth century barn - what more could you ask for? Featuring the Crick Crack Club, The Poetry Takeaway and local artists. Prepare to be enthralled. Tickets £5 (includes a free drink). To book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615.

Part of Hillingdon Arts in Action

For more Hillingdon events visit [www.hillingdon.gov.uk/whatson](http://www.hillingdon.gov.uk/whatson)

# HILLINGDON in BLOOM



## The council is encouraging residents to get involved in this year's 'In Bloom' competitions.

Hillingdon in Bloom, our annual horticultural competition was launched by the Mayor of Hillingdon, Cllr John Hensley at the Rural Activities Garden Centre (RAGC) on Tuesday 11 April.

The launch event was a celebration of gardening, taking place during National Gardening Week. The Mayor was joined by Cllr Jonathan Bianco, Cabinet Member for Finance, Property and Business Services and they met with volunteer gardeners from the RAGC and previous competition entrants and winners.

Green-fingered residents of all gardening levels are welcome to enter the competition, which has 11 categories. All entries will be judged during July and August by the council's green spaces officers, who will visit each garden and mark entrants using set criteria. You will know if they've visited, as they'll leave a compliment slip through your door.

All efforts in this competition will also contribute towards the borough's entry in both of the Royal Horticultural Society's prestigious competitions, Britain in Bloom and London in Bloom. Last year the borough won Gold in London in Bloom and Gold in Britain in Bloom in 2015. As part of their boroughwide tour, the judges for both competitions view a range of Hillingdon in Bloom displays. Judging for both of these competitions will also take place in July and August.

**Cllr Bianco**, said: "Hillingdon in Bloom gives local people of all ages the chance to brighten up the borough's green spaces with horticulture, helping to make us the pride of London and beyond. I look forward to touring the borough to see what has been grown this year."

Hillingdon in Bloom winners will be announced at the council's Autumn Show. Applications for Hillingdon in Bloom will close on Friday 30 June and entry forms are also available from libraries and the RAGC.

## Categories

### Best first time entrant

**Best window box** - Boxes must be on or attached to the window sill and not a freestanding container.

### Best hanging basket

**Best balcony** - Best open fronted balcony display.

**Best bloomin' business** - Best display at a business premises.

**Best school project/display** - An individual project or display that pupils have worked on and cared for. It's not size but the overall execution that is important.

**NEW Greening grey Britain for wildlife** - Turning unloved grey areas (public open spaces) into vibrant wildlife friendly areas, creating biodiversity.

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

**Best display (includes novelty display)** - For those who do not have space or prefer a non-permanent display. An exhibit within a garden that incorporates temporary planting and/or garden ornaments and structures.

**Roome Cup** - This is awarded to the garden making the greatest contribution to wildlife conservation.

**Best residential garden** - This can include rear gardens only if clearly visible to the public.

## Enhancing biodiversity

### Bird boxes

Volunteer gardeners at the RAGC helped to make 36 bird boxes, with support from the Mayor and Mayoress of Hillingdon during National Nest Box Week in February.

The boxes were installed in parks and green spaces boroughwide as part of our entry for this year's Britain in Bloom competition, with the aim of promoting and enhancing biodiversity and conserving birds and wildlife.



Building and installing nesting boxes is important, as natural nest sites for birds, such as holes in trees or old buildings are constantly in decline. There are three types of box, which will aim to attract blue tits, coal tits and tree sparrows.

### Wildflower planting

At the end of April, 50 year 3 children from Bishop Winnington Ingram Primary School helped the Deputy Mayor, Cllr Carol Melvin and volunteers to plant wildflowers at Pinn Meadows.

The council has been creating wildflower meadows in open spaces and parks in the borough since 2009 to encourage wildlife and create colourful displays. Planting in our meadows encourages bees, butterflies and other local invertebrates and are in flower until late November.

Wildflower meadows include a mix of native and non-native species, including californian and shirley poppies, red orchard, larkspur and cornflowers, are sustainable and low maintenance and produce colourful displays, starting with whites, blues, pinks, turning to reds, oranges and yellows in the autumn.



## Examples of 'greening the grey'

### Belinda Bernadine, Wead Way, Hayes

Flower beds had become unused and the soil heavily compacted. With help from local residents, Belinda organised for the soil to be broken up, fresh compost laid and a range of plants introduced, adding scent, colour and interest for both local wildlife and residents.



### Polish War Memorial Garden, South Ruislip

The council transformed an unused piece of land neighbouring the Polish War Memorial into a peaceful memorial garden with a new pond, trees and plants to add interest and diversity.



### Colin and Julie Quilter, Tudor Close, Eastcote

The couple added a much-needed splash of colour to an unkept shrub bed at the bottom of their road for the Queen's birthday celebrations and their street party last year.

## Autumn Show applications open



Calling all fruit and vegetable growers... apply now for the council's annual Autumn Show competition for a chance to win garden centre vouchers.

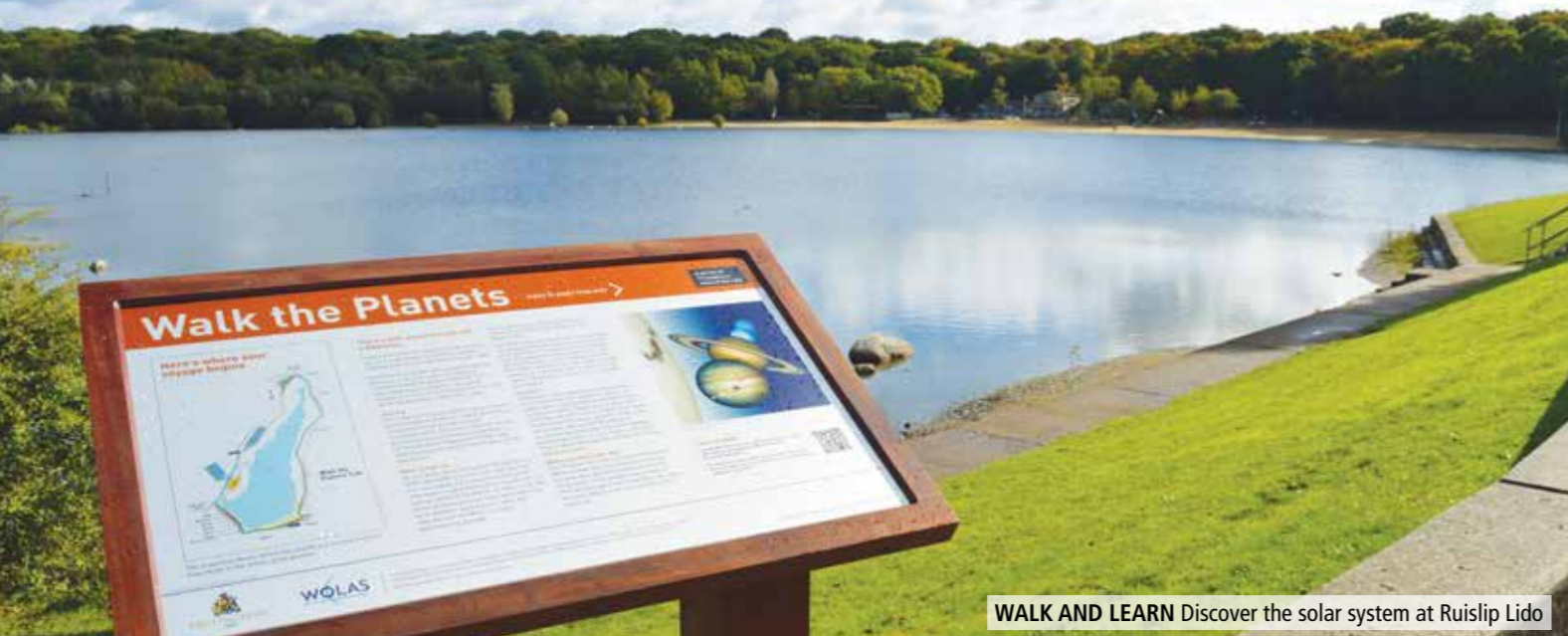
There are a variety of competition classes for homegrown fruit, vegetables and

herbs, homemade preserves, floral and vegetable art and dahlias. Children's categories are also available for young people to grow their own produce.

The show itself, where all exhibits will be displayed, is open to all residents to visit for free and will be held on **Saturday 16 September** at the **Great Barn, Manor Farm, Ruislip**.

To apply for Hillingdon in Bloom visit [www.hillingdon.gov.uk/bloom](http://www.hillingdon.gov.uk/bloom)

To apply for the Autumn Show visit [www.hillingdon.gov.uk/autumshow](http://www.hillingdon.gov.uk/autumshow)



WALK AND LEARN Discover the solar system at Ruislip Lido

### Pétanque

at Hillingdon Sports and Leisure Complex

Enjoy the French game of boules, where the goal is to toss or roll hollow steel balls as close as possible to a small wooden ball called a cochonnet (or jack), while standing inside a circle with both feet on the ground. You can just turn up and pay as you go or call the complex to book.

**Lanes available:**

**Monday to Friday, 9am to 10pm**  
**Saturday and Sunday, 9am to 5pm**  
**Cost: £1.20 per hour.**

### Free G

at Botwell Sports and Leisure Complex

Likened to freerunning and parkour, Free G is described by British Gymnastics as "total freedom." Combining elements from martial arts, stunt performance and gymnastics, you learn the tricks you want to learn and express yourself how you want. There are no rules or competitions. No booking required.

**Drop-in classes:**

**Saturdays, 5pm to 7pm (children over 8)**  
**Wednesdays, 9pm to 10.30pm (adults)**  
**Cost: Children and adults £7.50.**

### Fencing

at Brunel University's Indoor Athletics Centre

Improve your fitness in a fun, integrated and sociable way with a four-week

# Spring into summer with a new way to keep active

Hillingdon has a wide range of leisure facilities and sessions for residents of all ages and abilities. Did you know that we offer these exciting activities at locations across the borough?

beginner course to electric foil fencing, run throughout the year by Hillingdon Musketeers Fencing Club. The course covers footwork, attack and defence swordwork and tactical play for matches; equipment is provided if needed. Sessions are open to all residents and

are split between juniors (eight to 14-year-olds) and adults (15+ year-olds).  
**Sessions:**  
**Fridays, 6pm to 7pm (juniors)**  
**Fridays, 7pm to 9pm (adults)**  
**Cost: Juniors £45.**  
**Adults £65.**



HILLINGDON MUSKETEERS The club recently received funding from the Brunel Ward Budget

### Diving at Highgrove Pool and Fitness Centre

With some of the best diving facilities in the UK, the centre is home to the Tom Daley Diving Academy for five to 16-year-olds and also offers lessons for adults. Whether you're a beginner or an experienced diver, there are a variety of ways you can dive, develop your technique and build your confidence.

**Lessons:**

**Wednesdays, 6pm to 8.45pm**  
**Saturdays, 2.30pm to 5pm**  
**Cost: 30-minute classes £21.70 per month.**  
**45-minute classes (advanced) £23 per month.**

### Fit Beats at Botwell Sports and Leisure Complex

Feel the rhythm, everywhere! Fit Beats is an exciting aerobics class that uses drumsticks and body movements to release your inner rock star and energise you. It improves cardiovascular fitness, body and hand-eye co-ordination. Adults only.

**Sessions:**

**Mondays, 12.15pm to 1pm**  
**Tuesdays, 6.15pm to 7pm**  
**Cost: £6.20.**

### Rebounder

at Highgrove Pool and Fitness Centre

Bounce your way to fitness with this

low-impact exercise, which uses a small trampoline. It's fun, energising and infectious, but will make you work! Open to 16+ year-olds

**Sessions:**

**Mondays, 9pm to 9.45pm**  
**Wednesdays, 8am to 8.45pm**  
**Cost: £6.20**

### Walks with a difference Around the borough

Take on the challenge of the London Loop, walk the planets at Ruislip Lido, enjoy the benefits of nordic walking or explore Pinn Meadows, Ruislip, and Highgrove Woods, Eastcote, at night, looking for bats.

**Find out more**

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

## Venues

Please contact the relevant venue for more information or to book.

### Botwell Sports and Leisure Centre

East Avenue, Hayes, UB3 2HW  
[www.better.org.uk/botwellgreen](http://www.better.org.uk/botwellgreen)  
020 8561 0956

### Highgrove Pool and Fitness Centre

Eastcote Road, Ruislip, HA4 8DZ  
[www.better.org.uk/highgrove](http://www.better.org.uk/highgrove)  
01895 630753

### Brunel University's Indoor Athletics Centre

Kingston Lane, Uxbridge, UB8 3PH  
[www.hillingdonmusketeers.com](http://www.hillingdonmusketeers.com)  
07956 483717

### Hillingdon Sports and Leisure Complex

Garthing Way, Park Road, Uxbridge, UB8 1NR  
[www.fusion-lifestyle.com/hillingdon](http://www.fusion-lifestyle.com/hillingdon)  
0345 1307324

## Anyone for a game of tennis?

With Wimbledon just around the corner (Monday 3 to Sunday 16 July), now is the perfect time to get into tennis.

Tennis is a fantastic way to unwind, have fun and improve your fitness. Test out your best Andy Murray or Serena Williams serves and shots at any one of our 30 outdoor tennis courts across the borough in

Harefield, Ruislip, Ickenham, Uxbridge, West Drayton, Harmondsworth, Hayes, Hillingdon, Eastcote and Northwood. No booking required.

There are also indoor courts at Queensmead Sports Centre, South Ruislip, so even if we experience some typical British wet weather, you can continue without play being rained off. Book at the centre or call 020 8845 6010. Find out more at [www.hillingdon.gov.uk/tennis](http://www.hillingdon.gov.uk/tennis)



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

"Hillingdon offers a wide range of fantastic facilities and sessions to help residents reach fitness goals or simply have fun with friends and family. Whatever your age, ability and gender, why not take up a new leisure activity and improve your health and wellbeing?"



## Cllr John Hensley speaks to *Hillingdon People* as his mayoral year draws to an end, reflecting on what the role has meant to him and his wife Diane.

Cllr Hensley has had an extremely busy year as the Mayor of Hillingdon, which has involved him and his wife representing Hillingdon both within and outside of the borough. The role of mayor is a seven-day a week involvement, often commencing early in the morning and finishing late in the evening.

"My mission statement when elected was to engage with and support the wider community and to help bring about cohesion with the diverse groups that make Hillingdon such a great place to both work and live," he said.

To this end, Cllr Hensley continued in building networks and forging links with residents. "Through my professional career I have been able to meet and get to know so many people across the borough. Also, through this networking I became acutely aware of the pivotal role that organisations and volunteers contribute to the infrastructure of the community, from running youth groups to providing

essential services that we all so readily take for granted," he added.

Cllr Hensley invited these individuals and youth groups to the Mayor's Parlour, where he was able to thank them personally for the work that they do. He said: "I've welcomed more than 400 people of all age groups to the parlour, ranging from seven to 90 years of age." These meetings also gave him the opportunity to explain not only the role of the mayoralty but to share with them his knowledge of local history. These talks have proved so popular that he has been invited to give talks to other interested groups within and outside of the borough. In total, more than 700 people have enjoyed listening to the talks.

In June last year, the Mayor launched his charity appeal at the Hyatt Place Heathrow Hotel, Hayes. The theme was 'Journey Through Life', with funding being raised to pay for equipment for Pield Heath House School, Paul Strickland Scanner Appeal, the Royal Brompton and Harefield Hospitals Charity and Harlington Hospice. He said: "These charities have touched so many throughout the borough and Hillingdon residents have been extremely supportive in our fundraising events. I'm so very grateful for all the support that they have shown to this appeal throughout my mayoral year."

Community support has been evident in a range of events. The borough's New Year's Day Parade entry by JAM2000 won fifth prize and received £6,000. In addition, his charity gala evening hosted by the Marriott Hotel and supported by Brunel University, Uxbridge College and Barclays Bank raised £20,000, with performers giving their time for free to support the charities. The community was also at the heart of his annual Civic Service held in February at St Giles' Church, Ickenham and at the Civic Dinner at the Officers' Mess, RAF Northolt in April.

One of his memorable moments was meeting four World War Two veterans on Armed Forces Day in June. He said: "They had so much to tell the young army cadets present that day that it was decided to record their experiences, so that others can appreciate the sacrifices that were made so that we as a community can enjoy and appreciate our freedom and democracy.

"Finally, I'd also like to thank my wife for her support and dedication. This has been an amazing year for her also, where she naturally reaches out to people, talks to everyone and above all values them, as everyone plays a part in making Hillingdon's community what it is."

# Young people give back to local projects

During the last five years, the council's youth offending service has facilitated more than 50 projects in the local community with young people as part of its restorative justice approach. We spoke to Hillingdon Narrowboats Association to learn more about how local organisations can benefit from this partnership.



From making Christmas hampers for the homeless to painting playgrounds at local schools, young people across Hillingdon have been spending their reparation time giving back to the community. Restorative justice focuses on the needs of victims and perpetrators, and offenders are encouraged to take responsibility for their actions and make amends.

Most of the projects involve learning new skills such as carpentry and garden maintenance, and recent ventures have included garden maintenance at local churches, learning to play music with care home residents and a restoration project in partnership with Hillingdon Narrowboats Association.

Last year, young people regenerated the canal lock gates and railings in Harefield. **Dave Wright, project manager from the**

**Hillingdon Narrowboats Association**, worked with the team on the project. He said: "Right from the start, the young people were eager to begin as none of them had done any boating before, and the operation of the lock was a fascinating and unusual way to start the day. Over the next three days, they worked really hard and scraped, sanded, undercoated and glossed all the railings, bollards and lock gates. Everyone was astonished by the difference."

Dave has been really impressed by the young people's dedication and commitment to the project. He concluded: "The young people had a great time. The icing on the cake was when one asked if he could come back again and help with some woodwork, and a couple of others want to come back and volunteer too."



**Sanjay Kotecha, Restorative Justice Officer at the council**, works closely with young people whilst they are carrying out their reparation work. He said: "Young people are often hesitant before they start a project, but it's fantastic to watch them develop as they learn new skills and see the difference their efforts will make to the community.

"For those who may have had a difficult start to life, our community projects are a really valuable experience. One young lad we were working with on a school painting project enjoyed it so much that he decided to further his career as a professional painter and decorator, and now owns a successful business."

Sanjay and the team are always on the lookout for future projects for the team to work on and would really encourage local community groups and organisations to get in touch if they have anything the team can help with. Sanjay also noted: "All the materials we work with, such as paints and brushes, are kindly donated to us by local businesses, and we would appreciate any further contributions to support the work the young people do."

To find out more about our community projects, please email [skotecha@hillingsdon.gov.uk](mailto:skotecha@hillingsdon.gov.uk)

## Updates from the Borough Commander



Colin Wingrove

At this time of year, thousands of young people in the borough will be taking their summer exams. GCSEs and A-levels usually grab the

headlines but there are countless SATS, mocks and end of year tests as well, and we wish them all every success. In the new Policing and Crime Plan, keeping children and young people safe is a key priority across London, and this in turn will help them achieve more in school or college. In Hillingdon, this is achieved in varied, sometimes complex ways, and nearly always involves working with another organisation, whether it's the school or council department.

Every day, police officers respond to emergencies and calls that involve children and young people, with the aim of ensuring whatever incident it is, that they deal with it professionally but showing compassion and support when children are involved. Away from the day-to-day calls, we have a team of police officers responsible for working with each of the secondary schools and our Dedicated Ward Officers also have good links with many of the primary schools. As well as being a visible presence outside the secondary schools, they provide input on issues such as personal safety, illegal drugs and knife crime. Recently, I had a great morning at the John Locke Academy seeing how the Junior Citizen programme works. We work closely with the London Fire Brigade, the council and other partners to organise this annual programme, which saw 3,500 year 6 pupils take part in in March this year. The children learnt about water safety, safer travel, stranger danger, health and internet safety. I must

also mention our volunteer police cadets, who recently scooped London awards for the best cadets and cadet staff. The cadets regularly get involved in initiatives to keep Hillingdon safe, as well as numerous activities to develop key personal skills.

With the warmer weather on the way, we know that anti-social behaviour (ASB) and violent crimes tend to increase and we have increased our presence in local ASB hotspots. Dedicated Ward Officers are working with partners to reduce nuisances and also make their area's feel safer. This includes working with the council using Public Space Protection Orders, and enforcement of anti-social street drinking. Our officers have obtained Criminal Behaviour Orders to prevent repeat offenders continuing this behaviour, and Closure Notices to deal with venues associated with drug crime.

All of these measures are there to make local residents feel safer. Our licensing officers are also busy visiting premises, including off-licences, as well as pubs to reduce alcohol-related crime. By working with premises they can help them be safer, more responsible businesses, but if problems continue then we also have to be prepared to take action in order to prevent crime and keep an area safe.

Lastly, over the next couple of months I will be holding some 'Coffee with a Copper' drop-in sessions around the borough so you can let me know how you feel about policing in the borough. More details about this, cadets, and all our other news is on our Facebook page, so keep a look out and in the meantime, visit our new Met Police website, [beta.met.police.uk](http://beta.met.police.uk). Type in your street or postcode to access information about your area, your team or get advice.

## GP online services available in Hillingdon: Quick, easy and secure!

Patient Access offers you the ability to book appointments online with your local medical centre and, depending on the level of access you are granted, you can also order repeat prescriptions and even view your medical records.



**Dr Ian Goodman, Chair of Hillingdon CCG, said:** "It is available for all and is free and easy to use. Just call into your practice and ask for the information you will need to log into your online account.

"You will also need to verify your identity for confidentiality before you receive access."

Take a look at the video on the Hillingdon Clinical Commissioning Group YouTube channel to find out more on [bit.ly/2nyS4pk](http://bit.ly/2nyS4pk).

# Home-Start volunteers make a real difference to local families

Home-Start Hillingdon is a local charity that supports families under stress with at least one child under five. They are always looking for new volunteers with parental experience.



**From a family**  
*"My volunteer made a difference in my life because I knew I had someone to talk to and it made me feel less isolated. She was always friendly and kind. It has really helped me through a difficult time."*

"The things I do as a volunteer can seem simple. I've helped with practical things, talked through strategies to help families cope with everyday life, accompanied them to places to help them get out and about, provided information about local services and a listening ear, and played with the children. These things can make all the difference to a family who are finding things difficult, and I feel privileged to believe my support has enabled families to carry on with their everyday lives successfully."



home to give support, befriending and practical help. They help families build up their own support networks and enable them to access the services available to them in their local community. Research has shown that this support significantly increases families' ability to cope.

### Kiran's story

"I started volunteering with Home-Start in 2014 and it's been incredible to feel I've made a difference. With my own skills as a parent, plus the training and support provided by Home-Start, I've been able to help four families who were going through difficult times.

If you have had children or grandchildren yourself, you will remember how difficult those sleep-deprived early years can be. Imagine also being a new mum or dad with no local family support; postnatal depression, twins or multiple births; a diagnosis of autism; or a child with a disability. Home-Start takes referrals for families, who are struggling for any reason, from a range of professionals including health visitors, midwives and children's centres.

Home-Start receives funding from Hillingdon Council and other funders and recruits and trains volunteers who have been parents themselves. Volunteers visit a family in their own

### You can get involved

Home-Start depends on people with parental experience to volunteer by visiting a family for just two to three hours every week. They provide a thorough 10 week volunteer training programme and ongoing supervision and support. They also cover out-of-pocket expenses for all volunteers.

If home visiting isn't for you, Home-Start is also looking for trustees to help them run the charity.



For more information about these opportunities and how to apply, call 01895 252804 or visit [www.homestart-hillingdon.org.uk](http://www.homestart-hillingdon.org.uk)

# HILLINGDON BUSINESS EXPO 2017

Over 100 Hillingdon businesses exhibiting  
 Business Presentations and Advice Sessions | Mini 1 Day MBA  
 Business Breakfast | BBQ Lunch | Evening Reception  
 Networking opportunities with over 1,500 attendees  
 Plus many more exciting features all day



**Thursday 1st June 2017**  
**09.30-17.00**

Hamilton Centre  
 Brunel University London  
 Kingston Lane, Uxbridge, UB8 3PH

**Championing Hillingdon Business!**  
**All free and all welcome - join us!**

[www.HillingdonExpo.com](http://www.HillingdonExpo.com)

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The Hillingdon Business Expo is supported by



It's nearly May half-term and with summer just around the corner, there are lots of events, shows, concerts and activities for Hillingdon residents.

## THEATRE

### Mack and Mabel

**Wednesday 17 to Saturday 20 May, 7.30pm (2.30pm on the Saturday also)**

WOS Productions is delighted to perform this Broadway musical comedy. Based on the real life romance between legendary filmmaker Mack Sennett and his rising star Mabel Normand, this entertaining show tells the story of Hollywood's golden age, where the fun of the silent screen was dominated by the hysterical chaos of the Keystone Kops and Fatty Arbuckle, and the glamour of the bathing beauties. The show features the classic hits *I Won't Send Roses*, *Time Heals Everything* and *Tap Your Troubles Away*.  
**Cost: £12. Concessions £10. Children £10. Family ticket £40.**  
**Book by visiting [www.ticketsource.co.uk/wosproductions](http://www.ticketsource.co.uk/wosproductions) or call 0333 6663366. For further information visit [www.wosproductions.org.uk](http://www.wosproductions.org.uk). Winston Churchill Theatre**

### The Ladykillers

**Wednesday 17 to Saturday 20 May, 7.45pm (2.30pm on the Saturday also)**

Ruislip Dramatic Society presents the celebrated Ealing comedy with the tale of a sweet old lady pitted against a gang of criminal misfits who will stop at nothing...Posing as amateur musicians, Professor Marcus and his gang are actually masterminding a robbery, but Mrs. Wilberforce has other plans for them including a concert! Adapted for the stage by Graham Linehan, creator of *The IT Crowd*, *Black Books* and *Father Ted*.  
**Cost: £12 (concessions £11 available Wednesday, Thursday and Saturday matinee only)**  
**Book online at [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call the Ruislip Dramatic Society Box Office on 07856 246517 or the theatre on 01895 250615. Compass Theatre**

### Outside Edge

**Thursday 1 June to Saturday 3 June, 7.30pm (2.30pm on the Saturday also)**

The Chameleons Amateur Dramatic Society present this classic comedy by Richard Harris. The day of the big local cricket match

has arrived and whilst Roger the team captain is worried that he is short of players and, worse still, it might rain, his wife Miriam is more concerned about the timing for tea. On top of this the other members of the team are having various troubles with their wives, ex-wives, girlfriends and the fact that the opposition are unbeaten and looking vicious!  
**Cost: £12. Concessions £10.**  
**Book by visiting [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or calling 01895 250615. Compass Theatre**

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

**Thursday 1 June, 7.30pm**

Back by popular demand, Bye Bye Baby takes you back in time on a musical journey through the career of Frankie Valli and The Four Seasons. From their early beginning in the 1950s, when Frankie first joined the group, this show celebrates the greatest hits from the West End and Broadway smash hit musicals, including *Beggin*, *Big Girls Don't Cry*, *Walk Like A Man*, *Let's Hang On*, *Who Loves You*, *December '63* (Oh What A Night), *Bye Bye Baby*, *Can't Take my Eyes off You*, *Fallen Angel* and *Grease* through to a superb grand finale, a medley of more of the group's greatest hits.  
**Cost: £23.50. Groups 8+ one in eight go free. Premiere Card £19.80.**  
**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371. Beck Theatre**

### The Quo Experience

**Friday 9 June, 7.30pm**

After the sad and tragic death of Rick Parfitt last year, life will never be the same for hundreds of thousands of Quo fans, who will no longer experience the magic he brought to the stage alongside Francis Rossi. But all is not lost as there is a new band on the scene to keep the memory alive. The Quo Experience have spent years studying Rossi and Parfitt's looks, playing styles and stage performances to make sure they are as close to the real thing on stage.  
**Cost: £23. Concessions £2 off. Groups of 8+ one in eight go free. Premiere Card holders 10 per cent off.**

# 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)

**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371. Beck Theatre**

### The Odd Couple (Female version)

**Wednesday 14 June to Saturday 17 June, 7.45pm**

Proscenium presents this gender-swapped version of Neil Simon's riotous comedy. When house-proud homemaker Florence's marriage breaks down she takes refuge with Olive, whose apartment resembles a garbage tip. Watching the impending disaster play out are four Trivial Pursuit-playing girlfriends and two single Spanish gentlemen.  
**Cost: £12.**  
**Book by visiting [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or calling 01895 250615. Compass Theatre**

### That'll Be The Day

**Thursday 15 June, 7.30pm**

After an incredible three decades of touring, the UK's Rock 'n' Roll variety production *That'll Be The Day* returns with another chance to catch its show. It features a line-up of classic gold hits, spanning the 1950s to the 70s, mixed with hilarious comedy.  
**Cost: £27.50.**  
**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371. Beck Theatre**

### Annie Jr

**Sunday 18 June, 4.30pm**

Based on the popular comic strip

and adapted from the Tony award-winning best musical, *Annie Jr* by Masquerade Theatre Arts features little orphan Annie as she charms everyone's hearts despite a next-to-nothing start in 1930s New York City.  
**Cost: £16.**

**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371. Beck Theatre**

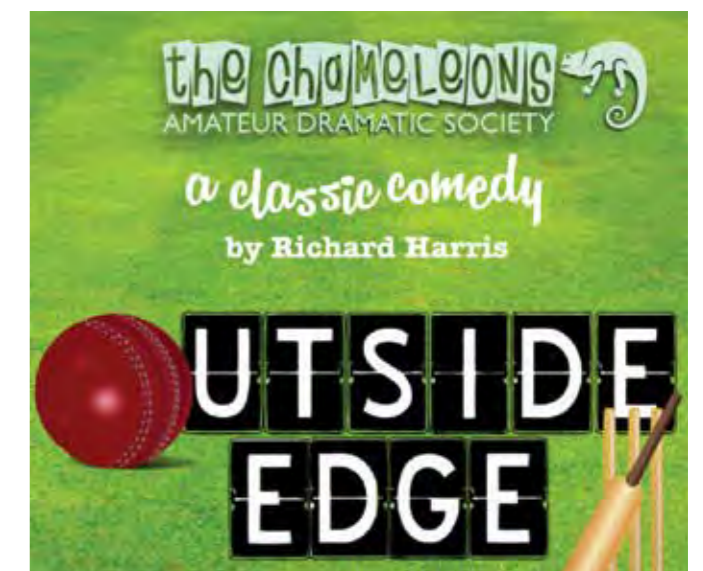
### Comedy of Errors

**Saturday 24 June, 7.30pm**

Ruislip Lions are delighted to welcome Illyria Theatre Company to perform for their summer event at Manor Farm. Two sets of identical twins, separated at birth, unknowingly end up in the same city. More and more people are sucked into a vortex of mistaken identity including an officer who is paid per arrest, a goldsmith who hasn't been paid at all, a delayed merchant, an irate courtesan and a mad exorcist. Gates open from 6pm for picnickers. Seating not provided - you need to bring your own low-backed chair or rug to sit on.

**Cost: Early booking discount rate until 13 June: £13.50, £8 for under-16s and £40 for a family of five. After 13 June: £15, £8 for under-16s and £45 for family of five.**

**For more information and to book visit [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or call 01895 250615. Grass Courtyard at Manor Farm**



## MUSIC

### Folk Music Concert

**Thursday 25 May, 8pm to 11pm**  
Hattie Briggs and Jasmine Scott Neale plus Emi McDade. Young bright and talented singers, songwriters and instrumentalists.  
**Cost: £10 on the door. Reductions for members and students.**  
For more details visit [tinyurl.com/uxfolk](http://tinyurl.com/uxfolk) or call 07941 006017.  
**Uxbridge Folk Club**

### The Final: A Day of Music

**Wednesday 31 May, Lunchtime concert, 1.10pm, Leavers solos 2.30pm, Final evening concert, 7.30pm**  
The lunchtime concert will feature a collection of performances by current music award students. The solo recitals will include graduating music award students. The final evening concert will feature assorted ensembles and soloists who will be performing for a final year and the University celebrates the year end.  
**Tickets are free. Everyone welcome.**  
**Antonin Artaud Building, Brunel University**

### Maggini Quartet

**Friday 2 June, 7.30pm**  
One of the finest British string quartets, the Maggini Quartet's recordings have won international awards including Gramophone Chamber Music Award of the Year, Diapason d'Or of the Year and a Cannes Classical Award, and have twice been nominated for Grammy Awards. The string quartet's most recent project has been the complete Mendelssohn quartet cycle for Meridian Records. Concert to feature Haydn's *Quartet in Eb op20/1*, Elgar's *Quartet in E minor Interval*, Beethoven's *Quartet in F minor op 95 'Serioso'*  
**Cost: £10. £5 concessions. Free for Friends of Brunel Arts and Brunel Arts student**



And finally... Phil Collins

members.  
To buy tickets visit [www.brunel.ac.uk/services/brunelarts](http://www.brunel.ac.uk/services/brunelarts) or call 01895266074.  
**Auditorium, Eastern Gateway Building, Brunel University**

### Sine Nomine Singers summer concert

**Saturday 24 June, 7.30pm**  
Monteverdi Mass for four voices. Motets by Spanish composers. Francisco Guerrero *Gloriose Confessore* and *Canite Tuba*. Cristobal Morales *Simile est Regnum* and *Regina Caeli*. Tomas Luis de Victoria *Ave Maria a 4* and *O magnum mysterium*. Claudio Monteverdi *Messa a quattro voci*. Also to include Italian renaissance duos by guitar duo NOVA.  
**Cost: £14 in advance. £16 on the door.**  
**Tickets available from [www.ticketsource.co.uk/SNS](http://www.ticketsource.co.uk/SNS), from choir members, from Nicola Wilson-Smith by calling 020 8933 7908 or on the door.**  
**All Saints' Church**

### Tina Law's tribute to Barbara Streisand

**Saturday 24 June, 7.30pm**  
Come and enjoy this tribute to one of the biggest singing stars in the world. In 2013 Tina was winner of the National Tribute Awards. Backed by her four-piece live band, she has taken her tribute act to every corner of the globe.  
**Cost: £18. Concessions £15.**  
**Book by visiting [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or calling 01895 250615.**  
**Winston Churchill Theatre**

### The Marriage of Figaro

**Sunday 25 June and Sunday 9 July, 6pm**  
Opera Vera, a London-based company offering professional singers the opportunity to perform opera in its original language will present this opera by Mozart. The company first performed on behalf of the London Borough of Hillingdon at the Great Barn



The final: A Day of Music

in 2014, with their critically acclaimed production of Mozart's Don Giovanni, returning in 2016 with a sell-out production of *Così Fan Tutte*.  
**Cost: £15.**  
**Book by visiting [www.hillingdontheatres.uk](http://www.hillingdontheatres.uk) or calling 01895 250615.**  
**Great Barn**

### And Finally...Phil Collins

**Thursday 29 June, 7.30pm**  
Come and see this Phil Collins and Genesis tribute show. They are celebrating their 10th anniversary year together and the 11-piece band which includes And Finally Horns faithfully recreate all the classic hits.

**Cost: £22. Premiere Card £19.15.**  
**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

### Folk music concert

**Thursday 29 June, 8pm to 11pm**  
Duncan McFarlane Trio. Popular Yorkshire singer who grew up in Uxbridge.  
**Cost: £10 on the door. Reductions for members and students.**  
For more details visit [tinyurl.com/uxfolk](http://tinyurl.com/uxfolk) or call 07941 006017.  
**Uxbridge Folk Club**

### Dominic Kirwan in concert with Lisa Stanley

**Friday 30 June, 7.30pm**  
Ireland's Dominic Kirwan will be accompanied by vocalist Lisa Stanley on this new tour featuring a variety of musical styles, such as pop, country and rock n roll.  
**Cost: £25. Groups 8+ 10 per cent off. Premiere Card £21.15.**  
**Book tickets by visiting [becktheatre.org.uk](http://becktheatre.org.uk) or call the Box Office on 020 8561 8371.**  
**Beck Theatre**

### The Magic of Musicals with Showband

**Saturday 1 July, 7.30pm**  
Uxbridge Choral Society will be performing for their summer concert which focuses on musicals. The concert will be conducted by Jeff Stewart.  
**Cost: £12. Children under 12 £6.**  
**Tickets available on the door or from [www.uxbridgechoralsociety.org.uk](http://www.uxbridgechoralsociety.org.uk).**  
**St Anselm's Church**

## LEISURE

### Hellfire Comedy Club

**Wednesday 7 June, 7.30pm**  
Comedy on your doorstep with up-and-coming comedians. This popular comedy night returns to the Beck Theatre with a line-up of comedians and a tasty menu.  
**Cost: £11.50 (includes food). Ticket only £8.**  
**Beck Theatre**

### Butterflies strawberry afternoon tea

**Saturday 17 June 2pm to 4pm**  
Join in this relaxing fun afternoon with a bumper raffle, refreshments and live music. Proceeds to benefit the treatment of prostate cancer.  
**Cost: £6 a ticket.**  
For tickets contact Vera by calling 01895 635224.  
**Ickenham Village Hall**

### Crafty Sew and So's

**First and third Thursday evenings of the month, 7.30pm to 9.30pm**  
This is a friendly group who enjoy sewing and craftwork. All abilities welcome. Whether you are interested in crazy patchwork, embroidery, or other crafts, they would be happy to see you there.  
**Cost: £2 per visit or £25 for**

annual membership.  
For more information call 01895 635138.  
**Christ Church**

### Loadofhay craft market

**Every first Sunday of the month, 12pm to 4pm**  
A craft market from anything ethical to unusual.  
**Cost: Free admission.**  
Email [loadofhaymarket@yahoo.com](mailto:loadofhaymarket@yahoo.com) for more information.  
**Deane Park Hall**

### Language Clubs of Hillingdon

**Every week on a Thursday, 7.45pm to 9.45pm**  
Friendly clubs offering a chance to practise speaking and hearing Spanish, French, Italian and German, each on a different Thursday of the month, aiming to improve confidence.  
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 details: Spanish Club 01895 253472**  
**French Club 01895 253472**  
**Italian Club 020 8863 3468**  
**German Club 020 8429 1921**  
**St Giles' Church Hall**

### Family Open Day

**Sunday 2 July, 10am to 5pm**  
A great opportunity for all the family (children aged over 8) to try a range of activities. With land based activities, including archery, climbing and high ropes (for children aged over 10) and water based activities, including sailing, stand up paddleboard and kayaking.  
**Cost: Members £20. Non-**

## VENUES

**All Saints' Church,**  
Ryefield Avenue, Hillingdon, UB10 9BT

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

**Auditorium, Eastern Gateway Building,**  
Brunel University, Kingston Lane, Uxbridge, UB8 3PH

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

members £25. Special offer four for the price of three.  
Book by calling 01895 824171 or visit [www.hoac.net](http://www.hoac.net).  
**Hillingdon Outdoor Activities Centre**

## EXERCISE

### Bowls open day

**Sunday 21 May, 1pm**  
Try your hand at this great game at a fun open day. Competitions and prizes available. Refreshments. No special clothes required.  
**Cost: Free.**  
**Northwood Bowls Club**

### Dru Yoga

**Thursdays, 7pm to 8pm**  
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 further details visit [www.lifestyle-dru.co.uk](http://www.lifestyle-dru.co.uk).  
**Barnhill Community High School**

### Monday yoga with Maria

**Mondays, 7pm to 8pm**  
Health is wealth yoga shows the way (Swami Vishnudevananda Yoga Master). Sivananda style class. All welcome. Suitable for beginners and those with yoga experience.

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

**Christ Church,**  
Redford Way, Belmont Road, Uxbridge, UB8 1SZ

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

**Deane Park Hall,**  
South Ruislip Community Centre, Long Drive, South Ruislip, HA4 OHS

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

**Harlington Bowls Club,**  
Pinkwell Park, Waltham Avenue, Hayes, UB3 1TF

(Maria will also be offering yoga in Hillingdon parks on Saturdays this summer from 13 May. These will be free for students and the unemployed. For more information contact Maria.)  
**Cost: £10.**  
To book call 07940 722907 or email [moreyogawithmaria@gmail.com](mailto:moreyogawithmaria@gmail.com).  
**The Stables, Eastcote House Gardens**

### Bowling

**Club days, every Wednesday, 2pm to 8pm**  
Learn to play bowls, socialise and make new friends at Harlington Bowling Club. You will need to remember your flat shoes or trainers. All other equipment will be provided.  
Call Mrs J Fisher on 01895 443559 or Mr T Markham on 020 8848 3979.  
**Harlington Bowls Club**

### Modern Jive Ceroc dancing

**Every Monday 8pm to 11pm**  
This is a fantastic way to keep fit while having fun, and a very sociable way to spend an evening. Ceroc is a fusion of jive and salsa and is easy to learn. You don't need to bring a partner. Beginners welcome.  
**Cost: Entry £9. Membership and first night entry free when you bring this advert.**  
For more information, visit [www.clubceroc.com](http://www.clubceroc.com) or call 020 8933 4350 or 07860250961.  
**West Drayton Community Centre**

### Pilates with Suzy Barton

**Tuesdays, 1.30pm to 2.30pm**  
Improve the way you feel, look, and live your life. Pilates exercises focus on improving posture, core strength

and flexibility. These classes are suitable for everyone regardless of age, ability, or fitness level. Suzy is an ex-British gymnastics squad Pilates Foundation trained CYQ level 3 instructor.  
**Cost: £10 per class or £8 if you buy a block of 10.**  
For more information and to book email [suzybartonpilates@btinternet.com](mailto:suzybartonpilates@btinternet.com) or call 07850 687488.  
**The Stables, Manor Farm**

### Running groups with Dash for Fitness

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For further information and to register visit [runtogether.co.uk](http://runtogether.co.uk) (search for Dash for Fitness), email [dashforfitness@btinternet.com](mailto:dashforfitness@btinternet.com), or call Gary and Suzy on 07710 105086.  
**Various routes starting and finishing in Ruislip**



**Northwood Bowls Club,**  
Chestnut Avenue, Northwood, HA6 1HR

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

**West Drayton Community Centre,**  
Harmondsworth Road, West Drayton, UB7 9JL

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

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.

# Carers' Recognition Scheme 2017

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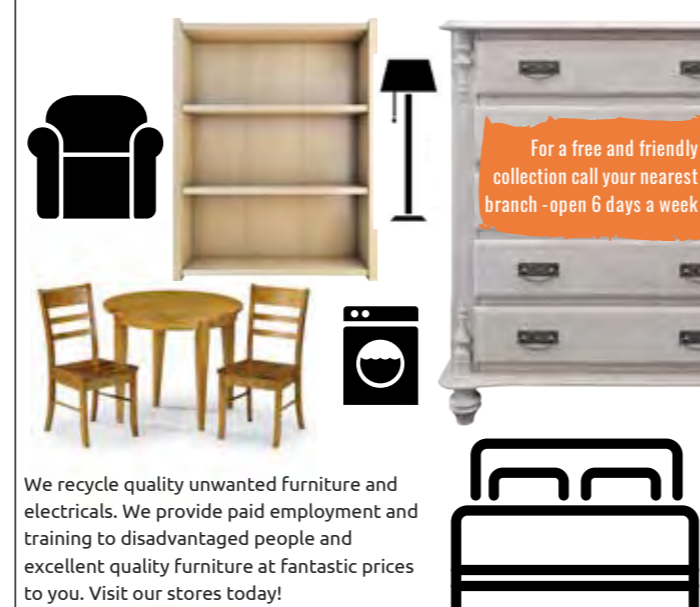
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| Practice Nurse                                | GP Nursing Training                        |
| Medical Secretary                             | Nurse Practitioner                         |
| Practice Manager                              | Nurse Prescribing                          |
| Physician Associate (science degree required) | Mentoring & Supervision                    |
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- 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 461 016
- 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 823 999  
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@hillington.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@hillington.gov.uk
- Labour Group Office**  
01895 250780/250782
- 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  
hillington.enquiries@met.police.uk
- Hillingdon Neighbourhood Watch**  
020 8246 1869  
all@hillingtonnhw.co.uk
- Fire**
- Hillingdon Fire Station**  
020 8555 1200 ext 38228  
hillingtongroup@london-fire.gov.uk

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