

HILLINGDON people

News from your council
January/February 2020

www.hillingdon.gov.uk

Fitness for everyone
Sports sessions for all ages

**Vyners School
expansion works**

**Enhancing your
town centres**

**Planting trees for
future generations**



HILLINGDON
LONDON



FESTIVE EVENTS



NEW FACILITIES



VOLUNTEERS



Business waste and recycling

Why choose us?

We can offer you:

- ✓ **competitive prices** - cost-effective prices and no VAT to pay
- ✓ **transparency** - we have no hidden costs
- ✓ **commitment to sustainability** - we will help you to meet your recycling targets and save you money
- ✓ **commitment to compliance** - we only use licensed, reliable contractors to process your waste and recycling
- ✓ **zero waste to landfill** - your waste will be used to power homes within the UK
- ✓ **experienced, reliable team** - we are already collecting from homes and businesses in your area

If you think you're paying too much to your current provider or would like to know more about our service, visit www.hillingdon.gov.uk/businesswaste now for a free, no obligation quote.

Choose from our range of flexible services to suit your business' needs:

OUR SERVICES	GENERAL WASTE	RECYCLING
75 litre sack	✓	✓
360 litre bin (up to six sacks)	✓	
1100 litre bin (up to 15 sacks)	✓	✓
1280 litre bin (up to 18 sacks)	✓	

We can also collect bulky waste, such as furniture, from your business.



Stamp out fraud

If you suspect someone is committing fraud against the council, report it

The most common types include:

- illegal subletting of a council home
- a bogus Right To Buy application
- a dishonest benefit, business rates or council tax reduction claim
- misuse of disabled Blue Badge permits
- failing to report a change in circumstances
- providing false information

Report it in confidence via
 0800 3898313 @fraud@hillingdon.gov.uk
www.hillingdon.gov.uk/reportfraud



Contents

January/February 2020

▶ Cover stories

- ▶ **10 Supporting our older residents**
The Leader's Initiative for Older People funded a variety of festive activities.
- ▶ **12 Planting trees to protect future generations**
The council is planting more trees than ever as part of its commitment to greening the borough.
- ▶ **16 Fitness for all in Hillingdon**
Find out about a diverse range of facilities and sessions to keep you fit and healthy.
- ▶ **18 Celebrating two refurbished playgrounds**
Transformed playgrounds at East Avenue and Connaught Recreation Ground reopen.
- ▶ **19 New facilities for Vyners School**
Expansion and improvement works provide more places for pupils.
- ▶ **20 Investing in your town centres**
Find out what's in store for Ruislip and what work has taken place in Hayes End.

Regulars

- 4 Hillingdon News
- 25 Volunteers
- 27 What's on?
- 31 Contacts

COVER PHOTO: SUSAN GRAY FROM RUISLIP AND SEKINAH OSHODI FROM HILLINGDON, WHO REGULARLY TAKE PART IN THE OUR PARKS FITNESS SESSIONS AT HILLINGDON COURT PARK.



Advertising deadline for next edition: **Friday 31 January.**
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After reading, please recycle this magazine

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Welcome



Welcome to a new year and the first edition of *Hillingdon People* for 2020.

May I start by thanking all of the staff of Hillingdon Council involved in the general election held in December for their hard work and dedication to duty in delivering this important event.

I would also like to take this opportunity to congratulate Prime Minister Boris Johnson and John McDonnell on their re-election as Members of Parliament for Uxbridge and South Ruislip and Hayes and Harlington respectively and Cllr David Simmonds elected to represent the Ruislip, Northwood and Pinner constituency.

In this issue, you will be able to read about our planned budget for 2020/21 and how we have, once again, been able to invest in services and facilities whilst once again freezing council tax for the over-65s and keeping the general council tax rise to a minimum. As I have said many times over the years we do not receive any greater funding than other local authorities but we do manage it better than most and continue to buck the trend by maintaining and investing in the facilities and services that our residents tell us are important to them.

At this time of year it is customary for many people to make new year resolutions. These can include pledging to improve health, learning new skills or improving the environment. The council runs services to promote all of these.

We offer a wide variety of fitness facilities and leisure activities in our parks and open spaces and leisure centres. Next month will see the start of a new leisure centre management contract that will help residents of all ages to keep active and enjoy a range of sports. We will also be investing in a range of improvements across all leisure centres and building a new facility in West Drayton.

A range of our adult and community learning courses start in January and offer value for money and a high quality level of tuition whether you want to learn something new, take up a hobby or gain qualifications to further your career.

Improving your local environment and supporting local businesses remains important to us. We regularly take on board your suggestions to improve community facilities, and in this edition you can see how local families are benefiting from two refurbished playgrounds via our Chrysalis scheme.

We are also listening to comments from residents and businesses in order to improve your town centres and 43 shopkeepers in Ruislip have signed up to our flagship shop front grant scheme to transform the look of their shop fronts and the look of the high street.

In this edition, you can also read about how we are focusing on the environment through a range of tree planting schemes - maybe this will provide you with some inspiration to plant trees or shrubs in your own garden.

We will continue, in what are still challenging times for local authorities, to put residents at the heart of all we do and I wish you all the best for the year ahead.

Cllr Ray Puddifoot MBE
 LEADER OF THE COUNCIL

Spreading festive cheer



During the Christmas period, the council hosted a variety of festive-themed events and activities for adults, families and young people.

There were also a number of light switch-on events across the borough, with the council investing £285,000 in lighting displays across 28 locations.

The Mayor of Hillingdon, Cllr David Yarrow, switched on the lights on the 33 foot tree and street lamp columns on the Civic Centre forecourt on Friday 29 November. Carols and hymns were sung by a combined choir of local schoolchildren, and there was a performance

of seasonal music from Hillingdon Music Service's brass band. There was also a decorated wooden arbour seat, which was new this year, where residents could pose for photos and selfies.

Our libraries ran a range of free events in December, including the Ruislip Belles & Beaux Hand Bell Ringers, christmas-themed coffee mornings, reading events and card making sessions.

Leader of the Council, Cllr Ray Puddifoot, said: "It has been wonderful to see the community come together to celebrate and enjoy the many events and decorative light displays that took place across Hillingdon during the festive period."

Help for the homeless



The council is working with Trinity Homeless Project to once again provide a winter night shelter to vulnerable residents.

The temporary shelter, which will operate between Monday 20 January and Monday 2 March, will offer

accommodation, food and housing support to up to eight homeless males and females who are without settled accommodation during the coldest months of the year.

This is the fourteenth consecutive year that the

Schools recognised by TfL

Our school travel and road safety team is working with schools in the borough to support them to become accredited under Transport for London's (TfL) sustainable travel programme, STARS.

STARS - which stands for Sustainable Travel: Active, Responsible, Safe - aims to inspire young Londoners to travel to school using environmentally friendly modes of transport, including walking, scootering and cycling.

Schools can work towards achieving either Gold, Silver or Bronze accreditation, dependent on an outlined criteria for each category. So far, 16 schools in Hillingdon have been accredited, with 10 achieving Gold status, three receiving Silver and three attaining Bronze.

In February last year, Hayes Park School

attended the council's Junior Road Safety Officer event and successfully bid for £400 at a *Dragons' Den* style workshop.

The money was used to introduce Stop, Look and Listen road safety markings in the school playground. Implementing the markings and participating in events, contributed to the school being awarded a Gold accreditation.

Fellow Gold recipient Ryefield Primary School received £420 towards running a bikers breakfast, cycling competitions and purchasing balance bikes and helmets for students, which they could evidence in their application for accreditation.

To find out more visit stars.tfl.gov.uk and to find out how your school can get involved email stars@hillingdon.gov.uk.



council has run its winter night shelter as part of an all-year-round approach to supporting rough sleepers in Hillingdon. In previous years the shelter has been successful in resettling people into long-term accommodation, as well as supporting people into work and training opportunities.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Our teams work hard throughout the year to prevent rough sleeping by ensuring that the

right support is available from the very beginning. In addition, our winter shelter is a lifeline for those who do face the terrible prospect of rough sleeping, as it provides a warm and safe place to stay as well as the help and support needed to move them into settled accommodation."

The council has a dedicated team of officers working alongside staff from Thames Reach, Trinity Homeless Project and Heathrow Travel Care.

If you see any rough sleepers, you can let us know by visiting www.streetlink.org.uk.

Safe council car parks impress national inspectors

The main car park at Ruislip Lido along with its residents-only Willow Lane car park and Harefield House car park have received Park Mark awards following an inspection in August.

These new additions bring the number of Park Mark accredited car parks run by the council to 25, out of the 32 public car parks in the borough.

The Park Mark safer parking scheme is a national standard for UK car parks that have low crime and measures in place to ensure the safety of people and vehicles. It is run



by the British Parking Association on behalf of the Association of Chief Police Officers. Assessors work with the police to carry out a rigorous inspection regime.

Assessors from the scheme praised the car parks for their safety, cleanliness and clear signage. They were also impressed by the daily visits by staff to

ensure any problems are quickly rectified.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "We are delighted to receive these new awards and increase the number of Park Mark awards in the borough. We want to continue to provide parking facilities for residents and visitors that are easy-to-use, well-maintained, safe and value for money."

You can find out more about Park Mark awards at www.britishparking.co.uk.

Waste Weekends extended

From January, the council's popular waste weekends at West Drayton will be extended to offer even more recycling opportunities for residents.

The waste weekends, which had been running once a month since 2009 at Railway Sidings, Tavistock Road, UB7 7QT, will now be held every weekend between 9am and 4pm (up to 5pm during summer).

The waste weekends create a pop-up civic amenity site in West Drayton, where residents can bring a variety of items to be recycled and domestic waste for disposal.

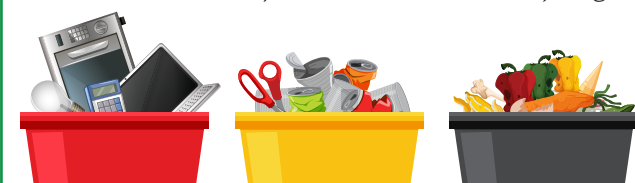
The facility is free to use and all you need to do when you arrive at the site is show your Hillingdon First card or proof of address.

The site is in addition to Harefield Civic Amenity

Site, New Years Green Lane, UB9 6LX, which is open Monday to Sunday and bank holidays (excluding Christmas Day, Boxing Day, New Year's Day), 8am to 4pm (8am to 6pm during summer).

Leader of the Council, Cllr Ray Puddifoot, said: "Our waste weekends have been extremely well received since they were introduced in 2009. Therefore we have taken steps to extend these to provide more recycling options for residents and to allow more people to use the facility."

For more information about our free waste and recycling services, including our weekly kerbside recycling collections and our bulky waste collection service, visit www.hillingdon.gov.uk/rubbishandrecycling.



Double awards win for our adolescents team



The council's adolescents team achieved success at two awards ceremonies in November.

The team was announced as the winner in the Care category for the Guardian Public Service Awards on Tuesday 26 November. It then received a silver award in the Team of the Year, Children's Services category in the Social Worker of the Year Awards on Friday 29 November. Both awards recognise the team's outstanding social work, which is having a positive impact on vulnerable young people and their families in Hillingdon.

The adolescents team has adopted forward-thinking intervention

techniques to support and empower young people to stay safe, reduce conflict and remain in their home.

They work with children from 12 years old who are at risk of criminal or sexual exploitation, going missing from home, serious youth violence or family breakdown. Their innovative approach gives young people more choice in their care, allows them to select their own social worker, offers increased support and education to parents, and gives social workers greater control over how to spend their budgets to resolve issues and support the young person's needs.

Rogue Hayes landlord is ordered to pay £430,000

A Hayes landlord has been ordered to pay more than £430,000 after turning her property into an illegal House in Multiple Occupation (HMO).

At Isleworth Crown Court on Thursday 21 November, Gurdeep Kaur, 47, of Cavendish Close, Hayes was ordered to pay more than £406,000 following confiscation proceedings under the Proceeds of Crime Act (POCA).

change the property back to a single house.

When the case went to Uxbridge Magistrates' Court on 20 June 2018, Kaur was convicted of one offence under the Town and Country Planning Act.

The case was referred to the Crown Court because Kaur was found to have profited from a criminal lifestyle under POCA.

At the confiscation hearing, Kaur was ordered to pay £406,712 and fined



Kaur had unlawfully converted her house in First Avenue, Hayes from a single-family dwelling into a large HMO without planning permission.

Kaur's illegal activity came to light following an intelligence-led multi-agency operation with the Home Office's immigration team and planning enforcement officers in May 2017. They found Kaur had continued to illegally use the property as a large HMO, renting out rooms and the outbuilding to 15 tenants, despite being issued with an enforcement notice ordering her to

£20,000 for the planning offence. The council was also awarded £4,019.46 in prosecution costs. Kaur has three months to pay the money or face a prison sentence of five years, and she will still have to pay the money back.

Leader of the Council, Cllr Ray Puddifoot, said: "This is the highest amount the council has ever secured using proceeds of crime laws. Gurdeep Kaur blatantly flouted the law and for that she must pay a hefty sum. Let this be a warning that we will take robust enforcement action to stamp out illegal activity."



New trainee social worker apprenticeships introduced



The council has become the first local authority in London to offer an apprenticeship programme for trainee social workers.

The usual route to become a full-time social worker involves up to two years at university followed by between 70 and 100 work-based training days.

Now the council has launched a three-year social work apprenticeship scheme, which gives participants the chance to study for their degree while working and earning money.

Eleven students, including a mix of existing council employees, who are embarking on a change of career, and newly-recruited apprentices, joined the scheme in October. More will be recruited in April.

One of the new apprentices, said: "I was already working with social workers and found the work rewarding and wanted to do more. I think we're lucky to have this opportunity here. You make a commitment to stay for two years after you qualify but I think I'd feel more comfortable

being a newly-qualified social worker in a place I already know."

The council runs one of the most successful apprenticeship schemes in the country, having increased its number of apprentices tenfold since the government introduced its Apprenticeship Levy in 2017.

Apprentices work in a variety of roles across the organisation, including town planning, social work, business administration, licensing, housing and horticulture.

Cllr Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, said: "Like many other councils, we find it a challenge to recruit and retain social workers.

"By opening up this new work-based training path, we are helping to fill our vacancies on a long-term basis, while giving new opportunities to current employees. I wish our recruits the very best of luck as they begin this exciting new chapter in their careers."

Visit www.hillingdon.gov.uk/apprenticeships to find out more.

Council takes ownership of brand new Yiewsley park

A ceremony took place at Hale Field Park in Yiewsley on Thursday 24 October to open the new green space and transfer ownership to the council.

The site, which had been vacant for more than 15 years, was regenerated by Prologis UK as part of a planning agreement for their Prologis Park West London development.

The £2 million regeneration project included extensive remediation of the land to deal with historical contamination issues, rehabilitation of 40 acres of derelict land, preserving and enhancing existing wildlife habitats

and rebuilding a historic boundary wall.

More than 250 trees were planted, 30,000 square metre grassland paddocks were created to accommodate horses from the nearby Goulds Green Riding School, the canal towpath was restored, new mooring facilities

were installed, water features on Iron Bridge Road were improved, new footpaths were created, and more than 25 bird and bat boxes have been positioned across the site.

The new park was opened by the Mayor of Hillingdon, Cllr David Yarrow. Seven-year-old



Mia Clarke (pictured) was the first resident to enter the park.

Cllr Jonathan Bianco, Cabinet Member for Property, Finance and Business Services, said: "Prologis has transferred the ownership of Hale Field Park to the council with an ongoing contribution to its upkeep.

"The amount of space gained for residents is four times greater than the land taken up by the development and shows what can be achieved when the council works in partnership with a developer to deliver benefits to residents."

Hillingdon's libraries host healthy heart activities

In February, the borough's libraries will be offering residents the chance to take part in a range of free events and activities that focus on health and wellbeing.

The month-long programme will include health checks, heart-themed storytimes, feel-good film screenings, light exercise, coffee mornings and walks. Libraries will also be holding new mindfulness sessions, such as an introduction to Ayurvedic practices, meditation classes and an aromatherapy taster session.

This year will also see the launch of a book-themed speed dating event, which aims to help residents' wellbeing, where attendees can chat with a range of authors about their books.

Family-oriented fun includes the chance to

try out some giant board games, a Taekwondo taster session and racing on smoothie bikes - specially adapted bicycles that blend smoothies while the users pedal.

Expectant and new parents can attend Once Upon a Bump, a new social group providing friendly support, advice from professionals and more.

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

"There will also be a health fair on Friday 7 February between 10am and 1pm at Uxbridge Library, where residents can receive health and wellbeing advice from local providers.

For more information, visit www.hillingdon.gov.uk/heart or ask at your local library.

New leisure centre contract

The council has awarded its new 10-year leisure centre management contract to Greenwich Leisure Limited (GLL) in a move that will help residents stay active and enjoy the benefits of sport.

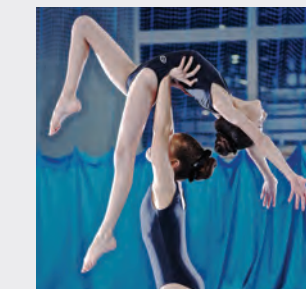
From Sunday 23 February, GLL will manage Hillingdon Sports and Leisure Complex, Botwell Green Sports and Leisure Centre, Highgrove Pool and Queensmead Sports Centre in Ruislip.

GLL will be working with the council to develop a plan that reflects the needs of all residents, with a particular focus on delivering activities for children, older people and people with additional needs. In addition to awarding the new contract, the council is investing £3 million in a raft of improvements across all of its leisure centres, including refurbishments, modernisation of

equipment, better use of technology and new energy saving measures.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "We have exciting plans for Hillingdon's leisure facilities and we look forward to working with GLL, who have more than 25 years of experience in the leisure industry, to bring the benefits of a more active life to residents of all ages.

"This agreement will boost and build upon our extensive leisure offer, while providing good value for money."



Councillor receives award

Cllr Janet Gardner, ward councillor for Botwell, has been honoured for her work supporting victims of domestic violence and domestic abuse.

Cllr Gardner won the Innovation and Service Transformation category at the 2019 Cllr Achievement Awards.

The ceremony was hosted by the Local Government Information Unit and Churches, Charities and Local Authorities on Tuesday

5 November at the Royal Horseguards Hotel in Westminster.

The judges applauded Cllr Gardner's dedication to protecting domestic violence victims and for being a voice for those who felt they had nowhere to go.

Cllr Gardner is a survivor of domestic violence and has campaigned tirelessly on this issue for more than the 25 plus years she has been a councillor.

Cllr Gardner, who is also the council's

Domestic Violence Advocate, said: "This award is dedicated to every victim I have helped and those I will help in the future.

"Eradicating domestic violence and domestic abuse from our communities is an issue I will continue to support."



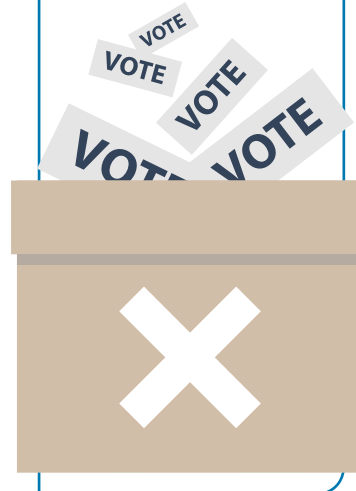
General election results

The UK general election took place on Thursday 12 December, with residents voting to choose an MP to represent their constituency in the House of Commons.

Prime Minister, Boris Johnson was re-elected as MP for Uxbridge and South Ruislip with a majority of 7,210; John McDonnell was re-elected as MP for Hayes and Harlington with a majority of 9,261; and Cllr David Simmonds was elected for Ruislip, Northwood and Pinner with a majority of 16,394.

The turnout for Uxbridge and South Ruislip was 68.75 per cent. The turnout for Hayes and Harlington was 60.94 per cent. The turnout for Ruislip, Northwood and Pinner was 72.92 per cent.

For further details visit www.hillingdon.gov.uk/election2019.



Putting residents first

The council has a record of strong financial management, successfully delivering balanced budgets whilst maintaining and improving the services that matter to residents.

Last year was the thirteenth consecutive year that the council froze council tax for residents over the age of 65 and for the fourth consecutive year the council did not levy the social care precept set at 2 or 3 per cent of the council tax total. For residents under the age of 65 council tax rose by 2.4 per cent, the lowest rate of all London boroughs, representing 90 per cent of the average rise levied by our neighbouring councils, Ealing, Harrow and Hounslow in 2018/19.

As regards the coming financial year 2020/21, the council will once again freeze council tax, for the fourteenth consecutive year for residents over 65. If we applied the same 90 per cent of neighbouring boroughs' previous year rise once again, all other residents would see a rise of 2.7 per cent, however given that the maximum rise allowed this year is 2 per cent, and we anticipate that most London boroughs will levy that, our draft budget includes a proposed rise of just 1.8 per cent. In past years we have not needed to levy the social care precept, however adult social care services, not just in Hillingdon, but across the country,

are facing significant funding pressures due to the combination of a growing and ageing population, increasingly complex care needs and increases in care costs. Accordingly for 2020/21 we will levy a precept of 2 per cent on all residents, which in practice will mean a total rise of 3.8 per cent for those under the age of 65 (83p a week for a Band D property) and 2 per cent for those over 65 (44p a week for a Band D property.)

Further details of the budget will appear in the next edition of *Hillingdon People*, following its agreement at the Council meeting in February, which will include:

- A new leisure centre and community facilities in West Drayton
- Significant funding to maintain local highways
- The council's library refurbishment programme
- Improvements to the council's existing leisure centres
- New facilities for local youth groups
- Town centre improvements across the borough to boost local businesses and high streets
- The council's school building and expansion programme

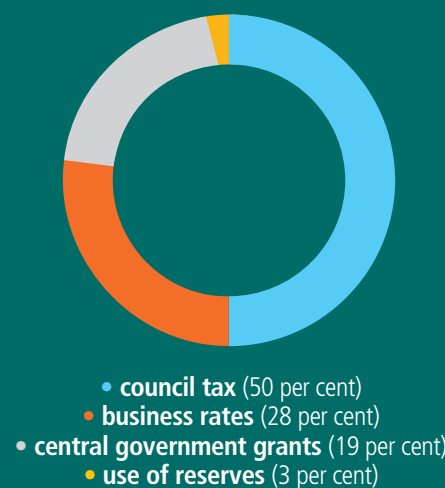
- The Cranford Park restoration project
- Environmental initiatives, such as pollution screens at schools and significant further funding set aside to fight the next stages of the proposed Heathrow expansion if required
- Funding to purchase Uxbridge Police Station
- Further support for victims of domestic abuse

Leader of the Council, Cllr Ray Puddifoot, said: "We continue to put the needs of Hillingdon residents at the heart of everything we do, and this small increase will contribute £4.4 million a year towards maintaining and improving the many services provided by the council.

"Funding pressures continue for local authorities but our strong financial management and good business practice has enabled us to once again deliver a balanced budget with further investment in services and facilities whilst keeping council tax rises to a minimum."

Budget in numbers

The council delivers nearly 800 services. These are funded through a combination of grants from central government, a share of local business rates and your council tax. Pie chart to show percentage in 2019/20:



In 2019/20 your council tax funded...



Raising awareness of safe driving



SAFETY Council officers with emergency services representatives

Our annual Safe Drive Stay Alive road safety campaign, which features a series of events to raise awareness amongst young people of the importance of safe driving, took place once again in November.

Students from across the borough had the chance to hear hard-hitting real-life accounts from live speakers, and view a film of a dramatised story which took pupils on a journey with a group of friends whose decisions had huge consequences.

Seventeen colleges and sixth forms attended the hour-and-a-half long events between Monday 25 November and Friday 29

November at the Winston Churchill Hall, Ruislip.

While the programme is mainly aimed at teenagers who might soon be taking driving lessons or passing their test, members of the public also had the chance to attend. A special performance, which was free and open to anyone to watch, also took place on Thursday 28 November.

During the events, representatives from the emergency services who described some of the tragedies they have encountered, and parents of victims and teenagers explained how their lives had been affected by poor decisions made behind the wheel.

The Safe Drive Stay Alive events are organised by the council in conjunction with the Metropolitan Police, London Ambulance Service, London Fire Brigade and Transport for London.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "This is a sobering campaign aimed at teenagers eager to get their licence and get on the road. It is a stark reminder of their responsibilities and obligations to drive safely and be aware of what is at stake if they fail to understand the dangers or choose to ignore them."

Supporting our older residents this winter

The Leader's Initiative for Older People funds a range of activities and schemes for older residents across the borough, including festive parties and day trips for over-65s, a heater loan scheme, Brown Badge parking and free burglar alarms.

More than £26,000 from the Leader's Initiative enabled hundreds of Hillingdon's older residents to socialise and celebrate with friends, neighbours and their local community during the festive period, with funds supporting 29 Christmas parties and outings organised by local clubs, organisations and charities.

Groups that received support included the Tudor Luncheon Club, Elm Park Lunch Club, Ruislip Royal British Legion and Still Friends in Ruislip; Bell Farm Christian Centre Lunch and Social Club in West Drayton; the Salvation Army Cameo Club and the Pretty Asian Ladies Group in Hillingdon; Hayes and Harlington Community Association and the University of the Third Age in Hayes; and the Forget Me Not Cafe at St Matthew's Church in Yiewsley.

Ruislip dining centres, the Elm Park Lunch Club and Tudor Luncheon Club, hosted two days of festive entertainment and Christmas lunches for 220 people, as well as a trip to visit St Albans Christmas Markets.

The Forget Me Not Cafe at St Matthew's Church, which provides advice, support and fun activities for carers and people living with dementia, organised an outing for 25 cafe attendees and 11 carers to see a relaxed performance of *Sleeping Beauty* at The Beck Theatre in Hayes.

Members of the Salvation Army Cameo Club in Hillingdon visited Sunbury Court, a restored 18th century mansion with picturesque grounds in Sunbury-on-Thames, and enjoyed a Christmas lunch followed by a musical sing-a-long.

Hayes and Harlington Community Association organised a day of seasonal fun for 70 guests, including a three-course meal and drinks, free raffle, bingo, live music and dancing.

Nine of the council's sheltered housing schemes also celebrated with parties of their own, meals, live entertainment and raffles. Residents from Manor House took a trip to Denham Garden Village, where they enjoyed a three-course Christmas meal and live music.



Brown Badge renewals on the way

All residents aged over 65 with a Brown Badge can use dedicated Brown Badge parking bays located across Hillingdon.

The free scheme is part of the council's ongoing commitment to provide parking facilities for residents who may have mobility problems.

The Brown Badge bays are, similarly to disabled parking bays, conveniently located in busy destinations in the borough; such as council operated car parks and privately owned car

parks at selected leisure centres, shopping hubs and open spaces, allowing older residents to park their vehicles nearer to their required locations.

Brown Badges are issued for a three-year period and are all due to be renewed on Tuesday 31 March 2020.

Residents are reminded that their Brown Badges will automatically be renewed and posted out to them before their current badge expires, so please look out for them.

If you haven't received your badge by the end of March, email brownbadge@hillingdon.gov.uk.



If you have moved home, need assistance in applying for a badge, require further information about the scheme, or you no longer need a badge, call 01895 277277 and select option four (Monday to Friday, between 8am and 6pm).

Heater loan scheme returns

Homeowners aged 65 and over can apply to the council for a short-term loan of electric heaters during the winter if their heating breaks down.

The scheme provides residents with heaters to

borrow for up to two weeks while they are waiting for their heating to be repaired plus a small one-off grant to cover the heater electricity costs.

For more information, or to request a heater, call 01895 556633 (Monday to Friday, between 8am and 6pm) or 01895 250111 (evenings and weekends).



Leader of the Council, Cllr Ray Puddifoot, said:

"I am delighted that so many of our older residents were able to come together to enjoy festive events and activities.

"The Leader's Initiative programme supports a wide range of schemes for older residents as well as seasonal activities and day trips for community groups and associations, such as providing thousands of free burglar alarms, free swimming and swimming lessons, free allotments, tea dances, as well as the heater loan and Brown Badge schemes."



To find out more about the Leader's Initiative for Older People, visit www.hillingdon.gov.uk/leadersinitiative

Planting trees to protect future generations

National Tree Week took place from Sunday 24 November to Saturday 1 December, marking the start of the winter planting season. This year we are planting more trees than ever via a range of schemes as part of our ongoing commitment to greening the borough.



PLANTING AN AVENUE AT MINET PARK



TREE PLANTING AT GURU NANAK SIKH ACADEMY, TOWNFIELD



THE AVENUE OF TREES AT MINET PARK



TREE PLANTING AT WILLOW TREE OPEN SPACE, YEADING

Trees are vital for the environment and tackling climate change. As the biggest plants on the planet, they absorb harmful carbon dioxide emissions that are driving global warming and produce oxygen to improve air quality. Trees also reduce wind speed and cool the air.

They stabilise the soil and prevent soil erosion, counter flooding, create shade from solar radiation, reduce noise and benefit wildlife.

Trees can also improve health and wellbeing. More than 20 species of trees and shrubs have medicinal properties, and research shows that within minutes of being surrounded by trees your blood pressure drops, your heart rate slows and your stress levels reduce. They can also strengthen the distinctive character of an area and encourage local pride. Protecting trees is vital, as well as planting new trees.

Some of our tree planting schemes for 2019/20

Marking the 550th anniversary of Guru Nanak

During National Tree Week, the council joined with Guru Nanak Sikh Academy in Hayes to honour the 550th birth anniversary of Guru Nanak Dev Ji, the founder of Sikhism, by planting 550 trees and hedgerows in Minet Country Park.

On Wednesday 27 November, pupils from the Academy and local businesses planted 40 semi-mature trees and 510 hedgerow tree-whips in the park. The whips will form a hedge screen to circle the car park and protect visitors from harmful engine fumes and the semi-mature trees will form an avenue of trees across the park.

Additionally, the council planted a cedar tree in green spaces in each of Hillingdon's 22 wards, including one on Thursday 7 November by the Mayor of Hillingdon, Cllr David Yarrow at Guru Nanak Academy in Townfield ward.

Leader of the Council, Cllr Ray Puddifoot took part in a special ceremony within the grounds of Guru Nanak Academy on Thursday 3 October, to plant a tree provided by the school.

An event, organised by Barnhill ward councillor Cllr Jas Dhot and Yeading ward councillors Cllr Mohinder Birah and Cllr Jagjit Singh, was also held on Thursday 31 October at the Civic Centre to mark the anniversary.

Approximately 200 guests, including the Mayor of Hillingdon, Leader of the Council, Cllr Ray Puddifoot, councillors, council officers, faith representatives from various communities such as Sikh Gurudwara, Christian, Hindu and Islamic communities, Hillingdon residents and businessmen attended the event.

Cllr Dhot gave an audio visual presentation on Guru Nanak, and Cllr Birah and Cllr Singh spoke about the life, history, teachings and philosophy of Guru Nanak.

The Mayor thanked the Sikh councillors for organising the event

and was presented with a model of a Golden Temple, a ceremonial sword and £4,000 in donations for the Mayor's Charity Appeal.

Cllr Puddifoot also announced that a road at St Andrew's Park will be named in memory of a Sikh Royal Air Force officer who served during the Second World War.

Elephant Park

Nature lovers helped to bring colour and biodiversity to Elephant Park, Hillingdon at the council's community planting days.

The events took place on Tuesday 24 and Saturday 28 September, Wednesday 9 October and Thursday 7 November, with more than 100 volunteers from the local community and special educational needs students from Spring Hallow School, Ealing.

Twelve trees were planted, including sweet chestnut, hazel, wild cherry and rowan; a variety of 250 wetland plants, including marsh marigolds and yellow flags; and native wildflower seeds were sowed in time to bloom next spring/summer.



SPECIAL TREE PLANTING CEREMONY



GURU NANAK EVENT



TREE PLANTING AT GREENWAY OPEN SPACE, BARNHILL



PLANTING AT ELEPHANT PARK



PRIYA AND CHRISTINA COLLECT THEIR TREES

Free trees for all

We recently gave away 5,000 free tree saplings to residents, schools, community groups and businesses to plant on their premises.

The initiative, which encouraged people to green their gardens, proved popular, and the saplings could be collected from the council's libraries and Rural Activities Garden Centre.

Priya O'Leary and Christina Famiglietti were two of the first residents to claim their free saplings from Uxbridge Library on Tuesday 22 October.

Up to 10 free saplings were on offer per person and there were nine different species to choose from, which were not only colourful and attractive but also beneficial to wildlife.



FREE TREES FOR ALL INITIATIVE

Mayor for London tree scheme

The council has successfully applied for £8,436 funding from the Mayor For London's tree scheme to purchase 77 trees, to be planted at sites where the current tree stock is quite mature, to ensure the long-term viability and resilience of stock.

The trees will be planted at Stonefield Park, Fairway Recreation Ground, Northwood Recreation Ground, Yiewsley Recreation Ground, Barra Hall Park and Harmondsworth Recreation Ground.

Twelve trees will join the current two at Stonefield Park to combat pollution and greatly enhance the local area for residents.

On the way: Japanese cherry trees

To mark its special relationship with the UK dating back over 150 years, the Japanese government has chosen Hillingdon to be a part of the The Sakura Cherry Tree Project.

The cherry tree is the national flower of Japan and more than 5,000 cherry trees will be planted throughout the UK from 2020 to 2021.

The trees are a species called Prunus 'Tai-haku', a light pink blossom that is spectacular in the spring and colourful in the autumn. Additional seasonal bulbs, such as camassia and tulipa will promote biodiversity.

To find out more visit japanuksakura.org.



JAPANESE CHERRY TREES

Annual tree planting programme

In addition, the council will continue with its regular tree planting programme to replace and plant new trees in parks, on highways and housing land. More than 2,500 trees have been planted in the past five years.



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

said: "The council is proud to invest in the borough's green spaces to ensure Hillingdon remains one of the greenest London boroughs, to provide high quality recreational places for residents and visitors, and to protect local communities and future generations.

"Trees do such an important job in trapping pollution and cleaning the air to reduce global warming. Increasing the number of trees, particularly in dense urban areas, will help us all to breathe more easily, as well as making our neighbourhoods even greener and more pleasant."

Be cautious in high winds

When there are high winds in excess of 45mph, the council has no choice but to sometimes close parks to ensure the safety of users, staff and volunteers from falling trees.

The council undertakes regular tree inspections and surveys, especially in parks, such as Cranford Park, which have a large number of old trees.

Where we cannot lock park gates, we advise members of the public to be vigilant and take note of signs warning of the hazards of high winds.

Unleash your learning potential

Have you made a New Year's resolution to learn something new or change career? Why not take a look at the adult learning classes the council has to offer to help you do just that?

We are committed to ensuring that residents have excellent learning opportunities through our wide range of courses for adults.

Whether you want to gain a qualification, learn a new skill, change career or further your existing career there a range of opportunities on offer.

Subjects include English, maths, English for speakers of other languages (ESOL), IT, horticulture and floristry, health and social care, childcare, community interpreting and sign language.

For most courses you will need to come to one of our adult learning centres to take a simple skills test so we can make sure that you are studying at the correct level.

Why not take a look at what's on offer, sign-up and unleash your potential?

What our learners say

Aseema Mahmood, from Harlington, started her journey with Hillingdon Adult and Community Learning (HACL) when she joined a one-day workshop in 2016. She then went on to complete a Level 1 and Level 2 floristry qualification.

In 2019, she successfully achieved the RHS Level 2 Principles in Plant Growth and has accepted a role as a horticultural therapist at the Rural Activities Garden Centre (RAGC) in Yiewsley.



She said: "I'm very pleased to have qualified and be offered the post at the RAGC! It would be lovely to inspire other women. If I can do it, anyone can do it. Life hasn't always been easy but the courses I've done have definitely helped me build self-confidence and self-belief.

"My tutors at HACL have contributed greatly to my journey with their gentle nurturing and quality teaching"

Daliya Hajdarwish, from Uxbridge, studied to be an architect and worked for two years as an architect in Syria. When she moved to the UK, she did not know English and found it difficult to practice her profession. When her youngest child went to school, she decided to enrol on an English course and hasn't looked back. She completed



GCSE English in 2018 and went on to complete a GCSE in maths in 2019.

She is now enrolled on a Supporting Teaching and Learning teaching assistant course. As part of her course, Daliya has been volunteering in a school. After her studies, she is planning to volunteer for more hours to try to gain as much experience as possible.

Daliya said: "It is important for everyone to know that they can do things. I never thought I would be able to do what I have achieved today. I always talk to people and encourage them to study. It takes time but it can be managed. Studying gives you confidence and it is worth it."

Naheed Rani, from Uxbridge, was a stay-at-home mum bringing up triplets when she heard of the ESOL course run by HACL at her local mosque. She enrolled on the



course as she had always found language to be a barrier in fulfilling her goal of being a teacher.

Following this course, she enrolled on ESOL Level 2, IT and yoga courses at Harlington Adult Learning Centre. In February 2019, Naheed enrolled on a Childcare Entry 3 course at Brookfield Adult Learning Centre, which she completed in July 2019. She is currently studying English for Work to develop her English skills and fulfill her ambition of being a teacher. She has also applied for volunteering opportunities at HACL to gain teaching experience. After this course, Naheed is hoping to progress to Supporting Teaching Level 1.

She said: "Before I was shy and afraid to speak to people. My studies at HACL have given me confidence to communicate and express myself. I practise English at my community gatherings and have also started attending parent-teacher meetings at my children's school."

Her message to others thinking about studying is: "Don't stay at home. Come and learn. Do something for yourself and do something for the community."

For more information about courses and to sign up, visit www.hillingdon.gov.uk/adult-courses



Fitness for all in Hillingdon

As we head into the new year, January presents a good time to focus on health and fitness. The council provides a diverse range of fitness facilities and sessions to suit all ages and abilities.

All ages

Outdoor fitness sessions

Exercise experts Our Parks hold free exercise classes with professional trainers at some of Hillingdon's parks. Lessons include boxercise, circuit training, bootcamp-style sessions and activities for children aged between three and seven. Anyone aged 16 and above can attend the adult classes. Young people attending the children's classes must be accompanied by an adult. Find out more at www.hillingdon.gov.uk/freefitness.

Outdoor gyms

There are 18 outdoor gyms in parks and open spaces across Hillingdon designed to encourage residents

to keep fit and active for free. The facilities are suitable for all ages and fitness levels and no previous experience is required. For a full list of sites, visit www.hillingdon.gov.uk/outdoorgyms.

Sports taster sessions this half-term

Clubs throughout the borough will open their doors during February half-term to host free hour or two-hour sessions of team and individual sports. Residents will have the opportunity to enjoy a variety of activities, including basketball, tennis and martial arts. To view the timetable of activities and for clubs' contact details to book, visit www.hillingdon.gov.uk/sporttaster.

Tennis for free

The council funds free weekly coached tennis sessions for residents every Saturday from 10.45am to 12.15pm at Cavendish Recreation Ground tennis courts. Anyone can take part, from novices to more advanced players. All equipment is also provided for free. To book a session, visit www.hillingdon.gov.uk/tennis.

Walk Hillingdon

Attend these free led walks through award-winning parks across the borough. The sessions are suitable for all fitness levels and each walk lasts between 30 minutes and two hours. To find out more, visit www.hillingdon.gov.uk/explore or pick up an *Explore Hillingdon* leaflet at any Hillingdon library.

Cycle training and guided bike rides

Hillingdon's adult cycle training offers residents aged 16 and above four hours of free one-to-one coaching with a qualified cycling instructor. Bikes and helmets can be provided during sessions if required.

Cycle Hillingdon, the council's programme of free guided rides help residents to cycle at different paces to increase their heart rate and improve their wellbeing. The easy rides are designed to allow people to get back into cycling after a long time, increase their confidence and to enjoy cycling with their family. For more information, visit www.hillingdon.gov.uk/cycling.

Women and girls

The council is encouraging women and girls to take part in fitness sessions or try out some of the borough's sports facilities as part of the national Fit Got Real campaign. This initiative aims to reduce the gender gap in sport and to help women incorporate fitness into their routine and perhaps discover a new pastime.

The borough is home to a vast number of sports clubs and a rising number of female teams. With Euro 2020 taking place later this year, many more football clubs now have female teams, including Harefield United Football Club, Northwood Youth Football Club and Ickenham Youth Football Club. Brentford Community Sports Trust is also running a range of football programmes at Uxbridge High School, including soccer schools and football development programmes for girls aged between five and 16. Other sports with female teams include Eastcote Hockey Club and Ickenham Cricket Club.

To find a club near you, visit www.hillingdon.gov.uk/clubs.



Young people with special educational needs and disabilities

The council runs a multi-sports club for young people with special educational needs, including activities such as football, volleyball, table tennis and boccia, every Saturday at Queensmead Sports Centre from 1.45pm to 3.15pm, costing only £3 a session.

There are also multi-sports and activity sessions for children aged six to 12 years old with moderate to high functioning autism at Botwell Green Sports and Leisure Centre on Mondays from 5pm to 6.30pm, and Hillingdon Sports and Leisure Complex on Wednesdays from 5pm to 6.30pm. Sessions cost £3 and there is no need to pre-book.

Leisure centres

There are a range of leisure facilities on offer at Hillingdon Sports and Leisure Complex, Highgrove Pool and Fitness Centre, Botwell Green Sports and Leisure Centre and Queensmead Sports Centre. For more information, visit www.hillingdon.gov.uk/leisurecentres.

Greenwich Leisure Limited is offering a range of discounts and new classes, and at Botwell Green Sports and Leisure Centre they have introduced a women's-only membership at £25.95 a month. The offer includes use of the gym facilities only and coincides with the launch of a new programme of female-only classes, including aerobics, group cycling and swimming. A junior membership is also available for those aged between 11 and 15 at £14.95 a month. For more information visit www.better.org.uk.

Free activities for over-65s Tea dances

Older residents can enjoy free monthly tea dances incorporating a variety of musical styles and dances, including classic ballroom, bhangra and line dancing. The council-run events are held at the Civic Centre, Uxbridge; Winston Churchill, Ruislip; Yiewsley and West Drayton Community Centre and Botwell Green Sports and Leisure Centre.



Swimming

Free weekly swimming lessons, which cater for varying abilities, are available for over-65s at three of the borough's swimming pools. Older residents can also swim at these pools for free. Take your Hillingdon *First* card to Hillingdon Sports and Leisure Complex, Botwell Green Sports and Leisure Centre or Highgrove Pool each time.

Gentle exercise

Tailor-made classes which focus on gentle exercise to help people keep fit at their own pace are run throughout the borough. Sessions range from seated exercise to Zumba Gold and cost £1 to attend.

For more information on all of these visit www.hillingdon.gov.uk/olderpeople



Young people celebrate two refurbished playgrounds

Local children gave their seal of approval to the newly refurbished playgrounds at East Avenue and Connaught Recreation Ground at reopening ceremonies on Wednesday 6 November.

The playgrounds were reopened by the Mayor of Hillingdon, Cllr David Yarrow, and feature colourful floor graphics and a range of new equipment following an investment of almost £180,000 from the council's Chrysalis scheme.

The manager at Botwell Green Library applied to the scheme for a new playground at East Avenue that would entice children away from their gadgets and back into playing in a safe and vibrant playground outdoors, and a playground that could also be used by the library as an extension to its family Storytime activities.

Pupils from Botwell House Catholic Primary School tried out the new facilities at the new playground in Hayes.

They were impressed with the colourful landscaping and the new equipment, particularly a rope swing called 'The Crusader', which can be used by several children at the same time, and the giant snakes and ladders floor stencils.

Tulula, aged seven, said: "I like everything here, but my favourite equipment is the swing as I have not seen that before. It was good to see how high it went."

Lucy, aged seven, said: "I like the flooring because when kids are running and they fall down they are not going to hurt themselves, so it's nice and it's safer."

Gurkaran Singh, father of Sehmat aged 15 months, from Hayes,

said: "We come here every day in the morning. It wasn't that great before, but now this is great for my daughter. She loves it here. She really likes the swings and doesn't want to go home."

Local resident Lauretta Hunt applied to the Chrysalis scheme to update the playground at Connaught Recreation Ground, which she described as "worn and tired."

Parents and toddlers gathered with ward councillors, Cllr Ray Chamdal and Cllr Brian Stead at Connaught Recreation Ground in Uxbridge as the Mayor opened the new facilities.

The refurbished playground features colourful space-themed floor graphics, including a rocket hopscotch. New equipment includes a giant swing, accessible roundabout and a spring Mars Rover, which replaces the popular spring jeep.

Matthew Francis, aged seven, said: "I like lots of things, and I like the round swings."

Sharan Saroya, mother of Saavan aged two, said: "We live just across the road from the playground, so we come here all the time. My husband grew up here and has been coming to the park for decades since he was five-years-old. It's a beautiful park. The playground



is now safer and clean, the material used is great and durable, and it appeals to different age groups."

Lauretta Hunt, applicant and mother of Ella aged two, said: "I've been bringing my two kids here to play since they were little. It's lovely now and has got the real seal of approval from Ella."

Each year £1 million is spent on Chrysalis projects across the borough. The scheme enhances council-owned community facilities to benefit local communities.



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

said: "Our popular Chrysalis scheme continues to benefit communities across Hillingdon by improving a range of amenities in parks and town centres. If you have a suggestion please get in touch and help to make a difference in your local area."

To find out more about the Chrysalis scheme or to propose a site for improvement, visit www.hillingdon.gov.uk/chrysalis



Pupils, teachers and governors celebrate expansion and improvement works



A ceremony was held on Friday 8 November to mark the completion of the council's £10.5 million building and expansion works at Vyners School in Ickenham.

Work began on the project in spring 2018, with the construction of a new all-weather pitch to replace an existing multi-use games area and improve outdoor facilities for the expanding school.

A new two-storey teaching block that part wraps-around the existing sports hall was also built, comprising of 12 classrooms, a multi-use hall, library, sixth form study space, ICT suite, special educational needs classrooms, toilets and storage facilities.

The new building will allow the number of pupils to increase from 1,151 to 1,451.

A new main school entrance, reception and offices were also built, and outside the school, the existing on-site parking was reconfigured and the one-way entrance/exit route reversed to allow vehicles and visitors to access the site along the tree-lined approach off Warren Road.

Additional cycling spaces and electrical car charging points were also installed around the perimeter of the new building, as part of the school's commitment to pursuing an environmentally friendly travel plan.

The final phase of the project included remodelling works within the existing school to provide new science laboratories, music and changing rooms.

The Mayor of Hillingdon, Cllr David Yarrow, cut the ribbon to officially open the school's new building. He was joined by Leader of the Council and ward councillor, Cllr Ray Puddifoot; headteacher Gary Mullings; Ickenham ward councillor, Cllr John Hensley; school governors, staff and students.

Guests were taken on a tour of the new facilities by Year 13 students Luke Youens, head boy, and Laura White, head girl.

Gary Mullings, Headteacher at Vyners School, said: "Thank

you to all the staff and students for their support while the building work progressed. The timing of the opening of the new extension coincides with the start of the Vyners 60th anniversary celebration, which is fantastic.

"I'm delighted to have been able to work in partnership with the council on this project as this expansion will give the school further opportunities to serve the community for many more years to come."

Laura said: "One of the best things about the new building is the improvements to the sixth form area, as it has been beneficial for us to have that space for independent study."

Luke added: "The new school building is brilliant. It's opened the door for more students to attend the school."

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "The

improvements at Vyners School are part of the council's £254 million school building and expansion programme, one of the largest in London. As demand for school places continues to grow across the capital, we are committed to ensuring that every child has access to high quality educational facilities.

"This expansion means pupils will learn in the best environment, which will help them to achieve and succeed."



Find out more about the council's school building and expansion programme on www.hillingdon.gov.uk/sip



Enhancing town centres for everyone

The council continues its work to revitalise town and village centres across the borough. *Hillingdon People* finds out what's in store for Ruislip and brings news of improvements in Charville.

Ruislip town centre

The council is planning to invest £850,000 in the town centre in a bid to boost footfall and enhance the environment for residents, businesses and visitors.

Various options were drawn up and shared with local residents at the end of last year, and the council is currently reviewing the feedback before finalising plans.

One proposal is to protect Ruislip's mature trees for future generations by creating new highly porous resin-bound tree pits that allow the roots to get natural enrichment from rainfall.

In addition, the council would like to create an avenue of trees along the southbound approach to Waitrose, enhanced by new fencing and spring bulbs.

The overgrown and underused green space in front of St Martin's Church is another priority, with plans to make it more family and environmentally friendly by

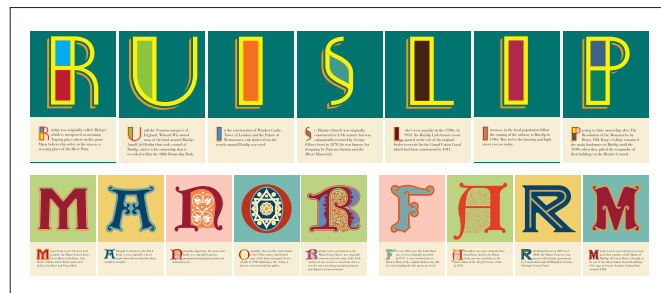
introducing new seasonal plants, a children's water feature and a drinking fountain, where residents can refill their water bottles.

Other proposals include repainting the current lighting columns and upgrading to incorporate dual lanterns that light both the pavement and the road, as well as revarnishing and repositioning benches, and repairing and deep cleaning paving.

Residents may also have noticed attractive new signage for Manor Farm. The council plans to complement this with improved signage to off-street car parks. There are also proposals to install new bins where they are needed the most, helping to reduce littering, and upgrade and relocate bike stands.



Artist impression



Shop front success

Forty-three independent shopkeepers in Ruislip have signed up to the council's flagship shop front grant scheme, making it one of the most popular in the borough so far.

The scheme, which covers 80 per cent of the cost of shop front improvements such as new signs, awnings, refurbishments and minor repairs, as well as professional design expertise, will help to give the town a boost, transforming existing independent shops and encouraging new tenants to the high street.

Hayes End Parade, Charville

The council has invested £500,000 in a six-month project to improve Hayes End Parade, between Hayes End Drive and Newport Road.

The area recently received modern new paving and street furniture, additional street lanterns, and self-irrigating granite planters, and plans are underway for a new heritage-themed mural for an external wall of the library once it has been refurbished. The mural's striking and witty design will feature a stack of colourful books, labelled with the different services offered by the library, from study areas, to

community events and coffee.

In addition, the area had Christmas lights for the first time in December 2019. The blue and white lights, placed on 10 columns, drew positive comments from local residents.

The work at Hayes End Parade is a continuation of the council's project to improve shopping areas along the Uxbridge Road, including Belmore Parade, with the aim of meeting the day-to-day needs of residents and supporting local businesses. Such work is particularly important for older people, residents with limited mobility and those who don't have access to a car.

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

said: "At a time of demise for many long-standing retailers, high streets are facing unprecedented pressure to adapt to changing times. Our ongoing investment is giving our towns and centres the boost they need to thrive both now and in the future, while ensuring they remain green and pleasant places to live and work."



AFTER Hayes End Parade



BEFORE

AFTER (artist impression)

For more information about town centre improvements, visit www.hillingdon.gov.uk/towncentres





We're now recruiting seasonal gardeners

Join our award-winning green spaces team for the opportunity to improve and maintain the borough's environment and green spaces. Works to include grass cutting, shrub and hedge maintenance, litter picking and bedding displays.

Interested?
Visit www.hillingdon.gov.uk/jobs for more information.
Interviews will be held in February/March for an April start.

Earn £11.12 per hour



www.hillingdon.gov.uk/greenspaces

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Be the one... to give them new life experiences

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Find out about fostering



Information sessions:
Civic Centre, High Street, Uxbridge, UB8 1UW

Tuesday 14 January, 10am to 12pm

Tuesday 11 February, 6pm to 8pm

Tuesday 10 March, 10am to 12pm

Everyone welcome. No need to book.

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



www.hillingdon.gov.uk

Awards honour Hillingdon's young people

The council held its annual Kids in Care Awards (KICA) on Sunday 17 November at the Sofitel Hotel in Heathrow to recognise the achievements of young people in care and care leavers.

The celebration is an opportunity for those supporting and working with young people in care and care leavers to reward those who have excelled in spite of individual challenging circumstances. Awards are given across nine categories, including 'Exceptional Achievement in Education', 'Personal Development' and 'Positive Contribution'.

This year's masquerade-themed event saw more than 150 young people and their guests enjoy performances from Hillingdon Musical Society, and young people reading poetry, singing and providing a motivational speech.

There was a special video by Mister Maker (children's TV personality) and Benjamin Zephania (poet, writer, lyricist and musician), and a magician, photo booth and a glitter make-up artist were also on hand to entertain.

Awards were handed out by *Pirates of the Caribbean* actor Winston Ellis and the Mayor of Hillingdon, Cllr David Yarrow.

Paul (aged 12) has been in care since he was five, and was nominated by his virtual school officer, social worker, teacher and foster carer, and

was one of the winners in the 'Personal Development' award. He was nominated for being a 'perfect role model, demonstrating kindness and calmness, and for his positive attitude' as well as for excelling in his SATs.

His foster carer Lynne said:

"Thank you for giving me the opportunity to nominate Paul for KICA. We are extremely proud of him and he has enabled other children to benefit from his kind, caring, supportive fun-loving attitude towards life."

Paul was surprised and pleased to be a winner and also to receive his nomination certificate for being a positive role model. He said:

"Thank you for letting me come and for my lovely gift and award. I felt very proud of myself!"



Nanji (aged 19) was the winner in the 'Positive Contribution' category. She was nominated by her Personal Advisor (PA) in recognition of her volunteering at her local church and youth group, alongside her full-time apprenticeship. She continues to live with her foster carers who she has lived with since she came to the UK in 2012.

Her PA Donna said: "Nanji is selfless and always willing to help

Care Council wins top award

In October, Hillingdon's Children in Care Council was honoured at an awards ceremony at the House of Commons that celebrates the achievements of young people in the UK.

The council's children's rights and participation team and eight representatives of Step Up (12 to 15-year-olds) and Stepping Out (aged 16 and over), were the deserved winners of the 'Inspire the House' best community group award at the Kids Count Awards ceremony on Monday 14 October.

Step Up and Stepping Out represent the views of children in care across the borough. Through their activity they raise the profile of the needs and rights of children in care and care leavers.

In the past year, young people wrote, produced, animated and voiced characters in a film explaining what it was like to be a young person in care, called *Walking in Our Shoes*. The film has supported the training of 127 multi-agency staff.

others who are less fortunate than herself. I am so proud of Nanji and so pleased that this was recognised at KICA."

Nanji said: "Thank you to my PA Donna for nominating me and to Hillingdon for helping me. Winning isn't everything as it's the effort that you put in. So everyone that came on Sunday were winners because they'd been recognised and had the opportunity to attend this event."

Cllr David Simmonds, Cabinet Member for Education and Children's Services,

said: "It's important that every young person in care in our borough is supported so they have the best opportunity to thrive regardless of their situation. Our awards acknowledge what can be achieved with the right guidance from carers, council staff and partners."

Update from the West Area BCU Superintendent

Happy New Year! Deadlines mean that I am writing this before any Christmas turkey but it is published in the New Year, so I heartily hope you've all had a good Christmas.

We would not be a modern organisation if we didn't have change, and at West Area we now have a new Chief Superintendent, Pete Gardner; a new Neighbourhoods Superintendent, Jill Horsfall; and a new emergency response Superintendent James Pigg. I've met them all and am convinced they will work as hard at delivery, if not more so, than their predecessors, and I'm sure you'll join me in welcoming them to West Area.

Another impending move is that of our very own Inspector Rob Bryan. He has looked after the people of Hillingdon for many years now and will be retiring as you read this. I am scouting for someone just as good to fill his shoes but it is a difficult ask and I really will miss his support and enthusiasm.

The election has been a huge challenge for all of us, and we've been working hard with the council to mitigate any disruption from protestors. I was privileged to attend a Hillingdon partners meeting recently, and the vibrancy and passion from key stakeholders in the community was really inspiring. But it's not all about bigger organisations, there was a really useful talk from the Hillingdon Carers Partnership, who help provide respite care and assistance to those who care for others. www.hillingdoncarers.org.uk is their website and 01895 811206 their contact number if you need help, advice or assistance.

On the topic of helping others, West Area is always keen to recruit more Special Constables, volunteers with the same powers as full-time police officers and who get paid expenses. All the details are on the Met careers website www.policecareers.tal.net, and our local

coordinator is PC Danny Wood. Many Specials go on to become full-time officers and those who don't often use their Special's experience to enhance their own careers.

Hopefully you'll be aware but the council has invested heavily in their CCTV system, with crystal clear imagery both day and night from more than 1,000 cameras, and one of our retired detectives is in the hot seat keeping an eye out for criminals. The investment has certainly paid off and allowed us to investigate and charge a robbery suspect recently.

I once again wish you all peace, joy and prosperity for the New Year.



Mr Richard Watkinson

Calling all green-fingered volunteers

Groundwork, an environmental charity working locally and nationally to help local communities, is looking for volunteers to help with a council-funded initiative in Hillingdon.



The project, called Healing Gardens, carries out garden maintenance and simple improvement work for elderly, vulnerable and disabled residents across the borough.

The charity provides tools and materials and relies on the support of a team of green-fingered volunteers to carry out the work.

Groundwork is currently looking for new volunteers to join and help to continue this valuable work.

By volunteering on this project, you can gain practical experience, meet new people and support your community.

Jack Edwards 21, from Eastcote, is a new volunteer and loves to go out with the team.

He said: "I enjoy working outdoors and meeting people. It's



great to do something helpful for residents who find it difficult to do their gardens and it gives me more experience, as I'd like to build up a small gardening business."

Groundwork has been working with an elderly resident from Uxbridge for more than four years. She has arthritis and poor balance, which has led to falls in the garden. The team has helped her by weeding the beds and paths and cutting back shrubs.

She said: "I was very depressed by the overgrown state of what had been in the past, a productive garden. Of major importance [in my garden] was the clearance of nettles, weeds, and the grass in two paved areas and pathways.

"My spirits have been lifted by the hard work of the Healing Gardens volunteers. All this wonderful work has enabled me to enjoy the garden again, and move around it with confidence."

Gus Palmer, 60, from West Drayton, has been a Healing Gardens client for a few years. He has restricted mobility due to a work-related accident that forced him to take early retirement. As he is not physically able to do things, the volunteers offered welcome support. Mr Palmer enjoys their company when they come around, and is always surprised that they continue working in bad weather.

One of the volunteers who helps Mr Palmer and many others is **Tony Grimes**. Tony is in his late 70s and has been working with Healing Gardens for nearly 20 years. He enjoys the physical outdoor work, and it gives him a chance to meet people from

different backgrounds. He said: "I personally think Healing Gardens, is one of the best Groundwork projects that I have worked with. Groundwork's 'strapline' is 'Changing Places. Changing Lives.' By tidying and helping to maintain gardens



that residents are not able to, it hopefully brings a bit of comfort and joy and we live up to the motto."

No gardening experience is required - just some enthusiasm and enjoyment of working outdoors. On-the-job training will be provided in areas including health and safety. Volunteers meet on Tuesdays between 10am and 4pm.

To volunteer contact Dhush Selvarajah, Project Coordinator by emailing dhush.selvarajah@groundwork.org.uk or calling 07718 043 080



BE AMAZED

Visit the historic Battle of Britain Bunker. The secret heart of Britain's air defence where ordinary men and women did extraordinary things.

Wren Avenue, Uxbridge
battleofbritainbunker.co.uk
 01895 238154



THE
**BATTLE OF
 BRITAIN
 BUNKER**



HILLINGDON BROOM
Autumn Show 2020

It's back! Calling all green-fingered residents...

It's time to think about sowing and growing for this year's competition. More information coming soon...

The Autumn Show takes place on **Saturday 19 September** at **The Great Barn, Manor Farm, Bury Street, Ruislip, HA4 7SU**



HILLINGDON LONDON www.hillingdon.gov.uk/autumnshow

Return • Reuse • Recycle

Return loaned equipment that you no longer need and help someone else who does need it



To arrange a collection of equipment call Medequip on 020 8750 1580 or email customerservices@harrowmedequip-uk.com
 Opening hours: Monday to Friday from 8.30am to 5pm

NHS
HILLINGDON LONDON www.hillingdon.gov.uk

HILLINGDON WHAT'S ON?

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

Hillingdon has a variety of activities to keep you entertained. Also, see what's on offer for February half-term.

SHOWS

Aladdin
Saturday 11 to Saturday 18 January, various times
 Renowned local pantomimers, the Arrow Players presents *Aladdin* this January. This pantomime is scripted by the group's own writers, Mike Godden and Mike Warrick. The show is set in the magical fantasy world of Aladdin, with his wonderful Lamp, his Genies, his beautiful Princess and his wicked 'Uncle' the magician Abenazer. This pantomime is thoroughly traditional, with plenty of singing, dancing, fun and laughter.
Cost: Tickets £9. Concessions £7.
To book tickets call 07707 863829 or email boxoffice@arrowplayers.org.uk. For more information visit www.arrowplayers.org.uk. St Edmund's Hall

Robin Hood: A Pantomime
Friday 16 to Sunday 19 January, various times
 A fun-filled family pantomime from the Argosy Players. A hilarious and brand new version of the beloved legend. Join Robin Hood and his band of merry outlaws as they battle against the evil Sheriff of Nottingham.
Cost: £15. Concessions £13.50.
To book tickets call 01895 250615 or visit www.hillingdontheatres.uk. Winston Churchill Theatre

Rock for Heroes
Thursday 16 January, 7.30pm
 Following on from their hugely successful first year of touring, Rock For Heroes is back on the road; bringing a combination of your favourite rock and pop artists whilst fundraising in support of Help For Heroes. Performed by a full live rock band and superb singers, topped with brilliant personalities and comedy value, this promises to be night out unlike any other. With music from artists such as Queen, David Bowie, Van Halen, Toto, Bon Jovi, Guns N Roses, AC/DC and Dire Straits, you won't see a bad wig here. This isn't a tribute act this is simply paying tribute, so let your hair down with the Rock For Heroes family.
Cost: £26.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371. Beck Theatre

Lilies on the Land
Thursday 30 January to Saturday 1 February, 7.45pm and Saturday 2.45pm
 More than 80 years ago, the Women's Land Army was formed to help feed the British public during World War Two. Based on interviews with Land Army girls, Proscenium's poignant and funny production of *Lilies* tells of their hardships, their joys and their loves.
Cost: £14.
Groups of 10 plus, £10.
To book tickets visit www.hillingdontheatres.uk or call 01895 250615. Compass Theatre

Strictly Hillingdon
Saturday 15 February, matinee at 3.30pm and evening performance at 7pm
 A local vicar, a former Miss Middlesex and a teacher will be partnered with dancers from the dance school. They have taken part in six weeks of free dance training before this contest for the chance to lift the glitter ball trophy. Each participant is collecting sponsorship, which will be donated to Hillingdon Disablement Association and Hillingdon Hospitals

Charity. During the two shows, guest judges including a star of *Strictly Ballroom the Musical* in the West End, will give our couples scores, and this will be combined with a vote from the audience to crown the Strictly Hillingdon 2020 champion.
Cost: £12 for the matinee (£9 for concessions) and £15 for the evening performance.
To purchase tickets email dancesblondon@hotmail.com, call/text 07805 360709 or visit www.bit.ly/31QcBtC. If you'd like to sponsor the couples taking part, visit uk.virginmoneygiving.com/SomeoneSpecial/StrictlyHillingdon. Haydon School (St Mary's Hall)

Avenue Q
Wednesday 19 to Saturday 22 February, 7.45pm
 By popular demand, Encore Theatre return to Ruislip with these much-loved cute, fluffy creatures (and the puppets too!). This laugh-out-loud musical features puppet nudity, adult themes and language. Parental guidance recommended.
Cost: Wednesday all at £15. Thursday to Saturday

£16.50. Concessions and groups of 10+ £15.50.
To book tickets visit www.encoretheatre.org.uk or call 01895 737374. Winston Churchill Theatre

Psychic Sally
Monday 24 February, 7.30pm
 Following her gripping appearance on *Celebrity Big Brother*, with a triumphant Sally reaching the final five, the nation's favourite psychic and forerunner in the psychic world is back on tour with her all-new show *10 Years and Counting*. Wowing audiences young and old across the country for over 10 years, Sally's show will have you on the edge of your seat, as she brings mediumship into the 21st century.
Cost: £29.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371. Beck Theatre

COMEDY

Desi Central – Bring the laughter
Friday 10 January, 7.30pm
 Desi Central is back at the Beck Theatre with an almighty bang and a brand new show, *Bring The Laughter*. Join the stars of the screen Eshaan Akbar, Sukh Ojla, Nabil Abdul Rashid and Emily Lloyd Saini for a night of jokes and laughter.
Cost: £22.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371. Beck Theatre

Comedy Compass
Sunday 12 January, 8pm
 This month features Vladimir McTavish, an Edinburgh Festival veteran and the 2019 recipient of a Lifetime Achievement Award at the Scottish Comedy Awards. Support comes from Will Mars, an innovative and self-effacing comedy star, plus Kathryn Mather and John D Foley, two excellent acts rising on the comedy circuit. Compèred by Lewis Bryan.
Cost: In advance £6. On the door £7.
To book tickets visit www.hillingdontheatres.uk or call 01895 250615. Compass Theatre

FINALLY a way to fix the PAIN of a BULGING DISC

Are you suffering from back pain, arm or leg pain, numbness, tingling, or weakness in your arms or legs? Then it's likely you're suffering from a Bulging Disc. That's when one of your spinal discs is bulging and causing these, sometimes severe, symptoms because of the effect it's having on your nerve system. You may have already had this diagnosed on an MRI and thought that there is little that can be done about it and that's a major problem: bad information, because in the right hands a lot can be done for you. To end the misery caused by Bulging Discs you must have the right information. Pay close attention because I'm going to destroy some important myths and give you the facts.

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

MYTH: Stop exercising and get several weeks of bed rest to let the Bulging DISC recover...
FACT: Staying active can help to relieve the pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.
MYTH: DISC Bulges or herniations require surgery.



The pain of a bulging disc can be successfully relieved in an average of 88% of cases.

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

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."
FACT: With the correct treatment from a healthcare professional who specialises in Bulging Discs, you can find relief from the core cause - and the symptoms.

MYTH: Getting a Bulging DISC properly diagnosed is expensive.
FACT: Not true. The Health Lodge practice in Hillingdon is currently offering an initial consultation with one of their specialists for **Just £49.**

The Health Lodge Bulging Disc Experts in Hillingdon.

The Health Lodge is one of the UK's leading Bulging Disc expert centres, the team of fully-trained spinal care specialists have helped over 4,026 patients find relief from agonising Bulging Discs. It's one of the first places in the UK to use Non-Surgical Re-Constructive Spinal Care. This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the Bulged DISC.

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

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

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

Patient Lynda R. from Denham wrote, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg... my wife insisted I go to Atlas. I'm 95% better in just a couple of weeks."

Take the Next Step - END the Suffering... Initial Consultation Just £49
 The first step is to secure a thorough examination with one of the specialists at The Health Lodge practice.

Call 02088488787 to schedule your appointment. Mention this article (CODE: TC43BDSM5h) and The Health Lodge will happily reduce their usual consultation fee of £195 to just £49!

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

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

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

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

Call 02088488787 NOW. If it's the weekend or they're away from the phone - the specialists at Atlas promise they will get back to you. So call now on 02088488787 and quote this special discount code: TC43BDSM5h.

James Phelan: Troublemaker

Saturday 8 February, 7.30pm
Viral sensation and star of BBC Radio, James Phelan presents a unique magical prank show that is both jaw dropping and laugh out loud funny! Troublemaker is a mind-blowing rollercoaster filled with mystery and hilarity – from mind-reading outrageous confessions from members of the audience, to risking the safety of iPhones. Nephew of the great Paul Daniels and with several million video views under his belt, plus a flagship BBC radio show, James is tipped as one of most anticipated magical performers in a generation.
Cost: From £18.50.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Kojo Anim presents the Taxi Tour

Tuesday 18 February, 7.30pm
Britain's Got Talent's stand out stand-up comedy star Kojo Anim is heading out on the road with his debut UK tour, and will be visiting Hayes. The 39-year-old father of one was Simon Cowell's golden buzzer act on this year's series of the ITV talent show, getting through to the 2019 grand final. Kojo is here to make the world laugh, sharing his funny observations and stories about life, parenthood and family.
Cost: £23.50.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

MUSIC

Ninebarrow and Iona Lane

Thursday 30 January, 8pm
Uxbridge Folk Club welcomes the return of this talented young duo from Dorset with support from one of folk's rising stars.
Cost: £12. Reductions available for members and students. Tickets can be purchased on the door or via www.wegotickets.com/event/489549.
For more information visit bit.do/uxfolk.
Uxbridge Folk Club

Pink Floyd Experience

Thursday 30 January, 7.30pm
Featuring eight top flight musicians and a world-class crew, this concert-based production authentically recreates the atmosphere of a Pink Floyd live performance, including impressive video projection on a large circular screen and a stunning light show. With more than 50 years of hits by this legendary band, the highly acclaimed show also features over two hours of songs from both iconic albums *Dark Side Of The Moon* and *Animals* as well as *Wish You*

Were Here, Shine On You Crazy Diamond, Another Brick In The Wall and *Comfortably Numb*. With outstanding musicianship, superb vocals and incredible production, this spellbinding show is a true celebration of all things Floyd and appeals to fans of all ages.
Cost: £26.

To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Uxbridge Choral Society

Sunday 2 February, 7.30pm
Rossini, *Petite Messe Solennelle*. Conducted by Tim Armstrong-Taylor. Accompanied by Gillian Salmon (piano).
Cost: £12 (children under 16 free).
Tickets available on the door or via the choir website uxbridgechoralsociety.org.uk.
The Immaculate Heart of Mary Catholic Church

California Dreamin' – the music of The Mamas and the Papas

Friday 14 February, 7.30pm
The Mamas and The Papas brought us smash hits like *Monday Monday, Creeque Alley, Dedicated To The One I Love, I Saw Her Again Last Night, California Dreaming* and many more. This show will instantly transport you back to one of the most iconic periods of the 60s. The flower power era where peace, love and psychedelia flowed freely to the great music of Scott McKenzie, The Flowerpot Men, Barry McGuire, The Lemon Pipers, The Turtles, plus many more. Don't miss this opportunity to relive a summer of love in one great show.
Cost: £27.50.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Gerry Colvin Band and Lizzie Hardingham

Thursday 27 February, 8pm
One of the most popular acts ever at Uxbridge, a madcap entertainer who writes brilliant songs and delivers an outstanding show. In support a young local singer just making a name for herself.
Cost: £15. Reductions available for members and students. Tickets can be purchased on the door or via www.wegotickets.com/event/489554.
For more information visit bit.do/uxfolk.
Uxbridge Folk Club

Animal Magic: A Family Concert

Sunday 8 March, 4pm
Hillingdon Philharmonic Orchestra invites you to a special animal-themed family concert to include music from *The Carnival of the Animals, Cats, The Pink Panther, Die Fledermaus, The Creation, Watership Down* and



many more animal favourites. Discover the magic of seeing and hearing a full orchestra live in concert. Fun for all the family.
Cost: £8. Under-16s £5. Family of four £22.
To book tickets visit www.hillingdontheatres.uk or call 01895 250615.
Winston Churchill Theatre

KIDS

Peppa Pig's Best Day Ever

Saturday 25 and Sunday 26 January, 10am, 1pm and 4pm
Peppa Pig is excited to be going on a day out with George, Mummy Pig and Daddy Pig - it's going to be her best day ever. Get ready for a road-trip full of adventures. From castles to caves, dragons to dinosaurs and ice-creams to muddy puddles – there is something for all of the family and their friends to enjoy, including Miss Rabbit, Mr Bull, Suzy Sheep, Gerald Giraffe and more.
Cost: From £18. Under-16s £2 off. Family ticket of four tickets for £72. Children up to 6 months go free. 6 to 12 months £11.50.
To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Oi Frog and Friends!

Tuesday 11 to Wednesday 12 February, various times
It's a new day at Sittingbottom school and Frog is looking for a place to sit, but Cat has other ideas and Dog is doing as he's told. Little do any of them know that chaos is coming... Who knew there were so many rhyming rules and what will happen when Frog is in charge? Join Frog, Cat and Dog in this new action-packed stage adaptation of Kes Gray and Jim Field's bestselling books. Expect songs, puppets, laughs and more rhymes than you can shake a chime at. Suitable for ages 3 plus.
Cost: £15.

To book tickets visit www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre

Half-term at the bunker

Monday 17 to Friday 21 February, during bunker opening hours
Visit the Battle of Britain Bunker Exhibition and Visitor Centre for half-term family fun, including creative workshops and daily family-friendly tours of the bunker.
Cost: Visitor centre and bunker tour £7. Over-65s £5. Free for under-18s, Hillingdon/First cardholders and current military.
Find out more at battleofbritainbunker.co.uk or call 01895 238154.
Battle of Britain Bunker

Toy exhibition

Monday 17 and Thursday 20 February, during library opening hours
Join the Hillingdon Local Studies team during half-term for fun activities and a closer look at some of the historic toys in their collection.
Cost: Free, no booking required. Find out more by emailing archives@hillingdon.gov.uk or calling 01895 250702.
Uxbridge Library

Pirate Pete and Princess Polly

Saturday 22 February, 11am and 1.30pm
Join the Teddies team live onstage for this entertaining and interactive, professional children's theatre show. Sing-a-long on an adventure with Pirate Pete and Princess Polly - you could even come dressed as a pirate or princess! Suitable for ages one to six.
Cost: £12. Family of three £30.
To book tickets visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

The Greatest Show workshop

Saturday 23 February, 11am
A theatre workshop exclusively for children aged eight to 14, run by musical theatre professionals. Have fun singing and dancing to songs from the greatest show on earth. Spaces are limited, so advanced booking is essential.
Cost: £6 for ages eight to 14 only.
To book a place visit www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

The Greatest Showman sing-a-long

Saturday 23 February, 1pm
The Greatest Showman is a bold and original musical film that celebrates the birth of show business and that sense of wonder we feel when dreams come to life. Join in at this sing-a-long screening of the film, featuring the songs *A Million Dreams, Come Alive* and *This is Me*.
Cost: £6.
Book tickets on www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Soft play

Every Friday (term-time only), 9.30am to 11.15am
Come and play and join in the fun. For children aged up to 5 years.
Cost: £3 per child with refreshments included.
For more information contact Katy on 07442 534589.
St Paul's Church Hall

EXERCISE

Lands yoga

Open level midweek revitalise on Wednesdays at 6.30pm
Open level yoga weekend renew on Saturdays at 9.30am
Pregnancy yoga on Saturdays at 11am
Come along to experience a range of yoga classes.
Cost: Taster from £6.

VENUES

Battle of Britain Bunker
Wren Avenue, Uxbridge, UB10 0BE

Beck Theatre
Grange Road, Hayes, UB3 2UE

Compass Theatre
Glebe Avenue, Ickenham, UB10 8RP

Guide Hut
Community Close, Ickenham, UB10 8RE

Haydon School
Wiltshire Lane, Pinner, HA5 2LX

To book and for more details visit www.landsyoga.com.
The Stables, Eastcote House Gardens

Exercise with Alice

Mondays and Thursdays, 10am to 11am
Award-winning easy fun dance exercise (seating or standing) for over-60s of all abilities. The sessions provide activity, fun and friendship and are led by a qualified West End dancer.
Cost: Drop-in £6.
For more information call 07966 175 530 or email exercisewithalice@yahoo.co.uk.
Guide Hut, Ickenham

Yoga with Rina

Thursdays 6.30pm to 7.30pm
Chi Kri classical yoga brings together hatha yoga poses, breathing techniques, relaxation and meditation to improve your physical, mental and emotional health and wellbeing. Sessions are suitable for beginners.
To book a free trial session email rina@chikri.com or call 07505 127838.
The Windmill Studio Centre

Zumba/body conditioning course

Tuesdays, 7.30pm to 8.30pm
Come along to this fun Zumba and body conditioning course. Please bring your own yoga mat.
Cost: £7 a session.
For more information and to book call Trisha on 07919 276539 or email trisha@zumbawithtrisha.co.uk.
Northwood Methodist Church

Yoga with Dinta

Saturdays, 11.20am
Dinta is fully qualified in Dru Yoga which is based on flowing movements, directed breathing, and visualisation.
Cost: £9 per class.
To book, call 07870 981885 or email yogawithdinta@aol.co.uk.
St Lawrence Church

Ickenham Village Hall
Swakeleys Road, Ickenham, UB10 8DG

Northwood Methodist Church
Oaklands Gate, Northwood, HA6 3AA

Northwood and Pinner Liberal Synagogue
18-24 Oaklands Gate, Northwood, HA6 3AA

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

Yoga with Rina

Mondays, 11am to midday
Fridays, 10am to 11am
This session offers adapted hatha yoga poses that can be practised on a chair (or with the assistance of a chair). Suitable for everyone, especially those recovering from an injury, surgery or managing health and weight issues. A great way to get fit while you sit.
To book a free trial session email rina@chikri.com or call 07505 127838.
The Stables, Eastcote House Gardens

LEISURE

Big geological display

Wednesday 12 February until Friday 28 February, during library opening hours
Come along to see this display from Harrow and Hillingdon Geological Society. The exhibition includes a special display on climate change, as well as rocks that glow in the dark, volcanoes, Pinner chalk mines, holiday geology, local geology, fossils, minerals and jewellery.
Cost: Free.
Uxbridge Library

An afternoon with Cynthia Harrod-Eagles

Wednesday 19 February, 2.30pm to 4pm
The bestselling and critically acclaimed author will be discussing her writing and career, and also answering your questions. Tea, coffee and cake are provided. Books will be on sale, cash only.
Cost: Free, but please book in advance.
To book email culturebite@hillingdon.gov.uk.
Northwood and Pinner Liberal Synagogue

Butterflies indoor boot sale and community coffee morning

Saturday 22 February, 9.30am to 1pm

Why not come along and have a look around or meet up with friends for coffee and cake? Homemade refreshments for sale. Tables are also available to hire if you're de-cluttering your house and want to sell bric-a-brac or pre-loved items.
Cost: Free admission.
To hire a table contact Vera on 01895 635224 or contact butterfliesickenham@yahoo.com.
Ickenham Village Hall

WELLBEING

Mindfulness With Alice

Wednesdays, 10am
Learn to manage stress, depression, anxiety. Get help with sleep, relaxation, pain management and general wellbeing at this friendly group. Mindfulness based CBT Diploma Course Cert and NLP Practitioner.
Cost: First class is free. Drop-in £5.
For more information, call Alice on 07966 175 530 or email exercisewithalice@yahoo.co.uk.
Compass Theatre (Oak Room)

Meditation

Thursdays 9 January to 26 March, 9.30am to 10.30am
Relax, sit comfortably and learn techniques to reduce stress, increase happiness, enhance your focus and achieve calmness. Experience Twin Hearts meditation and easy-to-learn techniques which bring immediate benefits. Open to anyone aged over 18.
Cost: £5 for meditation. £10 for meditation and pranic healing.
For more information visit www.ukpranichealing.co.uk/alexandra-barrett, email alexandrabarrett@me.com or call 07753 349024.
The Stables, Manor Farm

The Stables
Eastcote House Gardens, Eastcote, HA5 2FE

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

Uxbridge Library
High Street, Uxbridge, UB8 1HD

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

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 *Inside windows washed *Interior paintwork washed down *Shed repairs, small garden jobs, low hedge cutting *Small areas of making good/painting/path repairs/internal & external wood staining *Spy hole/viewer fitted to doors
 *Shower curtains and rails replaced/fitted
 *Curtain's hung, rails/ blinds fitted *Sticking doors eased/adjusted *Uncompleted projects undertaken
 *Worktops re-siliconed and re-edged *Hollow door/wall fixings *White bath chips touched in *Kitchen/WC roll holders fitted
 *Some flat-pack furniture assembled etc.
 References available ~ No job too small ~
 Cheques accepted ~ NO work undertaken in rented accommodation

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 W: www.divinehouseofmakeup.com

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Environment and roads

Animal Welfare ▶ Food, Health and Safety 01895 250190
 Abandoned Vehicles ▶ Environment and Anti-Social Behaviour ▶ Flytipping ▶ Graffiti ▶ Parks and Green Spaces ▶ Pest Control ▶ Roads and Pavements ▶ Special Collections ▶ Street Lighting and Cleansing ▶ Waste and Recycling 01895 556000

Learning

Adult Learning www.hillingdon.gov.uk/adultlearning 01895 556455
 Library Information Desk 01895 250714
 School Admissions www.hillingdon.gov.uk/schooladmissions 01895 556644
 School Transport 01895 250008
 Truancy Hotline 01895 250858

Leisure

Battle of Britain Bunker Exhibition and Visitor Centre battleofbritainbunker.co.uk 01895 238154
 Botwell Green Sports and Leisure Centre 020 8561 0956
 Haste Hill Public Golf Course 01895 250777
 Highgrove Pool and Fitness Centre 01895 630753
 Hillingdon Sports and Leisure Complex 0345 130 7324
 Hillingdon Theatres www.hillingdontheatres.uk 01895 250615
 Queensmead Sports Centre 020 8845 6010
 Uxbridge Public Golf Course 01895 556750
 William Byrd Pool 020 8897 9390

Local democracy

Council Meeting Dates and Agendas 01895 250636

USEFUL SERVICES AND AGENCIES

Advice and support

Addiction, Recovery, Community, Hillingdon (ARCH) 01895 207777
 Age UK Hillingdon 020 8756 3040
 Alzheimer's Society Hillingdon 01923 823999
 Aspheleia Action 01895 272478
 Carers Trust Hillingdon 01895 258888
 Centre for ADHD and Autism Support 020 8429 1552
 Communicare Counselling Service 01895 256056
 Citizens Advice Consumer Helpline 03454 04 05 06
 Citizens Advice Hillingdon 0344 848 7903
 Disablement Association Hillingdon (DASH) 020 8848 8319
 HD Carers Support Group 07752 169849
 Healthwatch Hillingdon 01895 272997
 Hillingdon Autistic Care and Support (HACS) 020 8606 6780
 Hillingdon Brain Tumour and Injury Group 01895 713205
 Hillingdon Carers 01895 811206
 Hillingdon Independent Domestic Violence Advocacy (HIDVA) 020 8246 1745

HILLINGDON CONTACTS



Electoral Services and Registrars 01895 558250
 Conservative Group Office 01895 250316
 Labour Group Office 01895 250780
 Mayor's Office 01895 250763

Planning

www.hillingdon.gov.uk/planning
 Building Control, Inspections and Dangerous Structures 01895 558170
 Dangerous Structures (out of hours) 01895 250111
 Local Land Charges 01895 556115

General

Adoption and Fostering www.hillingdon.gov.uk/fost-adopt 0800 783 1298
 Brown Badges 01895 277277
 Council Tax and Benefits www.hillingdon.gov.uk/counciltax 0300 123 1384

Families' Information Service www.hillingdon.gov.uk/ffis 01895 556489
 Fraud Hotline www.hillingdon.gov.uk/reportfraud 0800 389 8313
 Hillingdon First Card www.hillingdon.gov.uk/hillingdonfirst 01895 556677
 Hillingdon Social Care Direct (adults and children) ▶ Blue Badges ▶ Freedom Passes ▶ Meals Service ▶ TeleCareLine 01895 556633
 Housing Services www.hillingdon.gov.uk/housing 01895 556666
 Substance Use and Misuse or Sexual Health 01895 250721
 Trading Standards www.hillingdon.gov.uk/tradingstandards 01895 250164

All other council enquiries (not listed above)

01895 250111

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 and Fire

Metropolitan Police Non-emergency 101
 Textphone 18001 101
 Hillingdon Neighbourhood Watch 020 8246 1869
 Hillingdon Fire Station 020 8555 1200

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