



Dear resident,

This e-newsletter includes the revised waste and recycling collection dates for the forthcoming May Bank Holidays and details of a range of coronavirus-related support and guidance that can be accessed.

We recognise that this is a worrying and difficult time and I would once again like to reassure you that the council is continuing to deliver essential services and taking all appropriate measures to support residents and businesses.

We are working closely with our partners, including those in health and policing, and I would like to take this opportunity to thank our residents and council employees, who have continued working during this time and are sustaining vital services and keeping everyone safe.

Thank you to all of you who are following government guidelines on social distancing, even with the recent sunny weather. By staying at home you are protecting the NHS and saving lives.

The council is receiving a wealth of compliments and kind words from residents thanking a range of essential services, and these have been passed on to employees who are grateful for this support.

Keep up to date with the latest advice from the government and continue to check the council website and our Twitter and Facebook pages for recent updates.



Guidance and support for local businesses

The government has set out a package of temporary and targeted measures to support businesses through this period of disruption.

If your business needs support, a range of advice is available.

[Find out more](#)

Park guidelines

Our parks, green spaces and allotments remain open for essential daily exercise.

These spaces provide residents with opportunities for physical activity and help mental wellbeing.

However please ensure that you adhere to government guidance on social distancing.

- ▶ You must only exercise alone or with members of your households.
- ▶ All gatherings are banned and please do not use playgrounds, outdoor gyms, tennis/ball courts and skate parks.



[Read more](#)

Supporting residents most at risk



We are working with H4All, a partnership of five Hillingdon charities, to [provide a community support hub for residents most at risk](#).

We have so far supported hundreds of residents. If you are unable to leave the house because you're ill, because of your caring role or if you are self isolating due to the coronavirus and do not have a friend, neighbour or family member available to support you, then we can offer:

- help with food shopping
- emergency food parcels for eligible residents
- prescription registering and delivery
- a regular telephone call for those feeling isolated or struggling with their emotions
- information and advice on the welfare benefits system
- dog walking and posting mail

May Bank Holiday waste and recycling collection dates

Don't forget that this year's early May Bank Holiday will be on Friday 8 May to mark the 75th anniversary of VE Day.

Early May Bank Holiday	
Normal collection day	Revised collection day
Friday 8 May	Saturday 9 May

Late May Bank Holiday	
Normal collection day	Revised collection day
Monday 25 May	Tuesday 26 May
Tuesday 26 May	Wednesday 27 May
Wednesday 27 May	Thursday 28 May
Thursday 28 May	Friday 29 May
Friday 29 May	Saturday 30 May

Please leave your rubbish out for collection by 6am, near your front gate, but not on the pavement. Separate arrangements are in place for flats and business premises.

Rubbish and recycling

We are doing all that we can to continue to provide normal rubbish and recycling collection services.

To help prevent the spread of coronavirus, residents who are self isolating should double-bag their rubbish. Please wait 72 hours before putting this waste out for collection.

If you need more clear recycling bags or food caddy liners [you can order these online](#).

As a result of the pandemic and to prioritise the maintenance of our free-to-use rubbish and recycling collections, we temporarily suspended our usual bulky waste collection service. To allow us to offer our popular service again, we are introducing a small charge of £25, which will help to cover our service delivery costs and ensure we can meet demand. This is 40% cheaper than the average fee of neighbouring boroughs. For residents aged over-65 and those in receipt of Personal Independence Payment, the service is free. [Read more](#)

Looking after your wellbeing

There are some simple things you can do to help you take care of your mental health and wellbeing during these times of uncertainty, including [home fitness sessions](#) and [trying new activities](#).

[Every Mind Matters](#) has also released expert advice and top tips on how to look after your mental wellbeing whilst staying at home.

If you're a Hillingdon Library member, you can access a range of reading materials, e-learning tools and explore history and genealogy with our [free online resources](#).

If you're teaching your children at home, see the the Department for Education's [list of online educational resources for schools and parents](#).

COMMEMORATE VE DAY 75, DUNKIRK 80 AND D-DAY 76

Join us as we mark these historical anniversaries with a variety of online activities throughout May and June.

VE DAY 75

Create your own bunting and try out rationing recipes
View the new 'Dancing in the Streets' exhibition

DUNKIRK 80

Watch videos explaining the role the Battle of Britain Bunker played in the success of the Dunkirk evacuation
Make your own evacuation ship

D-DAY 76

View short videos highlighting the bunker's role in the Normandy Landings
Design your own mini parachute

On Friday 8 May, join us to support The Royal British Legion as it invites people across the UK to join a 2-minute silence at 11am

Further details of all these activities are available on

[@Hill_museums](#) [HillingdonHeritage](#) www.hillingdon.gov.uk/VEDay75