



Dear resident,

On Monday 19 July, England moved to step four of the government's roadmap out of lockdown and most legal restrictions and social distancing measures were lifted.

Thanks to the success of the vaccination and testing programmes we can tentatively take these next steps, and it marks a change in how we live with COVID-19. However, we still need to act carefully and remain cautious.

To help keep Hillingdon safe you should get tested regularly and I encourage residents to take both doses of the COVID-19 vaccine.

Please continue to play your part in the fight against COVID-19.



Step four out of lockdown

Most legal restrictions to control the spread of COVID-19 have now been lifted. This means:

- You will not need to stay 2 metres apart from people you do not live with. There will also be no limits on the number of people you can meet.
- However, in order to minimise risk at a time of high prevalence, you should limit the close contact you have with those you do not usually live with, and increase close contact gradually.
- Meet outdoors where possible and let fresh air into homes or other enclosed spaces.
- The government is no longer instructing people to work from home if they can.
- The requirement to wear face coverings in law will be lifted. However, the government expects and recommends that people wear face coverings in crowded and enclosed areas such as public transport.
- There will no longer be limits on the number of people who can attend weddings, civil partnerships, funerals and other life events (including receptions and celebrations).
- There will no longer be restrictions on group sizes for attending communal worship.



[Read the latest government guidance](#)



Hillingdon vaccination sites – walk-in service

Sites across the borough are currently offering walk-in appointments.

Please note the vaccine provided to any individual is as per the Joint Committee on Vaccination and Immunisation (JCVI) recommendation. Vaccination sites are unable to deviate from this recommendation and there is an eight-week gap between the first and second doses of the COVID-19 vaccination.

If you've received both doses of the vaccine, find out how you can get your [COVID pass](#) to attend trial events in England and travel abroad.

[Find out more](#)



Get tested regularly

Even if you're vaccinated, there's still a chance you can pass COVID-19 on, so you should keep getting tested regularly.

Also, many people who get infected with COVID-19 have no symptoms.

Getting into the habit of twice weekly testing (every three to four days) as part of our everyday lives will help us to keep each other safe.

Don't forget if you experience coronavirus symptoms (a new, continuous cough, high temperature or change in your sense of smell/taste), you, anyone in your household and/or support bubble must self-isolate until you get your result. [Find out more.](#)

[Find out more](#)

SUPPORT YOUR LOCAL SHOPS & BUSINESSES



Hillingdon People out now

In this issue, read about how we are delivering hundreds of new homes across the borough for local people, the launch of our new food waste collection process, how restoration works will transform Cranford Park into a thriving visitor attraction, our adult learning courses for 2021/22, and more.



[Download your copy](#)

Playday returns next month

A range of free taster sessions suitable for children of all ages will take place across the borough on Wednesday 4 August to mark this year's national day of play.

Activities include cycling, storytelling, family fitness classes, football sessions, a teddy bears' picnic, an introduction to BMX racing, theatre workshops, and more.

Booking in advance is essential.



[Find out more](#)

Summer Reading Challenge

Children aged from four to 11 are being encouraged to 'go wild' for this year's annual Summer Reading Challenge.

The ever-popular initiative, run by Hillingdon libraries in conjunction with the Reading Agency, launched on Saturday 10 July and will run until September.

Children are being invited to visit their local library at least three times during the school summer holidays and borrow books in return for a series of rewards.

This year's theme, Wild World Heroes, is aimed at inspiring young readers to think about how they can make a difference to the environment.

Youngsters are also being encouraged to put their creative skills to the test as part of a nature-themed photography competition.

For more information on how to sign up and prize details, visit www.hillingdon.gov.uk/summer-reading





August sports taster sessions

Try something new with one of our sports taster sessions taking place between Monday 2 and Tuesday 10 August.

Sports clubs across Hillingdon are opening their doors to offer a variety of sporting activities to children, young people, adults and families – all for free!

Whether you're a complete beginner or an experienced athlete, these sessions offer a great opportunity to find out more about your local sports clubs, try them out and get involved.

[Find out more](#)



Come walk with us this summer

Increase your heart rate and improve your health and wellbeing with our free led walks. Our led walks take place Monday to Saturday across the borough and are a great way to meet people.

More walks have been added, so why not discover or rediscover some of our borough's beautiful green spaces?

[Find out more](#)

Check out our virtual library events

Hillingdon libraries host a variety of virtual sessions and activities for all ages to enjoy.

They include themed coffee mornings, read aloud sessions, open mic nights, book clubs, poetry readings, arts and crafts and gardening.

The popular Culture Bite author interview series also continues throughout the year, featuring live broadcasts by well-known authors streamed via Hillingdon libraries' social media channels. Missed an event? Don't worry, as there's also the chance to watch back past interviews via the Hillingdon libraries Facebook page.



[Find out more and book](#)

Winning names chosen for food waste trucks

A public vote organised by the council has determined the names of the council's new fleet of food waste trucks – with 3,808 people voting on their favourite names put forward by primary schoolchildren.

The competition which launched in June coincided with the introduction of a separate food waste service and saw primary schoolchildren invited to submit fun and creative names for the trucks. With more than 300 entries, the judges took on the tough job of shortlisting only 15 entries for a final vote by the public.

The following names were voted winners:

- Scrappy Dappy Food - Lucy, aged seven, Glebe Primary School (Ruislip)
- The Green Gobbler - Barney, aged seven, Coteford Infant School (Pinner)
- Sir Recyclelot - Annabel, aged six, Warrender Primary School (Ruislip)
- R2 Bin 2 - Isaac, aged five, St Matthew's C of E Primary School (West Drayton)
- Happy Scrappy - Eva, aged six, Hermitage Primary School (Uxbridge).



Meet our recycling officers and collect your free recycling bags

Our recycling officers will be at various locations to answer your questions on all things waste and recycling. Find out about the services we offer to help you recycle more – and collect your free recycling bags.

The next stops on the recycling roadshow are:

- Sainsburys South, Ruislip on Wednesday 21 July
- Tesco Extra, Yeading on Tuesday 10 August
- Hayes Town Centre on Friday 27 August
- Ickenham Village Hall on Wednesday 1 September
- Duckpond Market, Ruislip on Sunday 5 September.





Last chance to enter this year's Hillingdon in Bloom competition

Our popular annual gardening competition, Hillingdon in Bloom, will be judged virtually again this year, and residents are invited to submit their photo entries online.

The competition is an opportunity for local people to get active outdoors, while keeping their gardens and neighbourhoods looking bright and colourful. The competition is free to enter and is open to Hillingdon residents of all ages and horticultural abilities.

The deadline for all entries is Friday 30 July.

[Find out more and enter](#)



View the plans for the new Hillingdon Hospital

You can now view and give feedback on the plans for the new Hillingdon Hospital.

The plans set out the overall vision for the hospital as well as artists' impressions of the proposed new building.

[Find out more and have your say](#)

Cancer won't wait

The NHS is asking people to come forward for screening when invited and not to delay speaking to their GP if they notice any unusual changes in their body. Since the start of the pandemic, the number of people taking up screening appointments and attending their referral appointments has dropped markedly.

One in two people will develop some form of cancer during their lifetime. Signs and symptoms that could be a sign of cancer include unexplained blood that doesn't come from an obvious injury, an unexplained lump, weight loss which feels significant to you or an unexplained pain that lasts three weeks or more.

It could be nothing serious, but finding cancer early makes it more treatable, so just speak to your GP. Your NHS is here to see you, safely.



[Find out more](#)