

HILLINGDON people

News from your council
March/April 2017

www.hillingdon.gov.uk

Explore Ruislip Woods this spring

National Nature
Reserve anniversary

Heathrow expansion
Have your say

Budget approved
Council tax frozen for 9th year

New playgrounds opened
Chrysalis scheme transforms green spaces



HILLINGDON
LONDON



Refuse and Recycling

Easter 2017 bank holiday

Normal collection day	Revised collection day
Monday 10 April	No change
Tuesday 11 April	No change
Wednesday 12 April	Tuesday 11 and Wednesday 12 April
Thursday 13 April	Wednesday 12 and Thursday 13 April
Friday 14 April	Thursday 13 April
Monday 17 April	Tuesday 18 April
Tuesday 18 April	Tuesday 18 and Wednesday 19 April
Wednesday 19 April	Wednesday 19 and Thursday 20 April
Thursday 20 April	Thursday 20 and Friday 21 April
Friday 21 April	Friday 21 April

May Day 2017 bank holiday

Normal collection day	Revised collection day
Monday 1 May	Tuesday 2 May
Tuesday 2 May	Tuesday 2 and Wednesday 3 May
Wednesday 3 May	Wednesday 3 and Thursday 4 May
Thursday 4 May	Thursday 4 and Friday 5 May
Friday 5 May	Friday 5 May

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



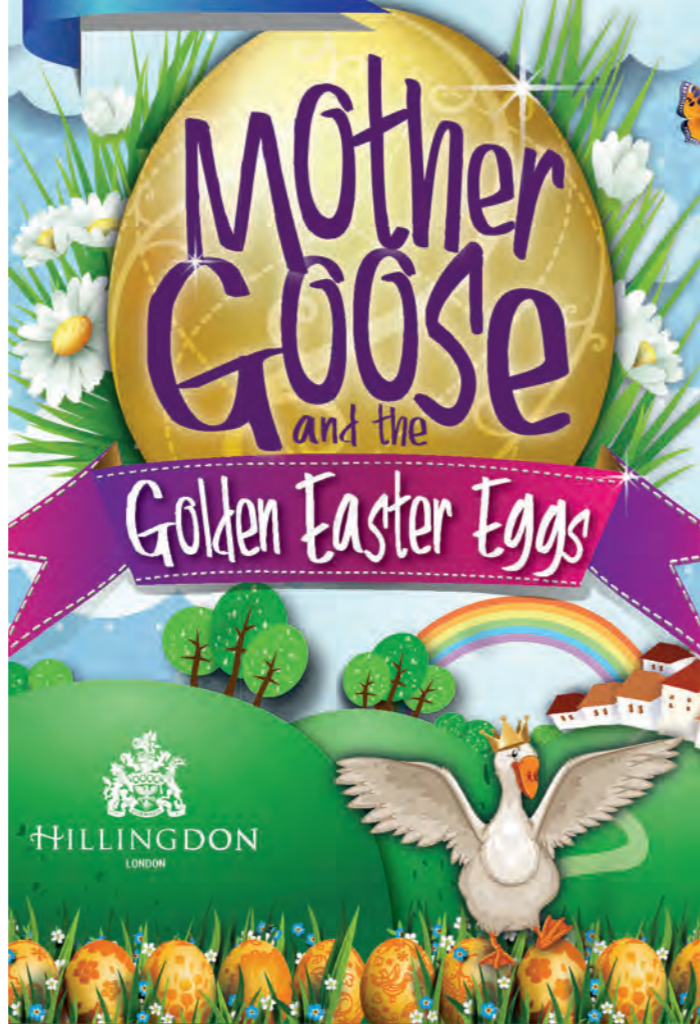
www.hillingdon.gov.uk/recycling

TUESDAY 4 APRIL - SATURDAY 8 APRIL 2017

London Borough of Hillingdon &

proDuktions

An Easter Musical Egg-stravaganza!



COMPASS THEATRE

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Tickets £15 / £11 under-16s
Family of 4 £44 (2 adults & 2 under-16s)
Groups of 10+ £11 each

Compass Club Members can get £1 off a maximum of 2 full price tickets at peak shows

NO BOOKING FEES
BOX OFFICE: 01895 250615
www.hillingdontheatres.uk

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Advertising deadline for next edition: Friday 31 March.

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Welcome



During February, councils all across the country were setting their budget for 2017/18. In more than 90 per cent of town halls council tax increased by up to five per cent and charges for services, such as parking and green waste collection were raised. Many councils reduced service delivery, including library provision, parks and open spaces and school crossing patrols. In Hillingdon, as has become the norm, council tax was again frozen for the ninth year for all residents and the eleventh for those over 65. For those who have lived in Hillingdon for the period of the freeze, policy in monetary terms equates to an average saving next year of £375 for a Hillingdon resident in a band D property compared to a resident in a council that has raised tax by the Retail Price Index or as allowed by the government. For those over 65 the saving will be £430 next year. In total, a Hillingdon resident would have saved £1,735 (£2,310 for over-65s) over the last nine or 11 years.

As regards fees and charges, once again parking charges remain frozen for residents and Hillingdon continues to benchmark fees and charges against neighbouring authorities and other service providers with charges being set at a maximum of 90 per cent of what our neighbours charge. As many of our fees and charges have been frozen since 2011, whilst our neighbours have risen, this periodic benchmarking at 90 per cent sometimes gives a larger rise to cover fees that still remain 10 per cent lower than neighbouring authorities.

As I said at the Cabinet Meeting in February, given that like all other local authorities we are experiencing year on year funding reductions from central government at a time when our population is rising at both ends of the age spectrum, the magnitude of what we are achieving in Hillingdon, with service delivery, facilities, fees and charges and an ongoing taxation freeze is frankly remarkable.

Whilst I do not underestimate the task that I know still lies ahead of us, we have a level of financial reserves, a policy of financial management and business delivery that will see us through the years ahead.

As we start the new financial year, Hillingdon Council continues to put its residents first and at the heart of everything it does.

Cllr Ray Puddifoot MBE
LEADER OF THE COUNCIL

Abandoned bikes to be removed

The council now has the power to remove any bicycles that have been abandoned on public land.

Bikes are classed as abandoned if they are reported by a member of the public and secured in a dangerous position, such as blocking the public highway; secured to a council cycle rack, illegally parked or chained to street furniture and in an unroadworthy condition; and when it is noted that they have not been moved for several weeks.

Bikes are classed as unroadworthy if they feature two or more of the following: Flat or buckled front/rear/both tyres, missing wheel(s), missing seat, bent forks, seized/

damaged brakes, rusted chain/gears or even a missing chain.

Once a bicycle is identified as abandoned, a notice will be placed on it for 14 days before it is removed. It will then be stored for 21 days before being donated to charity. During this time owners can contact the council to claim a bike back.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "This new policy has been introduced to combat increasing reports of bikes being abandoned across the borough. By removing bikes, we are freeing up spaces for parking and making highways safer and tidier."

If you have seen an abandoned bike you can now report it on www.hillingdon.gov.uk/pedalcycles.



Students and community to benefit from new park



Uxbridge College Hayes Community Park has been transformed thanks to £80,000 funding from the council's Chrysalis programme.

The green space in College Lane, which has been renamed Golden Park, now has an open-air performance space, fitness trail, children's play equipment, sports court, seating and a running track.

The park's new name was chosen to mark Uxbridge College and the council's recent 50th

anniversaries and celebrate our work in partnership. The site was officially opened by the Deputy Mayor, Cllr Carol Melvin.

Lorraine Collins from Uxbridge College, said: "The college is delighted that our park is transformed into a more welcoming and diverse space offering fitness, leisure and fun for students and the local community alike."

Visit www.hillingdon.gov.uk/chrysalis to find out how you can apply to transform your local area.

Council homes reclaimed

All reports of social housing fraud are taken extremely seriously by the council, who investigate to ensure that only residents in genuine housing need are given accommodation.

Since 2011, we have reclaimed 316 council owned properties, which were either empty, illegally sublet or obtained through providing false information.

In April last year, the council received a report that a property in Hayes was being illegally sublet. An investigation of the home revealed that two men were living there and paying rent to the tenant who was living in Kenya. Whilst the council waited for a court hearing to gain a possession order to reclaim the home, officers revisited the property to check that the subtenants had left and found that it had been sublet again to a couple, who claimed to be homeless.

A possession order was obtained through the courts in October and an eviction warrant executed in December.



NEW HOME
Claudia and her daughter

The property has now been re-let to young mum, Claudia Pacheco who had spent the last two years sleeping on her mum's sofa.

Claudia, 21, a restaurant door host, said she is now extremely happy in her new home. It's a fresh start for her, with her own space to spend with her daughter.

If you have suspicions or information that someone is illegally subletting a council property, contact the council on our 24-hour, confidential and anonymous hotline on 0800 389 8313 or email fraud@hillington.gov.uk.



We are continuing to work on a bid for funding from the Heritage Lottery Fund to conserve Cranford Park.

The project, led by the council and the Friends of Cranford Park will aim to preserve the open space for future generations to explore its unique and historic offerings.

Comprising of 144 acres, with extensive 17th century vaulted brick cellars which remain following the demolition of Cranford House in 1944, Cranford Park is also home to an 18th century stable block, medieval church, walled garden, ha-ha, formal

driveway with Georgian bridge, garden structures, water features and bridges.

Plans would see repairs being made to the listed buildings and structures, enabling public access to the stables and cellars, as well as the introduction of new meeting and exhibition spaces, a café and toilets. The scheme would also see the installation of walking and cycling trails, a natural water feature to attract water fowl, re-instatement of the Chinese bridge, new planting in the walled garden, restoration of the 18th century formal gardens, and two new playgrounds.

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

"Cranford Park is one of Hillingdon's hidden historic gems and the council is committed to preserving the site for residents and visitors to enjoy. This project is in its initial stages, with officers refining it before hopefully submitting a bid later on this year.

"The project will need to compete for funding with those from other London boroughs, and if successful, this will lead to a second round bid stage before work can begin."

New mobile library van on the way

The council is replacing its current mobile library van with a brand new custom-built model.

The mobile library visits 23 roadside sites across the borough on a weekly basis and also makes stops at schools, nurseries, day centres, and residential and sheltered homes.

The new van, which is expected in spring, will offer fiction and nonfiction, large print materials, talking books, books for children, DVDs and hearing aid batteries. Free wifi will also be available, so you can connect to the internet with your own device.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "Our current van needed to be replaced because it was becoming uneconomical as a result of increased wear and tear and emission levels. Our mobile library service is extremely well used, with

9,000 visitors last year borrowing more than 20,000 items, and we want to continue to provide this important service to residents, especially those who are unable to visit their local library."

For further details visit www.hillingdon.gov.uk/mobilelibrary or call 01895 556446.



ON THE WAY Artist impression

New dementia resource centre



A new purpose-built resource centre for people living with dementia and other cognitive impairments will be built in Hillingdon, providing a valuable resource for vulnerable residents and support for their families.

The building has been designed to incorporate the design standards set out by Stirling University on how best to meet the needs of people living with dementia. The resource centre will have rooms for daytime activities that will help people to retain daily living skills, mobility and prevent social isolation.

The centre will also use computer communication technology to help people communicate in ways that suit their needs.

In addition, there will also be two consulting rooms to support those newly diagnosed, carers and deliver other appropriate services.

The building is part of a wider development at Grassy Meadow Court in Hayes, which will also see 88 new extra-care flats being built.

The council is working towards accreditation with Stirling University, a leading centre for dementia research to ensure that Hillingdon residents living with dementia have access to the best possible environment, with trained employees to manage their condition.

The site redevelopment is due to be completed by summer 2018.

Shop licence revoked after multiple breaches

The council's Licensing Sub-committee stripped Lotus Food and Wine store, Hayes of its premises licence in January following multiple breaches.

The police had applied for a review after their officers had attended the store several times in October 2016 and found that the proprietor Mr Lamba and staff members had been incapable of upholding their licensing responsibilities.

Breaches recorded included: No personal licence holder being in the premises, prohibited persons working in the premises, defective CCTV, an inability to produce invoices or receipts for alcohol and no up-to-date training records or incident log book entries.

Mr Lamba had gained the premises licence in May 2016. The previous owner Mr Singh had had his licence revoked in

December 2015, after the council discovered that he was selling non-duty paid alcohol.

Mr Lamba, a former employee took over the premises and was initially refused a licence in January 2016 because of concerns from the council and the police about his licensing experience.

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

"It's imperative that premises licence holders have a thorough knowledge of licensing regulations and comply with licensing conditions.

"Revoking a licence is the last resort, and in this instance the council found that Mr Lamba and his employees had an inadequate comprehension of what is expected as a licensed premises retailer, which could have affected public safety."

Take part in this year's In Bloom competition

Our Hillingdon in Bloom horticultural competition will be launched in April during National Gardening Week.

Residents, businesses, schools and community groups can all apply to take part and compete for first prize in a range of categories, such as best hanging basket, school project, front garden and balcony display.

Whether you are a novice or a keen gardener, anyone is welcome to enter and take part.

There will be a new

category this year: 'Greening Grey Britain for Wildlife.' Taking inspiration from the Royal Horticultural Society initiative of the same name, Hillingdon would like to encourage residents to come together as a community to tackle grey corners of the borough and give them a new lease of life with plants. Of course you'll need to ensure you have the landowner's permission.

Your efforts will also go towards Hillingdon's entry into both Britain in Bloom

New access guide launched for disabled residents



PARTNERSHIP Cllr Philip Corthorne and Executive Director of DisabledGo, Anna Nelson

The council has teamed up with DisabledGo to launch a free online service for people with disabilities.

The new website which was launched at the Civic Centre in December, offers disability information for more than 1,000 venues across Hillingdon.

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

"Hillingdon Council promotes diversity and equality throughout the borough, and we have partnered with DisabledGo so that residents can easily find access information and useful guides to local shops,

leisure facilities and restaurants, including advice on parking and toilet facilities before they go there, so they know what to expect. The guides will enable greater independence and also support carers."

The service also includes information on lighting, colour contrast, signage and background noise, and every venue has been visited and assessed by a trained surveyor.

View the guide on www.disabledgo.com. The council also offers an online service for information and advice for residents with care and support needs on www.connecttosupporthillingsdon.org.

and London in Bloom. After a gold-winning display last year in London in Bloom, the borough has been asked once again to represent London in the national competition. Hillingdon also won Gold in Britain in Bloom in 2015. The judging for all of the competitions will take place in July and August and Hillingdon in Bloom

winners will be announced at the council's Autumn Show fruit and vegetable competition in September.

To enter Hillingdon in Bloom or the Autumn Show visit www.hillingdon.gov.uk/bloom from Tuesday 11 April. Entry forms will also be available at libraries and the Rural Activities Garden Centre after the launch.



Historic pump in Longford restored

The council has discovered and restored a water pump from the 19th century on the Bath Road, Longford.

The pump, which was originally installed by the Colnbrook Turnpike Trust in 1827 to supply water for laying dust thrown up by fast-moving vehicles, was found by the council on the eastbound side of the road next to a bus stop in 2015.

The council was already planning enhancement works to the area around the road and new facilities for bus passengers, funded by the Premier Inn development as part of planning conditions and Transport for London's Local Implementation Plan, when the pump was found.

Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling, said: "The improvement works were



to enhance the rural character of the street scene and we decided to restore the pump to create a heritage feature. The well underneath was sealed off, the pump fully restored by blacksmiths and a plaque and plinth were also installed. The result is a landmark feature for residents and visitors to

learn about the area's history."

Other works included, installing a raised crossing for pedestrians to make their way safely from the hotel to the bus stop and airport car park and act as a traffic calming method, new bus shelters, realigning kerbs and new footpaths.

Report praises council work

Ofsted and the Care Quality Commission have commended the council and its partners for their work with children and young people with special educational needs and disabilities, following a recent inspection of service delivery in Hillingdon.

Inspectors met with children and young people; as well as parents and carers, leaders for local health, social care and education, and representatives from the council and NHS.

The report praised leaders in Hillingdon for prioritising the safeguarding of children and young people, and highlighted the strength of joint-working between local service providers.

Award scheme offers young people a taste of adventure



Did you know that young people aged between 14 and 25 can participate in the Duke of Edinburgh's Award at some of Hillingdon's young people's centres?

The award is a challenging and rewarding programme of personal development, with three levels (Bronze, Silver and Gold) offering volunteering opportunities, physical activities, life skills and expeditions. It can be life-changing for some participants and may also

give young people who achieve it a passport to a brighter future, as it is often highly valued by employers and universities.

The programme is offered at Ruislip Young People's Centre on Wednesdays between 7pm and 9.30pm; Harlington Young People's Centre on Thursdays between 3pm and 6pm; and Fountains Mill Young People's Centre on Thursdays between 7pm and 9.30pm.



Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "The Duke of Edinburgh's Award allows young people to develop broad life skills outside of an academic focus and setting. By completing the award, participants can develop

new talents, explore exciting opportunities, meet new people, and give something back to the local community."

For more information and to sign up email Maggie Ditchburn at Mditchburn@hillingsdon.gov.uk or call 01895 470093.



RAF Northolt reveals date for annual community festival

RAF Northolt's NORFEST is set to take place on Saturday 22 July and 7,500 tickets are now on sale.

The day, which is supported by the council, sees the station open its doors to family entertainment for the whole community.

There will be food courts, entertainment for children, a static display of aircraft, military stands and ground displays from 32 (The Royal

Squadron's aircraft, the Queen's Colour Squadron and the Band of the RAF Regiment. The event will also host stands and stalls from various local community groups, organisations, businesses and societies.

To buy tickets visit rafnortholt.seetickets.com. Follow the RAF Northolt Twitter account at @RAFNortholt, and the

RAF Northolt Facebook page and www.raf.mod.uk/rafnortholt for updates.

Project Officer for the event, Wing Commander Gaz Littlechild, said: "The thought behind the day is for the station to host an entertaining day out for the whole family and give something back to everyone who supports us at RAF Northolt: families, local communities, local

councils, businesses and societies."

Also, at the end of April, a team of cyclists from the station will ride 1,200km across Europe from Ruislip to Poznan airfield, Poland in eight days to raise money for the RAF Benevolent Fund. For more information and to sponsor them, visit uk.virginmoneygiving.com/team/pedalzpoland.

Hillingdon libraries focus on health

Hillingdon libraries offered a range of free activities to raise awareness of the importance of health and wellbeing during February for Heart Month.

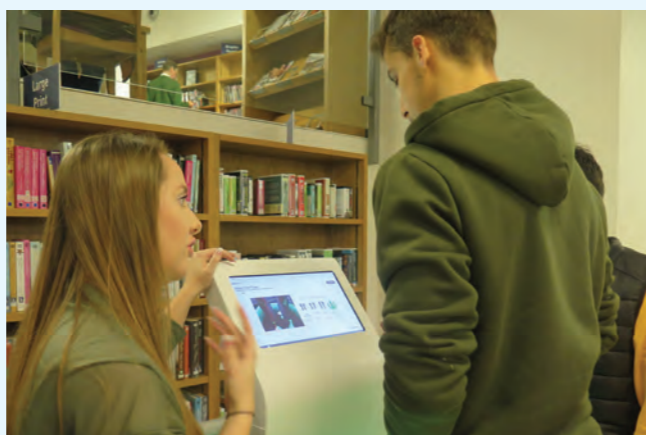
The programme started with a health fair at Uxbridge Library on Friday 3 February. Local stalls included the Macular Society, Mind, Hillingdon Carers, Hillingdon Sports and Leisure Complex, Hillingdon CCG, Stroke Association and Age UK Hillingdon.

Activities included chairgym, indoor curling, origami, healthy walks, therapeutic gardening,

healthy eating and fitness storytimes, line dancing, zumba and fitness sessions for under-5s.

Uxbridge Library also hosted a health point on its fourth level, where residents between 40 and 74 and 17 and 24 could attend a free drop-in health check with a pharmacist. The checks provided confidential advice on a range of topics and this service will now continue throughout the year on the first Friday in the month between 10am and midday, and on the first Saturday in the month between 10am and 4pm.

Cllr Richard Lewis, Cabinet Member for Central Services, Culture and Heritage, said: "It was good to see how popular this initiative has been again this year. Wellbeing is fast becoming



one of our central library themes. There is a varied, regular programme of activities with a health and wellbeing focus on offer at each of our libraries, and each year our Heart Month aims to further inspire residents to make small changes towards a healthier lifestyle."

For more information on libraries visit www.hillingdon.gov.uk/libraries.



New free guide for over-65s

The council has produced a free information guide for over-65s to help residents keep active, healthy, safe and independent.

The booklet provides an overview of a range of council services and activities, such as parking, leisure, allotments, tea dances, TeleCareLine, burglar alarms and the heater loan scheme. There are also details about the services and support offered by Age UK Hillingdon, plus police advice about avoiding scams.

Leader of the Council and Older People's Champion, Cllr Ray Puddifoot, said: "We are committed to putting residents first and improving their health and wellbeing. This guide highlights the



diverse range of activities and services over-65s in Hillingdon can enjoy, some of which are unique to Hillingdon and are free. If you have a friend, family member or neighbour aged 65 or over, please help us to reach them by sharing this with them."

Copies are available in various council venues, including libraries, leisure centres, adult learning centres, Civic Centre and Hayes One Stop Shop. All the information provided in the booklet is also online on www.hillingdon.gov.uk/over65s.



Introducing the H4All wellbeing service

H4All is a new community interest company, formed by the five Hillingdon charities DASH, Mind, Harlington Hospice, Hillingdon Carers and Age UK to support people aged over 65.

The company was commissioned by Hillingdon Clinical Commissioning Group and works alongside GPs, hospitals, social care and community services to help older people who need support to manage long-term health conditions, frailty, social isolation or loneliness.

Residents over the age of 65 can also refer themselves to the service.

The company's wellbeing support officers work closely with clients and their families to gain the best possible outcomes for their health and wellbeing. H4All offers befriending, advice, a buddy service and access to a wealth of support from a range of services within Hillingdon.

Volunteer for H4All

H4All is looking for volunteers of all

ages to help support their clients. Just one hour a week can make the world of difference to someone. If you feel like you have relevant skills and life experience get in touch today.

Dalvinder Jammu, Wellbeing Service Manager, said: "Volunteers play a key role in helping us to support our clients, whether their role is providing information or advice, befriending or supporting someone visiting a new club. Their work enables us to give clients access to the best possible level of support and we know from experience that people who have regular social interactions with others benefit greatly from the positivity and experiences that it brings."

"Volunteers often tell us that their

decision to volunteer has been an incredibly rewarding one and that they hadn't realised what a valuable impact it would have on them, sometimes leading to changes in careers choices. It can be hugely beneficial for people who are looking to enhance their CV, learn new skills or experience something different."

If you are interested in volunteering, contact Sue Furzer by calling 01895 543434.

If you would like to refer yourself to the H4All service or receive more information call Carmen Dias on 01895 543434

Have your say on Heathrow expansion

The council is encouraging residents to have their say on the government's proposals for the expansion of Heathrow Airport.

On 2 February, the government published, for public consultation, its support for the option for a north-west runway at Heathrow and sent a short leaflet to 1.5 million homes around the airport, listing estimated economic benefits and total sums available for damage mitigation but providing no real facts to enable residents to consider how this development would affect either their lives or the local environment.

The council has now published its own leaflet on the consultation for residents, which outlines the detrimental environmental impacts that the government's publicity leaflet failed to include.

The council leaflet highlights how the consultation is misleading, rushed and doesn't provide sufficient information to allow consultees to make a proper informed response on issues, such as increasing aircraft noise levels, illegal pollution levels, health impacts, costs to the taxpayer, traffic increases or the loss of noise respite periods. The government also hasn't told people the location of the airport's new flight paths, so people cannot tell if their home, schools or communities will be beneath a new landing or take-off route or how many times a day flights will occur.

Government-organised consultation events for residents to try to understand the proposals and what they might mean were also poorly publicised, with the first at Uxbridge Community Centre held only 12 days after the consultation was published and in the half-term holiday. The second, was held on 4 March at Yiewsley and West Drayton Community Centre, with no events held in Heathrow Villages, which is where houses will be demolished.

The council is now encouraging residents to respond to the consultation and make sure the government understands how flawed it is and the devastation this option will bring.

Legal challenge update

At the end of January, the council's Heathrow legal challenge was delayed, with the High Court ruling that any judicial review examining the legality of the third runway, including its air quality impacts, cannot be heard until after the Secretary of State adopts and publishes a National Policy Statement on aviation, anticipated in 2018.

The council and coalition councils Richmond, Wandsworth and Windsor and Maidenhead, together with Greenpeace UK and a Hillingdon resident, had argued that the case should be heard now before more time and taxpayers' money is wasted developing a scheme that will never be able to comply with air quality law. They also pointed out that local residents should not have to face another period – perhaps years – of uncertainty over a scheme which they believe will never get planning permission.

Next steps

The council will be responding fully to the consultation and will ensure all the concerns regarding a flawed consultation and the ensuing detrimental environmental impacts resulting from the government's proposal are put on record. This will help inform any future decision to take further legal action, if the government officially adopts the third runway option.

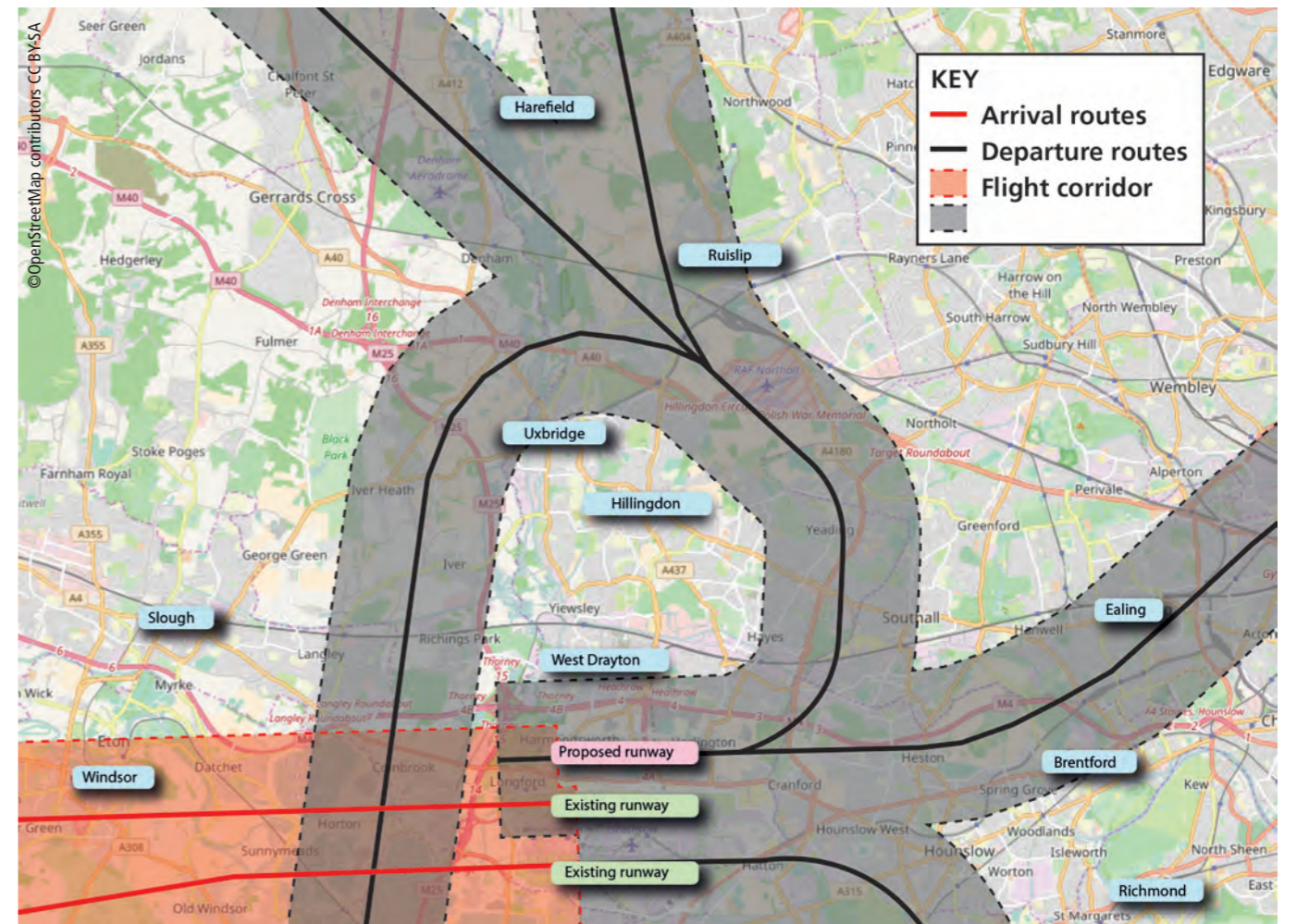
Leader of the Council, Cllr Ray Puddifoot, said:

"For decades, people right across London have voiced their opposition to any expansion at Heathrow, and our job has been, and continues to be, to represent our residents' views and to challenge any proposal that has such a detrimental effect on their health and wellbeing. Once again we are having to mount a legal challenge and once again we believe that both Heathrow and the government will be told as they were last time that their proposal is still 'untenable in law and common sense.'"

"The information in the government's consultation is ill-thought through, unbalanced and prevents people from providing informed and meaningful feedback. This is your opportunity to have your say in the consultation and make your voice heard."

To have your say in the consultation visit www.gov.uk/dft/heathrow-airport-expansion and for further updates visit www.hillingdon.gov.uk/heathrow

This map is based on work carried out on behalf of the Airports Commission and shows indicative flight paths to and from the airport.



<p>Increase in noise</p> <p>50% increase in flights and new flight paths over quiet parts of the South East.</p>	<p>more night flights</p> <p>Night flights would continue, and the Government's proposed 6.5 hour ban doesn't cover the whole night..</p>
<p>noise respite halved</p> <p>Most communities under flight paths will be overflowed for 75% of the day, compared to 50% today.</p>	<p>Increased detrimental health impacts</p> <p>Expanding Heathrow would damage thousands of people's health - particularly children and those with existing conditions.</p>
<p>Only five long haul routes</p> <p>There will be 260,000 more flights a year, but only 5 additional long haul routes.</p>	<p>Increased traffic levels</p> <p>Expansion would generate 25 million extra road passenger journeys a year and double the airport's existing freight operation.</p>
<p>Disrupting the M25</p> <p>Rerouting of the A4 and local road network, M25 in a tunnel and increased rail, at an estimated cost of up to £15 billion to the taxpayer.</p>	<p>Increased noise impacts on schools</p> <p>An extra 108 schools would be overflowed for 75% of the day. Hundreds more schools would see aircraft noise increase from 50% of the day, to 75%.</p>
<p>Increased levels of pollution</p> <p>Heathrow already contributes to illegal pollution levels which would increase with expansion.</p>	<p>homes destroyed</p> <p>Around 1,000 homes will be destroyed as Heathrow expands. There is also no planned infrastructure e.g. community facilities to support an expanded airport.</p>
<p>A better alternative? Gatwick expansion offers similar economic benefits with zero cost to the taxpayer and reduced environmental impact. Gatwick could get Britain 'open for business' quicker.</p> <p>Examine the consultation in full at: www.gov.uk/dft/heathrow-airport-expansion</p>	

Support offered to residents in need of care

The council's Connect to Support website helps residents access local care and support services, providing help for people with disabilities or care needs, information about adult social care, and advice on mental health and dementia. Local residents **Daisy** and **Amanda** share their experience of the site and how it has benefited them.

Daisy Hudson, 18, from Uxbridge, has autism, speech and language disorder, and learning disabilities. Her mum Amanda works full-time and supports Daisy with all aspects of her daily life.

For many parents of children with special educational needs, the transition to adulthood can be a difficult time. When Daisy was approaching adulthood, Amanda worried about her daughter's future and need for independence. She said: "Daisy would sit in her bedroom all evening and I was so worried that she wasn't getting out into the big wide world, but at the same time she is vulnerable so I would worry about her going out alone."

Fortunately the council's Connect to Support service helps residents like Amanda and Daisy. A short assessment identified that Daisy was eligible for support to increase her independence and help her to get out and about in the community. The family chose the option of a Direct Payment, and were given a prepaid card that allows them to personally choose the support and care they want online.

Amanda said: "It really upsets me that Daisy has always found it so hard to make friends and she doesn't spend time with people her own age outside of school. The first time we used the council's Connect to Support service, we used our prepaid card and chose for a young carer to visit Daisy at the house to help build her confidence. During the session, Daisy was so happy and chatty and it was so nice to see her spending time with someone closer to her age rather than with me all the time."

The family has now been using the service for six months and Daisy has really come out of her shell. Amanda continued: "Daisy's independence is



growing and she's now been to the cinema, ten-pin bowling and has attended some exhibitions with her carers in London. As a busy working mum, it's great for me to have some time to myself to catch up with paperwork, relax after work and look after myself. The best thing is seeing Daisy get so excited to go out with people her own age without her mum always by her side."

Daisy has learnt a lot of new skills and the care she receives is extremely beneficial. Daisy said: "My favourite thing to do with my carers is bake chocolate chip cookies and I'm also learning to cook proper meals. I used to be at home all the time and I was scared to go out, but now I have the confidence to buy a train ticket or travel on the bus with my carers. The carers are just like my friends in a way, so it's made me really happy."

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

said: "Connect to Support is a fantastic service that helps residents over the age of 18, and enables families like Amanda and Daisy to access care packages online. The website also offers a range of online information and advice; from finding details of autism-friendly cinema screenings to services available to carers. If you think you or someone you know may be entitled to support, have a look online today."



Visit the website on www.connecttosupporthillingdon.org



Delivering the services you value

Hillingdon Council approved its budget for 2017/18 at its meeting on Thursday 23 February and confirmed for a ninth successive year a council tax freeze for all residents and an eleventh successive year freeze for over-65s. The council also again declined to raise tax through the social care precept for all residents.

The tax freeze was achieved whilst maintaining frontline services, including free weekly waste and recycling collections, free burglar alarms, swimming and allotments for the over-65s, continued investment in our award-winning parks and open spaces, £1 million annual funding for local communities through the Chrysalis programme, as well as a comprehensive library service.

Parking charges for residents will remain frozen and the council has continued its policy of benchmarking its fees and charges against those of neighbouring authorities and other service providers, with charges being set at a maximum of 90 per cent of what those authorities are charging.

Leader of the Council, Cllr Ray Puddifoot,

said: "Like all other local authorities we have again received a cut in central government support, which for Hillingdon in the coming year will be a 19 per cent reduction, whilst our population continues to rise at both ends of the age spectrum. These financially challenging times are set to continue for a number of years yet and we are working on a daily basis to provide the sound financial management and constant review of business procedures that enable us to continue to deliver the services that you value, as well as carrying out an ambitious capital investment programme."

The budget also included:

- continued investment in existing local infrastructure from sports clubs to children's playgrounds
- a further £24 million investment in expanding primary and secondary schools to meet the needs of our growing population
- investment of £3 million in the borough's road and pavement network for 2017/18
- a £5.2 million street lighting programme to replace all street lights with LED lighting
- a £23 million development in Yiewsley to provide a new library, a sports hall and gymnasium together with supported housing and 72 flats to be sold to local residents at 80 per cent of the market price
- £1 million investment in environmental and recreational initiatives, as well as the £1 million available through the Chrysalis fund
- continued funding through the Leader's Initiative to support clubs and associations for our older residents
- a new resource centre in Hayes for people living with dementia and their families
- funding for new homes for purchase and rent, including extra-care flats for older residents



SCHOOL EXPANSION The newly rebuilt Northwood School



WASTE Free weekly collections



Playgrounds New playground at Pine Gardens

For details on council tax and how to pay visit www.hillingdon.gov.uk/counciltax



Investing in your green spaces

The council is continuing to invest in its parks and open spaces across the borough to ensure that residents, young and old, have access to a range of high quality leisure facilities.

Between the end of 2016 and March this year, £765,800 of improvements have been made possible through the Chrysalis fund. The Chrysalis scheme encourages residents to submit proposals to fund enhancement works to council-owned facilities.

Completed projects

New playgrounds opened

In January, celebration events were held to officially open four refurbished playgrounds. The Mayor of Hillingdon, Cllr John Hensley cut the opening ribbons and met local families.

Court Park, Hillingdon

This refurbishment was suggested by a local dad, who wanted to see a larger play area for small children and more ambitious play equipment. The new facilities installed include a roundabout, zip wire, rope swing, climbing unit and outdoor musical equipment.

An outdoor gym was also built at the park. The space walker, rowing machine and bike will provide users with a full cardiovascular workout.

Sipson Recreation Ground, West Drayton

Charity, Groundwork submitted an application for a new playground on behalf of the residents of Sipson. A consultation had been held on improving the existing playground to provide more adventurous equipment for younger and older children. The new equipment installed, includes

swings, a climbing unit, outdoor musical area, roundabout and play towers with climbing nets and a slide. Safe surfaces and a linked path to the entrance were also added, allowing residents to be able to use the playground all year round.

Pine Gardens, Cavendish

Six local mums submitted separate applications for Chrysalis funding, wanting new equipment and access all year round. Previous equipment was installed in a grassed area with no linking paths. New equipment includes swings, a slide, climbing wall, roundabout and seesaw. New paths and safe surfacing were also added.

Swakeleys Park, Ickenham

An application was submitted for funding and residents were asked what equipment they would like to see at the park. The new facilities include swings, outdoor musical area, roundabout, play towers, climbing nets, slide zipwire and trampoline. Listening to feedback from residents, the council has also installed a

Pitch improvements

Uxbridge Rugby Club, Uxbridge North

The manager of Uxbridge Sports Club submitted an application to the council, as the rugby club was unable to play home matches or train due to poor drainage and a waterlogged pitch. New drainage was installed in October 2016.

Hillingdon Manor Cricket Club, Brunel

The batting square at Hillingdon Manor Cricket Club was reconstructed in September 2016 to ensure the surface was playable for both junior and senior cricketers. It will now be ready for the forthcoming season and allow cricketers to practice proper techniques in batting and bowling.



Pine Gardens



Pine Gardens



Pine Gardens



Sipson Park



Swakeleys Park

Court Park

On the way

Pole Hill Open Space, Hillingdon East and Pinkwell Park, Pinkwell

An application for an outdoor gym at Pole Hill Open Space was received by the council following the success of the gym at nearby Elephant Park. A local resident also submitted an application for an outdoor gym at Pinkwell Park to "make the park a better place."

Work is currently being carried out at both sites to install a spacewalker, rowing machine and a bike for teenagers and adults to use to get active and improve their fitness.

Fassnidge Park, Uxbridge South

A new skate park is planned for Fassnidge Park this spring. The ramps at the existing skate park were deteriorating and a regular user submitted a Chrysalis application to improve the design, layout and provide additional ramps.

Field End Recreation Ground, South Ruislip

A brand new skate park is planned for Field End Recreation Ground. Partly funded by a local development and the council's environmental improvement programme, this skate park is a result of a petition from young people in the area.

Leader of the Council, Cllr Ray Puddifoot, said: "Hillingdon has a wealth of parks and green spaces and takes pride in having more Green Flags than any other local authority in the UK. Our open spaces are really valuable assets and maintaining them and keeping facilities on-site up-to-date is a key council priority."

For more information about the Chrysalis programme or to make a suggestion visit www.hillingdon.gov.uk/chrysalis or call 01895 277309

Influence local matters: The council petitions process explained

Hillingdon People explains how our petitions process works, how you can influence local matters and speak directly with our elected decision-makers.

In Hillingdon, a valid petition is a written document signed by 20 or more people who live in the borough and hold a shared opinion on a council-related matter.

Petitions are an important democratic right and have been raised by residents to request road safety measures, to ask for a new playground, inclusion in or exclusion from a residents' parking scheme or to support or oppose planning applications amongst others.

Cabinet Member petitions

Cabinet Members will hear petitions on the council services that they are responsible for and last year the council received 100 Cabinet Member petitions from residents across Hillingdon. The majority of Cabinet Member petitions are on parking or road safety issues and heard by Cllr Keith Burrows, Cabinet Member for Planning, Transportation and Recycling.

When the council receives your petition, we will acknowledge it and forward to the appropriate officer for comments.

We will also inform your ward councillors and send you their contact details if you wish to discuss your petition further with them. If the issue that you are raising is something that the council can do something about, we could:

- take the action requested, if evidence of support is strong enough
- hold a meeting to discuss or make a site visit
- research the issue
- carry out a local consultation
- suggest other actions that may deal with the issue raised

If the council is unable to resolve the matter to your satisfaction, then with a valid petition of 20 signatures or more, you can meet directly and speak with a Cabinet Member at a petition hearing to try and influence the decision being made on the matter raised.

A decision report with details of your petition will then be prepared and the matter scheduled to a future petition hearing with the Cabinet Member.



ROAD SAFETY Glebe Primary School pupil Lily Swift successfully petitioned the council in 2015 for a zebra crossing to allow children to safely cross the road on their way to and from school

The petition organiser will be able to address the Cabinet Member for five minutes and the Cabinet Member may also ask them questions. The Cabinet Member may also invite comments from the local ward councillors, who are also invited to attend and can provide support.

At the end, the Cabinet Member will make their decision on the matter, which will be communicated to the lead petitioner formally within a few working days. The decision may then start a whole series of work, including consultations, surveys, design or construction work, which could take several months to complete.

Planning application petitions

Residents may also wish to have more of a say on local live planning applications. By submitting a valid petition, you can speak at Planning

Committee in support or against an application. The committee will normally make a decision on the night about the application, but may defer it to a future meeting. Last year 150 planning application petitions were received by the council.

Licensing petitions

Residents can also petition the council about a licensing application for a public house or other premises. However, special rules apply for submitting these under government legislation. If you'd like to submit a licensing petition contact Democratic Services by emailing petitions@hillingdon.gov.uk or calling 01895 250636.

Track petitions

Petitions are public documents and can be viewed at the Civic Centre. Their status in the process can also

be tracked online, however, the signatures and addresses of petitioners will not appear on the council's website. All reports for and decisions made at petition hearings and planning committees are available to view on the council website.



Before



After

PARKING Before and after a parking management scheme was introduced

Making your petition

E-petitions

Residents can start an electronic petition by visiting www.hillingdon.gov.uk/petitions. You can also view all current e-petitions and sign them.

To set up an e-petition you must:

- register with your name, email and postal addresses
- provide a title for your petition, the reason for it, explanation of what action you want the council to take and list when you want it to end (maximum three months)
- following submission, the council will check that you have included everything and will inform you when it goes live

Paper petition

- a template can be found on www.hillingdon.gov.uk/petitions
- you must state at the top of each page within the heading what it is about

- the name, full address and signature of each person who signs the petition must be shown
- your petition (or a covering letter) should state the name and contact details (telephone number or email address) for the lead petitioner. All correspondence is sent to the lead petitioner
- petitions to a planning or licensing committee about a live application or licence must state the application address, business address or reference number
- you are welcome to send your petition of more than 20 signatures by email (petitions@hillingdon.gov.uk), post (Democratic Services, Hillingdon Council, Civic Centre, High Street, Uxbridge, UB8 1UW) or hand it in at the Civic Centre reception or any library. Clearly mark it for the attention of Democratic Services

Leader of the Council, Cllr Ray Puddifoot, said: "Our petitions process is another example of the council putting its residents first. It gives people the opportunity to influence local matters by raising concerns or getting something actioned in their neighbourhood. Satisfaction with the council's petition process continues to remain high, with residents commenting that they were pleased to get a chance to speak directly with the councillors who make decisions."

For more information visit www.hillingdon.gov.uk/petitions





Come and explore Ruislip Woods this spring

This year, Ruislip Woods is celebrating its 20th anniversary since becoming the first National Nature Reserve (NNR) in London. *Hillingdon People* takes a look at what makes this site special and what it offers residents and visitors.

The woods, which are owned by the council, became the first NNR in London in May 1997. NNRs were established to protect some of the UK's most important habitats, species, geology and provide outdoor laboratories for research. Ruislip Woods offers just that, with its structurally diverse and species-rich ancient woodland. It provides great opportunities for schools, residents, visitors and specialist interest groups to experience wildlife firsthand, learn about conservation and use its

recreational facilities. To this day it is one of only two NNRs in London.

The woods, which have been dated back to the Bronze Age, were first scheduled as a Site of Special Scientific Interest in 1950 and in 1959 an area became the Ruislip Local Nature Reserve. In 1982 Hillingdon adopted the Ruislip Woods Long Term Management Plan, which provides the basis for the future of the woodlands, heathland and common for 100 years. In 2006, the site was first awarded a Green Flag in

recognition of its conservation values and amenities. It has retained its Green Flag ever since.

About the woods

Set in 726 acres, Ruislip Woods is the largest block of ancient, semi-natural woodland in Greater London. It is made up of four extensive woodlands: Park Wood, Copse Wood, Mad Bess Wood and Bayhurst Wood.

It is one of the most extensive oak/hornbeam coppice woods in south-east England and the site also

includes grassland, ponds, streams and marshland. The occurrence of both English oak and sessile oak is unusual, as is the mixture of hornbeam and beech. Rare wild service trees can also be found throughout the woodland. Other tree species include the silver birch, rowan, field maple, crack willow, wild cherry, hazel and holly.

Several streams of the River Pinn flow in natural meandering courses and the wooded streams, scrub, ponds and an area of grass-heath also contribute to the diversity of the site. More than 360 species of plants have been recorded, with a number of these classed as rare.



Wildlife found includes birds, such as the green woodpecker, lesser spotted woodpecker, cuckoo and sparrowhawk. Mammals include stoats, hedgehogs, mink, badgers and bats. Frogs, toads, grass snakes and newts are also inhabitants, as well as rare insect species.

What you can do there

Walk and cycle

There are three easy walking trails (red, blue and white) for people of all ages to take a stroll and keep fit, whilst exploring the sights and nature. Every month, there is also a guided walk through the woods. For more information visit www.hillingdon.gov.uk/walking.

You can also cycle along the David Brough cycle track in Bayhurst Wood and all marked bridleways.

Ruislip Lido

Make a day of it and also visit the adjacent Ruislip Lido, with its woodland centre, walk the planet trail, cafe, restaurant, mini railway, play areas, outdoor gym and toilets.

Celebrating this milestone anniversary

This year's Ruislip Woods Festival, run by the Ruislip Woods Trust will be held at Bayhurst Wood on Sunday 14 May between 12pm and 4pm. This free event offers woodland crafts, walks, wildlife displays and a range of entertainment.

A conference is also being planned for autumn for residents and visitors to learn about the woods and take a tour.

Woodland management

The Ruislip Woods Community Woodland Officer and parks officers maintain the woods, with volunteer groups assisting on a weekly basis.

A wide range of essential wood management work is undertaken throughout the year. The council's work in maintaining the site is guided by the Ruislip Woods National Nature Reserve Long Term Management Plan, which sets out the site's management objectives.

Coppicing is where small areas in the woodland are periodically opened up by cutting back trees to just above ground level to stimulate growth. Tree thinning is where selected areas of woodland, often along path edges, are lightly thinned, and scalloped edges created to benefit wildlife.

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

"Ruislip Woods is an important beautiful and historic asset for the council, and we are continually reinvesting in the site and neighbouring Ruislip Lido to conserve, maintain and improve them for residents, visitors and future generations."

Additional work on the site includes: building and maintaining woodland furniture and paths; grazing and mowing; and clearing non-native plants.

Want to volunteer?

Volunteer woodland rangers carry out:

- a range of conservation work, such as coppicing, scrub and pond clearance, bridge and footpath construction, fencing
- surveying and monitoring (wildlife and maintenance)
- advising the public at the Woodland Centre at Ruislip Lido

Volunteer story:

Brian Grisdale is one of 30 dedicated volunteers (male and female) who undertake work in groups on either Monday, Tuesday and Saturday mornings, led and overseen by council officers. He has volunteered for 17 years.

He said: "When I retired, I needed something else to do and wanted to volunteer. I wanted something out in the open, which gave some exercise and would allow me to meet a new circle of friends. I really enjoy working in the woods, the new friendships I have formed and it feels like we are all contributing to the community. I prefer building things, such as fences, boardwalks and bridges, which comes from my background as a civil engineer."



VOLUNTEER Some of the hard-working Monday group

If you would like to become a woodland ranger visit www.hillingdon.gov.uk/ruislipwoods volunteers

Access more services and special deals with our HillingdonFirst card

Hillingdon People takes a look at how this exclusive scheme gives residents great discounts and how it can also help local businesses. If you haven't already got a card apply today.

The council's HillingdonFirst privilege card provides residents with access to a range of services. There are now more than 190,000 cardholders in Hillingdon, who have performed in excess of 15 million transactions since the scheme was introduced eight years ago.



HillingdonFirst for business

As part of the scheme, Hillingdon businesses are promoted for free through an online business directory when they sign up. Each business offers a discount or offer and by building loyalty with residents, the scheme encourages people to shop locally. Businesses can sign up and change their offer at any time by visiting www.hillingdon.gov.uk/HFbusiness.

"I find the HillingdonFirst card really useful for parking. It really does save us a lot of money."

Sandra Norris, Yiewsley

Businesses registered with the scheme

Planet Hairdressing, Uxbridge

Amy Clynes, Manager

"The salon has been here for 20 years and we've been registered with the HillingdonFirst scheme since 2009. It allows us to provide a discount on quieter days. Our offer is 10 per cent off hair cutting on Mondays and Wednesdays. This has worked well for us in the past and we have built up a regular clientele from the HillingdonFirst scheme."



"It has really good parking benefits."

Ross Strong

"I like it because you can use it at the dump and get free access."

Munish Kapil



Crockford Mills Optometrists, Hayes

Siraj Ghulamali and Suzanne Jassim, Business Partners

Crockford Mills was originally set-up in the 1930s as an independent family business and has had four branches in the borough in Uxbridge, West Drayton, Hayes and Ickenham. Siraj started to work for the company in 1976 and became a partner in 1980, with Suzanne joining in 2001. Now solely based in East Avenue, Hayes, they provide comprehensive

eyecare, including specialised 3D OCT screening and diagnostic tests.

"We registered for the scheme as soon as it came out. It really supports independent businesses and encourages people to shop locally. Any scheme that promotes local trade is a good thing. The directory also gives us free publicity. We are currently offering 50 per cent off a second pair of Crizal lenses. Terms and conditions apply."

Pickles Sandwich Bar, Ickenham

Laura and Emma Ashe, Owners

Pickles has been open for three years and has been registered with HillingdonFirst for a year. If you present your card between Monday to Friday between 1pm and 2pm residents will receive 10 per cent off their order.

"It's great to have a scheme like this for local businesses. The scheme allows us to try and encourage more business at a time of the year that can be quiet."



Changing your offer

Back to Life Cleaning Services

Matthew Hill, Owner

Back to Life Cleaning Services was set up by Hillingdon resident Matthew Hill in December 2015, when he made the decision to go self-employed. The business he had previously worked for had been part of the HillingdonFirst scheme and Matthew registered to participate a year ago.



He said: "I registered as it's free publicity, and by offering a discount it gives me the opportunity to build up work in the local area and grow my new business. I have recently altered my discount to offer 15 per cent off domestic or commercial carpet and upholstery cleaning in order to encourage more take-up. It was really easy to change my offer using the form online."

"I use my card at Botwell Library for computers and recycling bags."

Jamila from Ruislip

To order a card; find out more, including viewing business discounts on the HillingdonFirst offers directory; register your business or change your discount; visit www.hillingdon.gov.uk/hillingdonfirst



Be the one... to keep them together

Find out about
fostering

As part of its 'Be the one' campaign, the council is asking residents to consider caring for a child or a group of siblings in need of a loving home. *Hillingdon People* spoke to foster carers Alan and Lesley to find out why fostering is such a rewarding and life-changing career.



When **Alan and Lesley Deville**, both 54 from Uxbridge, found out that they couldn't have children, they decided to adopt a three-year-old boy. The couple still felt that with empty bedrooms and plenty of space, their house was too quiet for just three people and decided to give fostering a try.

Lesley said: "We didn't know what to expect from fostering and it was scary at first, but we were so excited to start our new adventure. The first thing we learnt is that being a foster carer takes patience and compassion, as the children often come from disruptive home lives or have endured neglect. They have been through so much in their young lives and they look to us for stability and comfort, so we take the time to build up their trust and always put them first."

The couple have now been fostering for 12 years and have cared for 33 children. Lesley believes the rewards far outweigh the challenges and said: "The most rewarding thing about fostering is watching the children change during their stay with us. They arrive at our house feeling

afraid, frightened and withdrawn, but over time we watch them flourish and grow. By the time they leave us they are happy and content, and that's when we know we've played a part in giving them back some of the childhood they've missed out on."

The couple are currently looking after five children, and Alan explained why they choose to foster groups of brothers and sisters. He said: "We often take in a group of three or four siblings as we feel it's important to keep them together as a family rather than splitting them up. Before we started fostering it was quiet, but now we have a busy household routine and our home is alive with fun and laughter. We go on big family holidays to Florida and our weekends are filled with trips to the cinema and Thorpe Park. Christmas is now our favourite time of year and we love watching the kids opening their presents."

Lesley says that one of the biggest challenges is when it's time for the children to move on. She commented: "Of course it's always upsetting when a child leaves us. We get attached and we love the children as our own, but we know that they are leaving us to go to their forever family. We are

happy in the knowledge that we've given that child a safe and loving home to enable them to move on and live a happy life."

So what would the Devilles say to anyone thinking about fostering a child? "Just take the plunge! It's the best job we've ever had and we just couldn't imagine going back to work in an office now. The children enhance our lives in every way and they bring us so much joy and laughter, we will foster for the rest of our lives."

Cllr David Simmonds, Cabinet Member for Education and Children's Services, said: "Fostering is one of the most rewarding things you can do and there are many children in Hillingdon who would benefit from kind-hearted foster carers like Alan and Lesley. Whether you're looking to fill an empty nest or you want to help change a child's life; just give fostering a try."

If you are interested in learning more about fostering visit www.hillingdon.gov.uk/betheone

Supporting community projects across the borough



The council's ward budget scheme funds local improvements and initiatives that are important to residents.

Last year, ward budget funding was awarded to more than 100 community projects across the borough, including schools, colleges and nurseries, clubs, uniformed groups, community centres, residents' associations and faith groups. The money was used in a variety of ways, such as day trips, activities, equipment and furniture, events, transport, building materials and tuition classes.

Three organisations that benefited from funding in 2016

Harefield Archers

Harefield Archers offer a friendly and welcoming atmosphere for both visitors and members of all ages and abilities to enjoy the safe and enriching experience of archery. The club received £1,270 to buy new archery equipment for its beginners' courses and general use.

Andy Harding, Club Secretary, said: "The funding given by Hillingdon Council has really enhanced our popular beginners' courses. With updated bows, targets and other equipment for juniors and adults, we can meet the demand for trying out archery across the whole Hillingdon community and offer a safe and friendly environment within the fantastic facilities at Harefield Academy."

Friends of Cherry Lane Primary School

This organisation has been running for more than 60 years and works with hundreds of parents and children in the community. They received £2,000 for a music and dance festival in the summer, which was organised with local schools, and private dance and theatre groups.

Lisa Everitt, Secretary and Event Organiser, said: "The funding means we can enhance opportunities for children and families to experience fun days within our school. At the festival we were able to raise an impressive £2,824, which will be used towards a new outdoor adventure playground, offering our pupils outdoor fitness and learning."



Cllr Douglas Mills, Cabinet Member for Community, Commerce and Regeneration, said: "Our ward budget scheme allows councillors to support local groups in delivering area-specific projects that really matter to them and are beneficial to their local communities. This in turn makes a better Hillingdon for our residents and further instils a sense of local pride."



Hillingdon Abbots Rugby Football Club

The club has more than 250 players and participates in a number of local leagues. Its clubhouse is also used as a day care and lunch club for over-60s. Following their request for funding for a defibrillator and outdoor cabinet, Boris Johnson, MP for Uxbridge and South Ruislip, presented the new equipment during an official visit.

Laurence Cummings, Chairman, said: "When you're playing rugby or football, you never know what can happen. So it's very important that we have the correct medical supplies and are capable of dealing with medical matters."

To apply for ward budget funding contact your local ward councillor with your proposal

Updates from the Borough Commander

Throughout the year, you will increasingly see your officers embracing new technology being introduced in London to help us fight crime and improve public confidence. January saw my officers being equipped with body worn video and the feedback has been really positive. Officers have the ability to record evidence when attending calls and incidents. As a result, the quality of evidence and intelligence improves, and when shared with the Crown Prosecution Service and courts can increase the chance of convictions.

Officers have also been working hard to combat an increase in burglary offences during autumn/winter. Extra officers worked longer hours to track down those responsible and bring them to justice. Our burglary team had some excellent results, not only in arresting offenders and preventing crime, but also recovering stolen property.

We also focused on prevention, with additional patrols by our extra Dedicated Ward Officers (DWOs), who gave away more than 2,500 MetTrace property marking kits.

In spring, we start to see more anti-social behaviour (ASB). Our DWOs work to reduce ASB by making local promises with the ward panel, and reporting back on progress. Details are on content.met.police.uk/Borough/Hillingdon. We also work closely with the council to reduce these problems, with the council-funded police teams providing extra officers to work alongside our council colleagues to keep you safer.

Lastly, I wanted to mention social media and some of the inaccurate reports about local crime and policing appearing on Facebook, which can cause unnecessary local concern. Whilst it's great to have people wanting to provide local support to help reduce crime, the trend in presenting negative news, often ill-informed or misleading is a concern. It reminds me of the children's book *Chicken Little*, where the chicken proclaimed: "The sky is falling down and we're off to tell the king." However the sky wasn't falling down, and we all know how that story ended! My point is some people will take what they read online as

fact, and unreliable stories can affect people unnecessarily, replacing a sense of safety with a sense of fear, when actually Hillingdon is a safer place today than it was five years ago. So anyone involved on social media who claims to report local crime news should do so responsibly, in partnership with the local police, and be mindful of the impact they may have. My advice is to follow Hillingdon Police's Facebook and Twitter sites, or visit our website. There you can find out about what your local team is doing for you, flag up issues for them to deal with, help us solve crimes, prevent crime occurring in the first place, and help find missing people or restore stolen property to the rightful owners, to name just a few things. We would love to hear from you.



Acting Chief Superintendent
Colin Wingrove

Choose the right service and stay well

Your local NHS is here to help, providing you with the right care at the right time.

Dr Ian Goodman, Chair of Hillingdon CCG and a local GP, says: "For many common complaints, a visit to your pharmacist, walk-in centre or other health



service could be more appropriate than a stressful trip to A&E."

If you need help and it's not an emergency, call NHS 111 to find the right care for you.

Here's a list of services you could try yourself:



Pharmacies

For a range of common illnesses and health complaints, your local pharmacist is a good place for advice. Pharmacists provide access to stop smoking, sexual health and

alcohol support services, and advice on the safe use of prescription and over-the-counter medicines.

Find a pharmacist online by visiting bit.ly/2iv6PHM



Mental health care

For routine, urgent and emergency referrals, information and advice 24 hours a day, seven days a week, and 365 days per year, call 0800 0234 650.



Walk-in and minor injury units

If you need a GP appointment urgently and can't get one, you could use the minor injuries unit at Mount Vernon Hospital, Northwood. It's open 9am to 8pm every day, except Christmas Day.

The minor injuries unit is good for sprains, wounds that might need stitches, and the removal of foreign bodies from the eyes, nose and ears. More details can be found online by visiting bit.ly/2kmMJ6X

Hillingdon Hospital also has an urgent care centre. It is open 24 hours a day, seven days a week, every day. Find out more details on bit.ly/2jQ1TAH

For more information about NHS services in north west London visit www.rightcareinlondon.nhs.uk



Community Cancer Centre looking for volunteers

We all need support and an environment to feel safe and relaxed when we are faced with difficulties in life, especially if diagnosed with cancer.

The Community Cancer Centre (CCC) on Fairfield

Road in Yiewsley has a home from home ambience and offers information, support and guidance to those affected by cancer, including patients, carers and relatives. Patients and loved ones come into the CCC perhaps stressed and fearful but leave with a more positive outlook.

The centre identifies the needs of each individual to enhance their quality of life.

There are no postcode or hospital boundaries and all are welcome to visit. No-one should go through a cancer journey alone and the CCC is there to help everyone.

On visiting the centre, people find a listening ear, a variety of support groups and a range of information and advice in a variety of languages.

Their wellbeing sessions and complementary therapies, such as reflexology and reiki are popular with clients.

The council supports the work of the CCC, and last year ward budget funding was awarded to them by Yiewsley ward councillors to provide Christmas meals for all volunteers.

People who have used the centre

A patient: "I visited the CCC and found the staff friendly and welcoming. It was a place I could talk in confidence, with someone who had an understanding of how I was feeling. By using many of its services it has helped me to cope mentally and physically."

A carer: "My husband and I became users of the CCC. The reason we needed the help was desperation: eight months after finishing his treatment he felt worse than at any time during diagnosis and chemotherapy."

"After lots of searching, we finally discovered the CCC, and were introduced to one of their members who had an understanding of what we were going through. Life started to be lived again, knowing that we were not on our own. Just to be able to say it and have others understand and confirm that this had happened to them too, made it better. We now hope to offer some of the help they have given us to others."



What do volunteers do?

The CCC has a team of around 50 volunteers who help run the charity. They make a difference to their community by allocating their precious time, commitment and dedication to support cancer patients and their loved ones in various roles, such as:

- administration
- bookkeeping
- fundraising
- graphic design
- complementary therapy
- web design
- befriending
- event organisation
- grant application writing
- marketing and promotion
- outreach
- IT

They also raise awareness of cancer in the local community through stalls and workshops.

Who can volunteer?

Without their volunteers the CCC would not exist. They always need new volunteers.

Anyone over the age of 18 can be a CCC volunteer. Volunteering at the CCC is an enjoyable and rewarding experience and you may also make new friends. If you or a loved one has been affected by cancer, your experience can help, especially if you would like to be a befriender. The centre also offers a variety of training opportunities, from befriending to first aid.

If you are interested in becoming part of their team please contact Natalie by calling 01895 461016 or emailing office@communitycancercentre.org.uk.

For more information about the CCC visit www.communitycancercentre.org.uk



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Protect you and your family's finances and future!

We are a family run business specialising in Will Writing, Lasting Power of Attorneys, Property Trusts and Pre-Paid Funeral Plans.

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www.hillingdon.gov.uk/RAGC

The Easter holidays are nearly here and there are lots of events and activities happening across the borough for families.



RUISLIP OPERATIC SOCIETY PRESENTS

MONTY PYTHON'S SPAMALOT

A new musical lovingly ripped off from the motion picture MONTY PYTHON and the Holy Grail

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HILLINGDON WHAT'S ON?

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

and the Knights of the Round Table. The show features tunes, including *He Is Not Dead Yet*, *Knights of the Round Table*, *Find Your Grail* and *Always Look On The Bright Side Of Life*.

Cost: From £13.
Call 07905 932366 to book tickets.
Winston Churchill Theatre

Vienna Festival Ballet's Cinderella
Thursday 13 April, 7.30pm

The Vienna Festival Ballet is proud to present their new spring ballet for the 2017 season – the classic tale of Cinderella, one of the best-known rags-to-riches fairy tales of all time. A mistreated young girl, a glass slipper, two comical ugly step-sisters and a handsome prince combine to make the perfect piece of storytelling.

Cost: £23. Children £14.50.
Family offer £64. Premiere Card holder £20.70.

To book visit www.becktheatre.org.uk or call 020 8561 8371.
Beck Theatre

Robin Hood
Saturday 15 to 16 April, various times

Join heroes Robin Hood and Maid

Marian in this arrow-slinging, tights-wearing comedy adventure, packed full of stunning dances, show-stopping songs and heaps of audience participation.

Cost: £22. Children £2 off. Family offer of four tickets for £77. Groups 10+ £1 off. Groups 20+ £2 off.

Book tickets by visiting becktheatre.org.uk or call the Box Office on 020 8561 8371.
Beck Theatre

Otherwise Engaged
Wednesday 26 to 29 April, 7.45pm

Proscenium theatre company present this contemporary comedy of manners. A man brings home a new classical record and attempts to play it. He is prevented by a series of interruptions from family, friends, associates and strangers, which reveal much about him and his relationships past and present, as his entire life unravel before us.

Cost: £12.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Step on the career ladder

Hillingdon Council is introducing an ambitious apprenticeship recruitment programme.

Opportunities range across social care, business administration, horticulture, customer services, accountancy and many other careers.

Gain qualifications and earn as you learn.

Find out more today.




www.hillingdon.gov.uk/apprenticeships

THEATRE

Bowie Starman: David Bowie a musical celebration
Saturday 25 March, 7.30pm

An entertaining, emotional and thought-provoking musical celebration that takes you on a fantastic voyage of David Bowie hits from *Rebel Rebel* to *China Girl*, *Let's Dance* to *Young Americans*, *Ashes to Ashes*, *Life On Mars*, *Changes*, *Heroes*, *Sound And Vision*, *Golden Years* and *Absolute Beginners*.

Cost: £25.
To book visit www.becktheatre.org.uk or call 020 8561 8371.
Beck Theatre

An audience with Ian Waite and Natalie Lowe:
Somewhere in time
Sunday 26 March, 7.30pm

Strictly's favourite couple are back following their successful UK tour, with a whole new show with newly choreographed routines of their favourite Ballroom and Latin dances.

Cost: From £24.50.
Concessions £1.50 off.
To book visit www.becktheatre.org.uk or call 020 8561 8371.
Beck Theatre

Hello Dolly!
Wednesday 29 March to Saturday 1 April, 7.30pm (also 2.30pm on the Saturday)

The Pastiche Musical Theatre Company presents this popular musical show about meddling matchmaker Dolly Levi, who also wants to find love herself. All proceeds will go to Michael Sobell Hospice.

Cost: £14. Concessions £12.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Mother Goose and her Golden Easter Eggs
Tuesday 4 April to Saturday 8 April, various times

Follow the story of Mother Goose searching for beauty and wealth in this perfect Easter holiday family show, produced by DK Productions.

Cost: £15. Family offer of four tickets for £44. Under-16s £11. Groups of 10+ £11.
Book online at www.hillingdontheatres.uk or call 01895 250615.
Compass Theatre

Monty Python's Spamalot
Wednesday 5 to Saturday 8 April, 7.30pm

Ruislip Operatic Society presents Spamalot, which tells the legendary tale of King Arthur



An audience with Ian Waite and Natalie Lowe



The Ladykillers
Wednesday 17 to Saturday 20 May, 7.45pm
 Ruislip Dramatic Society present this Ealing comedy, which tells the tale of a sweet innocent old lady, alone in her home, pitted against a gang of criminal misfits who will stop at nothing.
Cost: £12.
Book online at www.hillingdontheatres.uk **or call 01895 250615.**
Compass Theatre

EXERCISE

Exploring your yoga practice and establishing foundations
Saturday 1 April, 9.30am to 2.30pm
 A half day yoga workshop exploring the key principles of Hatha yoga: practice and theory. Aiming to demystify yoga in a way that is relevant to our modern body and mind, you will work together to create a foundation on which you can build and deepen your yoga practice. The workshop - consisting of talks, discussions and physical practices - is suitable for both beginner and more experienced yogis. You will finish the day with a vegan, gluten free lunch.
Cost: £45.
For more information and to register visit www.juliana.yoga
The Stables, Eastcote House Gardens

Dru Yoga with Dinta
Saturdays, 11.25am to 12.30pm at St Lawrence Church and Mondays, 7.15pm to 8.45pm at South Ruislip Community Centre
 Dinta is fully qualified in Dru Yoga, which is based on flowing movements, directed breathing and visualisation. It is good for overall health and wellbeing, core strengthening, weight loss, boosting immunity, improving posture, building strength, flexibility, suppleness, stamina, stress release, fighting depression, achieving goals and deep relaxation.
Cost: £8 per class.
Call 07870 981885 or email yogawithdinta@aol.co.uk.
St Lawrence Church and South Ruislip Community Centre

Modern Jive Ceroc Dancing
Thursdays, 8pm to 11pm
 This is a fantastic way to keep fit while having fun, and a very sociable way to spend an evening. Ceroc is a fusion of jive and salsa and it's easy to learn. You don't need to bring a partner. Beginners welcome.
Cost: £9 entry. Membership and first night free if you bring this advert.
For more information, visit www.clubceroc.com **or call 020 8933 4350 or 07860 250961.**
Civic Centre

Gentle yoga
Fridays, 10.30am to 11.45am
 Suitable for all ages and abilities. Beginners welcome.
Cost: £7 per class or £60 for 10.
To book your place email lesleydoveton@hotmail.com **or call 07789 621300 and for more information visit** www.lesleydovetonyoga.com.
Hayes End Methodist Church

Zumba with body conditioning
Tuesdays, 7pm to 8pm
 Dance sexier - HIIT harder - be stronger. Zumba Fitness, high intensity interval training (HIIT) and strength endurance all blended into one hour. Get your cardio and body conditioning fix in one hit.
Cost: £6 per session.
For more information visit www.zumbawithtrisha.co.uk **or call Trisha on 07919 276539.**
Northwood Hills United Reformed Church

Running groups
Mondays 7.30pm to 8.30pm and Fridays 12pm to 1pm
 Join these free adult running groups to make your running more social and fun whilst helping you get fitter, go faster, and go further. All runners of all levels are welcome (under-18s must be accompanied by a responsible adult). England Athletics approved leader in running fitness and CYQ Level 3 Personal Trainers.
Cost: Free.
For more information and to register email dashforfitness@btinternet.com **or call Gary and Suzy on 07710 105086.**
Various routes starting and finishing in Ruislip

KIDS

Ben and Holly's Little Kingdom
Saturday 22 to Sunday 23 April, various times
 From the makers of *Peppa Pig* comes this BAFTA award-winning television animation live on stage. Holly is a young fairy princess, who is still learning how to fly and her magic doesn't always go quite according to plan. Her best friend, Ben the elf, doesn't have wings and he doesn't do magic, but he runs very fast and flies on the back of Gaston the ladybird. Join Ben and Holly, and their friends on this musical adventure.
Cost: From £14.50. Family offer of four tickets for £66. Under-16s £2 off.
Book tickets by visiting becktheatre.org.uk **or call the Box Office on 020 8561 8371.**
Beck Theatre

Teenage Manga Club
Thursdays, 5.30pm to 6.30pm (drop-in sessions, term time only)
 Draw, read and discuss Anime and Manga. Free hot chocolate and cookies.
For more details call 01895 277043.
Hayes End Library

Save Me Tuition
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 Tuition in most subjects for students aged 6 to 16. National Curriculum aligned study centre, Ofsted Registered, working tax credit friendly and childcare vouchers are also accepted. Tutors DBS checked.
Cost: Advance £11.50 per hour.
Contact: 078692 89145 or email enquiries@savemetuition.co.uk.
Botwell Green Library



Ben and Holly's Little Kingdom

MUSIC

Sine Nomine Singers
Saturday 25 March, 7.30pm
 The singers perform Mozart's *Solemn Vespers*, Caldara's *Missa Dolorosa*, Buxtehude's *Magnificat* and Beethoven's *Elegischer Gesang*. Conducted by Richard Thomas with members of Orpheus Sinfonia, chamber organ and soloists.
Cost: £14 in advance/£16 on the door.
To purchase tickets visit ticketsource.co.uk/NSIS.
Or call 020 8933 7908.
St Lawrence Church

The Askew Sisters
Thursday 30 March, 8pm to 11pm
 Listen to two of the most exciting young performers in folk music at Uxbridge Folk Club.
Cost: £12. £10 on the door. Reductions for members and students.
Find out more at tinyurl.com/uxfolk **or call 07941 006017.**
Uxbridge Folk Club

Hillingdon Choral Society and Orchestra spring concert
Saturday 1 April, 7.30pm
 An evening with Haydn and Mozart, featuring Mozart's *Missa Brevis in D KV 194*, *Symphony No. 7 in D K45* and motet *Ave verum corpus* and Haydn's *Imperial 'Nelson' Mass*.
Cost: £12 adults / £3 children.
Buy tickets on the door or from Pro Music Ickenham.
For further information email hillingdonchoralsociety@gmail.com **or call 07941 601966.**
All Saints' Church

Harrow Harmony's spring concert
Saturday 8 April, 7.30pm
 Enjoy music from Bob Chilcott, Mozart, Toto, Michael Bubl  and more. Performances, will include *Africa*, classic jazz spirituals, *Pure Imagination* from Willy Wonka and the Chocolate Factory and three madrigals.
Cost: £12. Under-18s £6. Tickets include a post-concert buffet.
Book in advance by visiting boxoffice@harrowharmony.co.uk **or calling 020 8861 4017.** Tickets also available on the door.
Ruislip Methodist Church

Sam Bailey: Sing my heart out
Friday 28 April
 Hot of the back of her portrayal of Mama Morton in the critically-acclaimed musical *Chicago*, *X Factor* winner Sam Bailey returns to the stage with her very own live show.
Cost: £31. Premiere Card holders £26.55.
Book tickets by visiting becktheatre.org.uk **or call the Box Office on 020 8561 8371.**
Beck Theatre

Hillingdon Philharmonic Strings in Concert
Sunday 7 May, 7.30pm



Sam Bailey

An evening of wonderful music, which will include Elgar's *Serenade for Strings*, Finzi's *Eclogue*, Barber's *Adagio for Strings*, Holst's *St. Paul's Suite* and Vaughan Williams' *Fantasia on a theme by Thomas Tallis*.
Cost: £12. Concessions £10. Children aged 11 to 16 £5. Under-11s free.
To book, call 01895 674223 or visit www.hillingdonphil.btck.co.uk. Tickets also available on the door.
Ickenham United Reformed Church

Uxbridge Choral Society concert
Sunday, 14 May, 7.30pm
 Uxbridge Choral Society will be performing the Duruff  *Requiem* and Morten Lauridsen's *Lux Aeterna*.
Cost: £12. Children under 12 £6.
Book at www.uxbridgechoral.society.org.uk, **on the door or through any choir member.**
Immaculate Heart of Mary Church

Eastcote Choral Society's summer concert
Saturday 20 May, 7.30pm
 Eastcote Choral Society will perform Mendelssohn's *Elijah*.
Cost: £12.
Buy tickets on the door or by calling 01895 904556.
St. Edmund's Church

LEISURE

Plant sale
Saturday 15 April and 20 May, 10am to 2pm
 A selection of plants grown by members of the Middlesex Group of the Hardy Plant Society and offered at reasonable prices. Expect to find some popular varieties, as well as some unusual plants not normally available in garden centres. Friendly members will be on hand to offer advice if needed.
Cost: Free entry.
Call Brian Franklin on 01923 236043 if you have any queries.
Manor Farm Community Hut

Literary Salon with Rachel Rhys and Kate Hamer
Friday 28 April, 7.30pm
 Rachel Rhys and Kate Hamer join us for a very special literary salon. Discussing Kate's second book after the hugely successful *Girl in the Red Coat* and Rachel's first outing, after writing as Tammy Cohen.
Cost: Free.
Book at your local library or email culturebite@hillingdon.gov.uk.
Uxbridge Library

Ladies in the Night Disco Fever Walk
Friday 16 June, 10pm
 Join Michael Sobell for a very special 70s themed Ladies in the Night Disco Fever Walk this summer to celebrate the 40th anniversary of the hospice. Choose from a 5.5 or 9 mile challenge through the local area.
Cost: £20 per ticket (includes t-shirt, fundraising pack, refreshments and breakfast)
To register visit www.michael.sobellhospice.co.uk.
Michael Sobell Hospice

Writing group
Alternate Thursdays, 1.30pm to 3.30pm
 Enjoy writing? Why not join this writing group? They are a group of friendly like-minded people who share short stories, novels, poetry, travel articles and all other types of writing. Support and advice available. Occasional outings and social events.
Cost: £3 per session plus 20p for tea and biscuits.
First two sessions are free.
For more details call Sheila on 07732 483087.
Hillingdon Park Baptist Church

Pranic healing
Mondays, various times
Pranic healing will be offered free of charge on Mondays throughout April (normal cost £40)
 Pranic healing is a form of non-contact energy healing and helps people with coughs, colds, stress, insomnia, childhood ailments and sports injuries. All treatments are by appointment only; first come, first served.
Cost: Free.
For more information or to make an appointment call 020 8842 0547 or 07966 988674.
Deane Park Hall

Harrow marquetry group
Fridays, 7.30pm to 10pm
 Marquetry is the art of making pictures, decorative designs and patterns by the skilful use of the natural grain, figure and colour of wood veneers. The separate parts of the picture or design are cut to shape, assembled and glued to a prepared base board or background. Tuition is provided. All levels welcome.
Visit www.marquetry.org **or call Tony Gillett on 020 8203 1190 for more information.**
Hatch End Free Church Hall

VENUES

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

Beck Theatre,
 Grange Road, Hayes, UB3 2UE

Botwell Green Library,
 East Avenue, Hayes, UB3 2HW

Civic Centre
 (Middlesex Suite),
 High Street, Uxbridge, UB8 1LD

Compass Theatre,
 Glebe Avenue,
 Ickenham, UB10 8PD

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

Hatch End Free Church Hall,
 Rowlands Avenue,
 Hatch End, HA5 4DF

Hayes End Library,
 Uxbridge Road, Hayes End,
 UB4 8JQ

Hayes End Methodist Church,
 Uxbridge Road,
 Hayes End, UB4 8JW

Hillingdon Park Baptist Church,
 25 Hercies Road,
 Hillingdon, UB10 9LS

Ickenham United Reformed Church,
 Swakeleys Road,
 Ickenham, UB10 8BE

Immaculate Heart of Mary Church,
 Botwell Lane, Hayes, UB3 2AB

Manor Farm Community Hut,
 St. Martin's car park,
 Ruislip, HA4 8BD

Michael Sobell Hospice,
 Mount Vernon Hospital,
 Northwood, HA6 2RN

Northwood Hills United Reformed Church,
 Joel Street, HA6 1NL

Ruislip Methodist Church,
 Ickenham Road, Ruislip, HA4 7BZ

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

South Ruislip Community Centre,
 Long Drive, South Ruislip, HA4 OHS

St Lawrence Church,
 Bridle Road, Eastcote, HA5 2SJ

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

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

Uxbridge Library,
 High Street, Uxbridge, UB8 1HD

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

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- Electoral Services and Registrars**
01895 558250
Mon to Fri, 8am to 6pm
- Environment and Anti-Social Behaviour**
01895 556000
Mon to Fri, 8am to 6pm
- Families' Information Service**
01895 556489
Mon to Fri, 9am to 5pm
- Fraud Hotline**
0800 389 8313
Mon to Fri, 9am to 5pm
- Hillingdon First Card**
01895 556677
Mon to Fri, 8am to 6pm
- Hillingdon Social Care Direct (adults and children)**
01895 556633
Mon to Fri, 8am to 6pm
- Housing Services**
01895 556666
Mon to Fri, 8am to 6pm
- Out of Hours (emergencies only)**
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01895 556000
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01895 556000
Mon to Fri, 8am to 6pm
- School Admissions**
01895 556644
Mon to Fri, 8am to 6pm
- Care services**
Adoption and fostering
0800 783 1298
- Community Cancer Centre**
www.communitycancercentre.org.uk
01895 461 016
- Drugs or sexual health advice for young people up to 21 years**
01895 257285

- Advice and support**
Addictions Recovery Community Hillingdon
01895 207777
- Age UK Hillingdon**
020 8756 3040
- Alzheimer's Society Hillingdon**
01923 823 999
www.alzheimers.org.uk
- Asphaleia Action**
01895 272478
www.asphaleia.co.uk
- Centre for ADHD and Autism Support**
020 8429 1552
www.adhdandautism.org
- Communicare Counselling Service**
01895 256056
- Consumer helpline**
03454 04 05 06
- Citizens' Advice Bureau**
0344 848 7903
- Disablement Association Hillingdon (DASH)**
020 8848 8319
- Hayes One Stop Shop**
01895 556004
hayesonestop@hilligdon.gov.uk
- Healthwatch Hillingdon**
01895 272997
- Hillingdon Autistic Care and Support**
020 8606 6780
enquiries@hacs.org.uk
www.hacs.org.uk
- Hillingdon Carers**
01895 811206
- Hillingdon Carers Trust**
01895 258888
- Hillingdon Independent Domestic Violence Advocacy Service**
020 8246 1745
- Hillingdon Mind**
01895 271559
- Hillingdon Women's Centre**
01895 259578
- Home-Start Hillingdon**
01895 252804
- P3 Navigator Advice Centre**
01895 436114
- Samaritans**
Freephone 116 123
- Victim Support Hillingdon**
0208 965 1141 (office hours)
0808 168 9111 (out of hours)

HILLINGDON CONTACTS

- Local democracy**
Councillors' names, addresses and advice surgeries
www.hillingdon.gov.uk/councillors
- Council meeting dates and agendas**
01895 250636
- Conservative Group Office**
01895 250316/250728
- Electoral registration**
01895 250251
electoralservices@hilligdon.gov.uk
- Labour Group Office**
01895 250780/250782
- Mayor's Office**
01895 250763
- Environment and street scene**
Affinity Water
0345 357 2425
- Current and proposed roadworks in Hillingdon**
www.hillingdon.gov.uk/roadworks
- Environmental Protection**
01895 250190
- Food, Health and Safety**
01895 250190
- Animal welfare**
01895 250190
- Trading Standards**
01895 250164
- Learning**
Library information desk
01895 250600
- Advice and guidance (young people)**
01895 257855
- Enquiries about school transport**
01895 250008
- Truancy Hotline**
01895 250858
- Planning**
Building control enquiries, inspection requests and dangerous structures
01895 558170
- Dangerous structures (out of hours)**
01895 250111
- Local land charges enquiries**
01895 250624/556115
- Leisure**
Botwell Green Sports and Leisure Centre
020 8561 0956
- Hillingdon Sports and Leisure Complex, Uxbridge**
0845 130 7324
- Highgrove Pool, Ruislip**
01895 630753
- Queensmead Sports Centre, South Ruislip**
020 8845 6010
- William Byrd Pool, Harlington**
020 8897 9390
- Hospitals**
Harefield Hospital
01895 823737
- Hillingdon Hospital**
01895 238282
- Mount Vernon Hospital**
01923 826111
- Northwick Park Hospital**
020 8864 3232
- Watford General Hospital**
01923 244366
- NHS: 111**
- Police**
Metropolitan Police non-emergency number
101
Textphone 18001 101
hilligdon.enquiries@met.police.uk
- Hillingdon Neighbourhood Watch**
020 8246 1869
all@hilligdonnhw.co.uk
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