

HILLINGDON people

News from your council
January/February 2022

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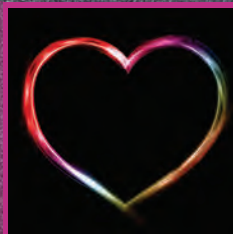
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COVER PHOTO: RESIDENTS TAKING PART IN AN OUR PARKS FITNESS CLASS IN HAREFIELD VILLAGE GREEN



Advertising deadline for next edition: **Friday 28 January**
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 Hillingdon People, 35/05 Civic Centre, High Street, Uxbridge, UB8 1UW.
 Design Corporate Communications Printed by Warners Midlands Plc
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Welcome



Welcome to a new year and the first edition of *Hillingdon People* for 2022. In this issue you will be able to read about our planned budget for 2022/23. The proposed budget illustrates how we understand that with the ongoing pandemic, households are still experiencing tough times and increased living costs. All local authorities are continuing to face funding challenges; however, Hillingdon is in a much better place than many as a result of its sound financial management. Through our careful planning and ability to create efficiencies and savings through service transformation, we will be supporting households by proposing a below inflation council tax increase of 2.8 per cent while maintaining the high level of services residents value and investing in or further improving them. Protecting residents is a key priority, and in this edition of *Hillingdon People* you can find out how we are keeping you safe and taking enforcement action where necessary. From the valuable work our trading standards team and Imported Food Office carry out at Heathrow Airport in inspecting goods as they enter the country (page 8); to our environmental health teams checking businesses are complying with health and safety legislation and prosecuting those who are not (page 9); and the lengths our planning enforcement teams go to ensure landlords are complying with planning laws and that tenants are safe (page 9). New flashing LED lights at a zebra crossing are also keeping families safe as they travel to and from school (page 8) and our surveyors provide a reliable and valuable service to check if your new-build or home renovations meet building regulations (pages 20 and 21). Protecting the environment is also important to us, and you can see how our annual tree planting programme is creating a cleaner and greener Hillingdon (pages 18 and 19), and how schools have signed up to a food waste recycling trial as part of the council's efforts to increase the borough's recycling rates (page 4). We also continue to look after and support residents. Find out on pages 14 and 15 how you can keep safer this winter; discover the second set of recipients of the Tashan Daniel bursary on pages 22 and 23; read how our new family hub (page 7) will provide invaluable support to families, children and young people; meet our fantastic social worker who has won a national award (page 7) and find out how you can support children through our Shared Lives scheme (page 28).

Ian Edwards
 Cllr Ian Edwards
 LEADER OF THE COUNCIL



LEADING THE WAY Pupils at Glebe Primary School champion the council's 'Food Waste from School' trial

Pupils champion food waste recycling in schools

Primary schools across Hillingdon have signed up to the council's 'Food Waste from School' trial helping to increase the borough's recycling rates and educate pupils on the environmental benefits.

Since September, seven schools have signed up to the initiative and received 240-litre wheeled bins for the bulk storage of food waste; 23-litre click lock lid caddies

for use in dining rooms and kitchens; and seven-litre caddies and liners for use in classrooms and staff rooms.

Between September and December, the trial has seen more than nine tonnes of food waste diverted from general waste with one school, Colham Manor Primary School in Uxbridge, reporting they have reduced their general waste by 50 per cent, per week.

On Friday 12 November, the Mayor of Hillingdon, Cllr Roy Chamdal and Cabinet Member for Environment, Housing and Regeneration, Cllr Eddie Lavery, visited Glebe Primary School in Ickenham to hear about the scheme and meet Lucy, aged seven, one of their pupils who successfully named one of the council's food waste trucks, 'Scrappy Dappy Food'.

Cllr Lavery said: "I'm delighted to see the impact our food waste trial is having already, with one school halving the amount of general waste they produce simply by recycling their food waste.

"It's also great to see our younger residents get involved and I encourage other schools in the area to sign up to the scheme."

Success for textile recycling initiative



An increasing number of residents are using the council's enhanced textile recycling service and giving unwanted clothes a new lease of life.

In September, the council partnered with the charity TRAIID to run

a free home collection scheme (which replaced the previous kerbside collection service) that also includes small electrical items.

In October, the charity made 194 household collections and diverted 3.56 tonnes of unwanted

clothes, shoes and small electrical items from general waste – that's 1.1 tonnes more than was collected the same time last year via the council's purple sack collections.

The enhanced service is open to all residents – including for the first time residents living in flats.

All residents need to do is book a collection at a day and time that suits them, put textile donations in a minimum of one large bag or three small carrier bags and then let TRAIID handle the rest.

TRAIID will arrive in a branded van and knock on the door – they will only accept clothes, shoes and accessories (such as



RECYCLING SUCCESS Cllr Eddie Lavery with the TRAIID team

scarves, jewellery and gloves). They will not accept duvets or pillows.

In total, 98 per cent of the materials collected will be re-used and sold in TRAIID stores or recycled.

Book a free collection either online at www.hillingdon.gov.uk/textile-recycling, by calling 020 8733 2580 or emailing recycling@traid.org.uk.

Teamwork improves Northwood Recreation Ground

A popular green space has benefited from a £4,500 investment from the council to carry out improvements and a new partnership with a dedicated group of local residents.

Northwood Recreation Ground had recently had drainage issues, with one of its paths regularly becoming water-logged and unusable.

Local residents raised concerns with the council about the condition of the ground and asked if anything could be done.

Last April, The Friends of Northwood Recreation Ground was set up by one of those residents, Ben Rawson-Jones, to help to improve the green space and work with the council to maintain it.



COMMUNITY EFFORT from the Friends of Northwood Recreation Ground

The council firstly investigated the source of the water and after ruling out a leak from water pipes or underground spring a plan was made to solve the issue: a ditch and pond that would help drain water from the path and create a natural wetland habitat for wildlife.

The Friends have been instrumental in improving the park, clearing shrubs, bramble

and litter, raking leaves, clearing ditches and helping dig out the new seasonal pond's profile.

Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration,

said: "This is a fantastic example of the council and residents pulling together to make the borough greener.

"We thank the Friends of Northwood Recreation Ground for their efforts

and look forward to our partnership work flourishing in future."

The Friends of Northwood Recreation Ground have regular working parties, to get involved email northwoodrecfriends@gmail.com.

For more information on parks and green spaces in Hillingdon, and the facilities they offer, visit www.hillingdon.gov.uk/greenspaces.

New leisure centre for West Drayton moves a step closer



INVESTMENT a CGI of the front entrance of West Drayton's new leisure centre

Work will get underway this spring on the council's new state-of-the-art leisure centre in West Drayton following the signing of the development's construction contract in December.

The project is scheduled for completion by summer 2024, and facilities will cater for residents of

all ages and include a 25-metre eight lane swimming pool; leisure pool; sports hall with four marked courts; gym and exercise studios; soft play area; climbing wall; youth zone; café and terrace; multi-function space for use by local organisations; and even a rooftop 3G turf football pitch.

Not only will the leisure centre be made to the highest standards of design, it will also meet the latest requirements for reduced environmental impact. The construction will focus on sustainability and the location of the development (at the corner of Harmondsworth Road and Rowlheys Place) ensures good links to public transport.

As many mature trees as possible will be retained and at least 28 mostly native trees will be planted on the site along with shrubbery. This will create 'green corridors' for wildlife and improve biodiversity.

Residents were consulted on the plans in September 2019 and feedback from residents has been incorporated into the design where possible.

The new facility will be the fifth largest leisure centre in the borough. The others are Botwell Green Sports and Leisure Centre in Hayes, Highgrove Pool and Fitness Centre in Ruislip, Hillingdon Sports and Leisure Complex in Uxbridge, and Queensmead Sports Centre in South Ruislip.

Cllr Jonathan Bianco, Cabinet Member for Property and Infrastructure,

said: "This fantastic facility is a continuation of the council's commitment to investing in the borough's leisure facilities.

"Sustainability will be at the heart of the construction, ensuring we address our climate responsibilities while creating a community hub that helps residents live active, fulfilling lives for generations to come."

Historic finds unearthed



COMMUNITY DIG unearths Cranford Park's past

In September, residents of all ages took part in a community archaeological dig at Cranford Park thanks to funding from the council and the National Lottery Heritage Fund.

AOC Archaeology led the excavations and five trenches were dug in the grounds of Cranford House.

Highlights of the dig included uncovering the house's original stone entrance, gravel driveway and flowerbeds dating back to the 1800s; unearthing two lightwells outside hidden cellar windows; finding the foundations of a large 1600s brick house which predated Cranford House; and discovering an even earlier building beneath that which was not known to have existed.

Fragments of wall plaster, glass, timber, floor tiles and nails associated with the construction of Cranford House were also found.

In total, 74 adults and 26 children took part in the dig and were able to learn basic excavation techniques and how to identify and date small finds such as pottery and glass.

Cllr Jonathan Bianco, Cabinet Member for Property and Infrastructure, said: "It's not often that people get the chance to work on a dig and it was a wonderful opportunity for residents to get involved in an important piece of archaeological and historical research."

Three more community digs are planned for later in the year.

Love your heart this February

The council has organised more than 50 events and activities to mark February's National Heart Month.

During the programme, residents are encouraged to improve their wellbeing by making small changes, such as taking part in exercise or looking after their mental health.

A selection of heart-warming activities are taking place in the borough's libraries. Highlights include a special 'Love Your Heart' open mic event at Uxbridge Library on Thursday 10 February; a heart-themed arts and crafts session for children aged four to 11 at Harlington Library on Thursday 17 February; and 'Mindful planting' a gardening



craft workshop for children aged between seven to 11 years at Charville Library on Friday 18 February.

Ruislip Manor Library would also like to invite men aged over 50 to come along to the launch of their new Men's Social Group. The friendly session takes place every Friday, (starting on 4 February COVID-19 dependent) from 11am to 12.30pm. To book, contact Ruislip Manor Library on 01895 55626 or email ruislipmanor-library@hillingdon.gov.uk.

To find out more about the events and to register, visit www.hillingdon.gov.uk/heart.

Could your business host an internship?

The council is encouraging local businesses and organisations to offer work placements to young residents with special educational needs and disabilities.

Across the borough there are a variety of initiatives offering supported internships and employability programmes.

Organisations taking part include the Marriott Hotel in Hayes, The Pavilions shopping centre, and the council which has partnered with charity DFN Project SEARCH to run a transition to work programme from its Civic Centre.

Now in its second year, the council-run scheme gives 12 young people aged 17 to 24 with a learning disability or autism invaluable workplace experience.

Another initiative is The Pavilions Supported Internship Programme which has been running since September 2019. Twenty retail outlets and hospitality venues have signed up to the scheme, including Savers, The Works, Nandos, Five Guys and Harris + Hoole.

There are currently 15 young people aged between 17 to 24 taking part in a nine-month

internship which is designed to give them the skills they need for the workplace.

One of the interns, **Sushma** (pictured right) aged 22 from Hillingdon, took part in work placements at The Works, Bubble Chi Tea and Superdrug. She said: "I enjoyed everything! The placements and meeting new people. I learned about business and products – I feel proud of myself."

Aaron Bayliss, Centre Manager of The Pavilions, added: "It is an honour and a privilege to host the interns and tutors on the supported internship scheme."



With ongoing support from a team of tutors and job coaches, 70 per cent of The Pavilions interns move into paid employment.

To find out more about employability programmes visit www.hillingdon.gov.uk/ready-for-work.

If you would be interested in providing work experience, contact Stuart Smith, at ssmith7@hillingdon.gov.uk.

Accessible services at the heart of our new family hub

In December, the council formally opened its new state-of-the-art family hub in Uxbridge, which brings several services together under one roof, making them more accessible for families and young people.

The council carried out refurbishment works to a large, underutilised office space (the Mezzanine) at its Civic Centre to transform it into the Uxbridge Family Hub – a multi-functional site which incorporates Uxbridge Children's Centre, the youth justice service, the multi-agency psychological support team, supervised contact



SUPPORTING FAMILIES Cllr Edwards and Cllr Palmer officially open the new hub

service and adolescent development service.

The hub was formally opened at an event on Tuesday 7 December by Leader of the Council, Cllr Ian Edwards and Cllr Jane Palmer, Cabinet Member for Health and Social Care.

The facility includes a modern reception and

waiting area, conference facilities, play areas, contact rooms, meeting spaces, treatment rooms and a life skills kitchen for supervised learning.

The hub is open between Monday and Saturday and provides support for families of children and young people aged 0 to

19 years old (and up to the age of 25 for those with special educational needs).

Services are offered in-person or online, giving visitors access to counselling, mentoring, health visitors, a sexual health clinic, baby groups and much more.

The creation of the facility is in line with the government's commitment to championing family hubs. They are a way of joining up services and improving residents' access to them and in turn create stronger connections between families, professionals and service providers by putting relationships at the heart of delivering support.

Hillingdon's adoption services commended

The council has been awarded The Early Permanence Quality Mark for its achievements in delivering adoption services to young children in partnership with Coram Ambitious for Adoption.

The award signifies high standards of service delivery, and Hillingdon is the sole London council to currently achieve the full award.

Early Permanence is a slightly different type of adoption process for babies and young children, usually under the age of two. Placements allow babies and young children for whom the plan is adoption, to be placed with a potential permanent family earlier than a conventional adoption.

This enables young children to experience a loving and secure home in which they



feel safe and settled as quickly as possible.

Babies who are looked after from a very young age are often moved between several foster carers while the courts reach a decision about who will care for them in the long-term.

Early Permanence removes this uncertainty and disruption for children by placing a child early on with foster carers who hope to adopt them.

If you'd like to find out more about transforming a child's life through adoption, visit www.hillingdon.gov.uk/adoption.

Borough social worker wins prestigious award

A Hillingdon social worker has won a prestigious Social Worker of the Year award in recognition of their extraordinary work in social care.

Kudakwashe Kurashwa (pictured right) in Children's Services won the Gold Award -Team Leader of the Year 2021 at a special virtual awards ceremony held on Wednesday 17 November. He was one of five finalists in the category.

Supported by Devon County Council, the Team Leader of the Year award recognises leaders who have nurtured an effective working environment, achieved cultural change and improved quality and outcomes for individuals and families supported by social work.

Kudakwashe has worked at the council for five years and was nominated for his exceptional level of professional leadership skills and his ability to apply



patience and empathy with everyone he encounters.

Kudakwashe said: "I am deeply honoured and am sincerely grateful for the recognition to have been selected for this award."

"I owe this to my great team, the management around me as well as the council for all the support that they give me."

Also nominated for an award was Natasha Karmali, a senior social worker in the learning disability and autism team, who was shortlisted in the Social Worker of the Year category.

For more information about the awards and the winners, visit www.socialworkawards.com.

Heathrow Airport visit



PROTECTING THE PUBLIC Cllr John Riley and Cllr Ian Edwards meet the council's trading standards team

Every day hundreds of thousands of products come into the UK via Heathrow Airport, and it is the job of officers from the council's trading standards service and Imported Food Office to inspect these items before they are released to the UK market.

As a port authority, we are responsible for checking cargo to ensure imports are safe, legal and comply with UK safety standards. This includes checks concerning animal welfare, health and the import of animal products.

During the past three years, the Imported Food Office has prevented more than 150 tonnes of unlawful food from entering the country. This includes items such as dried fish, African land snails, milk powder, raw meat, and also illegal bushmeat (smoked chimpanzee, bats, elephant feet and bush rats).

The council's trading standards service also has a team based at Heathrow Airport, and officers regularly inspect air freight containing consumer goods to remove any products which do not meet national safety standards.

During the past year alone, they have seized more than one million products, including teddy bears destined for major retailers which presented a choking and strangulation hazard, and electrical adapters with cables that could overheat and catch fire.

Cllr Riley said: "The Leader and I recently visited this side of the council's work. This is exceptionally important work being carried out by skilled council officers. I am very proud of the vital work done here which protects the borough and the country."

New lighting makes busy zebra crossing safer

Students attending Hermitage Primary School in Uxbridge are benefiting from safer journeys to and from school thanks to new lighting installed by the council at a nearby zebra crossing.

Belmont Road is a busy road and there is an increase in traffic, especially during the school-run. There had been reports of cars frequently exceeding the speed limit and there have been several near misses on the crossing.

The school approached the council's school travel

and road safety team (STARs) in October 2021 and officers came up with an immediate and cost-effective solution which involved installing new flashing circular LED lights, known as Zebrites, on the crossing.

The lights were installed in October 2021 and are helping to improve visibility for motorists at all times of the day. In addition, the zebra crossing's road markings were also repainted to make the existing lines stand out more.

Christmas card winners

During September and October, residents were invited to submit a festive image related to the borough to feature on the council's corporate Christmas card.

In total, 26 entries were received and Leader of the Council, Cllr Ian Edwards had the tough job of selecting two winners for the adult and child categories.

Tracy Tully from Uxbridge won the adult category with a picture of a snowy Uxbridge Common, and the runners-up were Anne of Triscott House (Hayes) who drew a festive-themed picture of Santa Claus with a robin bird, and Mrs Gerry Shirran (Ruislip Manor) whose artwork included a decorated Civic Centre.



In the children's category, Veeraaj Chawla, aged six, won with his colourful drawing of a Christmas tree surrounded with presents and topped with the Hillingdon crest (pictured above) and the runners-up were seven-year-olds, Haris Alisaukas (pictured left) whose drawing had people sledging on a snowy hill and Joshua Gonsalves who drew a Christmas tree with presents around it.

Cllr Edwards, said: "It was great to see people's creativity and their love of the borough shine through their pictures and designs, and I'd like to thank everyone who entered and congratulate the winners."



SAFER ROADS Headteacher Elaine Da Souza, Cllr Riley, Janelia Diamuini, Bethany Winter, Bradley Stilwell, and Gaurav Pillai

Cllr John Riley, Cabinet Member for Public Safety and Transport, said: "Road safety is a major priority for the council and myself, we are strongly committed to taking all steps necessary to make our roads safer for residents of all ages. We encourage

parents, carers and children to walk or cycle to school.

"If you have any road safety concerns, please complete the council's road safety suggestion form or submit a petition which can be found at www.hillingdon.gov.uk/road-safety and www.hillingdon.gov.uk/petitions."

Business lands hefty penalty for putting public at risk

A food superstore in Hayes and its director have been ordered to pay penalties totalling £111,225 for serious health and safety breaches.

Quality Foods on Uxbridge Road, Hayes failed to comply with the council's improvement notices after environmental health officers uncovered serious risks to public safety following a complaint.

On Friday 8 October, Uxbridge Magistrates'

Court heard how the food store put its customers and the public at serious risk of injury due to the dangerous way deliveries were handled. In addition to this, there was also a lack of traffic management of the car park.

During an inspection in March 2020, environmental health officers saw lorries entering the car park to deliver goods and unloading very close to pedestrians.

They also observed a lorry reversing onto a

faded pedestrian crossing without anyone directing the lorry to reverse or stop if there were people passing by. It was at this point officers feared there was a risk of a collision with pedestrians.

Following the visit, officers issued an improvement notice to LB Enterprise Limited which operates Quality Food – and its Director Vipul Sedani. The notice required the store to install clear signage; separate routes for

pedestrians and vehicles; clearly marked crossings with barriers; a system to inform staff about on-site rules; and a system to check, monitor and record compliance.

As a result, the judge ordered LB Enterprise to pay £92,335, which included a fine of £85,000, legal costs of £7,145 and a victim surcharge of £190. Sedani was fined £18,700 and ordered to pay a victim surcharge of £190.

Landlord ordered to stop using storage building as 'cramped' living space

A planning inspector has ordered a rogue landlord in Hayes to comply with enforcement notices issued by the council, after being found to be illegally renting two properties.

The enforcement notices were served in October 2020 at 15a and 15b Station Road after council investigators found breaches of planning law at both addresses, which are owned by Tarsem Dhillon.

At 15a, small house of multiple occupancy (HMO) status has been given to the property to house six residents, but seven bedrooms were found, rendering it a 'large HMO'. At 15b, a detached storage building at the rear of 15a had been converted so that the first floor was residential premises housing eight bedrooms.

Mr Dhillon appealed the notices, but his appeals were dismissed on Friday 15 October, with some amended conditions, by

an independent planning inspector.

The council received reports in June 2020 of bedding and kitchen equipment being moved into 15b. Initially, Mr Dhillon refused to let the council's team into the property when they visited for an inspection.

However, when the London Fire Brigade were called to a fire at the site later that month, they found eight bedrooms, a kitchen and two bathrooms on the upper floor and issued a notice banning it from being used as residential property.

When 15a Station Road was inspected – also in June 2020 – it was found being used as an HMO, however those permissions limited it to six persons (small HMO). The council's inspectors found seven bedrooms, in breach of the legal allowance.

The enforcement notice for 15a required it no longer be used as a large HMO and be returned to



CRAMPED The first floor accommodation at 15b Station Road

use as a single-family home within three months. The planning inspector agreed with Mr Dhillon's appeal claims that the notice was 'excessive' given it had been previously used lawfully as a small HMO. The inspector ruled the notice should be amended for it to revert back to that use and that the timescale for compliance should be six months.

At 15b, the enforcement notice served by the council required the first floor to no longer be used for residential purposes and all kitchen/bathroom facilities to be removed within three months. The planning inspector said all the bedrooms were smaller than required for good living standards, calling them 'cramped and restricted'. He added that the home would probably

add to already high levels of parking stress in local streets if residents had their own cars.

In this instance, the planning inspector disagreed with the appellant's claim that the measures of the enforcement notice were excessive, but again agreed to extend the period for compliance from three to six months.

Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration, said:

"I would encourage anyone who suspects a property of being used illegally, to let our planning enforcement team know so they can investigate.

"If you suspect a building or home is being used illegally, please report it at www.hillingdon.gov.uk/planning-enforcement."

Events and activities for older residents this winter

Each year, the council's Older People's Initiative provides funding for charities and community groups that support over-65s. In December, a range of parties and activities helped to spread festive cheer across Hillingdon, and we also take a look at how the council is celebrating the annual International Day of the Older Person.

More than £20,000 from the initiative allowed hundreds of residents to socialise with friends, neighbours and their local community during the Christmas period, with the grant funding supporting 21 parties organised by local clubs, organisations, charities and council-run housing schemes.

Groups that received support included Elm Park Lunch Club, Ruislip Manor; Tudor Luncheon Club, Eastcote; Hillingdon Salvation Army; The Ark Synagogue, Northwood; Bell Farm Christian Centre; West Drayton and Yiewsley Senior Citizens Association; Charville Community Association, Hayes; Harlington Community Association; Hayes End Community Association; Barnhill Seniors Club, Hayes; End of the Month Dance Club, Harefield; and Hillingdon Stroke Association.

Nine of the council's sheltered housing schemes also received funding: Barr Lodge, Yiewsley; Drayton Court, West Drayton; The Buntings, Ickenham; Wallis House, Ruislip; Mandela Court, Cowley; Sibley Court, Uxbridge; Michael Shersby complex, Hillingdon; and Childs Court, Langworth Drive, and Manor House in Hayes.

In addition, the council organised a variety of festive activities for residents and carers living with dementia. They included festive arts and crafts, bingo, bell ringing and choir performances at many of the borough's libraries. A trip to the *Christmas Memories* musical show at the Beck Theatre, Hayes, was also arranged in partnership with the Uxbridge Rotary and Uxbridge Amblers clubs.

Leader of the Council, Cllr Ian Edwards, said: "I'm happy that the Leader's initiative was able to fund so many Christmas events and activities this year which allowed many older residents to reunite after so many months apart. "The Day of the Older person event is going to be a fun and informative day for many in the borough and I encourage residents to visit Uxbridge to check out the programme of events."



Don't miss our Day of the Older Person event

Coinciding with the launch of Hillingdon Libraries' annual Heart Month programme, on Tuesday 1 February, from 10am to 4pm, the council is hosting a special day celebrating the International Day of the Older Person.

The event will take place at The Pavilions shopping centre in Uxbridge (COVID-19 dependent) and will feature more than 40

stalls providing information, advice and details of support for older people in the borough.

There will also be a range of activities for people to get involved in, including heritage walks, school choir performances, singing and chair-based exercise sessions. The Mayor of Hillingdon, Cllr Roy Chamdal, will also be in attendance.

For more information about the event visit www.hillingdon.gov.uk/older-person-day.

Find out more about activities for older people by visiting www.hillingdon.gov.uk/olderpeople



Continuing to put residents first

Thanks to its record of sound financial management, the council continues to deliver balanced budgets and invest in services and infrastructure for residents.

In planning this year's budget, the council's strong business practices and financial management are allowing it to put residents first by proposing a council tax rise for 2022/23 that is well below the rate of inflation (an increase in the cost of living as the price of goods and services rise).

The planned budget also indicates that residents will continue to benefit from award-winning services – there will be no reduction in service delivery. Free weekly waste and recycling collections will continue, as will investment in leisure facilities, road resurfacing, new homes, improvement works to council housing, new school places (including those for children with special educational needs) and town centre improvements.

Provision has also been made within this budget for reductions in the council's carbon footprint.

Council tax will only be increased by an anticipated 2.8 per cent. This includes a core council tax increase of 1.8 per

cent and a 1 per cent levy relating to the social care precept (income that is ringfenced to fund residents' adult social care). In practice this equates to 67p a week for a Band D property.

Fees and charges are proposed to be increased broadly in line with inflation.

The council's planned budget is set to be achieved through a combination of the council delivering manageable increases in council tax, fees and charges, and producing efficiency savings, while maintaining and improving services for residents and preserving reserves.

Our business improvement delivery programme is producing savings by digitising processes, creating more modern and efficient services, streamlining management structures and maximising the use of the council's assets.

The limited increases in council tax, fees and charges are due to the rising cost of providing services. This is driven by inflation and a growing population.



Cllr Martin Goddard, Cabinet Member for Finance, said: "As a result of our strong record of sound financial management we will be able to put residents first as we set out our proposed budget for 2022/23.

"What sets Hillingdon apart from local authorities in more precarious positions is this administration's careful financial planning.

"It is ensuring that we can keep council tax increases this year to a minimum to support households amidst the national rise in living costs while continuing to protect frontline services, maintaining and investing in the services that residents value, and supporting the borough's COVID-19 recovery."

Visit www.hillingdon.gov.uk/budget-consultation before Sunday 30 January to have your say on the proposed budget



Make it your New Year's resolution to shop local



As we embark on 2022, the council is calling on residents to support their local high street all year round. *Hillingdon People* finds out how an action-packed events programme continues to bring the community together while also showcasing our diverse retail and hospitality sectors.

The council was awarded £545,710 from the government's Welcome Back Fund to support a safe return to high streets and inject a much-needed boost back into the local economy.

Retail experts have been brought on board by the council to implement an ambitious masterplan to help rejuvenate the borough's main town centres.

'Welcome Back' branding has been created to signal that Hillingdon is open for business and that it's safe for shoppers to return.

Each of our 15 town centres has been given a unique visual identity to celebrate their individuality and distinctiveness. The eye-catching branding features on tote bags and hand sanitising stations on high streets across the borough.

And in January, local businesses will be giving out tote bags with purchases – so there's never been a better reason to shop local.

Emy Emanuel, Manager at Bar Italia (pictured right), said: "We are very lucky to have been supported so loyally by local residents and businesses. Please do continue to drink and dine local and support your local high street, it makes all the difference. And if you don't have time to dine in, why not enjoy one of our delicious takeaway packages which fit perfectly in the Uxbridge tote bag?"

Helping our town centres to recover

An action-packed autumn/winter programme of events to increase footfall to our town centres is underway.



During October half-term, a Pumpkin Festival was held in Ickenham, Eastcote, Yiewsley, West Drayton and Ryefield Avenue, Hillingdon.

Activities included arts and crafts stalls, live cookery demonstrations, a library cartoon club (at Ickenham, Yiewsley and West Drayton), pumpkin carving and pumpkin trails in shop windows.

On Saturday 30 October, the Hayes Music Fun Day paid tribute to the town's connection with EMI Records and crowds danced to live music performances under the gold disc-shaped canopy in the centre

of Hayes and children took part in music-themed craft activities.

Ruislip Manor hosted the borough's first festive celebration event on Saturday 20 November, when the Christmas lights were officially switched on by the Mayor of Hillingdon, Cllr Roy Chamdal. Residents enjoyed a street market, treasure hunt, live dance performances and music performances from local school choirs including Lady Bankes Junior School, Whiteheath Junior School, Newnham Junior School and Warrender Primary School.

Christmas light switch-on events were also held at Kingshill Avenue on Saturday 27 November, Harefield on Thursday 2 December and Yiewsley and West Drayton on Saturday 4 December to bring residents and businesses together to celebrate the start of the festive season.

On Saturday 18 December, the Northwood Festive Fun Day saw residents of all ages enjoy the magic of the season by taking part in a reindeer retail treasure hunt, Father Christmas' grotto and a host of Christmas-themed arts and crafts.



The community came together on Sunday 19 December at the Ruislip Lantern Festival. Residents took part in a lantern-themed treasure trail along the high street and enjoyed arts and crafts and face painting.

At Manor Farm, residents and visitors enjoyed browsing the Duck Pond Christmas Artisan Market in The Great Barn. One of the highlights included a special poetry takeaway van where customers discussed key details like personality and interests to inspire the 'chef' to whip up a

bespoke poem wrapped in a special 'takeaway' envelope.

As darkness fell, a magical lantern procession started at Specialized bike shop on the high street, through St Martin's Church before finishing at the Duck Pond Market.

HillingdonFirst discounts

Don't forget, hundreds of businesses are also part of our HillingdonFirst card scheme and offer discounts and promotions on various products and services, including food and drinks, clothing, travel, leisure and hair and beauty. Simply show your HillingdonFirst card at the point of paying. Visit www.hillingdon.gov.uk/hillingdonfirst to find out more and order your card today.



Dates for your diary

To celebrate the new year, a range of events are planned (COVID-19 dependent) to showcase all that our town centres have to offer.

- February half-term events are taking place in Ruislip, Hayes, Uxbridge, Hillingdon Circus, Harlington, Belmore Parade and Northwood Hills.
- In March, food festivals are also planned for Northwood and Eastcote.

To find out more about the events programme, visit www.hillingdon.gov.uk/supporting-high-streets



Leader of the Council, Cllr Ian Edwards, said: "It's great to see our communities coming together once again to celebrate all that Hillingdon has to offer.

"When visiting our town centres, please remember that COVID-19 hasn't gone away. It's vitally important to take extra precautions and follow the latest government guidelines to help keep yourself and your loved ones safe.

"As we start a new year, I'd like to encourage residents to make small changes in their shopping habits and support our independent businesses all year round."

Use our directory to explore what shops and businesses are open in your area or sign up to promote your business.

For more information, visit www.hillingdon.gov.uk/businessdirectory

+ KEEP HILLINGDON SAFE +

Stay safer this winter

As we approach two years of living with coronavirus (COVID-19), the council is urging residents to continue to keep Hillingdon safe by following the latest guidance.



Following the discovery of the COVID-19 variant, Omicron, the government introduced various new measures to slow down its spread. For more information visit, www.gov.uk/coronavirus and www.hillingdon.gov.uk/coronavirus.

Guidance on vaccinations also changed to give :

- booster vaccines three months after the previous dose and offer a booster dose to everyone aged over 18
- a booster dose to people aged 16 or over with a severely weakened immune system
- a second dose to all children aged 12 to 15-year-old who are not already eligible.

To find out more about the vaccination programme, visit www.nhs.uk/coronavirus.

The colder winter weather brings an increased chance of illness, and the best way to stay protected is by getting the COVID-19 and flu vaccinations to reduce your chances of becoming unwell and needing hospital treatment.

To keep yourself and Hillingdon safe this winter, please:

-  • Get tested twice a week and self-isolate if required
-  • Wear a face covering where required
-  • Try to stay at home if you're unwell
-  • Wash your hands regularly
-  • Let fresh air in or meet outdoors
-  • Download and use the NHS COVID App
-  • Get vaccinated.

Need support?

The council's COVID-19 Community Hub can provide information to residents about local coronavirus-related support services. This includes advice for residents who are experiencing financial difficulties.

If you receive a positive COVID-19 test result or you are told by NHS Test and Trace to self-isolate because of close

contact with someone who has COVID-19, you may be eligible for a Test and Trace Support payment if you are on a low income and you cannot work from home while you are self-isolating.

To find out more, visit www.hillingdon.gov.uk/individual-financial-support.

The hub is open Monday to Friday, from 9am and 4pm, and can

be contacted by calling 020 3949 5786 or emailing COVID19hub@hillingdon.gov.uk.

Visit www.hillingdon.gov.uk/community-support to find out more.



Leader of the Council, Cllr Ian Edwards, said: "The threat of COVID-19 is still among us and it's important that we continue to keep ourselves, our loved ones and our communities protected by following the latest guidance and taking up the COVID-19 vaccine to boost immunity."

"It is also vital that we make twice weekly testing part of our everyday lives to help slow down the transmission of COVID-19."

For more information and up-to-date guidance, visit www.hillingdon.gov.uk/coronavirus

For more information and up-to-date guidance, visit www.hillingdon.gov.uk/coronavirus



Dealing with long COVID

Everyone experiences COVID-19 differently, but some people suffer for longer than others.

While most people go on to make a full recovery from coronavirus, for some, symptoms can persist for longer than 12 weeks.

Approximately 10 per cent of people who have tested positive for COVID-19 remain unwell for many months after. This is known as long COVID or post COVID.

The effects of long COVID can be devastating because people cannot return to their 'normal' lives, despite getting over the worst of the illness.

Long COVID symptoms can include:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ('brain fog')
- difficulty sleeping (insomnia)
- heart palpitations

- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes.

Symptoms may change over time and it's possible to develop new ones.

It is unknown why long COVID affects some and not others, but recovery does not appear to be related to the severity of the person's initial infection, such as whether they were in hospital.

One theory about why it happens is that COVID-19 causes the immune system to go into overdrive, by attacking not just the virus but also the person's own tissues. Another theory is that fragments of the virus may remain in the body, lying dormant and then becoming reactivated, similar to viruses like herpes.

Unfortunately, with a young virus like COVID-19, scientists are still learning about the impact it has on different people and we are in the early days of knowing its true effect.

Long COVID clinics have been set up across the country, which will accept patients who have been referred by their GP. As there are no proven drug treatments available yet for long COVID, the focus will be on managing symptoms and gradually increasing activity.

Using a holistic approach, healthcare professionals including doctors, nurses, physiotherapists and occupational therapists will offer both physical, psychological and rehabilitation needs assessments to treat a patient's symptoms.

If you experience new or ongoing symptoms you should seek medical advice. Depending on your symptoms there are different treatments which can support your recovery, including:

- Respiratory (breathing) clinics
- Physical therapy
- Speech and language therapy
- Mental health support
- Wellbeing support.

Getting fully vaccinated will help protect you from going on to develop long COVID, so make sure you take the COVID-19 vaccines when offered them.

For help and support, visit www.yourcovidrecovery.nhs.uk.



Continuing to provide support for families

During the summer and Christmas school holidays, the council continued to support vulnerable families by providing activities for children eligible for free school meals.

Through the Hillingdon Holiday Activity Programme, children aged

between four and 16 from low-income families were offered a range of sessions to take part in, including sports, challenges, games, arts and crafts, and wellbeing workshops. Young people were also entitled to a free nutritious hot lunch and given daily workshops on nutrition and exercise to support them in making healthy choices.

Additionally, in October, the council started to administer the new Household Support Grant to continue to support low-income households through the winter months with food and utility costs.

So far, 3,166 households have received help with their energy and water bills, and 10,912 eligible children have received food vouchers.

Eligible children continued to receive free school meal vouchers during the Christmas holidays and will do so again during February half-term. The fund will be available until the end of March 2022.

Cllr Martin Goddard, Cabinet Member for Finance, said: "Last year we received funding from the government to create the Hillingdon Household Support Grant.

"We are pleased to be able to provide vital support to low-income families once again this winter where households are continuing to face financial difficulties as the COVID-19 pandemic persists."

For more information, visit www.hillingdon.gov.uk/household-support-grant.

Focus on your health and fitness in 2022



THE GREAT OUTDOORS Residents taking part in a weekly Our Parks exercise class in Harefield Village Green

If you're interested in incorporating more exercise into your routine, the council offers a range of leisure facilities and sessions for residents of all ages and abilities across Hillingdon.

Join your local leisure centre

Whether you're taking the first steps on your fitness journey or you're looking to stay in shape, our four leisure centres run in partnership with Better – Botwell Green Sports and Leisure Centre (Hayes), Highgrove Pool and Fitness Centre (Ruislip), Hillingdon Sports and Leisure Complex (Uxbridge) and Queensmead Sports Centre (South Ruislip) – offer a range of equipment to suit you.

The centres include gym facilities divided into separate zones for cardio, free weights, stretching and resistance so you can have a varied

workout. Junior gym sessions for children aged between 11 and 15 are designed to start healthy habits from an early age. There are also a wide selection of fitness classes available.

Ruby Thorn from Uxbridge (pictured left), works out at Botwell Green Sports and Leisure Centre. She said: "I really like the variety of machines and facilities available here so I can change things up and have different types of workouts.

"I also feel very safe exercising as I see staff walking around and cleaning machines often, and there are cleaning products for us to use."

Additionally, the centres offer swim facilities for all the family, as well as badminton courts, football pitches, gymnastics, toddler play areas and free running classes.

The Better Swim School also operates across the borough, offering lessons for a variety of ages and abilities.

Weekly sports sessions for children aged between six to 12 with disabilities take place at Botwell Green Sports and Leisure Centre which are designed to help improve co-ordination, balance and fitness.

Classes at Hillingdon Sports and Leisure Centre will start this month (COVID-19 dependent). The sessions are free, but booking is essential. Find out more and book at www.hillingdon.gov.uk/disability-multi-sports.

Free walking football sessions take place weekly at the same sites. There are dedicated classes for women and girls, some for the whole family and specific sessions for men aged over 35. Find out more and book at www.hillingdon.gov.uk/walking-football.

The centres are also working in partnership with the NHS Better Health campaign which recently launched the Give it a Go programme designed to help members take their first step to being healthier or their first steps after being away from physical activity for a period of time.

The initiative, which is free as part of your membership, runs for six weeks and starts with an initial health check. Following that, an instructor will create a plan tailored to your fitness goals.

For information and to sign up, visit www.better.org.uk/hillingdon

Enjoy the borough's many open spaces

There are many reasons to enjoy living in Hillingdon and we have 200 parks spread over 1,800 acres of green space for residents to use.

With so much green space on your doorstep, exercising outdoors couldn't be more convenient.

Walk, jog or cycle along a route near you

Free led walks take place Monday to Saturday in many of Hillingdon's award-winning parks. Booking in advance is essential. Find out more and book at discover.hillingdon.gov.uk/led-walks.

There are also many routes and trails in Hillingdon to enjoy on foot or bicycle. Downloadable self-guided walking tours and easy-to-follow directions are available for a range of locations, including Ruislip Woods, the Hillingdon Trail and the London LOOP.

You can view them at www.hillingdon.gov.uk/cycling-routes.

Outdoor workouts and activities

There are 37 outdoor gyms in parks and open spaces across Hillingdon designed to encourage residents to keep fit and active outside for free. The facilities are suitable for all ages and fitness levels. For a full list of gyms, visit www.hillingdon.gov.uk/outdoorgyms.

Free exercise classes are held by fitness experts Our Parks at some of Hillingdon's parks. Lessons



OUTDOOR GYM Marie De Zilva, aged 73, exercising on Harefield Village Green



include boxercise, circuit training, bootcamp-style sessions, and there are also activities for children aged between three and seven. Anyone aged 16 and above can attend the adult classes. Young people attending the children's classes must be accompanied by an adult. Find out more at ourparks.org.uk/borough/hillingdon.

Why not enjoy a game of tennis with friends and have fun while keeping fit? Most of our tennis courts must be pre-booked and you can book these for a one-hour session for £5 via the council's website. Free coach-led tennis sessions for young people aged over 12 years are also on offer at Cavendish Recreation Ground.

Find a court near you and book by visiting www.hillingdon.gov.uk/tennis.

A round of golf is another great way to socialise outdoors while working out your arms with each swing. Haste Hill and Uxbridge public golf courses welcome all abilities and are open all year round. Discounted rates for over-65s are also available at Haste Hill between 7.30am and 10am, Monday to Friday, except on Bank Holidays. Find out more and book a session at www.hillingdon.gov.uk/golf.

For more information about Hillingdon's parks and open spaces, visit www.hillingdon.gov.uk/greenspaces

Free activities for over-65s

Tea dances

Older residents can enjoy free monthly tea dances incorporating a variety of musical styles and dances, including classic ballroom, bhangra and line dancing. The council-run events are held at the Civic Centre, Uxbridge; Yiewsley and West Drayton Community Centre and Botwell Green Sports and Leisure Centre. Find out more and book at www.hillingdon.gov.uk/dances or by calling 01895 556688.

Swimming

Free weekly swimming lessons, which cater for varying abilities, are available for over-65s at three of the borough's swimming pools. Older residents can also swim at these pools for free. Classes and sessions can be booked at Hillingdon Sports and Leisure Complex (indoor pool only), Botwell Green Sports and Leisure Centre or Highgrove Pool by visiting www.better.org.uk or downloading the Better UK phone app.

Seated exercise

Our libraries run weekly low-impact chair-based exercise classes which work on improving your strength, flexibility, coordination and stamina. There's also a free online version of the class via Zoom, so you can keep fit from the comfort of your home. Find out more and book at www.hillingdon.gov.uk/chairobics.

Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing,

said: "Exercise has so many benefits and has been proven to improve both our physical and mental wellbeing.

"With so many activities available at our leisure centres and green spaces across the borough for our residents of all ages to enjoy, why not start off the new year by trying out a new fitness activity or getting back into something you've loved doing previously?"

For more information on activities that can be enjoyed inside or outside, visit www.hillingdon.gov.uk/leisure

Investing in a greener and cleaner future for Hillingdon



COMMUNITY PLANTING The Woodlarks and Waders volunteer group at Bridgwater Road Open Space in South Ruislip

National Tree Week, the UK's largest annual tree celebration, took place between Saturday 27 November and Sunday 5 December 2021. To mark the week and the start of the winter tree-planting season, a range of initiatives took place across the borough as part of the council's ongoing commitment to tackling the climate emergency.

More trees for Hillingdon

The council has an extensive annual tree planting programme to replace and plant new trees in parks, on highways and housing land.

In 2021, the council planted more than 14,000 trees as part of its effort to make the borough greener, more pleasant and to tackle the climate emergency. The council aims to exceed that figure for 2022.

Trees bring so much benefit to our communities – not just capturing carbon and reducing CO2 emissions but also by encouraging wildlife in the heart of our urban areas. Studies have also shown that being around trees helps to reduce stress, lowers blood pressure, as well as improving our mental health and wellbeing.

In November, a variety of plantings took place as part of the programme. Ahead of National Tree Week, on



GREENER PARKS The Prime Minister plants a tree in Fairway Recreation Ground, South Ruislip

Friday 12 November, Prime Minister and Uxbridge and South Ruislip MP, Boris Johnson visited the borough to plant an American Sweetgum (*Liquidambar styraciflua*) tree in Fairway Recreation Ground, South Ruislip.

Additionally, the Woodlarks and Waders volunteer group, who assist the council in maintaining green spaces across the borough, took part in plantings at New Pond Open Space, Ruislip Gardens on Tuesday 16 November, and at Bridgwater Road Open Space, South Ruislip on Tuesday 23 November, planting 14 trees across both sites. Students from Pentland Field School, Ickenham also planted a tree at New Pond Open Space. Overall, a variety of native and non-native species, including crab apple, wild cherry, lime, pecan, hazel, hawthorn, frozen thorn and Japanese flowering crab apple were planted.

During National Tree Week on Tuesday 30 November, Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration planted a Zelkova on Uxbridge High Street.



GREENER STREETS Cllr Lavery and council officers on Uxbridge High Street

Residents mark special milestones



TREES FOR CITIES Deputy Mayor of Hillingdon, Cllr Becky Haggar and volunteers

Last year, Hillingdon became one of the first London boroughs to join the national Trees for Streets campaign.

The not-for-profit scheme encourages residents to sponsor a tree in their neighbourhood with the hope that increasing the number of trees will help to improve air quality by removing carbon dioxide from the atmosphere, as well as providing a home for nature.

The council's green spaces team will then assess the chosen location, and if it is suitable arrangements will be made to plant a tree during the winter – which is the best time to plant young trees to ensure they grow and thrive.

To find out more visit www.hillingdon.gov.uk/sponsor-a-tree.

The project follows the Trees for Cities campaign, an initiative run in partnership with the council, which has so far seen more than 230 residents plant trees in green spaces, streets and schools across the borough.

Coinciding with National Tree Week, planting also started in Yeading Brook Meadows on Saturday 11 December. The project is part of another Trees for Cities initiative in partnership with the council that will see 9,000 trees planted between December 2021 and March 2022.

Memorial garden for local hero

One hundred cherry trees will soon be planted in Pole Hill Open Space, Hillingdon in recognition of local hero Stan Atkins who ran a pet sanctuary there until he passed away in 2018.

The sanctuary, which brought joy to residents for decades, was fondly known as Pets Corner and featured a variety of animals.

The council has been gifted 100 cherry trees from Japan as part of The Sakura Tree Project, which is a national tree planting initiative that celebrates Japan's special friendship with the UK. Local ward councillors and residents consulted with the council on the future of the former sanctuary site, and it was decided that the cherry trees would be used to create a landscaped open space called Atkins Memorial Garden.

Cllr Lavery was on hand in December to receive the trees as they were delivered before being planted, and an official opening of the garden and unveiling of a commemorative plaque is due to take place over the coming months.

An oak tree will also be planted at Pole Hill Open Space to mark the Queen's Platinum Jubilee as part of the Queen's Green Canopy initiative.



WINTER PLANTING Cllr Lavery takes delivery of the cherry trees

More Green Flags raised



AWARD-WINNING The Mayor of Hillingdon, Cllr Tuckwell and Cllr Lavery at Deane Park, South Ruislip

For the past nine years the borough has retained its status as the UK's greenest borough.

Last year, the council was once again awarded more Green Flag awards than anywhere else in the country. Hillingdon's flag total increased in October by three taking it to 63 (62 of which are maintained by the council). The new sites awarded were Sipson Meadow (Heathrow Villages ward), Deane Park (South Ruislip ward) and Colham Green Recreation Ground (Brunel ward).

On Tuesday 7 December, the Mayor of Hillingdon, Cllr Roy Chamdal, and Cllr Eddie Lavery officially raised the flags at these new sites.

The annual Green Flag Award Scheme is run by Keep Britain Tidy and is considered the benchmark national standard for publicly accessible parks. All Green Flag award-winning parks must meet stringent criteria, such as being clean, community orientated and environmentally friendly.

For more information on the borough's parks and green spaces, visit www.hillingdon.gov.uk/greenspaces

Your home is in safe hands with Hillingdon

If you're thinking about extending your home or even building a new one, the council's building control team is on hand to support you every step of the way. *Hillingdon People* spent a day with the team and met local architects, builders and residents to find out why it's the service they trust.

For many of us, the lockdowns saw our homes transformed into makeshift offices, gyms and even classrooms. As we learn to live with COVID-19, the need for more space has prompted record numbers of residents to expand and renovate their homes.

For many types of building work both planning permission and building regulations approval are required. There may be instances where building work will require buildings regulations approval but not planning permission and vice versa. For more information, visit www.hillingdon.gov.uk/building-control-approvals and www.hillingdon.gov.uk/planning-advice.

If your project requires building regulations approval, the council's team of qualified surveyors will give you pre-application advice, check your plans and help you to navigate the process.

Experienced in both the private and public sectors they know the area, the ground your property is built on and the history of your home.

The team prides itself on the service's fast turnaround times and applications are registered within three days once the fee is paid. And if a resident gets in touch before 3pm, Monday to Friday, then a site inspection is carried out the next working day and in exceptional circumstances the same day.

Why you should choose Hillingdon for your project

As a not-for-profit council service, our team is here to give you impartial advice and look after your interests.

Once instructed, a surveyor will make regular site visits to help you and your builder with any technical queries which might arise during construction.

They will check the main aspects of your build programme such as the foundations, structural integrity, damp-proofing, insulation, heating, ventilation and drainage to ensure they meet the regulations.

In addition, they will also ensure that the materials being used are high-quality and that your home is energy-efficient and meets fire safety standards.



SITE VISIT The council's surveyor Alex Karaiskos with Carl Poulton from Hammers Construction

From January, every time a surveyor makes a site visit you will receive a copy of their findings by email the next working day. This will ensure that you are kept up-to-date with what's happening on the ground.

If anything unexpected arises during the works, the council's team is always on hand to trouble-shoot any issues early – saving you time and money.

Once the works have been successfully completed, your surveyor will issue a Completion Certificate, which you are likely to need when you come to sell your home.

Trusted and recommended by businesses and residents

The council's building control team has developed strong links with local builders and architectural practices who choose to work with them time and time again.

Gary Pottle, (pictured left) is the owner of Pottle & Co, a planning and building consultancy which has been based in Ruislip for the past 40 years. Gary runs the business alongside his wife Jane and they have been in partnership with the council for more than 10 years.

He said: "The council's team has a vast amount of building control regulations knowledge, their service is seamless and they know our business inside out."

"At any one time we could have 80 to 90 planning applications on our books and the partnership with the council is an integral part of our business."

"We've worked with other local authority building control teams but the service we receive at Hillingdon is second to none and I have no hesitation in recommending them to residents."

The team also has excellent working relationships with builders across the borough.

Peter Kearns (pictured right) is a property developer based in Hillingdon and builds in the region of 60 to 100 homes each year. He said: "Due to the value of the stock we build, it's our priority to get the construction right and ensure that our clients have the right paperwork in place."

"The team at Hillingdon are renowned for their excellent advice and are great at turning up to inspections on time. They also give constructive feedback on projects which really benefits my business."

"In the past, I have been approached by private building control firms but because of the relationship I have with the council's team I wouldn't go elsewhere."

Putting residents' interests first

The majority of building control applications which the team oversee are residential developments. In November, *Hillingdon People* visited St George's Drive in Ickenham where a property was undergoing a single-storey rear extension and loft conversion.

Paul Hancock (pictured below left) was one of the contractors working on the site. He said: "I've worked in the building industry for 27 years and I've come across many different companies."

"What I've found is that I receive great communication from Hillingdon. They'll give us either an am or pm slot for a site visit which

helps us to plan our day if we need to pop out for supplies.

"After each visit, it's reassuring to know that we've got it right and can move on to the next phase of construction."

Daniel Madadi, (pictured below right) the owner of the property on St George's Drive, said: "When we got quotes for the works to our home, we were clear that we wouldn't go with any builders who weren't happy to use the council's building control service."

"I'm not an expert and I trust the council's team completely. I know they will follow the guidelines and as a homeowner they give me the reassurances that I need."



Cllr Eddie Lavery, Cabinet Member for Environment, Housing and Regeneration, said:

"Our team is here to put residents' interests first and ensure that your new home is safe, well-built and cost effective to run."

"They will work closely with your contractors to save you time and money and our new reporting system will give you real-time updates so you will know exactly what's happening on the ground."

For more information and to find out why your home is in safe hands with Hillingdon's building control, visit www.hillingdon.gov.uk/buildingcontrol



REVIEWING PLANS Gary Pottle and the council's Building Control Manager, Antony Oloyede

Tashan Daniel bursary continues to support young residents

Hillingdon People meets some of the 2021 funding recipients who will use it to realise their ambitions in sport and culture.

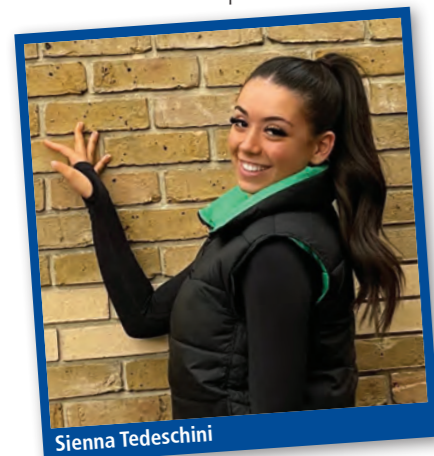
Tashan Daniel, a keen photographer, footballer and athlete had ambitions of competing in the Olympic Games as a world-class sprinter, however he was tragically killed in an unprovoked attack in 2019 at Hillingdon Underground station. Later that year the council launched the Tashan Daniel Award in memory of Tashan and to support young people across the borough.

In its first year (2020), the council gave bursary funding to six young Hillingdon residents to support their aspirations.

For its second year, 53 applicants were considered, with 10 young people successful in receiving financial support to pursue their dreams in sport, culture and education. Here are some of their stories:

The art of performance

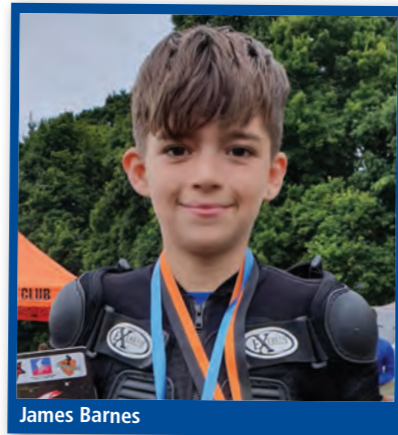
Sienna Tedeschini, aged 19 from Ruislip, has been training in the arts since the age of three. She has always wanted to attend a performing arts school but the fees prevented her from doing so. Sienna has now been accepted at a full-time



Sienna Tedeschini

independent musical theatre college to fulfil her dreams and applied for funding to pay for her tuition fees and accommodation.

Sienna said: "I feel privileged to be given this opportunity and everyone has put their trust in me to do what I love. I didn't think I would get it because performing arts is always looked down on. This has helped me and my parents. I am very grateful."



James Barnes

Racing to success

James Barnes, aged 14 from West Drayton, is a keen BMX racer and competes as a novice in the southeast England regional series. He will also represent Hillingdon in July this year in the London Youth Games for BMX. He hopes to compete at national level and make it into the GB Olympics team. Daniel applied for funding for training, travel costs for competitions held across the country, and spare parts for his bike.

James said: "When I found out I won the award I was really surprised. I knew a lot of people who practise football were applying for it and



thought they were going to get it. BMX is an unknown sport, so it's great to get the award."

Limbering up for learning

Elizabeth Moran, aged 16 from West Drayton, volunteers at gymnastics classes in Botwell Green Leisure Centre and helps to support the work of the coaches there. She would like to train as a coach to be able to teach her own group and be more involved in helping kids have a chance to experience gymnastics. She wants to further her own education with a formal, practical training and mentorship experience and gain an award from the sport's governing body. Elizabeth applied for funds to pay for her level one British Gymnastics General Coaching training and assessment.

Elizabeth said: "I don't come from a wealthy background, so it was a relief to get the funding because I didn't have to find other ways to fund my course. I'm very happy."



Elizabeth Moran

Chasing the Olympic dream

Nicole McGovern, aged 16 from Ruislip, loves a range of sports, but her passion lies in athletics. She specialises in the 800 and 1,500 metre events as well as cross country. Nicole has won numerous awards including a gold and two silver medals competing for Hillingdon in athletics at the London Youth Games. She also represents Hillingdon in the Mini Marathon each year and is ranked eighth in her age group (U17) nationally. Nicole's dream, like Tashan's, is to run in the Olympics.

Nicole applied for funds to pay for training and gym equipment, which will allow her to further her training, improve performance and prevent injury to herself. The funding will also help to pay for travel and entry fees to important competitions such as the National Championships.



Nicole McGovern

Nicole said: "I feel honoured to be selected. It feels nice to have my achievements recognised. The funding will take away the financial burden of competing and now I can fully focus on training and winning."

Tuned for ambition

Gulnihal Kucukibrahimoglu, aged eight from Ickenham is a hardworking pupil who excels in all her studies, including reading, maths and art. Gulnihal now wants to add piano playing to her long list of skills. She is currently taking piano lessons, which she believes will improve her focus and attention. Gulnihal applied for funds to purchase a digital piano to assist her piano practise at home.

Gulnihal said: "I felt shocked and amazed when my dad told me I was chosen for the award. Thank you! I really want to be a teacher because they get to help when children are stuck and it's so nice to see them learning."



Lucy Wilcock

Going for gold

Lucy Wilcock, aged 17 from Ickenham, has been competing for Hillingdon Athletics Club since she was eight years old. She competes in discus and shotput, but recently specialised in javelin. She also has been selected to compete for Middlesex in the English Schools Track and Field Championships in Manchester later this year.

Lucy needs a new 600g javelin to train and compete with next season. Lucy applied for funding to purchase a new javelin and specialist shoes.

Lucy said: "I was really happy to find out that I had been awarded some money from the Tashan Daniel Award. I have been a competing athlete for the past eight years and last season I managed to compete for Middlesex at the English Schools Athletics competition in Manchester! Last season, I threw a 500g javelin but I have now gone up a stage to 600g and javelins and javelin boots are expensive and the money will help very much in helping me achieve better results next season! Thank you!"



Gulnihal Kucukibrahimoglu

Cllr Susan O'Brien, Cabinet Member for Families, Education and Wellbeing, said: "Congratulations to the latest recipients of the Tashan Daniel Award.

"It is a pleasure to offer the award for a second year, Hillingdon has a great deal of young talent and we are delighted to support more young people in fulfilling their goals and aspirations.

"This award is an important part of Tashan's legacy and we hope he continues to inspire and motivate generations to come."

Chandy Daniel, Tashan's father, said: "We would like to thank everyone who took time to apply for the Tashan Daniel bursary. It has been a great response and congratulations to those who have been successful!

"We hope that all the successful candidates go on and achieve their goals and aspirations, whilst showing kindness, gratitude and support to others in helping them to aspire to reaching their goals and dreams."

Apply for funding

Young people in Hillingdon (up to the age of 21) will be able to apply for the next round of the Tashan Daniel bursary from Monday 27 June until Monday 11 July.

Council funding (up to a maximum of £2,000 per person) will be allocated to successful applicants for requests, including sports equipment, sports training and competing opportunities (in the UK), qualifications in art and culture, and vocational courses in further education.

Applications are assessed by a panel, which includes a member of the Daniel family.

For more information, visit www.hillingdon.gov.uk/tashan-daniel-award

Supporting residents' health and wellbeing

H4All is an organisation made up of five of the borough's leading charities. Together they co-ordinate programmes to help improve the health and wellbeing of Hillingdon's residents. Find out about their valuable work and how you can get involved through their range of volunteering opportunities.

The partnership – which is made up of Carers Trust Hillingdon, Age UK, Harlington Hospice, Hillingdon MIND and the DASH charity – formed in 2015 and has since helped many residents who have accessed their wellbeing and support services. Collectively, these groups receive more than £1 million in council grant funding and also signpost local people to support they can access via other voluntary groups and charities.

Since the start of the COVID-19 pandemic, H4All has worked closely with the council to support members of our community. In March 2020, they assisted the council in setting up a service for residents who were unable to leave the house while ill, caring for others, or self-isolating and without friends or family members available to help them.

To support the running of the service, the charity recruited and trained 354 volunteers in a variety of roles to ensure eligible people could access emergency food parcels, food shop deliveries and prescription medication. Weekly telephone calls were also made to those feeling lonely and isolated or struggling to cope with their emotions during that time. Additionally, a telephone service gave advice and information on the benefits and income support available.

Additionally, GP practices were supported by H4All to offer a range of transport options to ensure patients could safely attend their vaccinations.

This year, H4All is launching two new programmes, one to encourage smokers and ex-smokers aged between 55 and 75 to take part in the national screening programme at venues across the borough. For more information and to get involved as a participant or volunteer, contact Gill Marsh, Lung Health Engagement Worker, at gmarsh@h4all.org.uk or 07510 382 922.

The other will support people with chronic, long-term or life-limiting illness, and older residents experiencing loneliness or social isolation. Residents will be linked with volunteer befrienders matched on common interests and experiences. If you're interested in receiving support or becoming a befriender, contact Donna Heffernon, Deputy Community Development Manager, at dheffernon@h4all.org.uk or 07395 282 825.

Become a H4All volunteer

Make a real difference to your community by volunteering for H4All. There are variety of positions available, including customer service, administration, befriending, charity shop assistance, vaccine marshalling and home visiting roles.

Peter from Uxbridge said: "Sometimes it has been quite a challenge, but during the past year, I have been in contact with some lovely people, shared lots of experiences and hopefully have been of some assistance. I believe the most important aspect is for people to know there is support available."



Find out about the latest volunteer vacancies at www.h4all.org.uk/volunteer-hub



Cllr Douglas Mills, Cabinet Member for Corporate Services and Transformation,

said: "During these challenging times, volunteers continue to make a positive contribution to life in Hillingdon by supporting our communities.

"There are a diverse range of volunteering opportunities available at H4All so if you'd like to learn new skills and support your community, please do get in touch with them."

Become a Community Champion

In 2021, the borough received government funding to support those most at risk from COVID-19 and boost vaccine take-up by providing advice, as well as tackling misinformation.

Since January last year, the council's Community Champions scheme has been working with H4All to deliver a wide range of measures to help keep Hillingdon safe.

There are currently 31 champions who tap into their local networks to provide accurate health information about COVID-19 to their community.

If you are interested in becoming a Community Champion, contact Naomi Lloyd-Barling, Community Development Officer at nlloyd-barling@h4all.org.uk



JETS

JOB ENTRY: TARGETED SUPPORT **BACK INTO WORK**

Has COVID-19 left you struggling to find work?

Are you sending applications and not hearing back?

Are you selling yourself short in job interviews?



We want to support you during these hard times and you may be able to receive free specialised support from Shaw Trust.



Features and benefits of the JETS Programme

- ✓ Personal advisor
- ✓ Direct access to live vacancies
- ✓ CV building and Interview skill building
- ✓ Learn new skills and change sector
- ✓ Confidence building and job search guidance

Find out how we can help you by scanning the QR link above or going to: <https://tinyurl.com/HillingdonSupport>

Alternatively, to speak to your local Hillingdon representative you can contact Freya

Freya.Valentine@Shaw-Trust.org.uk
07563 025 502



Learn something new this year

Full-time and part-time adult learning courses available

Brochure out now



A full list of courses can be found at www.hillingdon.gov.uk/adultlearning



www.hillingdon.gov.uk

Update from the West Area Chief Inspector

It feels like only yesterday that I wrote the last article after the court found a police officer guilty of the tragic murder of Sarah Everard.

Since then, everyone within the Metropolitan Police Service (MPS) has been working tirelessly to effect change. The changes start within the organisation with a strong drive around professional standards and the internal review of MPS culture currently being undertaken by Baroness Casey. The independent review will publish its findings and the MPS will be given the opportunity to respond/act on these.

Externally, Violence Against Women and Girls (VAWG) remains a priority for the Mayor and the MPS, with the current strategic plan being sent out for consultation with external partners for feedback and support.

As part of the ongoing work to support change for women and young girls in open spaces (parks, town centres, transport hubs and streets), I want you all to be aware

of the StreetSafe app. StreetSafe is a new service to anonymously report public places where you have felt or feel unsafe, because of environmental issues, such as street lighting, abandoned buildings or vandalism and/or because of some behaviours, such as being followed or verbally abused.

Please note the app is not for reporting crime or incidents (this should be done through your normal channels – 999, 101, police stations or online). Find out more and log a report at www.police.uk/streetsafe.

I want to end with a bit of positive messaging around neighbourhoods. I would like to welcome Superintendent Anthony Bennett who joined us at the end of November taking over from Jill Horsfall. Anthony already works on the BCU so already understands the west London community. We will also see an additional Chief Inspector for neighbourhoods join us at the end of January.

On Thursday 6 December, we launched our new town centre team based in Uxbridge. The team consists of one inspector, three sergeants and 21 police constables, which is a part of the MPS' growth programme to put extra officers on the streets.

The team is responsible for policing the town centre footprint to help address VAWG and violence more generally; supporting a safer night-time economy by tackling anti-social behaviour and working with business owners and other stakeholders to solve other long-term problems.

On behalf of myself and my team, I would like to wish you all a very happy and prosperous 2022.

Shaz Shah
Acting Chief Inspector for Neighbourhoods

Supporting unaccompanied asylum-seeking children

As part of its Shared Lives scheme, the council is looking for residents to look after children aged 16 and over who have been separated from their family. Find out how you can support a vulnerable child to adjust to a new life in Hillingdon and help them thrive in their local community.

The council is appealing to Hillingdon residents who can care for children over the age of 16 who have come to the UK from other countries and do not have any family to support them into education or work. Shared Lives carers will need some experience of looking after another person, whether personally or professionally, and have a spare room in their family home. Caring duties may include helping with life skills such as cooking and washing, as well as supporting with access to education and medical appointments.

It can be a daunting experience for unaccompanied asylum-seeking children arriving in a different country, but the council provides a range of support, including language interpreters, access to legal advice, a dedicated children's social worker, and support with their mental health and wellbeing.

Hussein*, aged 18 from Iran, said: "I arrived in the UK alone from Iran on Christmas Day at the age 15, and I couldn't get in contact on the phone with my mum or brother which was horrible. I was young and not ready to live on my own, so the first few days were difficult. The council provided me with a place to live at the supported housing unit in Hayes when I arrived, but I felt really unsettled to leave my culture, family and country."

Through the Shared Lives scheme, the council was able to find a suitable place for Hussein to stay. He has now been living in Hayes with his carer, Nikki, for more than two years.

He said: "I feel so lucky to be in a family home and it's brilliant having a comfortable way of living whilst I study. I'm currently studying at a school in the borough and am predicted straight As in Maths, Economics and Chemistry at

A-Level. I'm hoping to go to university to study Accountancy."

Many children arrive alone in the UK each year after being separated from their parents or carers in search of safety and protection from hostile environments. In most cases, their parents have been killed, they are not safe in their home country, or they are at risk of or have experienced modern day slavery.

Nikki, aged 63 from Hayes, has been working with vulnerable children and adults for 22 years and is now a Shared Lives Carer. Her role has been to support Hussein with anything he needs to settle into the community and prepare him to live independently in the future.



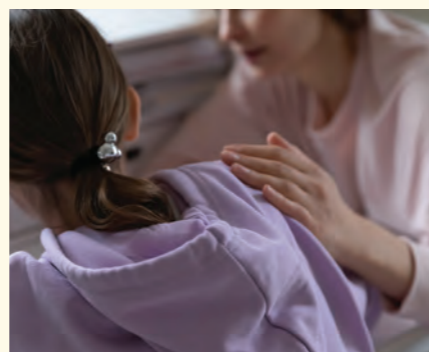
She said: "I ensure that Hussein has everything he needs to thrive. He's a real bookworm and incredibly

bright, so I make sure he has quiet time to study, and I was there to help him navigate our complex education system and support him with any medical appointments."

Nikki originally started off as a childminder but wanted to do more to support young people and adults in the local community.

She added "As a Shared Lives carer, you need to be prepared to teach young people whatever you would teach your own child, whether that's washing, cooking, or getting up for school on time. These life skills instil confidence and will help them grow independently before they leave to live on their own.

"You also need to be patient, fair, understanding, and tolerant, and allow the relationship to build naturally. I've



always treated Hussein as a member of the family and he's like a son to me now."

Hussein added: "Living with Nikki has made my life so much easier. I like to knuckle down and get on with my studies, and when I was busy studying for exams, Nikki would help me with my washing so I could stay focused. I have my own independence and can come and go as I please – as long as I'm home at a reasonable hour on school nights!"

Cllr Jane Palmer, Cabinet Member for Health and Social Care, said: "We would like to appeal to residents who have some experience of caring for another person, whether personally or professionally, and are willing to share their home with a vulnerable child like Hussein. You will need to have an interest in helping a child to settle into life in the UK and a willingness to support them to access education, training and medical advice in the community."

Could you support a young person?

Self-employed carers on the Shared Lives Scheme will receive a fee of £375 each week plus regular training, support and advice. Carers will also be allocated a dedicated Shared Lives worker and will receive 42 nights respite a year for long-term placements.

For more information or to apply to be a Shared Lives Carer, visit www.hillingdon.gov.uk/hsls



Hillingdon has a range of free (unless specified) in-person (COVID-19 dependent) and online activities to keep you entertained throughout January and February.

LIBRARIES

Fighting back: Holocaust Memorial Day talk
Thursday 27 January, 2pm to 3pm on Facebook Live
Martin Sugarman is the author of *Fighting Back* which talks about the British Jewry's military contribution during the Second World War. He is also the Archivist for the Association for Jewish Ex-Servicemen and Women. During this Facebook Live session Martin will chat about the part Holocaust survivors have played in the military.

Find out more at discover.hillingdon.gov.uk/library-events.

Deep are the Roots by Stephen Bourne

Tuesday 1 February, 6.30pm to 7.30pm on Facebook Live
Stephen Bourne celebrates the pioneers of black British theatre, beginning in 1825, when Ira Aldridge made history as the first black actor to play Shakespeare's *Othello* in the United Kingdom, and ending in 1975 with the success of Britain's first black-led theatre company. Drawing on original research and interviews with leading lights, *Deep Are the Roots* is a powerful study of theatre's black trailblazers and their profound influence on British culture today. Find out more at discover.hillingdon.gov.uk/library-events.

EXERCISE

Little Kickers beginners football classes

Saturdays and Sundays, 9am to 12.45pm
Little Kickers offer an introductory class for children aged between 18 months and seven years old. The weekend sessions take place in indoor and outdoor locations across the borough including Uxbridge Community Centre, Hermitage Primary School, Oakwood School and Botwell House Primary School. A free trial session is available on request. Cost: £10 per class
For more information and to book, visit www.littlekickers.co.uk or call 07944 412836.

Yoga with Dinta

Saturdays, 10.50am to midday
Dinta is fully qualified in Dru Yoga, which combines yoga postures with breath awareness to increase our sense of physical health, emotional wellbeing, mental clarity, and spiritual connection. This form of yoga can help with a variety of fitness goals including core strengthening, weight loss, boosting immunity, improving posture, building strength, flexibility, suppleness, stamina, stress release, fighting depression and deep relaxation.

Cost: £10 per class
For more information, email yogawithdinta@aol.co.uk or call 07870 981885.
St Lawrence Church, Eastcote

THEATRE

80s Mania

Friday 14 January, 7.30pm
Hear the hits of Kim Wilde, Duran Duran, Adam Ant, Boy George, Wham!, Erasure, Soft Cell, The Human League, Dead or Alive and more at this high energy, fast-paced, party style show which has been described as "Top of the Pops meets Live Aid" by Radio 1's Mike Read. Cost: £28.50
Find out more and book at www.becktheatre.org.uk or call the box office on 020 8561 8371.
Beck Theatre



80s Mania's Madonna

HILLINGDON WHAT'S ON?



The Memory of Water by Shelagh Stephenson
Wednesday 26 to Saturday 29 January, 7.45pm

Proscenium presents a poignant, often hilarious but strangely unnerving play. Three sisters return to the family home for their mother's funeral. Revisiting their past, it becomes obvious that their memories are subjective and unreliable, exposing hidden lies and self-betrays.

Cost: £14 / Groups of 10+ £10
Find out more and book at www.hillingdontheatres.uk or call the box office on 01895 250615.

Compass Theatre

LEISURE

Harrow Marquetry Group
Fridays, 7.30pm to 10pm

Marquetry is the craft of creating pictures and decorative designs by using the grain and figuring of both natural and coloured wood veneers. The separate parts of the picture or design are cut to shape, assembled and glued to a prepared base. Join the weekly group for free tuition and complimentary start park. All ages are welcome.

Find out more at www.harrowmarquetrygroup.co.uk or email harrowmarquetrygroup@gmail.com
Hatch End Free Church Hall

VENUES

Botwell House Primary School, Botwell Lane, Hayes, UB3 2AB

Beck Theatre, Grange Road, Hayes, UB3 2UE

Compass Theatre, Glebe Avenue, Ickenham, UB10 8PD

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

Hermitage Primary School, Belmont Road, Uxbridge, UB8 1RB

Oakwood School, Sutton Court Road, Hillingdon UB10 9HT

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

Uxbridge Community Centre, The Greenway, Uxbridge, UB8 2PJ

Residents without internet access can visit their nearest library to access online listings.



Bring it on
Tuesday 22 to Thursday 24 February, 7.30pm

Sprinkled with sass and inspired by the hit film, Starlight Youth Theatre brings a show filled with the complexities of friendship, jealousy, betrayal, and forgiveness from some of the freshest and funniest creatives on Broadway. Music and lyrics by Tony Award-winning composer, Lin-Manuel Miranda (*In the Heights*, *Hamilton*), and an original story by Tony Award winner Jeff Whitty (*Avenue Q*).

Cost: £13 / Groups of 10+ £10
Find out more and book at www.hillingdontheatres.uk or call the box office on 01895 250615.
Compass Theatre

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Hayes: 020 8797 9505
www.wearetrinity.org.uk
[facebook.com/trinityfurniturestore](https://www.facebook.com/trinityfurniturestore)

Recycle your food waste

Sign up now for our free, easy-to-use food waste recycling service

Find out more at www.hillingdon.gov.uk/food-waste

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www.hillingdon.gov.uk

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View and check the status of your reports and requests in one place, 24 hours a day, 7 days a week.

Registration is quick and easy. Just visit www.hillingdon.gov.uk/myaccount

HILLINGDON LONDON
www.hillingdon.gov.uk

Helping tenants to become homeowners

Hillingdon's Cash Incentive Scheme is an opportunity for council tenants to get on the property ladder.

Grants of up to £35,000 are available to help residents purchase a property on the open market.

For more information and eligibility:
[@lchoteam@hillington.gov.uk](mailto:lchoteam@hillington.gov.uk)
01895 250 512
www.hillingdon.gov.uk/cash-incentive-scheme

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www.hillingdon.gov.uk

Apply ▶ Book ▶ Pay ▶ Request ▶ Report
Do it online 24/7 at www.hillingdon.gov.uk

Environment and roads

Abandoned Vehicles ▶
Environment and Anti-Social Behaviour ▶
Flytipping ▶ Graffiti ▶
Parks and Green Spaces ▶
Pest Control ▶ Roads and Pavements ▶
Special Collections ▶ Street Lighting and Cleansing ▶
Waste and Recycling 01895 556000
Licensing ▶ Animal Welfare 01895 277433
Food Health and Safety 01895 250190

Learning

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

Leisure

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

Local democracy

Council Meeting Dates and Agendas 01895 250636

USEFUL SERVICES AND AGENCIES

Addiction, Recovery, Community, Hillingdon (ARCH) 01895 207777
Affinity Water 0345 357 2407
Age UK Hillingdon 020 8756 3040
Alzheimer's Society Hillingdon 01923 823999
Asphaleia Action 01895 272478
Carers Trust Hillingdon 01895 811206
Centre for ADHD and Autism Support 020 8429 1552
Citizens Advice Consumer Helpline 03454 04 05 06
Citizens Advice Hillingdon 0344 848 7903
Communicare Counselling Service 01895 256056
Disablement Association Hillingdon (DASH) 020 8848 8319
HD Carers Support Group 07752 169849
Healthwatch Hillingdon 01895 272997
Hillingdon Autistic Care and Support (HACS) 020 8606 6780
Hillingdon Brain Tumour and Injury Group 01895 713205

HILLINGDON CONTACTS



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

Planning

www.hillingdon.gov.uk/planning 01895 250230
Building Control, Inspections and Dangerous Structures 01895 558170
Dangerous Structures (out of hours) 01895 250111
Local Land Charges 01895 556115

General

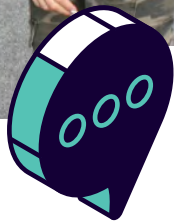
Adoption and Fostering 0800 783 1298
Brown Badges 01895 277277
Council Tax and Benefits www.hillingdon.gov.uk/counciltax 0300 123 1384
Families' Information Service 01895 556489

Fraud Hotline www.hillingdon.gov.uk/reportfraud 0800 389 8313
Hillingdon First Card www.hillingdon.gov.uk/hillingdonfirst 01895 556677
Hillingdon Social Care Direct (adults) ▶ Blue Badges ▶ Meals Service ▶ TeleCareLine 01895 556633
Housing Services www.hillingdon.gov.uk/housing 01895 556666
Social Care – children (Stronger Families Hub) 01895 556006
Substance Use and Misuse or Sexual Health 01895 250721
Trading Standards www.hillingdon.gov.uk/tradingstandards 01895 250164

All other council enquiries (not listed above)
01895 250111

Hospitals

Harefield Hospital 01895 823737
Hillingdon Hospital 01895 238282
Mount Vernon Hospital 01923 826111
Northwick Park Hospital 020 8864 3232
Watford General Hospital 01923 244366
NHS 111
Police and Fire
Metropolitan Police Non-emergency 101
Textphone 18001 101
Hillingdon Neighbourhood Watch all@hillingtonnhw.co.uk
Hillingdon Fire Station 020 8555 1200



SCHOOL LEAVERS

Make the most of your options after year 11 and find out about the choices available to you at Uxbridge College. Discover our range of academic and vocational courses for school leavers to help you prepare for your future career.

Come along to an open day to meet the team, see the fantastic facilities including our in-house restaurant, salons, motor vehicle garages, mock aircraft cabin, engineering workshops, art studios, labs & computer suites to name a few. Plus, find out why we are the number 1 college* in London for 16-18 year old achievement!

Register for our next open day at:
uxbridgecollege.ac.uk/opendays

APPLY NOW



COURSES FOR ADULTS

Seeking a career change, want to upskill for a promotion or looking to get back into work after some time out? We have a range of campus-based and online part-time courses starting in January and some have flexible start dates so you can join at a time that suits you.

To find out more visit:
uxbridgecollege.ac.uk/part-time



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