

# The Hills Echo

AUTUMN / WINTER 2022

How does our  
Food Bank work?

Film quiz

More Trees  
for our Streets

What's happened in  
our Local Schools?

A New Library

Microplastics  
in our blood

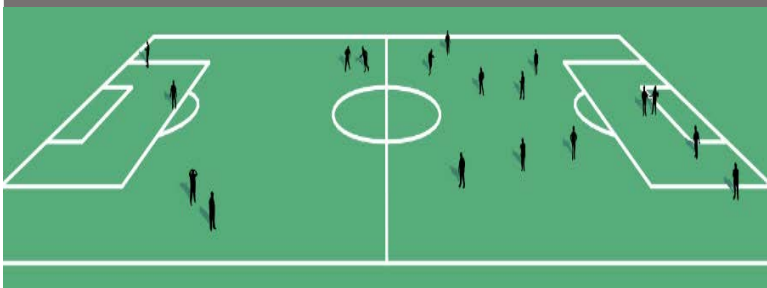
A new walk on the wild side



In memory of Our Queen, Elizabeth II



What has football got to do with the Census?



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**NORTHWOOD HILLS**  
RESIDENTS' ASSOCIATION



**The Queen's Award**  
for Voluntary Service  
The MBE for volunteer groups

This association is non-political and non-sectarian.  
The views expressed in this newsletter are those of  
the individual contributors and not of the committee.

## Working to protect and improve the amenities and environment of Northwood Hills.

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**Are you a member of Northwood Hills Residents' Association?**

**If not, see page 7 for how to join.**

Facebook: Northwood Hills Residents' Association

[www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)

# **It was with great sadness that we heard that The Queen had passed away at Balmoral Castle, on the 8<sup>th</sup> September**

In 1952 the, then, Princess Elizabeth was in Kenya when she became Queen upon the death of her father King George VI.

Flying immediately back to London, her first step as Queen was at Heathrow Airport. To mark this, an official photograph of the Queen's arrival, with her signature below, hangs on the wall in The Mayor's Office at the Civic Centre.



## **The Queen visited Hillingdon numerous times.**

The earliest occasion may have been in 1941 as Princess Elizabeth, visiting the Battle of Britain Bunker with her father and her sister Princess Margaret. They sat in the royal box and as it was a private viewing so unfortunately there are no photographs that we know of.

In 1994 Her Majesty opened the Princess Christian Unit at Mount Vernon Hospital.

In 2002 as part of her Golden Jubilee tour of Britain, she visited Uxbridge to unveil a statue and watch performances by local youth arts groups before walking along the High Street, meeting the public.



In 2006 the monarch paid a long visit to Hillingdon. She opened Hillingdon House Farm athletics complex; presented medals to young athletes; had lunch at Brunel University; opened a new health centre; visited the One Stop Shop in Hayes; watched performances by a choir and theatre group; finally walking along Station Road to meet the public.

2010 saw her visit the newly redeveloped NATO Northwood Headquarters.

### *The Queen visiting Uxbridge in 2002*

In 2019 The Queen honoured our Residents' Association with The Queen's Award for Voluntary Service (an equivalent of an MBE). At the presentation we were informed that we may be the only Residents' Association in the United Kingdom to have received such award. The certificate and the crystal award are on permanent display at Fairfield Church.

In June of this year, many of you will have attended the '**Picnic in the Park**' marking the Queen's Platinum Jubilee. This was jointly organised by Northwood Hills and Northwood Residents' Associations. We know the Queen was very pleased to be made aware of the success of the event and the support given by residents from across the borough and further afield.

## **Our Queen served us all for 70 years, for many of us that's our whole life-time.**

In closing, I am pleased to advise that later this year the two Residents' Associations will join together to plant a tree in the memory of The Queen on Northwood Recreation Ground. Rest In Peace.

*Andrew Riley*

# Welcome to the Autumn/winter edition of the Hills Echo



## The New “State of the Art” Health Centre

**Work has commenced** to refurbish the derelict Northwood & Pinner Cottage hospital site. There is a lot to do and currently it is not expected that the building will be ready for occupancy until 2024.

At that time, the Doctor’s Practices will decamp from the existing Health Centre site into the refurbished building.

After that, the existing Health Centre site will be sold, the building demolished and two blocks of flats will be built. Plans for the flats have been approved, but as the Health Centre site is to be sold to a commercial developer, we may see a different set of plans submitted to Hillingdon Council at a future date.



## A New Library for Northwood Hills

Many of you will recall that this hugely popular library was refurbished some 10 years ago, along with many other Hillingdon Libraries.



We have been advised that a structural issue has recently been discovered which regrettably means the library will have to come down. But the good news is that it will be rebuilt!

We don’t yet know any temporary proposals for users of the library. Nor have we seen any plans for the new building. So, this may not happen for a few months yet. We are monitoring the situation, but until the proposals are published are not able to comment further. We will keep you updated.

*Andrew Riley*

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# Are you a member of the NHRA?

All residents of Northwood Hills are welcome to join the Residents Association. Your subscriptions enable us to work on your behalf, to organise events, preserve the environment and liaise with other organisations (police, council, community groups) to make our community as safe, supportive and friendly as possible.

*\* Subscription is just £3.00 per household. If you'd like to donate more, be assured your additional donations will be put to good use for our community.*

## You can pay your subscription in several ways:

- 1. On-line** by direct debit as a single payment or standing order at HSBC Bank Sort code 40-36-21, A/c no. 71531417 and please reference your name, road and house number.
- 2. Via our website** at [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk) click "Join" link on the home page and fill in your details.
- 3. To your Road Steward.** Simply complete this form and pass to your Road Steward together with your payment in an envelope.
- 4. Drop-off locally.** Complete this form and enclose in an envelope with your donation. Write "**NHRA**" on the front and deliver to one of the following places:

**Ross Pharmacy**, 28 Joel Street, Northwood Hills  
**Sharmans Pharmacy**, Maxwell Road, Northwood  
**Carter Chemist**, 114 High Street, Old Northwood  
**Carters Pharmacy**, 41 Salisbury Road, Eastcote

Name: .....

Address: .....

.....Postcode.....

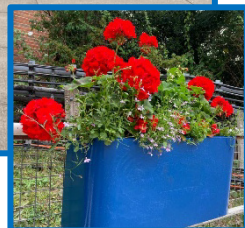
Email (optional): .....

*Please note your information will be used only regarding this membership.*



# Out of the wilderness and into: **STATIONS IN BLOOM!**

*It's taken nearly three years to get our station into a haven of peace and beauty*



Our band of cheerful volunteers started in 2019 clearing the big planters on either side of the platform. They hadn't been touched since the station masters Mr and Mrs Wilson retired in 2005.

Maybe you've never noticed but the Wilsons and Brian Kennedy (who is still helping us today) won the "Stations in Bloom" competition four years running from 2002 – 2006. Take a look at the notice board at the top of the stairs to see their awards. Well, the Residents' Association has taken the bull by the horns and gone for it big time.

With Covid taking over, there was no competition at all for the past two years. But this year we have finally been able to enter the competition and hopefully have a very good chance of winning! The judges came and inspected our efforts earlier in August and they were very impressed.



The main plan for our planting was a Jubilee theme ie Red, White and Blue which all went swimmingly till I bought two beautiful Rudbeckias (sorry team, I couldn't resist them) which are of course bright yellow! They are smack bang in the middle of the south bound side planter. Oops!!

Our team consists of nine green fingered volunteer gardeners who just love getting their hands dirty. Derek has put up the trellises, Keith has refurbished all the blue ex-bins, Jane is kind of in charge of tubs –

Mrs Tubs she's called - and the rest of us all muck in together and water like crazy. Brian (our part time station master) and the lovely Anthony (station cleaner) who waters every evening, have done a great job too. If any of you would like to join us, then please do get in touch – it's been a hard task this summer keeping everything watered but it was worth it. Contact details below.

The award ceremony is on September 22<sup>nd</sup> and are keeping all our fingers and toes crossed for that. But, of course, the real winners are the commuters and people who use the station day in and day out. We've done it for them!

Lynne Halse [halselynne@hotmail.com](mailto:halselynne@hotmail.com) [Tel:07979 545713](tel:07979545713)



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## Has your High Street bank closed? Did you know that the Post Offices are now acting as banks?

**More than 1,000 bank branches have closed in just two years. Many of them our last banks locally.**

Royal Bank of Scotland cut 191 branches (10%); Lloyds have shut 180 (15%); Barclays closed 132 (8%). The Co-operative Bank has shut more than half of its branches in two years – 117 (53%). Government-backed NatWest are closing 56 in 2022 alone.

HSBC – which bills itself as the world's local bank – has axed 321 branches since the start of last year, more than a quarter of its network saying, **“Overall footfall in our branches has fallen by over 40%, with 93% of transactions now completed by telephone, internet or smartphone, plus 97 per cent of cash withdrawals are made via ATMs.”**

### Enjoy in-person counter service again...

Which? magazine said that while 72% of the people it asked rated their general experience of the Post Office as good or excellent, **41% said they did not realise that it offered banking services.**

The Post Office has secured a 3-year agreement with 30 banks and building societies, for customers to access personal banking services at 11,500 Post Offices across Britain

Pay in cheques and cash – Withdraw money – check your bank balance



## Have a break and sing, chat, laugh...

Every Monday at Fairfield Church, Roxana Peters and Mo Crimmins host a **Singing Group for people living with Dementia and their Carers.**

There is no charge or booking

No obligation to come every week

There is no pressure at all to participate

Whatever suits you

Just come along when you wish...

Tea, coffee and biscuits are supplied. And anyone is welcome to join in.

**When and where:** Mondays from 2-4 pm, Fairfield Church, Room 3.

**Contact:** If you have any queries  
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*The group after singing Sweet Caroline when the women's Lionesses Team won the Football!*





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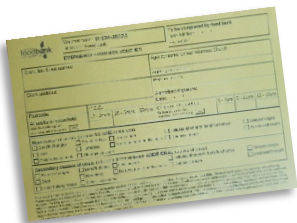


# In these difficult times, our local foodbanks are open to all in need. Here's how it works...



This invaluable service was started by Nigel Newlyn at the United Reformed Church in Joel Street in March 2015. It is open every Tuesday morning from 10am - 12 noon.

**Volunteers:** There are 7-8 volunteers who work to a flexible rota for their 2 hourly slots, with usually two people per shift. This is one of the less busy facilities, with perhaps 5-6 clients per day. If you would like to help in any way, contact details are on the website [www.urceastcote-nwhills.org.uk](http://www.urceastcote-nwhills.org.uk)



**Obtain vouchers:** Via Citizens' Advice Bureau or call the Hillingdon Community Hub: **0203 949 5786**. The website also details where to obtain them. [www.hillingdon.foodbank.org.uk](http://www.hillingdon.foodbank.org.uk)

Where possible you will also be able to discuss your circumstances to ensure you are getting all the financial support available to you.

Vouchers can then be exchanged at *any* Foodbank to collect your food and other items. Another local foodbank operates from Emmanuel Church in Northwood on Fridays from 11am to 1pm; they also have facilities to offer you hot drinks.

**Food bags:** Clients can select items from those on display. Alternatively, pre-prepared food bags which have been collected from the hub (see Donations) are available for Single persons and Families, comprising approximately three days' worth of meals.





**Not just food:** Of course, it isn't just food items that people need. Also required are toilet rolls, soap, washing powder, sanitary items and toiletries.

**Donations:** Hillingdon's scheme operates from a hub at Oxford Road in Uxbridge. Supermarkets are a major source of supply for the hub, including items left in their collection trolleys. Items are either collected from Uxbridge by the volunteers, or donations can also be given directly to URC on Tuesday mornings. Items must be non-perishable and in date. If occasionally any are received which have short or exceeded sell-by dates, these are separated and clearly specified and can be taken in addition to the food parcels.

**Most valuable food items:** If you'd like to donate, things which whizz off the tables fastest are tinned meat and fish (eg tuna), long-life milk, juice, tea, coffee and sugar. Also, baby formula, toiletries, jams and cereals. Remembering that not everyone has access to cooking facilities, so tins and jars of fruits, vegetables, rice pudding and custards are very welcome.

**Dietary requirements:** Our foodbanks can usually adapt food parcels to meet individual dietary needs, for example, gluten free, halal or vegetarian.

**Our thanks:** We should be thankful that the staff generously give their time, local individuals and some businesses generously donate items, and those in a crisis situation are extremely reliant on the availability of essential items.

**Our support is very much needed and appreciated.**

**A wish-list of items needed is given on both above websites.**



Jan C



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# Dedicated Baby Room

For children aged 3 months to 2 years



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# Microplastics found in human blood

Reported in *The Guardian* in March 2022

Microplastic pollution has been detected in human blood for the first time, with scientists finding the tiny particles in almost 80% of the people tested.

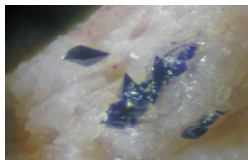
In a small, but significant survey of 22 donors, scientists analysed blood samples from 22 anonymous donors, all healthy adults and found plastic particles in 17.

- Half the samples contained PET plastic, which is commonly used in drinks bottles
- A third contained polystyrene, used for packaging food and other products.
- A quarter contained polyethylene, from which plastic carrier bags are made.

The discovery shows the particles can travel around the body and may lodge in organs. The impact on health is as yet unknown, but researchers are concerned as microplastics do cause damage to human cells in the laboratory. It is already known that air pollution particles enter the body and cause millions of early deaths a year.

These tiny particles have been found in the faeces of babies and adults.

**Microplastics now contaminate the entire planet, from the summit of Mount Everest to the deepest oceans. And it's not just our oceans that are being affected by microplastics – they enter our own food chain via the water and soil we use to grow crops, as well as polluting the air we breathe.**



*Blue man-made fabric fibres have grown into an oyster shell.*

## What are Microfibres?

Microfibres are particles of plastic below 5mm in size. Other examples of microplastics include: bits from larger plastic items like bottles and bags that break down; microbeads in cosmetics; particles which break off scourers and cleaning cloths

## One way to help is to eliminate microplastics from our laundry

**Washing our clothes is responsible for more than a third of the microplastics that end up in the sea, seriously harming marine life. A major source is those made from synthetic materials.**



Experts say that between 700,000 and 12 million microfibres can be shed during one single load of laundry, “turning our oceans into a big plastic soup”

*See next page (20) for details...*



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NORTHWOOD CLUB – 22 CHESTNUT AVENUE – NORTHWOOD – HA6 1HR

**THERE ARE MORE  
MICROPLASTIC FIBRES  
IN THE OCEANS  
THAN THERE ARE  
STARS  
IN THE GALAXY**

**Microfibre filters for washing machines are being developed. In the meantime, here are some simple eco-friendly steps that we can follow from today, to help save our oceans.**

**1. Avoid buying man-made fibre clothes. 100% synthetic fabrics release seven times the amount as a polycotton blend.** Polyester fleece may be one of the biggest emitters of microfibres. Consider buying a woollen clothing instead. So, avoiding these fabrics is one of the easiest switches you can make.

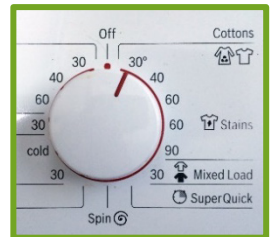
**2. Only wash clothes when they are dirty!** Washing clothes less frequently is perhaps the simplest way to help tackle the microplastics problem. It also reduces CO2 emissions and means our clothes will last longer, too. Don't just put the day's clothes straight into the laundry basket. Look for visible marks or "sniff".

**3. Spot clean small marks and hang things out to air, rather than wash them to freshen. And embrace the pinny!** For messy cooks and jobs, an apron is a great way to keep clothes clean and reduce the amount of washing!

**4. Use liquid detergent and mesh washbags.** Washing powder scrubs and loosens more fibres. Use a micro-filter washing bag for synthetic items to catch the loose fibres which can be picked out and binned. They may not capture 100% of fibres, but are a good start.

**5. Pick cooler, faster cycles.** Washes at 15°C for 30 minutes led to a 30% reduction in microfibres released, versus an 85 minute cycle at 40°C. Researchers say that if every household in Europe did this, it could potentially save more than 3,800 tonnes of microplastics from being released a year.

**6. Fill your washing machine.** A full load is naturally more eco-friendly, it saves both water and energy. Closer packed clothes = less friction between the clothes = less breakage of microparticles.



**7. Avoid the "delicates" cycle.** A 2019 study found the delicate setting, which uses twice as much water as typical cycles, releases average 800,000 more microfibres per wash.

**8. Reduce tumble-drying. When the sun's out, so should the washing be!** Tumble-drying increases fragility of material and microfibre shedding in the next wash. Of course, it saves energy too. Any lint created should be binned, not put down the drain.

**9. Keep clothes for longer and shop second-hand.** Research shows that more microfibres are shed in the first eight washes of new cloth. So, hanging onto garments you already own, and buying second-hand items are positive changes you can make. Avoid "disposable fashion". Support charities!



**10. Avoid microfibre cleaning cloths.** Once hailed as the eco-friendly fix all for cleaning as they reduced the need for harsh cleaning chemicals, but little did we know then that each time we wash our microfibre cloths, teeny tiny bits of plastic are breaking off and ending up in the oceans. Now we do, so it's time to ditch them.

Jan C

## Your advertisement could be here

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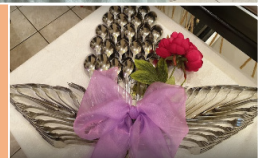
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# 10 Money Saving Tips

**1 Eat your cupboards.** Many of us have cupboards full of half-used items, such as packs of pulses, sauces, spices, flour, dried fruit, frozen goods etc. Sort out and pull to the front (or the worktop) all those items and get inventive with some new recipes to use them up. List a couple of ingredients and search online for recipes. Not only will you save money, but you'll also discover some new ideas and get clearer cupboards to see what you have left to use!

**2 Be aware** of what you (and all family members) are *really* spending. **Consolidate online order baskets *before* ordering and have a weekly review of whether those items are absolutely necessary.** If so, consider whether they are replacing an item which can then be sold.

**3 Sort out and sell your unused items.** If you have never used the likes of eBay to sell items, consider doing so. Vinted specialises in clothing, including babies' clothes. If you don't want to get involved in posting items, go for "buyer collect", or keep it local by advertising items on sites like Nextdoor.in Northwood Hills and adjoining areas.

**4 Have a street sale.** Make more of an event by **joining with neighbours** to hold a front-garden/garage sale. Promote it on local Whatsapp groups.

**5 Review bank accounts.** If you are fortunate enough to have savings, check to ensure they have not lapsed into a minimal interest account. Prioritise clearing credit accounts to avoid paying interest.

**6 Swap shops and brands.** Discount supermarkets have excellent quality items. Try them. And don't forget the charity shops. Don't give them your "rubbish" and they don't sell it either, so are worth a look! Check out school uniform clubs to exchange clothing. Own brands and named are often from the same manufacturers, but with different labelling.

**7 Check out [www.forums.moneysavingexpert.com](http://www.forums.moneysavingexpert.com)** fronted by Martin Lewis These next recommendations came from there...



**8 Monthly Groceries.** "For the first month I took a guess, but I really had no idea how much I was spending. Then, for the first month I **saved all my receipts** (including the ones from the local shop when I ran out of milk)". At the end of the month add them all up see if you were on target with your guess. This gives a chance to really see what things cost and what you might do without.

**9 No Spending Craft Challenge.** If you've built up a stash of craft supplies, be more creative to combine techniques and use up what you already have in stock. "Every month, I want to finish incomplete projects and turn left-over bits into something else." Get the satisfaction of creating something without buying new materials.

**10 Get paid for doing online surveys** to earn money, vouchers, free goods or prize draw entry. Whilst the benefits may build up, this one can be time-consuming.



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# St Edmund the King Parish Church – lots happening...

All our services are open for public worship. Our main service is on Sunday mornings at 10am, to which all are very welcome.

## “Raise the Roof” Phase One Completed!

The first phase of our Raise the Roof project is now complete thanks to everyone’s generosity we were able to raise over £150,000 to undertake the work. We are now raising funds for Phase 2 of the project which will cost over £200,000. Visit our website for more details of the proposed costs and works needed.



## Upcoming Events

**Book Sale and Eco Fair:** Saturday 24<sup>th</sup> September. A great selection of books and stalls from local organisations.

**Harvest Thanksgiving Service:** Sunday 2nd October. Followed by lunch - all are welcome.

**Scout’s Jumble Sale:** Saturday 8th October.

**Remembrance Sunday Service:** 13th November 10am. With prayers for those lost and injured in armed conflicts and two minutes’ silence.

**Memorial Service:** Sunday 13th November 3.30pm. A service to remember loved ones who have died.

**Christmas Bazaar:** Saturday 26th November

**Christmas Tree Festival:** 9th to 18th December.

**Carol Service:** Sunday 18th December 6.30pm.

**Crib Service:** Saturday 24th December. A wonderful way to welcome Christmas for all the family.

**Midnight Mass:** Saturday 24th December 11pm.

**Christmas Day:** Family Service 10am.

**New Year’s Eve:** Devotion 5.30pm. A quiet reflective service to prepare for the New Year celebrations.

## Concerts

**3<sup>rd</sup> December** Harrow Symphony Orchestra. **10<sup>th</sup> December** Eastcote & Ruislip Choral Society. **17<sup>th</sup> December** Harrow Concert Band Christmas Concert

**SUNDAY SCHOOL**  
at St Edmund’s Church



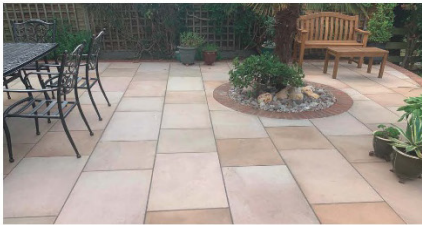
St Edmund’s Sunday School meets during term time and is especially for children aged 3 to 10. We aim, through crafts and hearing bible stories, to encourage the children to learn more about God and how to live good lives. For details contact Carol on 01923 825 434 or just come along.

Fr Michael Miller, Vicar of St Edmund’s Church <https://www.saintedmundschurch.org.uk>



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# MHA Friendship Group's Platinum Jubilee Celebrations

(Formerly Northwood Live at Home)

**MHA Communities exists to improve the lives of people in the community as they become older and possibly more isolated.**

We hosted an information stall at the recent Queen's Platinum Jubilee celebration in Northwood Recreation Ground, with cupcakes given to those who visited us!

**The popular Monday Friendship Group, held at the Northwood Hills URC Church,** also celebrated in style. Members dressed in red, white and blue, enjoyed a special lunch and cream tea. The hall was decked out festively and a life-size replica of the Queen looked on approvingly!



*Some of the charity's members enjoying their festive meal*



Festive food was kindly donated by our local Co-op. Jon Blackwell from Shedboy Music, generously sponsored by The Friends of Care Homes, provided entertainment with songs from past decades.

There were quizzes on the Queen's reign which everyone enjoyed. Members shared their memories of the Coronation and made decorative plaques to commemorate the occasion.

One volunteer brought along her parents' Coronation memorabilia, including a beautiful model golden state coach and horses.

*The Queen (with Community Co-ordinator Yvonne Long) enjoyed the celebration too!*

**The group would welcome new volunteers to help with activities or driving members to the venue.** A generous mileage allowance is paid to those who need it.

**For more information on Friendship Group** and all the other activities and support offered locally by MHA Communities please contact the office on 01923 842494 or email: [westlondon@mha.org.uk](mailto:westlondon@mha.org.uk)

Find us on <https://www.mha.org.uk/communities/near-me/west-london/> and Facebook Page <https://www.facebook.com/MHA-Communities-West-London-109964697564740/>



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Hillingdon is one of the first authorities in the capital to sign-up to this not-for-profit national initiative. The aim is to plant ¼ million trees in the next ten years. It's funded by the government's Green Recovery Challenge Fund.

**FACT: Every £1 spent on tree planting saves the UK £7 in healthcare, energy and environmental costs.** ([treesforstreets.gov](http://treesforstreets.gov))

With the scheme, residents can request a tree to be planted in their street by making an online sponsorship donation via the council's website.



There are two ways to do this:

1. **Sponsor a tree and water it regularly.** A donation of £230 to plant a new tree.
2. **Sponsor a tree, which the *council* will take the responsibility for watering**  
A donation of £320 to plant and look after a new tree. ★

The Green Spaces team will assess the location, and if it's suitable, arrange to plant the tree this winter - the best planting time to ensure young trees thrive. If unsuitable, they will advise on an alternative nearby location.



**Celebration trees:** As part of a sister scheme, Hillingdon residents can sponsor trees to be planted in the borough's parks and green spaces. Eg to mark celebrations and positive life moments, such as weddings, anniversaries and graduations, so that each tree has its own, happy story.

**Now in the second year of its three-year programme, the scheme has so far seen more than 230 Hillingdon residents helping to plant trees across the borough.**

## 50% NHRA Discount!

★ **NHRA is offering a massive 50% funding for 10 lucky tree sponsors for all Northwood Hills residents under option 2 above.**

The names will be chosen at random from all those who apply from now until 30<sup>th</sup> October 2022. The ten lucky winners will then be notified by NHRA and their payment to Hillingdon Council will be reduced by half. NHRA will make up the difference!

**See our website for further details [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)**

# Buckingham Palace

## “Tree of Trees” Sculpture



Junior Foresters helped to plant 350 trees to form a massive 70ft living sculpture, to mark the Queen's 70 years' reigning as our monarch. 80 steel branches supported the 350 trees, each one in an aluminium pot bearing the Queen's cypher.

It reflects the planting of more than a million Jubilee trees as part of the Queen's Green Canopy (QGC) initiative. LED lights were threaded through the young trees, with the structure switched on by Her Majesty to serve as the principal beacon during the Jubilee celebrations.



**Designer Thomas Heatherwick stated: “This sculpture sends one simple, eternal message: that trees are the superheroes of our towns and cities and matter much more to our lives than we realise.”**

After the celebrations end, and the sculpture is deconstructed, all the trees will be distributed throughout Britain, with 14 being donated to London for to individuals and organisations in recognition of their work for the

community. It is hoped that the QGC will inspire the next generation of tree planters.

***Showing the massive scale of the sculpture, this man helped to assemble the tree in tiers.***

# What to do if there's persistent dog fouling

**Dog fouling is one of the most offensive types of litter on our streets and in our green spaces.**

It can be dangerous for humans to come into contact with dog excrement, as it can lead to blindness from an infection called *Toxocara canis*.

Since 1996, legislation has specified that it is an offence to allow your dog to foul in public areas and not to clean up after them. This includes roads, pathways, parks and playing fields.



## Report it to Hillingdon Council

The council has a responsibility to clear dog fouling or mess from the public highway as part of normal street cleaning. Reporting persistent incidents helps the council take effective action to stop this kind of activity. But catching offenders in the act is difficult, so information from the public identifying who the offender is (if known) is vital and should be collected before a report is made to the council.

If you see or believe that someone is regularly allowing their dog to foul on the road, pavement or verge, it would be really helpful if you could keep a diary noting down the exact location and time of occurrences over, say, a 2-week period.

In your report, please ensure you include the exact location of the fouling, provide a name and address, or description of the dog owner and dog and the frequency of it happening. **Report via the website [www.hillingdon.gov.uk](http://www.hillingdon.gov.uk).**

## Owner responsibilities

- Dog owners must keep their pet under control at all times.
- There are signs in parks and open spaces advising when an animal must be on a lead, and they're not allowed in children's play areas.
- Dog fouling must be disposed of correctly by the owner.
- If you ask someone else to walk the dog, you must make sure they only do so if they are prepared to pick up the dog poo and dispose of it properly.

**If you do not pick up after your dog, you may be given a Fixed Penalty Notice fine of £80. Offenders *could* be prosecuted and fined up to £1,000.**

*John C*

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# A look back in time...

Northwood Hills celebrated another Royal Jubilee.

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**SATURDAY, APRIL 20th**  
7.30 — 10.30 p.m.  
Room for 150,000 people!  
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Grand Illumination of the Grounds	The Revolving Sun
The Aerial Quartette	Grand Flight of Monster Air Balloons
The Indian Fire Tree—Millions of Lights	The Aerial Battle of Flowers
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**REFRESHMENTS POPULAR PRICES**

This advertisement appeared in the West Middlesex Gazette on Saturday 6<sup>th</sup> April 1935, a fortnight ahead of the grand occasion, which was attended by an incredible 150,000 people. The station (which had opened in 1933) would have been teeming with travellers.

This marked the Silver Jubilee of King George V when the King himself spoke to crowds gathered in London on 6<sup>th</sup> May 1935.

Were there similarities to the recent Platinum Jubilee of Queen Elizabeth 2nd?

These celebrations began with a carriage procession through London to St. Paul's Cathedral for a Thanksgiving Service. It was followed by another procession back to Buckingham Palace, shown in the photograph below with King George and Queen Mary:

The Royal Family appeared on the balcony. Due to popular demand, the King waved from the same balcony for a few consecutive days. The Jubilee Day was declared a bank holiday and across the country there were garden parties, pageants and sports events.



The Jubilee was also marked with a ball for two thousand guests at Buckingham Palace on 14<sup>th</sup> May, an Empire Exhibition and the State Opening of Parliament.



# ...Look at our 1935 “Jubilee Path” today!

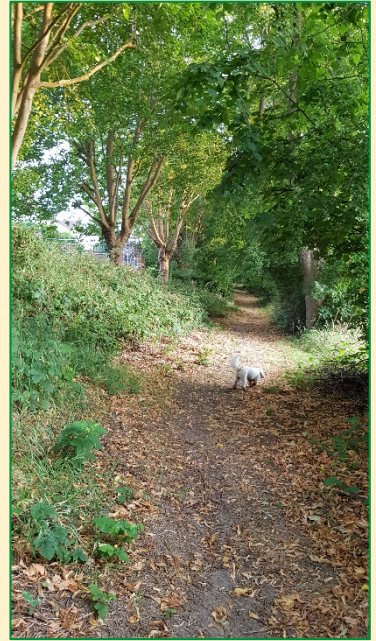
Planting an avenue (double row) of trees was part of our tribute to the Silver Jubilee for George V, marking 25 years’ reign as the King of England and Emperor of India. Sadly, the King died from pneumonia less than a year later at the age of 70.

## The houses were still being built

Northwood Hills homes were still being constructed, but those on Highland Road and Cranbourne Road must have been mapped out as the path hugs their back gardens and the metal fencing which borders St Vincent’s field.

## Symbolism of the trees

When planted the trees would have been saplings. Now they are magnificent. The two tree types may have been chosen for their symbolic meanings.



**London Plane trees on the left-hand side** have distinctive “camouflage” look bark, massive leaves, up to 25cms and denote: **Sovereignty, Permanence, Greatness and Superiority.**

**Lime trees on the right-hand side** with their beautifully scented, delicate flowers in June and heart-shaped leaves denote:

**Fidelity, Justice and Love.**



The Jubilee Walk has been cleared and reinstated for lovely shady walks by volunteers from the **Friends of Northwood Recreation Ground**. In addition, with the help of Hillingdon Council, two new “scrape lakes” have been made and planted with wildflowers to try and capture water seeping from underground water-courses and avoid the previously boggy conditions in that corner of the playing field.

Jan C



Dragana from Hillingdon Green Spaces





... is an evangelical church situated just off Joel Street on Windsor Close. Old or young, you are welcome to join any of our activities.



Wednesdays 1.30-3pm	<b>Wednesday Fellowship</b> for those over 50's aiming to provide friendship, a hot drink & biscuits and a varied program of activity!
Wednesdays 7.30-9pm during term time	<b>Recharge</b> for young people (school year 7+). A free, fun evening, a chance to get together in a relaxed environment
Fridays 10am-12 noon	<b>Coffee Shop.</b> Come and enjoy delicious home-made baking and hot drinks.
Fridays 7.30-8.45pm fortnightly during term time	<b>Launchpad</b> - a free evening of games, bible teaching and more for those aged 7-11 (up to year 6).
<b>Tiddlywinks. Stay and play group for pre-schoolers during term time:</b>	
Tuesdays 9.30-11.30am	For children over 1 year old, the cost is £2 which helps to support a breakfast club for disadvantaged children in Argentina. Booking is essential via our website.
Fridays 10.30-11.30am	Babies under 1 free and no booking is required for them.

You are also welcome to join us at our **Sunday service** starting at 10am, with bible teaching for all ages. **Do get in touch with us - we would love to hear from you!**

Fairfield Church, Windsor Close, HA6 1PD. Tel: 01923 827198  
[www.fairfield-church.org.uk](http://www.fairfield-church.org.uk) Email: [office@fairfield-church.org.uk](mailto:office@fairfield-church.org.uk)  
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# Northwood Bowling Club

The season started on April 23rd with the opening day game well attended by the members, all pleased to be back on the green after a long winter.

Our successful Open Day in May had a record number of new people trying the game, many for the first time. Some have since joined the club and are completing our coaching course.

A highlight of the season so far was on June 2<sup>nd</sup>, when we celebrated Her Majesty's Platinum Jubilee.

We decorated the club with bunting and flags, and the theme for the bowlers was to be dressed in red, white and blue.



Whilst we played, we enjoyed nearby music from the Residents' Association "Jubilee in the Park" celebrations.



**There is still time to join the club this season**, whether you are an absolute beginner, or an experienced bowler wishing to change club. Please contact us via our website: [www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk)

***We look forward to seeing you and you won't be disappointed!***



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# What a triumphant celebration!



With Her Majesty The Queen seriously ill as we prepare this article on 8<sup>th</sup> September, we are so glad that she was able to participate in the nation's celebrations earlier in the year.

**We had record attendance** for the brilliant Jubilee in the Park event on 2<sup>nd</sup> June. It was very satisfying to see so many of you enjoying it and made all the detailed planning, site visits and pure hard work worthwhile.

**Set-up** started with an empty field at 8am on the day, and around 30 volunteers erected two stages, 10 gazebos, 46 metal fencing panels, a marquee for the children's entertainment, posts and ropes for the car park layout, and many yards of bunting. Not to mention all the power, sound equipment and wiring!



**The programme** kicked off with 50s rock and 60s pop from Olde Skool, a group of local musicians. The Polka Dots' close harmony and dance routines were a hit with everyone. Then came Cuttlefish, three impressive young men who write their own material. CJ Edwards band certainly got everyone up and dancing as promised, a superb performance rounded off with an audience singalong to 'Sweet Caroline'. Yiewsley and West Drayton Brass Band completed the programme with popular classics and accompanied us in The National Anthem.

**The Worshipful the Mayor of Hillingdon**, Councillor Becky Haggart came hot-foot from the Civic Centre proclamation to address our event, and the representative Deputy Lieutenant for Hillingdon, Bruce Houlder gave a closing speech.



**Many thanks to everyone involved**, including our two comperes, who kept us entertained with the banter between acts, Lynne Halse and David Yarrow.

**The volunteer "crew"** then had to pack everything away, and by 8.30pm you wouldn't know anything had been there!

**OUR SUMMER CONCERT** of American music (Copland, Shearing, Gershwin, Rorem, Rogers and Hammerstein and Leonard Bernstein) at Douay Martyrs School was a great success with only 2 or 3 seats left empty.



The audience was very enthusiastic, and we hope to welcome everyone at our next concert this December.

## **Christmas Concert, 2022 at 3.30pm Saturday 10th December**

*Handel's Coronation Anthems, with Bourne School choir & carols for choir and audience.*

**Venue:** St Edmunds Church, Northwood Hills, HA6 1QS.

**Tickets:** £15 on the door, or from a choir member. Under 12s free.

**New singers will be welcomed to the choir.**

Further details on our website: [www.eastcote-ruislip-choral.org](http://www.eastcote-ruislip-choral.org)



*The choir for last year's Messiah, our first post Covid concert, which earned a standing ovation.*



## **United Reformed Church of Eastcote and Northwood Hills**

**Redevelopment:** Despite our plans to redevelop the site in Joel Street receiving formal approval in April this year (subject to conditions), church members have since voted not to proceed with the plans.

In summary, significant momentum was lost over the period during which the church was closed for Covid-19 – at which stage, approval had not been granted. Construction costs have soared since the plans were originally submitted. The resultant strain on both the church's human and financial resources have proved too great to proceed.

**Worship & Coffee mornings:** However, worship on Sundays at 10.30am and coffee mornings on the third Saturday of the month continue and all are welcome to attend these events.

*Nigel Newlyn*



CMSS Skills Development Centre is a charity and limited company providing community-based day services for adults with a physical impairment and/or a learning disability. Based in Northwood Hills.

Whilst the day to day running of the Centre is undertaken by the Management team, the Trustees of CMSS (who are members of the Executive Committee) are responsible for the overall governance of the company and charity.

### **CMSS is currently looking to expand its board of Trustees**

Previous board/trustee experience is not necessary. We welcome applications from people of all ages and backgrounds who would share an interest in the Charity and its purposes, and be prepared to take an active role in shaping its future.


**We are especially interested in finding trustees who can help us with our financial and legal obligations. But, regardless of your background or experience, if you are interested in the work of CMSS and can help it to move forward, then we want to hear from you.**

As a Trustee you will have an induction, training and the opportunity to develop your own skill set while helping the clients of CMSS. The time commitment is a monthly daytime meeting to discuss the routine business of the Charity and a business strategy day once a year. Support is available at all times.

If you are interested, please contact:

Chairperson Juliet Burton on 0208 866 3711.

Or write to: CMSS Skills Development Centre, Wiltshire Lane,  
Northwood, HA5 2NB.



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# The Results

*It is believed that 97% of households responded to the census - beating expectations.*

The first phase results were published this June. These estimate the number of households in England and Wales, and the number of people by sex and age at Local Authority Level, rounded to the nearest 100.

## Resident Population Census Day 21st March 2021:

England:	56,489,800	This is 3.5 million or 6.5% more than in 2011. Not surprisingly, this was the largest the population has ever been.
Wales	<u>3,107,500</u>	
<b>Total</b>	<b>59,598,300</b>	

### Hillingdon's population is growing faster than both the English and London averages:

2011	273,900	Hillingdon	England & Wales	Greater London
2021	305,900	Up by 11.7%	Up by 6.3%	Up by 7.7%

For comparison with other London Boroughs: Slough's population is up by 13%, Hounslow's is up 13.5% and Tower Hamlets has increased the most, by 22%.

### Space per person In England, on average there are three people for every football pitch-sized piece of land (FP).

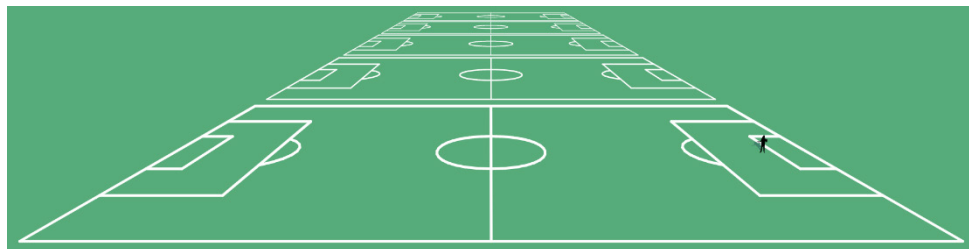


**Spacious Hillingdon is the third least densely populated of the 33 London local authorities with 19 people living per FP.**

It ranks 43<sup>rd</sup> for total population out of 309 local authority areas in England, moving up four places since 2011.



Tower Hamlets is most densely populated with 112 people per FP.



By contrast, Cumbria is least populated with 5 FP's per person!

**Aging Population** In 2021, the largest age group in both the UK and London was 30 to 34 years. Ten years ago, 25-29 years was the largest group.

Overall, in England there has been an increase of 20.1% in people aged 65 years and over. In Hillingdon there has been an increase of 17.4% in this age-group. Milton Keynes has the largest increase (up by 43%).

Hillingdon also has 10.4% more residents for ages 15 to 64 years, and 12.9% more children aged under 15 years.



More data is expected to be released by the Office of National Statistics, with Phase Two information being released from October onwards. We will pass this on in our next issue.

*Andrew Riley*

This article is about Hillingdon, but you may wish to search other areas. The Office of National Statistics website has a **fantastic, illustrative presentation** which can be selected by local authority. Also see the overall results in greater detail or play the Population Map game.

[www.ons.gov.uk](http://www.ons.gov.uk)



## Hillside Infant School

This year the children have enjoyed over 30 trips, ranging from visiting the Tower of London, Paradise Wildlife Park and Windsor Castle. We were also fortunate to have lots of fun workshops including a drumming workshop, Lego workshop and a Fairy Tales drama workshop.

### Our open days for Nursery and Reception admissions in September 2023

9.30-11am on:  
**Friday 7th October**  
**Thursday 3rd November**  
**Wednesday 30th November**

Please call our school office to book a place. **0208 249 6860**

For more information about us, look at our website and Facebook page.

[www.hillsideinfant.org.uk](http://www.hillsideinfant.org.uk)

<https://www.facebook.com/HillsideInfantSchool>

## British Isles River Trail

T	H	B	R	U	E	E	T	N	T	N	E	<p>Starting at the green "T" follow a trail horizontally or vertically to identify 34 rivers of the British Isles.</p> <p>No diagonal moves are allowed.</p> <p>End at the red "E"</p> <p>Answers on NHRA website.</p>
M	A	R	V	E	S	Y	R	E	O	N	N	
E	Y	A	E	R	N	W	E	S	U	E	E	
S	T	R	A	E	N	Y	T	T	D	D	E	
E	X	E	D	M	E	W	E	N	O	T	H	
N	O	V	E	S	R	R	O	T	N	R	I	
D	E	A	Y	S	P	E	W	Y	N	N	F	
R	E	L	E	Y	E	D	A	T	A	O	N	
I	B	B	T	A	Y	E	F	F	H	S	Y	
M	D	E	E	W	T	D	Y	C	O	F	E	
E	A	Y	R	T	N	T	L	C	N	F	I	
D	W	D	A	L	Y	E	E	S	W	Y	L	





# Robert Leatherby

*Your local independent Will writer*

**FOR THE RIGHT ADVICE AT THE RIGHT PRICE**



I trained in the art of drafting Wills in 2007 and over the years have come across all manner of situations with my clients that needed different solutions within the Will and as such I like to ensure the Will I draft is specific to my client's needs.

Most of the Will writing industry simply feed information into a software package on their computers which churns out a standard Will, which often does not accommodate the client's true wishes.

I feel a Will should be easy for the people who are both executing and benefiting from the Will to understand. A lot of the wording in the computer-generated Wills is unnecessary and often confusing and the client's wishes are not catered for.

I draft Wills that are both legally binding, but also clear and easy to understand and mirror exactly what my client wants, not what the computer states. (I do access the computer software and am aware of the wording it has for its Wills, but prefer to draft my Wills bespoke to suit the client).

I like to cover every possible eventuality that could occur in the client's lifetime, thus avoiding the need to make unnecessary changes in the future.

I consider property protection as a very important part of a Will's make-up, as well as deciding who inherits if a named beneficiary dies. Deciding where any potential inheritance is paid from is also vitally important, so there is no confusion when the time comes should the payment of inheritance tax be necessary.

If my client has a certain possession, for example a wedding ring, which more than one beneficiary may want after my client dies, stating who receives it is again very important to avoid any arguments when the time comes.

There could be someone that my client does not want to inherit and therefore who they want to exclude from their Will, but who later may make a claim against the Will once my client has died. In this case, I always ensure a special letter of wishes is compiled to explain the reasons for the exclusion should the matter go to court.

My client may own a business, in which case I can explain how this can be gifted inheritance tax free within the will.

To make life easy for my clients I offer a free home visit, so they can explain to me exactly what they want to happen to their assets when they die and, of course, who they want and who they don't want to have them and in what shares.

I can then advise on the advantages a Will can offer and also explain how the use of Trusts (if necessary) within a Will can help give control over their assets after death.

Once I have taken my client's instructions, I can then draft them a copy of their Will which I send to them for checking. If any mistakes are made, or they want to amend any part of the Will, I re draft the Will and resend it to them. Once they are happy with the draft, I print it off and bind it, then arrange to bring it round to them to ensure it is signed, dated and witnessed correctly.

Although the initial home visit is free, I do have a charge for the drafting and signing of the Will:

A single simple Will.....	= £60
A single Will with additional Trusts etc	= £120
Simple mirror Wills (for a couple)	= £100
Mirror Wills with additional Trusts etc	= £160

No matter how complex a Will, my prices never go above these prices.

If required, I can also be a person's Certificate provider and prepare Lasting Power of Attorney forms for them. My fee is £70 per LPA. Also, if required, I can arrange for clients to transfer assets (usually their property) into a Lifetime Asset Allocation Trust, this procedure involves using a firm with solicitors to draft the Trusts, so the cost is £890

Finally, over the years I have been asked to help with the administration of clients' Wills when they have died, so I also offer a free Probate consultancy service to help the executors and beneficiaries of the Will during this sad time. In addition, if they find the forms difficult to prepare, I can fill them in on their behalf for a fee of £70

Call Robert on 07946 379781

So should you need any help for guidance on any of these subjects, feel free to contact me anytime.  
I would be happy to help.

Email: r.leatherby@sky.com      48 Sussex Crescent, Northolt, UB5 4DR

## Warm wishes to you all from Our Mayor!

“It has been a wonderful, blessed opportunity to represent the London Borough of Hillingdon during this very historical year. Her Majesty the Queen’s Platinum Jubilee set a precedence of joy and colour into our borough, and has made way for an array of events, including business networks, school assemblies, celebrations at residential care homes and street parties.

“During my mayoral year my aim is to create new friendships and partnerships with residents, and to highlight the fascinating history of this great borough and how we all play a part in both its past and future. I am excited about serving the community as Mayor and have a passion for charity work and helping others.



*Becky Haggar – Mayor of Hillingdon*

**This year’s Mayor’s Charity Appeal will support two charities which are close to my heart, the Daniella Logan Foundation and the Magical Marvellous Picture House. The Daniella Logan Foundation supports children and young people diagnosed with brain tumours and their families. The Magical Marvellous Picture House charity helps disabled residents gain skills in photography, allowing the community the chance to see life through their eyes via photographs.”**

If you would like to make a donation or sponsor one of our fund-raising events, please contact the Mayor’s Office on 01895 250763.



Meeting the Faith Leaders in June



Joining the fun at our Jubilee street parties



## What a year at 2nd Northwood Hills Guides!

We were FINALLY able to meet at St Edmund's Church Hall after re-opening the unit virtually in 2021. We leaders (Abi and Clare), along with our guides aged from 10 to 14 years old, have been incredibly busy having lots of fun and learning new skills.

We have completed lots of badges which included cooking, creating, and using maps on a penny hike.

We celebrated bonfire night by having sprinklers, and on Remembrance Day we joined other Girlguiding units in Northwood to proudly take part in the parade.

In the warmer months we went camping 3 different times!



*Our Guides would love to show you how much fun we fit into 90 minutes – come and see what we do!*

**Where and When:** Mondays 7 to 8:30pm at St Edmund's Church Hall.  
If you would like to join them for a taster session, please contact Clare and Abi on [secondnorthwoodhillsguides@gmail.com](mailto:secondnorthwoodhillsguides@gmail.com)



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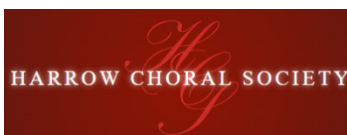
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[amit.kakkar@levelviewfs.co.uk](mailto:amit.kakkar@levelviewfs.co.uk)

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**We are very excited to have appointed our new Music Director, Sam Evans, who takes over from Simon Williams after 30 years!**



We are having our Open Workshop on 3rd September, so that members *and potential new members* can get to know him.

**Autumn Concert Saturday 22nd October “Songs of the Spirit”** at St Albans Church North Harrow. 5.30 to 6.30pm.

*A varied collection of traditional choral music under the baton of our new Music Director, Sam Evans. The concert will include pieces by Elgar, Brahms, Wesley, Parry and Finzi, to reflect an autumnal mood.*

Tickets: £10, free to under 18s. [boxoffice@harrowchoral.org.uk](mailto:boxoffice@harrowchoral.org.uk)

**December Concert Saturday 17th December** at Harrow School Speech Room. We are delighted to announce that our guest speaker will be **Jane Asher!**

**All details on our website.**

[www.harrowchoral.org.uk](http://www.harrowchoral.org.uk) Contact Anna Tribick 07794 253463



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# David Simmonds CBE MP

**I have kept a packed constituency diary** and am grateful to Northwood Hills Library, who have hosted some of my surgeries over the past few months. I have met with many residents to discuss a wide range of issues and concerns.



## Recreation Ground.

Access to good-quality grassroots sports facilities has also been an important issue and I have had some useful discussions about potential investment plans and projects for the local area. Northwood Recreation Ground is one of these and it was good to join Cllr Henry Higgins recently to discuss ideas for improvement.

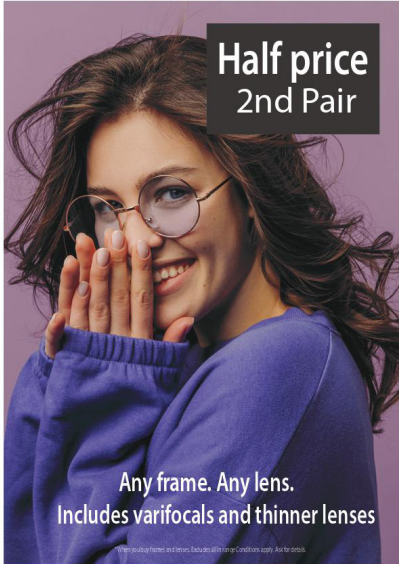
*David with Northwood Councillor Henry Higgins*

**Locally.** I am pleased to see that work is finally underway on the Northwood and Pinner Cottage Hospital and am thankful to residents for their input on the planning process.

**Ultra Low Emission Zone.** Lastly, I want to thank every resident who has completed the ULEZ consultation. I know that a number of constituents are concerned about the daily cost that they will have to incur if the expansion is brought about. Whilst I remain opposed, this does remain a choice solely for the Mayor to make.

*David with a constituent at his Northwood Hills Library surgery.*





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\*Excludes Insight, O60s and all other offers. BOGOhalf until 30th Nov22.

# Charities – can we help you?

*Northwood Hills Residents' Association is pleased to support charities operating in the Northwood Hills area*

Each year, we support the three charities chosen by our Mayor of Hillingdon. In addition, we have made donations to several other causes.

If you run a charity which benefits the local Northwood Hills community, please tell us about it. We would be pleased to include you in the next issue of the Northwood Hills Echo with an article describing your aims and achievements.

So, if you would like to raise awareness of your appeal, please contact us via our website. [www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)

## Snippets:

A bloke asked me “what’s the quickest way to Watford?”  
I asked, “are you walking or driving?”  
“Driving”  
“That’s the quickest way!”

What has four letters. Sometimes has nine. But never has five.

One of our local residents has written a book about behind the scenes of the showbiz and musical theatre industry. If you have an interest in this, and his personal journey, the book is called Turn Around and Take a Bow by Mike Dixon.

## Ditloids:

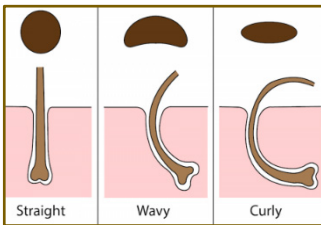
14 O in a P  
1 S D N M a S  
2 H are B T O  
20 F O in a P



# Fascinating Facts about Hair

Even before we choose our own style and cut, our smooth and straight to big and bouncy hair is as unique as the person it belongs to, in colour and texture. It goes through changes throughout life according to our own preferences, health and even lifestyle.

- The average person has 100,000 – 150,000 strands of hair.
- On average, you shed around 50-150 strands of hair a day and regrow the same number.
- A healthy strand of hair can stretch an additional 30% when it's wet.
- At times, 90% of hair is growing, while the other 10% is resting.
- Each strand has its own muscle, called the erector pili muscle. When we are cold or scared, goosebumps occur when it contracts.
- A single hair has a lifespan of about five years.
- A hair strand is stronger than a copper wire with the same diameter.
- Hair is made up of mostly keratin, the same substance that makes up most of our fingernails, horses' hooves and tails.
- In rare cases, hair may suddenly turn white. This condition is known as Marie Antoinette Syndrome, whose hair reportedly went grey overnight before her beheading.
- People have been colouring their hair for thousands of years using plants and minerals such as henna, black walnut shells or bleaching with vinegar.



**Curly or Straight?** The shaft of your hair affects the way protein molecules build up. Eg. proteins such as keratins build up unevenly in curly hair, But the shape of the follicle is even more influential as to whether your hair is straight or curly. Round, hair will tend to grow straight; oval will give waves and an elliptical-shape gives you curly hair.

**Colour.** Two melanin pigments (eu-melanin and pheo-melanin) affect hair colour according to how they are balanced. Eumelanin is a dark pigment for brown and black hair. Everyone has the reddish pheomelanin pigment that results in ginger and strawberry blond hair types.



**Grey hair and genetics.** Our genes determine what age we go grey, and gene one variant is specifically a marker for premature greying.

**Pregnancy.** Some women report that their hair became thicker and glossier and light hair can darken due to higher levels of hormones oestrogen and progesterone.

**Blonde children** sometimes get darker hair at around seven or eight and have dark hair in adulthood as melanin production increases.

**Health issues** can contribute to premature greying. For example, autoimmune thyroid disease, vitiligo, and ageing syndromes.

**Smoking.** A 2013 study suggested that smoking, like air pollution, generates unstable oxygen molecules that damage the biochemical process of melanin production.

**Medication** can alter natural hair colour. Certain drugs used to prevent malaria can lighten hair, while some epilepsy drugs can darken it.

**Some cancer treatments** can inhibit receptors on the follicles. That's why some people who have had chemo-therapy may notice their hair grows back curly once treatment has finished.

**Stress** can cause greying of hair or loss. Loss of hair in clumps is called alopecia areata. Depending on the extent of hair loss there is a good chance that, for 4 out of 5 affected people, complete regrowth will occur within 1 year without treatment.

**Lifestyle** such as smoking, poor diet, washing hair with hot water, tight pony-tails, heat and chemical treatment can all damage hair follicles, resulting in hair loss more quickly.



**Why Do Men Go Bald?** Largely a hereditary genetic condition, it may be caused by dihydrotestosterone (DHT) which is a male hormone which makes hair follicles shrink.

## Even Animals change their hair colour



Some animals change their hair colour twice a year! Snowshoe hares are pure white in the winter, helping them hide in snow. In summer, they switch to a darker coat, so they are camouflaged all year.



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# A fantastic start...and end to life at Northwood School

## Summer School:

Over the course of a week 90+ pupils attended in preparation for starting Northwood in September. Pupils engaged in a wide range of fun, education-based activities from different subject areas, each one carefully designed to encourage a genuine interest and foster a love for learning.



It allowed students to get to know each other, the teachers and the school itself. One student said, ***"I would recommend summer school to someone because it helps you learn how secondary school works. You can make friends and see what lessons are like."***

## A level & GCSE results:

### Students celebrated the best set of results in

**Northwood's history.** At A level, over 37% of students achieved A\*/A grades. One student (Elsa) achieved 4A\*s and will be studying Chemistry at Oxford. She commented, ***"I am so delighted with my results. I can't thank the teachers enough for all the support they've given me. With these grades I feel I can do anything!"***

GCSE students also broke records with 85% of students achieving 5 or more GCSEs including English and Maths.



Headteacher Mr Anderson said ***"I am so happy for the students. None of this would have happened without their hard work and dedication,***

***combined with the unstinting support they've had from their teachers and parents. I am proud of each and every one."***

## FERNDOWN MOTOR SERVICES

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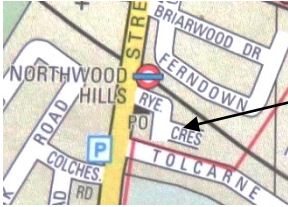
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**The perfect event to get you into the Christmas spirit with family or friends.**

Santa Dash is a 5km sponsored fun run (or walk) around Pinner. The walk/run will start at 11am, but please arrive at least 30 minutes beforehand to register and for some festive fun!

Imagine 200 people dressed up as Santa! We guarantee it will put a smile on your face. Join the festive fun starting and finishing at Nower Hill High School and going up to Pinner high street and around Pinner Memorial Park before returning to the school.

**What you get for taking part:**

- Your very own Santa suit
- Hot drinks
- Finishers medal
- Mince pie
- Lots of Christmas cheer
- The warm glow of helping a good cause!



Contact our events team on 0208 382 8112 or email [events@stlukes-hospice.org](mailto:events@stlukes-hospice.org)

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# 'Tis the season to.... cut down plastics at Christmas.

**Enjoy** the twinkling lights, wrapping up warm and eating our own body weight in chocolate. But it's also the time of year when our pointless plastic footprints go through the roof. Even when we manage to avoid buying plastic presents, shops bombard us with plastic at every turn – satsumas in plastic nets, shiny wrapping paper and a lot of glitter.

So, this festive season let's make sure to take time to get creative and avoid excess plastic. We can all do our bit.

## Think about one or two of these ideas:

### 1. Gift wrapping

Save wrapping paper from gifts received to re-use on presents for other people. Even patchwork can be fun! Shiny wrapping paper often cannot be recycled. Instead, try plain paper decorated with fabric ribbon or children's drawings? Consider re-usable pillowcases (bought cheaply from charity shops) which can be used again and again.

### 2. Decking the halls

Don't change the bauble and decoration colour every year – instead keep and re-use them over and again, like old friends. Avoid foil lametta strands and fake snow. Unfortunately, they turn into microplastics that enter the food chain.

Make your own wreath from greenery, paper, dried orange slices, home-made ring biscuits, card, origami, ribbon, corks or fallen fir tree cones. Set aside a day (with or without the kids) to enjoy making your own decorations, there are loads of ideas online.



### 3. Don't forget the reusable shopping bags

Remember to take reusable shopping bags this shopping season. Remind yourself with a note on your front door on the way out or a phone alert – whatever works for you! Fold-away bags can be kept in a bag or pocket. And there are lots of lovely designs suitable for presents too!

### 4. Choose plastic-free presents

Avoid single use bottled presents such as fancy potions and lotions, which are also often ridiculously over-packaged at Christmas. Think about "experience" presents. Make home-made puddings, jams and pickles, or flavoured gins for the grown-ups. Ask for your own presents to be pre-owned and bought from charity shops. Great for the environment and the charity.

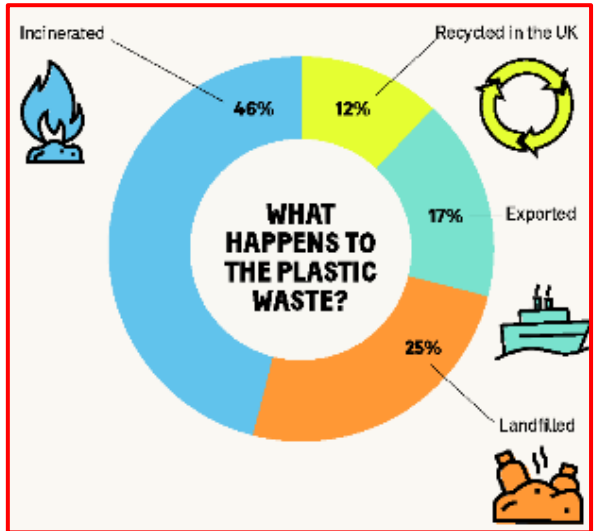


## 5. Tone down the glitter

Popular though it is, glitter is not good news for the environment. It's effectively tiny pieces of plastic, which may start on cards and decorations, but can end up being washed down the sink. These eventually end up in our rivers and oceans.

## 4. Avoid disposable cutlery for extra diners

An increase in guests may prompt the use of plastic cutlery or plates. Consider asking one of your guests or a neighbour if you can borrow some from them to boost capacity. Or wash cutlery between courses.



## 6. Refreshments on the move

If travelling to visit friends and family, prepare for the journey by taking re-usable coffee/tea-cups. Around 2.5 billion disposable coffee cups are thrown away every year in the UK and less than one in 400 are recycled. Consider giving one as a gift! Take tap water and drinks with you, instead of buying bottled water and drinks. Avoid using plastic straws, although more are now being made from paper, and take your own re-usable "Sporks" to use.

## 8. Ditch the plastic fruit and veg

Supporting your local greengrocers or market stalls can be a great way to reduce your plastic usage and support local businesses. Buy loose fruit and veg, no need to put it into disposable plastic bags. Paper bags are often supplied for mushrooms. Or re-use lightweight net bags. Buying loose items may also reduce food waste, as you can buy only what you need.

The UK produces more plastic waste per person than almost every other country in the world – 2nd only to the US. We can't cope with the amount of plastic waste that companies are producing, so British plastic is getting dumped overseas and burned in the open air, creating serious health problems for local people and harming wildlife.

**If we all make just a few small changes, it would have a big impact on the amount of plastic we use across the nation.**

Jan C



# Northwood Football Club News

Northwood Football Club are once again competing in the Isthmian South Central Division with the 2022/23 season now well underway. See fixtures list below.

The stadium in Northwood Park, off Chestnut Avenue, has recently been renamed the **Skyline Roofing Stadium** and has **undergone an extensive refurbishment** – including the building of the 'Pat Byrne Memorial Stand' in memory of the much-loved club President.

Sat	Oct	1	Ashford Town (Middx)	A
Sat	Oct	8	<b>Merstham</b>	H FA Trophy 3Q
Sat	Oct	15	Basingstoke Town	A
Sat	Oct	22	<b>Thatcham Town</b>	H
Sat	Oct	29	<b>Chipstead</b>	H
Sat	Nov	5	Uxbridge	A
Sat	Nov	12	<b>Leatherhead</b>	H
Sat	Nov	19	Guernsey	A
Sat	Nov	26	Marlow	A
Sat	Dec	3	<b>South Park</b>	H
Sat	Dec	10	Sutton Common Rovers	A
Sat	Dec	17	<b>Binfield</b>	H
Mon	Dec	26	Southall	A

**Admission prices have been held for another season**, with free entry for under 16s which offers great value for a good level of semi-professional football. **#up the woods**  
**We look forward to welcoming you to NFC in the very near future.**



## MICHAEL SOBELL HOSPICE CHARITY'S 20<sup>th</sup> ANNIVERSARY GOLF DAY IS A FUNDRAISING RECORD-BREAKER!

**SIMPLY TEE-RIFIC** – an annual Michael Sobell Hospice charity golf day at Sandy Lodge Golf Club has raised a record-breaking £69,236 in its 20<sup>th</sup> anniversary year.

24 teams took part, and local businesses lent support by sponsoring a hole, or auction prize.

Pam Montgomery (long term supporter of the Hospice and Golf Club member) tells "It never occurred to me when I originally asked the golf club to consider holding an event on behalf of Michael Sobell, that it would be anything other than a one-off. It amazes me that it has now celebrated its 20th anniversary, and remains so popular"

Michael Sobell Head of Charity, Linda Moore, commented: "Our sincere thanks go to the small committee led by Mark Golinsky, for such commitment to planning and organising this event so successfully. Also, to Sandy Lodge Golf Club, and all the local businesses who have supported the golf day since the start in 2002."



Last year's winning team

Supporting our community to experience peaceful and comfortable end-of-life journeys, free from worry and pain.

**Without this valuable support we would not be able to offer the highest standards of care to our patients and those who rely on the services of Michael Sobell Hospice."**

**Samantha Heggie, PR & Communications. [sheggie@michaelsobellhospice.org](mailto:sheggie@michaelsobellhospice.org)**

# IMPORTANT REMINDER!!

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# London Fire Brigade Hillingdon 2020: 813 fires

*Did you know that we attend on average 24 fires each week that have been started by **chargers, batteries and cables?***

## **28 September 2021. Shop fire – Northwood.**

### **Call out 00:03, fire under control by 02:04**

Four fire engines from Ruislip, Harrow and Hertfordshire and around 25 firefighters were called to a fire at a shop with flats above on Maxwell Road in Northwood. Part of the ground-floor shop was damaged by fire. One person left a first-floor flat above the shop before the Brigade arrived. There were no reports of any injuries.

**Cause: A lithium-ion battery for a golf buggy.**

## **An essential part of daily life, are batteries dangerous?**

When used properly, no. But batteries can present a fire risk when over-charged, short-circuited, submerged in water, or damaged. It's really important to charge them safely too. Lithium-ion batteries or li-ion batteries (sometimes called LIBs) are the lightweight, rechargeable batteries that power our phones, laptops and cameras. They're found in devices from mobility scooters to e-cigarettes, and are used safely by millions of people every day. However, there are some things you need to know when it comes to fire safety, chargers and batteries.

## **Firefighter safety tips for charging your devices:**

- Always use the charger that came with your phone, tablet, e-cigarette or mobile device.
- If you need to buy a replacement, always choose a branded, genuine product from a supplier you can trust. There are lots of fakes out there, and it can be difficult to spot the difference.
- Never cover chargers or charging devices – that includes using your laptop power lead in bed.

What may seem like a bargain, isn't worth the risk when you consider that it could cost your life!

- Avoid storing, using or charging batteries at very high or low temperatures.
- Protect batteries against being damaged – that's crushed, punctured or immersed in water.
- Don't overload your sockets with too much power load.



Don't leave items continuously on charge after the charge cycle is complete – it's best not to leave your phone plugged in overnight, for example.

### Other facts:

- There are over 1,200 cooking-related fires and false alarms in London's university student halls. Make sure students in the family know safety basics.
- On average, a third of all call-outs are to false alarms, largely caused by poorly maintained fire detectors. While firefighters are responding to false alarms, they are not available to tackle real fires, putting lives at risk.



**You are twice as likely to die in a house fire that has no smoke alarm than one that does.** Annually, there are about 50,000 fires in the home (140 a day), killing nearly 500 and injuring over 11,000 people. Many deaths could have been prevented if people had an early warning and were able to get out in time.

### Christmas Safety:

- If replacing fuses on Christmas lights, never exceed the maximum fuse recommended.
- If bulbs blow, replace them.
- Don't leave fairy lights on when you go out, or go to sleep.
- Don't let the bulbs touch anything that can burn easily, like paper-wrapped presents or decorations.
- Never hang decorations to lights or heaters, nor around a lit fireplace.
- Place candles sensibly and never leave them alight in an unoccupied room.



"I am proud to lead the fantastic work that Hillingdon's Firefighters do to keep the residents and visitors to this amazing borough safe". Alan Taylor, Borough Commander for Hillingdon

## Welcomes New Members

**Would you like to join a group of active, retired people,  
to learn a little, have fun and make friends ?**

**Then perhaps **u3a** is for you**

### **What is u3a ?**

u3a is for anyone who is no longer in full-time work,  
to socialise, make friends and learn for fun.

We have about 60 groups, covering many interests, including  
walks, talks, discussions, sports and visits,  
so there is something for everyone.

### **Where is the nearest u3a?**

We meet mainly in Fairfield Church Hall, Northwood Hills

### **How do I contact u3a?**

Full details are on our website

**<https://u3asites.org.uk/northwood/home>**

or you can come to one of our meetings  
on the first Wednesday of each month and see for yourself.

10:30 am at Fairfield Church Hall.  
Windsor Close HA6 1PD

**We look forward to meeting you**

## **Copy Date for Editorial and Advertising Spring/Summer Issue**

Please send us your articles and advertisements *before*

**Friday 17<sup>th</sup> February 2023**

*Inclusions are on a first come, first served basis. So, to ensure they are  
considered for inclusion, send them in January or even earlier.*

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although we are apart  
your spirit lives within me  
forever in my heart*



## Quiz: Can you work out what these films are?

1	A dozen irate guys	26	Look – there’s an intercity 125!
2	Le Link	27	Departed with flatulence
3	A tale of soggy paper	28	Andre Lebrun got confused
4	Road congestion	29	Edgware Road next stop
5	Roman pugilist	30	Between Kansas and Texas
6	Maxillae	31	Twice the French Country
7	Angry Claptrap	32	Silver glamorous rubber glove inn
8	Morocco’s second city	33	Financial district’s wild dog.
9	Assassinate William	34	Delivered without charge
10	My Italian mother	35	Fruit that needs winding
11	Australian magician	36	The postman’s been!
12	Negative GP	37	I was a servant from 2009-2021
13	Roundabout	38	The rave bar has been renovated
14	Not down	39	I won’t go to prison if I bleach my hair
15	Blokes’ offspring	40	These women won’t buy you a drink
16	They’ve gone	41	Just backward of square on the offside
17	Mrs Johnson	42	Not everyone prefers cold weather
18	Just got a BA	43	Occupation needing the knowledge
19	Too busy to expire	44	Can’t get a word out of those sheep
20	Olympic’s sister	45	Pug living in poverty, but with loads of money
21	ERUTUFEHTOT	46	Man and woman
22	Labyrinthitis	47	Once upon a time there was a plaything
23	Comedian	48	Water container canines
24	Lazy GP	49	Pat never knocks, Pat never knocks
25	Stuart Pearce	50	Where the third goose went



*Answers on our website:  
[www.northwoodhills.co.uk](http://www.northwoodhills.co.uk)*



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**NORTHWOOD TOWN  
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Both our adults and juniors have had an excellent summer of cricket, being barely interrupted by rain.

That, in itself, gave us some challenges to manage our pitches in order that they could be safely played! However, it provided more matches and training than ever before.

**The 1st XI** narrowly missed out on promotion in a difficult division and our 2nd team avoided relegation with some end of season heroics. Unfortunately, our 3rd XI have been relegated and our 4th team stay in the same division, despite some very high hopes with such great players. If you or any others you know are considering playing in a lovely local club, then do get in touch.

**Our junior players** continued to impress in adult cricket, which is fantastic news and bodes very well for the future of our club. The junior section continues to grow, providing cricket for ages 5 and up. After some great feedback and attendance, we will be entering under 11s and 12s into the Middlesex league next year, as well as having under 10's matches.

*As a result, we are making a particular effort to recruit these ages. No experience is necessary, as we will provide all the training they will need. We aim to create a fun, safe and exciting atmosphere for all children no matter what the ability.*

**We were recently accredited for another 3 years by the ECB Clubmark** scheme showing our dedication to growing and developing in the right way. Please get in touch if you have or know of any children interested.



Jack Daly Secretary NTCC  
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## Current Committee Members

Prof. Tony Lane	President	Christine Sennington	Facebook Co-ordinator
Alan Lester	Vice President	Fiona Morgan FCCA	Hon Treasurer
Andrew Riley BEM ACIB	Chairman aandmriley@sky.com	John Choopani	Echo Advertising & Distn * Johnchoopani@gmail.com
Alan Shipman	Vice Chair, Database and Charity Co-Ord	Lesley Crowcroft	Planning & Environment Consultant
Lynne Halse	Events Coordinator	Linda Swan	Secretary
Keith Blunden	Events Coordinator	Bobbie Ward	Minutes Secretary
Sjur Berven	Planning	Joan Butfield	Health Coordinator
Graham Mann	Police Liaison	Shabbar Sachedina	Equipment Quartermaster
Roxana Peters	Committee Member	Graeme Knights	Ecology and Environment
Leo Mindel	Committee Member	Jane Clayfield	Committee Member
Ben Jefferis	Web Site	Paul Akers	Committee Member
Jan Choopani	Echo Editor	Ed Donald	Young People Coordinator
Various – below *	RS Zone Coordinators	Kevin Sutch	Committee Member

\* Road Steward Zone Coordinators: John Choopani, Tony Lane, Graham Mann, Roxana Peters and Kevin Sutch,

In addition, Maxine Goswell assists with the coordination of the NHRA Facebook page.



## Northwood Lions Club – what happened to the Saturday Market?

**Olive Fairclough and her brilliant team of volunteers, who have been running the Saturday Market for the past fifty years,** announce with deep sadness and regret that we will not be reopening. Following more than two years of forced closure during the pandemic, we have encountered various insurmountable problems that mean we cannot continue. So, after much soul searching, we have decided to call it a day.

*We want to thank all our loyal customers, many of whom have been visiting the Market all their lives, for the wonderful support they've shown us over the years, enabling us to raise more than £300,000 - all of which has gone to local good causes. We'll miss you all - for your company, wisdom, inspiration and good humour.*

In spite of the closure of the Saturday Market, Northwood Lions continue to raise money for local causes - look out for us at various supermarkets with our collecting boxes, and be sure to visit our stalls at local events. **We're also hosting a Quiz Night at David Lloyd Northwood on 13th October.**

For membership enquiries we can be contacted via Facebook or our website [www.northwoodlions.org.uk](http://www.northwoodlions.org.uk) or call Robert on 07860 324395.



# ST JOHN'S

## Primary schools' U8 Cricket Festival at St John's

In June, we hosted an exciting cricket festival for Under 8's. One team from Hillside Junior School, two from Grimsdyke School and three from St John's.



Six overs per team.

All had a chance to bat and bowl against teams of varying abilities, which made it very competitive and at the same time lots of fun. Some hitting was very impressive, with fours and even some sixes. It was also good to see the development in all the pupils' batting, fielding, and bowling

skills during the day.

In the play-off bowling competition between the final teams, each time a stump was hit it was removed. This caused huge excitement amongst the teams and staff could see how much *all* the bowling had improved. All participants were presented with a medal.

*We would like to thank all parents who came to support the players and say "well played" to all the participating teams!*

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