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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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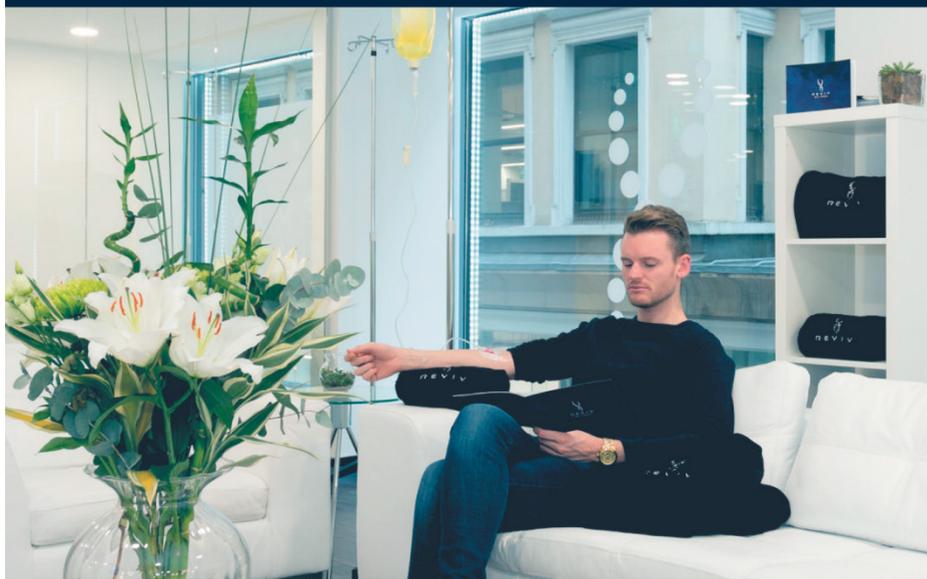
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**Are you a member of Northwood Hills Residents' Association?  
If not, see page 58 for how to join**

Cover: Litter, Badger and Deanewood Estate articles

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# Welcome to the Spring/Summer 2022 edition



Welcome to the Spring/Summer 2022 edition of The Hills Echo. I hope you were able to meet with family and friends over the festive period.

After a two-year break, the 2021 Northwood Hills Christmas Lights Switch On outside the Namaste Lounge provided our biggest ever 'Big Switch On' turnout.



By the time you receive this edition, the trees will be coming into bud and hopefully the weather will be warmer and the days becoming longer and we're already planning summer events.

**Join in HM the Queen's 70th Jubilee Celebrations** The good news is that we will once again be joining forces with Northwood Residents' Association on Thursday 2<sup>nd</sup> June (a bank holiday) to hold a community event to mark The Queen's Platinum Jubilee. Further details can be found on page 63.

**What can you get for a penny a day?** The past two years have been difficult for everyone and moving forward will be financially challenging, but I hope you will join/continue your membership of the association. This year the membership is again being held at £3, which is less than 1p per day.

**The NHRA is 83 years old! Have your say, or just listen, at our AGM** Our AGM will be held at Fairfield on Wednesday 18<sup>th</sup> May and we are delighted that Richard Kornichi CBE DL will be our Guest Speaker and will talk about the contribution of the Polish Air force based in Hillingdon during World War 2. Please mark your diaries now and do your utmost to attend.

**Let's support our shops and advertisers.** Northwood Hills has remained relatively unscathed after all the Covid disruptions. Although, sadly, some businesses have been forced to close, it's good to see new ones opening, and we wish them every success in their endeavours. Let's give them our support to retain our vibrant local shopping. And don't forget to mention The Hills Echo when contacting advertisers.

*Andrew Riley BEM, Chairman*

# Northwood & Pinner Cottage Hospital and Northwood Health Centre Site. *Update from NHRA...*



Many of you will have read in the press and the last edition of The Hills Echo that both Northwood Residents' Association and Northwood Hills Residents' Association (together with residents from Neal Close, Juniper Court and others) had objected to a planning application submitted by NHS Property Services. This was to refurbish the former Northwood & Pinner Cottage Hospital site creating a new Health Centre for Northwood Hills and, at the same time, requesting planning to build two large blocks of flats on the existing Health Centre site.

None of us were opposed to the additional health provision, but were strongly opposed to the sheer scale, bulk and over-development of the proposed residential site. NHS Property Services freely admitted that the residential site would be sold off to a private developer once planning permission had been granted!

We gave several reasons why the application should be refused. These included that, if two separate applications had been submitted instead of one joint proposal, the application for the refurbishment of the Cottage Hospital Health Centre site would, undoubtedly, be approved whereas the separate application for the residential part would be refused.

## **We objected to the lack of parking and the failure to meet London Borough of Hillingdon's own standards as follows:**

- There will be more flats than car park spaces. And no visitor parking at all!
- The height of residential block A will be taller than any other building in the area.
- The balconies and roofs of the residential flats are being classified as safe play areas to meet laid down standards – I for one wouldn't let children play ball on a balcony such as this.
- The buildings fall short of BRE natural light standards. The resulting loss of light would impact residents in Juniper Court, Acre Way, Sovereign Court, Neal Close etc. This breaches Article 8 of the European Human Rights Law, which was absorbed into UK Brexit legislation.

After 5 and half hours of deliberation (including a site visit) and strong objections by all three Ward Councillors, the application was approved - subject to certain conditions. For instance, the hospital site has to be refurbished and operational before the existing health centre can be knocked down. The downside to this is that the building works are likely to take between 2 and 4 years to complete. In line with the plans submitted, in the coming months the project will start with demolition of part of the old Cottage Hospital, in readiness for the refurbishment.

***We also have major concerns that once the residential site is sold off by NHS Property Services, the developer will submit a different planning application to build something even bigger on the residential site! We are denied the right to appeal, but we will ensure residents are kept updated.***

Andrew Riley



## Half-term Children's Literature Fun Day

Our thanks to Hillingdon Council for arranging the event on Valentine's Day to support our local Joel Street shops

Activities included a retail trail with prizes, for kids to identify children's books and characters from beautifully crafted crocheted displays based upon the books' characters. Plus balloon modelling, making Harry Potter 'potions' and 'Charlie and the Chocolate Factory' chocolate-making workshops.

It was cold, but that didn't stop the kids from enjoying themselves (and the adults too...)



# The Hillingdon Local Elections

## Thursday 5<sup>th</sup> May 2022

### Your vote counts!



While NHRA is absolutely non-political we wish to remind everyone that the Local Council elections will be held on Thursday 5<sup>th</sup> May.

During 2018/19, the local Government Boundary Commission undertook a review of Hillingdon Council's electoral arrangements. The outcome of that, which will be implemented for the May elections, will result in:

- A reduction in the total number of Hillingdon Councillors from 65 to 53.
- A reduction of one electoral ward in the Borough.
- A number of new Ward names and changes to the number of Councillors elected per Ward.

In Northwood Hills Ward the number of elected Councillors will reduce from 3 to 2. There will also be a small change to the southern end of the Ward boundary. Somerford Close, Egerton Drive and parts of Fore Street and Wiltshire Lane south of Salisbury Road are being moved to Eastcote Ward.

**This is your opportunity to decide who you would like to see elected to represent Northwood Hills Ward for the next 4 years. HAVE YOUR SAY!**





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# St Edmund the King Parish Church

All our services are now open for public worship, although we are still live streaming our Sunday morning Parish Eucharist and other major services on YouTube.

## “Raise the Roof” Phase One is to stop the rain coming in!

Thanks to your generosity and some sterling fund-raising efforts, we have raised a massive £110,000. We are nearly at our target to enable us to carry out initial works. Please visit our website for more details of proposed costs and works needed.



## Upcoming Events:

**Plant Sale on Saturday 14<sup>th</sup> May.** We are glad to see this return.

**Queen’s Jubilee 2<sup>nd</sup> to 5<sup>th</sup> June.** We will celebrate with a Fish and Chip Supper and Film with a Royal Theme on the evening of 2<sup>nd</sup> June and a Jubilee Lunch on 5<sup>th</sup> June. More details will follow on the website.

**Summer Fair Saturday on 18<sup>th</sup> June**

**Bingo Evening on 2nd July.**

## Concerts:

<b>19<sup>th</sup> March</b>	Eastcote & Ruislip Choral Society
<b>2<sup>nd</sup> April</b>	Harrow Symphony Orchestra Concert
<b>23<sup>rd</sup> April</b>	Harrow Concert Band St George’s Day Concert
<b>24<sup>th</sup> September</b>	Harrow Concert Band Rock Proms
<b>3<sup>rd</sup> December</b>	Harrow Symphony Orchestra Concert
<b>10<sup>th</sup> December</b>	Eastcote & Ruislip Choral Society
<b>17<sup>th</sup> December</b>	Harrow Concert Band Christmas Concert

## Youth Group – Weekly on Wednesdays

7-9pm in St Edmund’s Hall. **Young people aged 10-16 are welcome**  
We have a tuck shop and activities include quizzes, table tennis, pool, dodgeball, rounders, table football, air hockey and more.

<https://www.saintedmundschurch.org.uk/>

*Fr Michael Miller, Vicar of St Edmund’s Church*

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**To be a local community of disciples of Jesus Christ known for our love, as we honour God, care for each other and serve those in our neighbourhood and beyond.**

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**Run by:** Jack and

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# United Reformed Church of Eastcote and Northwood Hills

It has been a pleasure to welcome folk to church on Sunday mornings at 10.30am. Covid restrictions and government guidelines aside, we have continued to wear masks and kept the doors open for maximum ventilation!

**Mothing Sunday Service** we invite everyone on 27th March 2022. A time to reflect and give thanks to all who take on the role of a mother.

**Easter** Plans for services will be available on our noticeboard at the church and on our website: <https://www.urceastcote-nwhills.org.uk/>

**Charity Coffee Mornings** are held (usually) on the 3<sup>rd</sup> Saturday of the month 10.30am – 12.00. You will receive a warm welcome, with fresh coffee, tea and cakes in convivial surroundings! 19<sup>th</sup> March, 23<sup>rd</sup> April, etc...

**Re-development of Joel Street site** Plans which were formerly rejected, were resubmitted in October. The Planning Officer has indicated that she is now “minded to recommend (our application) for approval” subject to final management agreement which, at the time of going to press, was still outstanding.

**Function Room** In the meantime, the church has opened up the Templeton Centre at the front of the church for event hire. The photograph shows a large room backing onto a small garden, which lends itself ideally for parties, receptions, club gatherings and classes etc. A small kitchen facility is available plus, of course, off street parking. **Telephone 07935 094104 for more information.**





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For more information contact us at  
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**The friendship group is thriving** and has now returned to a full programme of face-to-face activities and members are delighted to be enjoying each other's company again. The popular Monday Friendship Group, held at the Northwood Hills URC Church, celebrated its 10th anniversary in October. There was a special lunch for members and volunteers as well as a huge cake!

## The scheme has many other activities:

- Weekly chair-based exercise and yoga sessions
- Wednesday Lunch Club
- Thursday for a lighter soup, sandwich / samosa meal
- A monthly walk followed by brunch at the Lido.
- For those still nervous of going out, we are continuing a varied digital offering to suit all tastes

We aim to improve the lives of people in the community as they become older and possibly more isolated. If you would like to join, either as a member or volunteer, please get in touch.

We would welcome new volunteers to help with activities or driving members to the venue. Everyone involved with MHA Communities really enjoys being a part of it. If you would like to learn more about the charity, please contact the office on **01923 842494** or email: [westlondon@mha.org.uk](mailto:westlondon@mha.org.uk).



*Friendship Group Members & Volunteers*



*Friendship Group's 10<sup>th</sup> Anniversary Party*



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# Know your Birds...



## In the garden

**Robins:** Everybody knows the friendly bird who hops around your feet finding tiny morsels to eat when you are digging or clearing debris in your garden. Then perches on a branch singing loudly as it protects its territory.

**Tits:** The acrobatic blue tits and larger great tits visit in family groups searching the foliage for grubs and insects. You may also get a flock of the dainty long tailed tits who flit through calling to each other quietly as they go by. More elusive is the coal tit which doesn't have the distinctive colours of the others just a black & white head and tends to visit as an individual.

**Sparrows:** gather in large numbers in the safety of hedges and can be heard chirping noisily. Not to be mistaken for the similar dunnock who quietly patrol up and down the garden hedge, usually in pairs.

## Out and about

**Woodpeckers:** The green woodpecker seldom visits gardens - unless you have a large lawn! Their preferred food is ants. They are usually found in open spaces such as golf courses or parks. When disturbed, they often fly to the nearest tree and play "peek-a-boo" round the trunk!

The greater spotted woodpecker is more likely to be found in woodland and feeds on insects and grubs in dead and decaying trees - listen out for its distinctive drumming on tree trunks and try and locate it.

**Nuthatches:** This is a handsome sleek bird with a blue grey back and peach coloured breast. It clammers up, down and along trees and branches.

**Tree Creeper:** More difficult to spot as it only climbs up tree trunks then flies to the base of the next tree and climbs up again. It is streaky brown with a white underside and has a curved beak and looks like a little mouse.

## Overhead

Look out for the kestrel hovering over open spaces in search of a mouse or vole. A familiar sight now is the red kite soaring effortlessly overhead usually being seen off by the local territorially crows. It can be distinguished from the buzzard by its forked tail.

## Summer visitor

All the way from Africa to breed is the chiffchaff. Difficult to spot when the trees are in full leaf, but its distinctive repetitive song of "chiffchaff chiffchaff" will let you know it is there. Can you find it?



Long-tailed tit



Blue tit



Greater Spotted Woodpecker



Red Kite



Dunnock



Kestrel

Chiffchaff



Nuthatch



Sparrow

## Have you enjoyed feeding your garden birds this winter? If so – don't stop now that spring has arrived.

This is an important time to continue stocking up the feeders and tables. Your birds will be nesting and need the extra nourishment to supplement their natural food, so that they can rear their chicks successfully. You will then be rewarded with the sight of the newly fledged birds coming to your garden with their parents for many weeks to come.



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Tel: 01923 827461

Email: [suzinman57@gmail.com](mailto:suzinman57@gmail.com)

Be kind to our... Feathered friends



**We have the pleasure of welcoming three new additions to the team: Sergeant Althea Thomas (she prefers “Alfie”); PC Castrillon and PC McCall.**

**Drug Detections:** The team have increased their high visibility patrols to target hot spot areas for Burglary, Robbery, Drugs, ASB and Motor Vehicle crime, with the aim to prevent, disrupt and deter any criminal activity. This has resulted in a number of drug detections on the ward which

have been highlighted by our ward panel members and while on general patrols.

## **Recent Successes and Arrests:**

### **Catalytic Converter (CC) Thefts and Arrests**

In January, following a proactive operation tackling catalytic converter thefts across the West Area of London, several arrests have been made. Assistance was given by the National Police Air Service and the Met’s Dog units.

Arrests were for: dangerous driving; theft of a motor vehicle; theft; aggravated vehicle taking; impersonating a police officer; going equipped to steal; failing to stop for police.

### **Weapons**

Throughout December the team have continued to conduct weapon sweeps in multiple locations to prevent and deter any potential criminal activity.

### **Dispersal Zones**

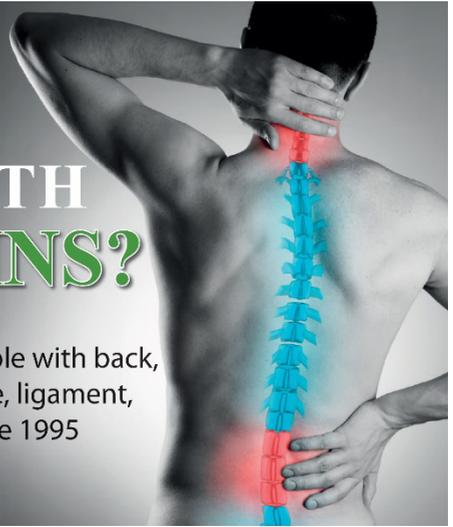
These are being used to break up groups to prevent Anti-Social Behaviour.



*Weapon taken off the streets after a struggle, with help from TfL Police*

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10.30am: The Kate Fassnidge Community Centre, 76 High Street, NORTHWOOD HA6 1BJ

1.30pm: Sacred Heart Church, London Road, BUSHEY WD23 1BA

## TUESDAY

9.30am: Ickenham Village Hall, Swakeleys Road, ICKENHAM UB10 8DG

10.40am: Ickenham Village Hall, Swakeleys Road, ICKENHAM UB10 8DG

## WEDNESDAY

10.45am: The Hub, Christ First Church, Fuller Way, CROXLEY GREEN WD3 3PJ

## THURSDAY

10.30am: Sarratt Village Hall, The Green, SARRATT WD3 6AS

*All classes are 50 mins duration. Pre-booking required.*

For more info contact: Trisha – 07919 276 539 – [trisha@zumbawithtrisha.co.uk](mailto:trisha@zumbawithtrisha.co.uk)

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

# Are you aware of these common crimes?

## THIEVES TARGET CASH POINTS

Be aware of your surroundings. If someone is crowding or watching you, cancel the transaction and go to another machine.



## DON'T BE A VICTIM OF COURIER FRAUD

A Fraudster calls their victim pretending to be from the bank or police. They con the victim and obtain their PIN and card details. Sadly, the most common victims are the elderly. For more info:- [actionfraud.police.uk](http://actionfraud.police.uk)



METROPOLITAN  
POLICE

**BE SAFE**

## IS YOUR BEHAVIOUR ON AN E-SCOOTER CORRECT?

Police will take action against rider behaviour whether private (illegal) or rental (legal)!  
Offences could include:- riding on footway/  
using a mobile phone/ riding through red lights/drink driving offences!



## PREVENT KEYLESS CAR THEFT

Do not keep your key near the front door. Criminals are using increasingly sophisticated methods to steal motor vehicles. Use a key signal blocking pouch. Use steering or gear stick locks.



METROPOLITAN  
POLICE

**BE SAFE**

# REDDIFORD SCHOOL

Limited places available in our Early Years  
& Certain Year Groups



4<sup>th</sup> IN THE TOP 100 INDEPENDENT SCHOOLS (Sunday Times 2019)

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To visit the school, please contact:

The Admissions Secretary, Reddiford School, 38 Cecil Park, Pinner, Middx, HA5 5HH  
Tel: 020 8866 0660 email: [admissions@reddiford.org.uk](mailto:admissions@reddiford.org.uk)  
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Phone 07976 254723 for further information

# Have your work patterns changed since Covid?

The disruption Covid has caused in the last two years has meant many of us have changed the way we work. Maybe you've chosen to retire early? Perhaps now you have flexibility in your working arrangements to work less hours, or work from home on a regular basis.

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## Copy Date for Editorial and Advertising Autumn/Winter Issue

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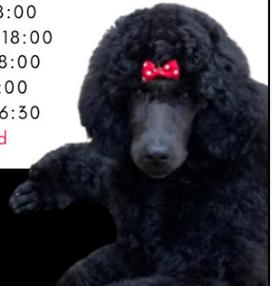
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# Catalytic Converter Theft. Why?



**What are they?** The catalytic converter (CC) is a critical element in every vehicle to convert harmful gases – such as carbon monoxide – into less harmful emissions like carbon dioxide (which is already a component of air and so is safer to reach the atmosphere). Both diesel and petrol engines have them since 2001 and 1992 respectively.



CCs contain precious, rare metals in the Platinum Group of Metals (PGMs), like palladium and rhodium. Rhodium is particularly scarce and can now fetch £22,000 per ounce! See NHRA website for a fascinating list of other things which PGM's are used for (Eg treating cancer, healing wounds, maintaining food freshness).

While almost any modern car can be targeted by thieves, **Toyota Prius** and **Honda Jazz** owners should be especially vigilant. That's because those two particular models have hybrid systems that are more valuable when sold on. Cars with the CC nearer to the side, are targeted as it's easier to remove them.

**Worth around £500 on the black market**, catalytic converters on SUVs are more valuable due to their larger engines. Also, the higher ground clearance makes removal easier. Scarcity of PGMs has been exacerbated by Covid at the metal mines and the increasing number of cars being purchased.



*Removal takes less than 60 seconds!*

## Deterrent suggestions:

- 1 Avoid parking half on the pavement, half on the road**, as this may provide thieves with easier access to the underside of your vehicle.
- 2 Park your vehicle in a locked garage or secure lock-up whenever possible.**
- 3 Try to park in busy, well-lit areas and carparks, or areas covered by CCTV.**
- 4 Note the serial number** of the CC – your garage can check it.
- 5 Fit a tilt alarm** – most cars need to be jacked up to remove the catalytic converter.
- 6 Have the bolts welded together** by a mechanic.
- 7 Mark your catalytic converter** with forensic liquid, or spray paint it with a high-temperature fluorescent orange paint to discourage thieves from targeting your catalytic converter by making it very visible.
- 8 Install a movement alarm or a CCTV camera** giving you the chance to watch from a window or raise an alarm. Be very cautious, as the thieves might be armed.
- 9 Upgrade your insurance**  
If you think there is a very high chance that your vehicle will be targeted, it might be worth investing in upgrading your insurance policy to a plan that covers catalytic converter thefts. Obviously, the higher the plan, the more expensive the rates, which means that you need to evaluate whether or not it's worth doing.
- 10 Place a protective covering over your catalytic converter – see below.** Toyota have a specialist clamp called "Catloc". Other manufacturers are doing likewise.

## Anti-theft devices:

**Steel Shields** are not very expensive, add another layer of complexity to the thief. Hence, it takes the thieves more time and effort to remove.

**Rubber cages** are more sophisticated devices with the same characteristics as the steel shield and offering more security.

**Welding** some mechanics can weld the catalytic converter to the vehicle frame, making it extremely hard for the thieves to take it away from the car. However, with this method you might experience loud noises coming from the exhaust system, as it defeats the noise-reducing buffering hangers.

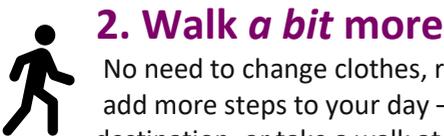
*Jan C*

## 6 ways to get more exercise, without really trying

Wish you were fitter but hate the thought of jogging or joining a gym? Evidence shows that exercise can protect you from everything from obesity to Alzheimer's, and make you feel happier.

**No need to change clothes or travel to a gym, just incorporate these into your normal routine:**

**1. Take the stairs.** Even a minute walking up a flight of stairs helps to burn calories and tone up muscles.



### **2. Walk a bit more**

No need to change clothes, run and shower afterwards, just occasionally add more steps to your day – leave your car further away from your destination, or take a walk at breaktimes instead of reading.

**3. Stand up more. It uses around 30% more calories than sitting.**

If you have a sedentary job or lifestyle, within each hour, try to stand for 5-10 minutes. Eg during the adverts if watching TV. Think “*why sit when I can stand?*”

**4. Don't park as close as you can to the shop.** Ditch the trolley at the door. Carrying the weight of your shopping (evenly in both hands with your head up and back straight) will exercise your core, legs, arms, back, stomach and heart, as well as burning fat.

**5. Use the time waiting for the kettle to boil.**

Do a few simple squats, or press-ups against the worktop.



**6. Get puffed once a day.**

A walking a little faster than normal, or uphill, will give your whole body a work-out.

**30-60 seconds of HIT (High Intensity Training) such as air punches or running on the spot as fast as possible, is an excellent workout.**

“Labour saving” may have been taken to extremes in our western lifestyle now. Try to feel positive about these little changes and you will reap the benefits.

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# We can now recycle Soft Plastics locally



Currently most soft plastic ends up in landfill. Luckily, several major supermarkets are now offering to recycle items which previously we've had to throw away.

## What are soft plastics?

Soft plastics are lightweight plastics that often cannot be placed in recycling bins at home. Think of plastic film lids on yoghurt pots, soft fruit punnets and ready meals. As well as crisp packets, clingfilm, bread bags, biscuit packs. Salad and rice bags, toilet roll wrapping, bubble-wrap etc. Those which do not currently have a recycle mark.

*A simple test is to scrunch it up and if it pings back, that's a useful indicator that it is soft plastic.*

**Tesco and Co-op say:** "Where plastic serves an important purpose such as reducing food waste (Eg meat packaging), these new recycling points will make sure that every piece can be easily recycled. It doesn't matter where you bought items, we can recycle them". The recycled material will be used to package food, household and beauty products.

## The new service will have "a real impact".

- **Clean it** – if it needs a light clean.
- **Scrunch it** – Now, scrunch it up tight - if it pings back, it's a useful indicator it's soft plastic.
- **Recycle it** - Pop it into the soft plastics recycling unit at the Co-op in Joel Street, or Tesco Pinner Green foyer.

## Get your family and community involved.

Start telling family, friends and neighbours about recycling their soft plastics at a supermarket near them. Our nearest are at Co-Op Joel Street, and Tesco Pinner Green.

*Jan C*

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## **Are you retired and looking for an active, interesting way to use your time?**

Then perhaps **u3a** is the answer you're looking for

### **What is u3a ?**

u3a is an organisation of local people that come together to socialise, make friends and learn for fun.

It's all voluntary; a typical u3a has regular talks and activities covering many different subjects, so there is something to attract everyone

### **Who is u3a for?**

**u3a** is open to everyone who's no longer in full-time work.

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

Northwood & District u3a currently has over 700 members, in Northwood, Pinner, Ruislip and nearby areas. There are around 60 interest groups, many of which meet regularly in Fairfield Church Hall, Northwood Hills.

Walks, visits to places of interest and sports such as table tennis and badminton are held elsewhere.

### **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 talks and meetings

on the first Wednesday of each month and see for yourself.

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

We look forward to meeting you

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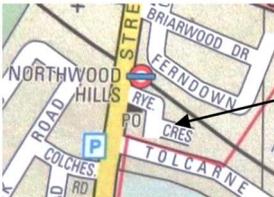
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# The problem of Litter.

## We can all do our bit to help

The Council spends thousands of pounds each year clearing up unsightly litter from our streets and recreational areas. If just some of this expense could be avoided, that money could certainly be put to better use throughout the borough.

### So, what can you do to help?

#### 1 Around your own home

if you find litter (even if it isn't yours), why not just pick it up and put in your own rubbish and recycling? Much better to do this than have it remain there festering on the street, attracting vermin.



**2 It's a proven fact that discarded litter attracts even more litter, and so it escalates.** So, when out and about, why not pick up any discarded cans and bottles you see and simply put them in the nearest rubbish bin?

**3 Rubbish/recycling collection days is when the majority of litter found in residential roads tends to occur.** A great deal of it is caused by foxes and rodents tearing open bags to scavenge for food, leaving a trail of litter behind.

To deter the raiders, ensure your recycling containers are rinsed and securely bagged, they will not smell so "attractive". By putting your general rubbish in a secure lidded bin, the scavengers will be prevented from making any refuse raids. These are reasonably priced and available from DIY, hardware stores and on-line.



**4 Get others involved.** If you find an area close to your home that looks in need of a clean-up, why not get together with some neighbours or friends and tackle it. You'll be amazed at the results just a few of you can achieve in as little as half an hour.



Use strong gloves and the NHRA would be pleased to provide Hillingdon waste and recycling bags and loan you bag hoops, litter-pickers and even hi-viz tabards. Just email [graham1mann@yahoo.co.uk](mailto:graham1mann@yahoo.co.uk) to arrange delivery or collection.

**5 Take your litter home.** When bins are full, don't just drop your rubbish.

**6 Hillingdon Litter Pickers group.** Finally, if you really do want to make Northwood Hills a litter-free place to live, why not join the growing team of Hillingdon Litter Pickers on Facebook? The group already have almost 900 members and they really do make a difference.



*Whatever you do choose to do please remember to keep safe!*

*John C*

**STOP PRESS: Great British Spring Clean, organised by Keep Britain Tidy, runs from 25<sup>th</sup> March to 10<sup>th</sup> April. Sign up online at [Gbspringclean.org](http://Gbspringclean.org)**

**Congratulations!**



**Hillingdon Litter Pickers have won the Gold Prize for keeping Hillingdon clean and green**

There are lots of people working tirelessly behind the scenes to make our borough a special place to live and work - whether it's helping someone with their shopping, delivering food, volunteering in the local community, befriending, caring, or even saving someone's life. Our awards recognise and celebrate the best of Hillingdon.



## Robert Leatherby

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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. 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 that churns out a standard will which often does not accommodate the client's true wishes.

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

As such, I draft wills that are both legally binding as well as clear and easy to understand. They 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 who they want to exclude from the will, but who later may make a claim against the will once my client has died. In which 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 have control over their assets once they have died.

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 and 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.

I can also, if required, 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, though if they find the forms difficult to prepare I can fill them in for them 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.

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# Combat Rising Energy Bills

It will not have escaped your attention that a huge increase in the cost of gas and electricity is forecast in the coming months. And the Government is encouraging us to minimise our energy usage and reduce our carbon footprint.

This may mean replacing our heating systems with, say, a ground-source or an air-source heat pump, solar panels, or even a small wind turbine to generate electricity. Expensive short-term, but will recoup savings over time.

It would be normal to look into alternative energy suppliers, especially if you have been with the same supplier/s for years. But, wholesale prices have risen quickly in recent months (predicted to rise further); many fixed deals have been withdrawn; also the number of suppliers in the marketplace has significantly reduced.

**It is worth re-visiting ways to reduce our energy bills. The ideas below are free or low cost to carry out.**

*Up to 30% of average household bills is for heating.*

**Be aware of your fuel usage:** Smart meters measure how much gas and electricity you're using, as well as what it's costing you and display this on an in-home display. Watch changes as you switch items on and off.

**Guaranteed:** Turn off your heating entirely. Many of us fall guilty of leaving the heating on even when it isn't needed. It could certainly be a money-saver during warmer months. Instead of leaving radiators on standby, switch them off completely - you can rest assured that your money isn't being wasted.

Modern radiators come with some form of control-ability, whether it's by a simple thermostat, or something more effective like smart heat management. By programming your heating, you can better maintain the energy usage in your home, ensuring warmth is only being used when it's needed.

**Control "On the Go":** Invest in a smart control thermostat that allows you to use a mobile phone or similar to manage your heating remotely. For example, if your plans change, at the touch of a button you can change the time when your heating goes on or off.

**Heat one room** rather than the whole house if you tend to use mainly one room (eg if you work from home on some days).



**Wear warmer clothes indoors** rather than turning on/up heating. Dig out those cosy woollies!

**Turn your thermostat down** by just 1°C. It can save you as much as £80 per year!

**Fit water-efficient shower and tap heads**, to use less water (including hot) yet retaining the water pressure.



**Don't heat the water tank if it's not actually needed.** Boil a kettle for a small amount of hot water instead of keeping a whole tank full of hot water ready and running the tap until the hot water comes through.

**After dark, close curtains and fit thermal linings**, these can be ready-made and just clip to curtains with hooks.

**Choose the right sized pan and hob for cooking.** The pan not too large, heat adjusted so it does not leak up the sides and use a lid to keep heat inside the pan.



**Avoid using the tumble dryer.** Dry clothes outside in summer, and on an airer in winter. If you must use the dryer, make sure the lint filter is emptied regularly.

**Switch off standby.** You can save up to £40 a year just by remembering to turn your appliances off standby mode.

**Draught-proof** doors and windows.

**LED.** Replace all the lightbulbs in your home with LED bulbs.

**Educate the household.** Energy will only be saved if everyone in the house recognises the importance of saving it. If you've got kids, try and turn energy saving into a game to teach them why they should remember to switch things off.

*Andrew Riley and Jan C*



## Northwood Bowling Club

In 2021, the club enjoyed one of its most successful seasons in its 87-year history.

Our open day brought in a record number of men and ladies to try this amazing sport and, in consequence, went on to join our coaching courses. Several of the new bowlers soon played for the club in local team matches. We run several teams in the local leagues and our A team won the League Cup and also the Division 1 title.

**Open 7 days a week, we have a full bowling and social calendar which starts on Saturday April 23rd until Sunday October 2<sup>nd</sup>**

**This is a game where both men and women play on equal terms. If you would like to make new friends, get plenty of fresh air and gentle exercise, then the Northwood Bowling Club is here for you in Chestnut Avenue.**

Our Annual Open Day is on Sunday May 8th. It's an ideal opportunity to try this wonderful game. Wear flat shoes and we provide the bowls and give you a free taster session. So, whether you are an absolute beginner or an experienced bowler wishing to change clubs, please contact us via [www.northwoodbowling.co.uk](http://www.northwoodbowling.co.uk) or phone Paul on 01923 835607. You won't be disappointed!

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Fun Facts for us and the kids about...

# The Secret Life of Badgers

Just like humans, badgers live in homes with their families and love spending time with relatives.



A group of badgers is called a cete.



**Babies:** Mothers can give birth to between one to five babies, called cubs. The cubs are born between January and March (peaking in mid-February) and they stay underground until they are about six weeks' old; they are still totally dependent on their mothers for another three or four weeks.



**Night-Life:** Not many of us get the pleasure of seeing them in their natural habitats as they spend up to 70% of their time in their underground homes. Being nocturnal, they emerge mainly at night to forage for food and play with their brothers and sisters.



**Stripes:** Nobody is quite sure why they have stripes on their faces. Theories are that it is to look fierce to predators, or just to help recognise each other.

**Badger cubs can be frightened of thunder.** In one sett that was being observed, after a huge clap of thunder, a 6-month-old cub was seen putting his paws over his ears. The other badgers sat around the cub to comfort him.

**The diet of a badger** is extremely varied, but mainly worms. In a single night, an adult badger may eat well over 200 worms! When worms are scarce, cleverly badgers will eat other food, including snails, slugs and soft fruit like raspberries and fallen blackberries. They can walk several miles if food is short.

**Protected Species:** It's illegal in the UK to harm badgers, but farmers are concerned about them carrying Bovine Tuberculosis. Animal welfare supporters want vaccination, just like we might have as babies or before a holiday.

**Senses:** Badgers can produce a variety of odours from scent glands. Their keen sense of smell is about 800 times sharper than our own, which helps them to locate their food in the dark and find family members who smell similar. Scent can also be given off as a warning. Their hearing is good, but their eyesight is poor.

**Home Sweet Home is called a sett and they like it neat and tidy!** Perhaps because of their powerful noses, badgers keep their homes in tip-top shape by creating a toilet outside their burrow using dried grass and leaves.



**Badger Beds:** Badgers use grass for another reason, too: as bedding. They love to get cosy in their homes. They change their bedding daily, disposing of old leaves outside and bringing in a fresh new bundle to sleep on.

**Communal Living:** A sett is usually a network of tunnels and can accommodate 15 or more badgers. Larger ones can have as many 40 entrances and 300 metres of tunnels. Setts can take many years to dig and some homes are known to be over 100 years old, being passed down to future generations. Their local group is called a clan.

**Life-Span:** Badgers can live to 14 years old. Although in the UK they are protected from harm, they usually live for between 4 and 10 years in the wild.



**Badger Trust website** has some lovely videos of badgers in the wild, grooming and gathering their fresh bedding. Well worth a look!

*Jan C*



# Friends of Eastcote House Gardens



## Opening up new vistas.

The Friends of Eastcote House Gardens persuaded Hillingdon Council to install a porous footpath around the top perimeter of the Gardens. In wet weather this part of the Gardens was a quagmire, slippery and dangerous. Now, visitors can freely and safely walk around the whole of the Park and admire new vistas.



Before: The quagmire



New path under construction

### Jubilee Fair and Picnic, Saturday 4<sup>th</sup> June 11am-4pm.

Make a date in your diary. There will be **live music**, our ever-popular **Dog Show**, other **entertainment** and lots of **stalls**. Ample parking.

Also, in preparation to celebrate the Jubilee is a new flower bed and a circular seat will be installed around the Weeping Ash tree on the site of Eastcote House. Our thanks to the Eastcote/East Ruislip Councillors for supporting this project from the Ward Budget.

*Lesley Crowcroft*



Love wildlife? Look out on social media for Ruislip Lido Badger and Bat evening walks, plus other events.

[www.ruislipwoodstrust](http://www.ruislipwoodstrust)

Or check Twitter for updates @ruislipWood

My thanks to Graeme Knights for a fascinating insight to the world of badgers at Ruislip Lido.

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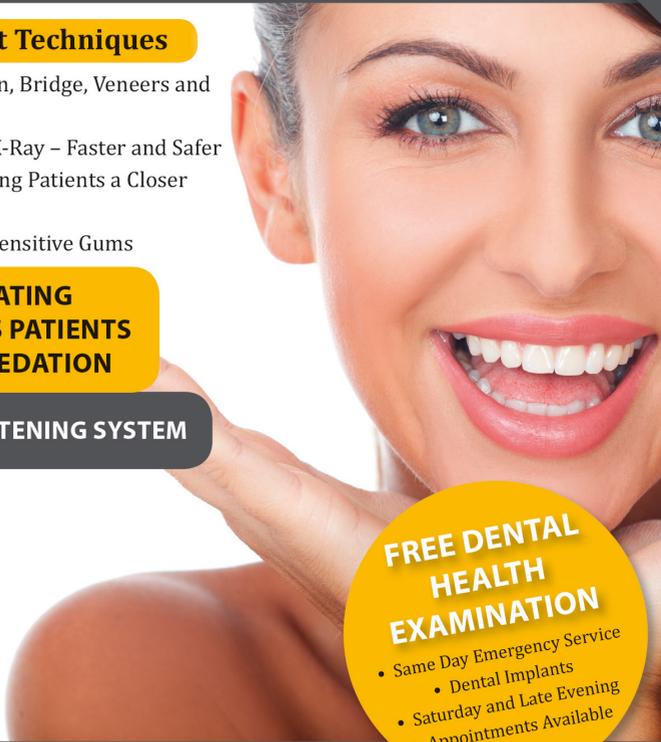
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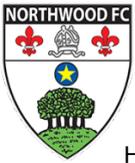
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# Northwood Football Club News

The Winds of change have been blowing through Northwood Football club in recent months.

Having started the 2021/22 season full of optimism with a new manager in place, things didn't go to plan, with a poor run of results leading to the departure of Ben Murray in early November.

With the new management team of the experienced Steve Ringrose and coach Ben Bukowski building a new playing squad, Woods' season has been transformed with a series of notable wins including those at play-off chasers Chertsey Town and Basingstoke Town. Woods continue to consolidate in the Isthmian South Central Division.

## *Up the Woods!*

[www.northwoodfc.com](http://www.northwoodfc.com)

or follow us on Twitter,  
Instagram & Facebook.

*Head Coach Ben Bukowski addressing the team after the win at Westfield FC*



# Sahib's Indian Restaurant

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# Erskine Hall, your local Bupa care home.



Whether you need to find a care home now, or are just starting to look into options, you can consider Erskine Hall in Northwood for a range of care needs including residential, nursing and dementia care.



Call us for advice on care today  
**01923 889 687**

Lines are open 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday. Closed Sundays and bank holidays. Calls are charged at no more than local rate and count towards any inclusive minutes from mobiles. We may record or monitor our calls.



**9.6** carehome.co.uk  
Review Score  
56 reviews

The Review Score is based on the quality and number of independent reviews this home has received on carehome.co.uk in the last two years, at the time of going to print.

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We follow strict UK infection control standards. Roll out available vaccines. Carry out regular tests and make sure our team always have PPE.  
**That's our Safety Promise you can rely on.**

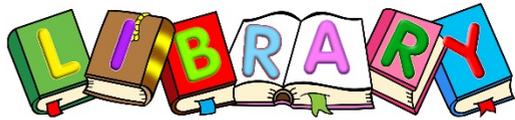


**For care homes**

FEB22 CS 01809



# So much more than books at our local



**Louise Kerrane (Acting Manager) is rightly proud of all that the library offers.**

*“We are delighted to be open again and the staff are also enjoying all the free, fun activities we provide. It’s great to see families back here and the library is busier than it’s been since before lockdown.”*

Her key priorities were to get both the dementia group and the kids’ Storytimes running again in person. The library needs up to four members of staff each day to organise the various activities, in addition to lending books!

<b>Mondays:</b>	<b>Computer Taster One-to-one</b> sessions as needed (eg creating an email address, shopping online, attaching documents online). Book a time to suit.
<b>Tuesdays:</b>	10.30-11am in term times <b>“Tiny Tales”</b> for 2-5 years old. 2.30-3.30 <b>Dementia Friends and Carers</b> fun social group (inc Tovertafel)
<b>Wednesdays:</b>	3-4pm First Wednesday of each month <b>Reading Group</b>
<b>Thursdays:</b>	All the usual facilities, including the books (see below)
<b>Fridays:</b>	11-12am <b>Tovertafel</b> sensory table – light interactive games developed for people living with dementia and other disabilities
<b>Saturdays:</b>	10am-12.45pm <b>Crochet</b> group

**To find out about these activities, call in or phone 01895 556460**

Some activities have limited places and need to be booked, but the library staff would love to see you. Also on offer:

- Request recycling bags
- Collect lateral flow tests and hearing-aid batteries
- Purchase visitor parking vouchers
- Enjoy tea and coffee (sometimes with a “copper”)
- Use the library’s computers, printer and copier
- Free E-Books and Online resources for members: general reading, Learning, Research, Local & family history

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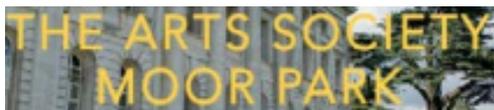
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🌐 [greystokebuilders.com](http://greystokebuilders.com)

As seen on BBC1's Cowboy Trap... as the Good Guys!



We're back in live action! Our new season of lectures – live at Pinner Village Hall, with complimentary refreshments beforehand, and shown simultaneously online via Zoom.

**WEDNESDAY MORNING LECTURES (MONTHLY), 10:50 PINNER VILLAGE HALL, complimentary tea/coffee 10:15. Alternatively join ONLINE FROM 10:35. Visitors are invited to contribute £10.00**



**WEDNESDAY 16 MARCH 2022 A Decorative Art: The History of Wallpaper** by Joanna Banham



**WEDNESDAY 20 APRIL 2022 Coventry Cathedral: Icon and Inspiration** by Alexandra Epps



**WEDNESDAY 18 MAY 2022 John Peter Russell: The Lost Impressionist** by Lucrezia Walker

**WEDNESDAY 15 JUNE 2022 The GPO Film Unit: The Birth of the Documentary Film** by Howard Smith

From 1 March 2022, part year membership up to 31 August 2022 is £25.00, joint membership at same address £47.00, which entitles members to attend all remaining Morning Lectures during the year.

To join email [moorparkdfas@gmail.com](mailto:moorparkdfas@gmail.com)

## Future Events:

### Evening Lectures:

**THURSDAY 24 MARCH 2022 Cézanne: The Unlikely Father of Modern Art** by Dr Caroline Levisse

**THURSDAY 26 MAY 2022 L.S. Lowry: A Visionary Artist** by Michael Howard

**THURSDAY 21 JULY 2022 The Arts of East Asia: In the Orbit of China** by Marie Conte-Helm

### Outside Visits:

**THURSDAY 10 MARCH 2022 Ely Cathedral and Stained Glass Museum: Fine Norman and Gothic Architecture**

**THURSDAY 12 MAY 2022 Follies and Vines: Painshill Park and Denbies Wine Estate**

**WEDNESDAY 22 JUNE 2022 Visit to Cambridge: Kings College Chapel, Cambridge Central Mosque, Fitzwilliam Museum and Tea in Grantchester**

### Five Day Tour:

**THURSDAY 21 APRIL to MONDAY 25 APRIL UK tour of Cornwall: Based in Falmouth with visits to Eden Project, Lost Gardens of Heligan, Tate St Ives, Hepworth Museum and several other attractions**

For full details of these and other events (such as Evening Lectures at Moor Park Mansion, Outside Visits and Five-Day Tours) go to [www.moorparkdfas.com](http://www.moorparkdfas.com)



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[www.denedental.com](http://www.denedental.com)

# Use Water Wisely: Water saving tips and potential savings



A single member of a UK household could use up to 149 litres of water every day. There are huge disparities in water use across countries. Individuals in the USA use the most water at 373 litres, Mexicans use just 5.4 litres per person per day.

With two-thirds of the global population predicted to live in regions of high water-stress by 2025, providing an accurate and deep understanding of this issue is critical. There is much to read on the internet, but here are...

## 20 simple, inexpensive tips and potential water savings:

### Indoors:

1. Turn off water when brushing your teeth – saves around 6 litres a minute
2. Take a shower instead of a bath. Take shorter showers\* and switch off the water whilst lathering until you need to rinse. 6-45 litres a minute. If your shower is over a bathtub, put the plug in to be aware of how much water is being used. \*Try to shower in 2 minutes.
3. Put a cistern displacement device in the toilet tank – this could be a plastic bottle filled with stones, or a shop-bought one, to reduce water flushed away every time.
4. Fix dripping taps. This can save 15 litres a day, or 5,500 litres a year!
5. Use an aerator on taps, you get the same water pressure but with less water. On hot taps this also saves fuel heating that water. Fit a flow reducer on shower heads.
6. Don't shower more than needed. Consider if a strip wash would do?
7. Always wash full loads in the washing machine and dishwasher.
8. Wash clothes less often, in favour of line refreshing, spot-cleaning etc and, when you do use the washing machine, if you aren't in a hurry, use the "eco" setting. It's slow, but uses far less water and electricity.
9. If you like chilled water, keep a jug of water in the fridge so you don't need to run the tap to get rid of room-temperature water first.

10. Fitting a water meter can incentivise you to use less.
11. Only boil the amount of water you need in a kettle – not a whole kettleful. Don't throw away any small amount remaining in favour of so-called "fresh" water. This also saves on fuel costs.
12. When replacing taps, shower heads, toilets, washing machines etc, choose those with the best water efficiency, usually shown in the specification and look out for the Waterwise labelling.
13. Don't flush the toilet more often than necessary. Consider "if it's yellow, let it mellow!"
14. Using an eco-setting on dishwasher can save 23 litres each time.
15. Never wash up under a running tap. Use a bowl and consider doing all the washing up at one time, rather than lots of little washes throughout the day.
16. Whilst a tap or shower is coming up to temperature, capture the cool water in a bowl. Use it on the garden or to wash the car or windows.



## Outdoors: Be ahead of the hosepipe ban

17. Grow drought-tolerant plants.
18. Water the garden with a watering can rather than a hosepipe. A hosepipe can use as much as 1,000 litres an hour!
19. Use a bucket, not a hose to wash your car at home
20. Use a water butt in the garden to collect rainwater from shed roofs/downpipes. Water plants early morning, or late afternoon, to save water evaporation.

*Each one of us can make a massive difference, and combined with other like-minded, smart people, we will have world-wide impact!*

**Not only can these steps impact the planet, but many will also save us money on our water and fuel bills. Win Win...**

*Jan C*



## 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 from 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:*

- 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.
- 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.
- To your Road Steward.** Simply complete this form and pass to your Road Steward together with minimum £3 in an envelope (one will have been delivered with this issue).
- Drop-off locally.** Complete this form and enclose in an envelope with your donation. Write "NHRA" on the front and drop off at one of the following places:

**Ross Pharmacy**, 28 Joel Street, Northwood Hills,  
**Northwood Hills Service Station** at the Joel Street Roundabout  
**Sharmans Pharmacy**, Maxwell Road, Northwood  
**Carter Chemist**, 114 High Street, Old Northwood  
**Carters Pharmacy**, 41 Salisbury Road, Eastcote  
**Mini Steps Nursery** at the junction of Norwich Road and Joel Street

Name: .....

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



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# What was happening in 1952?



Of course, the queen acceded to the throne, after the death of her father King George VI. The coronation followed in 1953.

**In the “movies”** The iconic musical film “Singin’ in the Rain” premieres at Radio City Music Hall in New York City. Other popular films: “The African Queen”, “Greatest Show on Earth” and “The Quiet man”.



**Favourite Hit Parade Single** was Jo Stafford singing “You Belong to Me”. Popular artists: Vera Lynn, Percy Faith, Rosemary Clooney, Doris Day.

**Television:** A Murphy V200A 12" TV cost £72 10s (equivalent to £1,500 today).



First shown on BBC TV: Harry Corbett's glove-puppet “Sooty” bear. Later in the year came “Bill and Ben, The Flower-Pot Men” and “Watch with Mother”.

**Books:** The Diary of Anne Frank was published in English.

**Average weekly wages** increased from around £5 in 1950 to £9 in 1959. Allowing for inflation, £125 and £150.

**Prices:** *(figures in brackets are inflation-adjusted, not what we would pay today)*

20 cigarettes 3s 7d *(Equivalent to £3.80)*

White loaf 7d *(60p)*

Dozen eggs 4s *(£4.20)*

The Daily Mirror newspaper 1½d *(13p)*

Ford Anglia car £313 & 10s *(£6,600)* (don't forget the ten bob!)



**Average house price** early 1952 £1,891 (equivalent to £38,800 today). Gov.uk shows today's average is £268,349

Before 1957 it cost just 2½d (just 1 new penny) to post a letter in the UK. Postcards within the UK were cheaper at 2d.



## In the news:

Mother Teresa opens the first home for dying and destitute in Calcutta.

De Havilland 110 fighter aircraft breaks up over spectators at Farnborough Air Show killing 30 people.

Smog: That winter “pea Soup” Smog Kills 4,000 people in London.

## Fashion: “The New Look” style dominated 1950’s fashion.

The predominant silhouette made famous by Christian Dior had a tiny waist, fitted top half with pointed breasts, and a full skirt to just below the knee. In contrast to previous post-war fashions where fabrics were necessarily kept to a minimum.



Underpinnings were really important. Whatever the look, it all started with a nipped in waist and rounded hips, achieved with a “waspie” girdle, with stocking suspenders. Topped off with the pointiest bra seen in history.



Clothing could be made in the new improved easy-care and affordable man-made fabrics like nylon.

**Sweaters for him.** These became a staple in every man’s wardrobe due to the casual nature of the times. From V-neck vests to pullovers and there was none so iconically 50’s as the traditional button-up cardigan layered over a collared shirt and tie.



By 1955 only 14% of households had a **telephone**.

The cost of installation was £5. The quarterly rental of £3, included 100 free calls per year. Local calls were charged by mileage and not time. 2d for up to 5 miles. 12½ to 15 miles 8d (58p)



**Motoring:** A gallon of petrol (4.54 litres) was 4s 3d (£4.50). Now costs us £6.75.



The revolutionary Land Rover was developed in Solihull. The 1952 Land Rover had a 2.0-litre engine and simplistic interior. A ‘station wagon’ version was also available that featured leather seats, heater and one-piece laminated windscreen. The British Army ordered so many, that the decision was made to paint all Land Rovers in the Army’s dark green.

Jan C



## Forthcoming concerts:

**Saturday 19th March** 7.30pm at St Edmunds Church, Pinner Road, HA6 1QS. **Mendelssohn Psalms & Mozart Mass in D.**

**Saturday 2nd July** 7:30pm at Douay Martyrs School, UB10 8QY. **20th century American Music with works by Copland, Gershwin, Shearing, Kern & Whitacre**

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

***New singers welcome!***

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

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Northwood Hills & Northwood  
Residents' Associations  
present



# "Jubilee in the Park"

Celebrating HM The Queen's Platinum Jubilee

## Thursday 2nd June, 2 to 6pm

Northwood Recreation Ground, Chestnut Avenue, HA6 1HR

Once again, the NHRA and NRA are joining forces to bring you a community afternoon of entertainment - remember *Music & Picnic in the Park* in 2016? This time we are planning a similar relaxed event, with musical performances on **two stages** and **children's entertainer** in a separate marquee.

We hope that you will come along for the afternoon, enjoy the music and offerings from the food stalls, either sitting on the grass or you are welcome to bring your own chairs and picnic.

### **FREE admission. FREE off-road parking.**

Plans are progressing well, with The Polka Dots vocal trio already signed up.



### **Be part of the event too. We need your help with setting up please!**

This is a community event master-minded by a committee of seven residents (the same ones who put on the Diamond Jubilee event in 2012 and the Queen's 90<sup>th</sup> Birthday event in 2016) and we are not quite as agile as we were back then.

So, what we need is plenty of willing volunteers to help with the physical tasks of setting up the stages, hanging bunting, erecting gazebos, marking out the carpark etc. and then to take it all down again at the end of the day. If you have practical skills and could help, please contact me.

For up-to-date news keep checking our website and follow us on Face Book:

[www.facebook.com/NorthwoodPlatinumJubileeEvent](http://www.facebook.com/NorthwoodPlatinumJubileeEvent)

Ros Plume

[secretary@northwoodresidents.co.uk](mailto:secretary@northwoodresidents.co.uk)

Tel: 01923 827409



## Amaya, Anya, Giselle, Mila & Siana from 7<sup>th</sup> Northwood Brownies

have shared their experiences of being a part of their unit. They say...

"The Autumn term for Girlguiding is always a busy one", and this year it was especially so as we returned to in-person meetings and took full advantage of being able to see one another face-to-face.

We went to see the new Disney movie, Encanto, which was very fun as we got a special Girlguiding screening of this very popular film.

Baking is a really popular part of our unit, and we baked cake pops which were delicious!

We also had the opportunity to represent our unit at the Remembrance Day parade in November, and we were so proud to hold the flag for our unit and Girlguiding.

We loved making Pomander Balls for Christmas, where we put cloves in a pattern in some oranges, to get our homes smelling like the holiday season!

**The only thing we have to say to the readers is -  
Join Brownies!"**

**Volunteers:** Girlguiding is extremely rewarding to be a part of and we always welcome new and enthusiastic helpers. If you would like to join our team of volunteers in Rainbows, Brownies or Guides, please contact Jenni on [northwooddistrictguides@outlook.com](mailto:northwooddistrictguides@outlook.com)

*Jenni – District Commissioner*

**7-10 years old: 7th Northwood Brownies.** Tuesday 6:15 to 7:45pm St Edmunds. Contact Ellie on [7thnorthwoodbrownies@gmail.com](mailto:7thnorthwoodbrownies@gmail.com)

**7-10 years old: 4th/5th Northwood Brownies:** Monday 5:30 to 7pm at Oaklands Gate. Activities are many and varied including cookery, craft, games, singing, learning new skills, and earning badges. Contact Jane and Helen on [oaklandsgatebrownies@gmail.com](mailto:oaklandsgatebrownies@gmail.com)

**10-14 years old: 2nd Northwood Hills Guides:** Mondays 7-8:30pm at St Edmunds. At Guides the girls take part in lots of activities including, crafts, games, outdoor skills, earning badges and camping holidays. Contact Clare and Abi on [secondnorthwoodhillsguides@gmail.com](mailto:secondnorthwoodhillsguides@gmail.com)



## Join the adventure with our young people at 1<sup>st</sup> Northwood Scouts' new centre in Northwood Way.

Thanks to our continuous online activities during the pandemic, since opening up again our membership numbers have increased by a further 20% with waiting lists for Beavers and Cubs. So:

**We are looking to recruit more Leaders in all our Sections to join our enthusiastic team. Our Leaders get great personal satisfaction from working with our young people.**

If you would like to find out more, please contact Mike Bennett (Group Scout Leader) on 01923 835770 and leave a message, or email on [mike.bennett@renscouts.org.uk](mailto:mike.bennett@renscouts.org.uk). We can arrange a visit to see how we run our meetings. Please visit our website at [www.1stnorthwoodscouts.org.uk](http://www.1stnorthwoodscouts.org.uk)

## Grand Jumble Sale

**28<sup>th</sup> May 2022 – 2pm**

1<sup>st</sup> Northwood Scouts Centre on Northwood Way  
Don't forget the date – put it in your diary now!

**Volunteers needed to help**

After a gap of 2 years, this event is back, so we will be in need of willing volunteers with a wide range of interests and skills  
from Saturday 30<sup>th</sup> April.

Please email Roxana at [roxana.peters@virginmedia.com](mailto:roxana.peters@virginmedia.com)

Two of our current Year 13 students completed their Gold Duke of Edinburgh's Award, having undertaken a range of activities for a period of up to 12 months. It includes volunteering to help others, undertaking physical activity such as sports, learning a skill and undertaking a residential activity.

The residential section of the Gold Award involves spending five days and four nights away from home, taking part in a shared, worthwhile activity with people you've never met before. Enabling them to achieve a Gold Duke of Edinburgh's Award alongside A-level studies shows great determination and resilience.

They will be invited to Buckingham Palace Gardens to receive their Awards. We are proud of both of you, Mathew and Abbie!

## Partnership with alumni

Another source of pride for our school that we want to share with the Northwood Hills community is the visits we receive from our alumni to talk to our Sixth Form students. They came back from University to talk about the admissions process, offering important insights into their preparation and the practical, real-life situations they encountered during interviews. Opportunities like these help our students be more prepared and deal with the real thing.

**Last year 95% of our students secured their first choice University. We want nothing less than that this time. We are grateful to all former students that came and to those still to come.**



One of our alumni that shared their path with our Sixth Form students, Ivan is studying Philosophy, Politics and Economics at St Peter's College, Oxford University.

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# “Remarkable Development at Northwood Hills”

This is the newspaper heading from the West Middlesex Gazette dated Saturday 8<sup>th</sup> May 1937. The article explains that there are 400 houses and flats to let on the Deanewood Estate, adjoining Northwood Hills Railway station. They include self-contained flats, being let at inclusive rentals of 23s 6d per week.

The properties feature the latest type of sound and fireproof flooring, and we are reassured that they have given **“intense satisfaction to the tenants already in residence.”**

Who might live there? The article continues:

**“Deanewood Estate is of particular interest to retired gentlemen and to railway, bank and insurance officials, civil servants and business-men and women”**



And local facilities:

Prospective residents could be cheered by the thought of the new (Rex) cinema which had recently been opened and those who enjoy country walking excursions “can have them in profusion.”

*Alison Saunders*



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# David Simmonds CBE MP



I welcomed the new year with a renewed sense of optimism and hopefulness with respect to our fight against Covid-19. Whilst there may still be challenges ahead, I share the Government's confidence that England should be able to continue to 'ride out' the omicron variant, thanks to the success of our booster programme and introduction of Plan B measures in December.

I appreciate some residents are concerned that measures are being lifted too quickly, but we must remember why they were first implemented. The primary purpose was to 'buy some time' while we gathered more evidence on the full impacts of the latest variant, whilst accelerating our booster programme to increase protection.

Data now shows that the added protection has made a difference, and there has been a fall in the number of infections, crucially in older age groups. If we are also to look past case numbers, hospital admissions are stabilising and even falling in London.

I feel that we are at the stage where the risk of serious illness, which has been significantly reduced by the Covid-19 vaccine, must be balanced with the risks of continuing with legally enforced restrictions that impact people's lives, livelihoods and health.

**Shop Local** On this note, it is great to see that our local economy is recovering quickly, and residents in Northwood Hills have been coming out in support of local businesses, something which is also being reflected across the constituency. The resilience of our high streets has been threatened, largely due to the pandemic and the increasing popularity of online shopping, but I know how important it is for residents to shop locally, and I am heartened to see this continuing.

**Christmas** I would also like to take the opportunity to thank the Residents' Association for organising an excellent Christmas event back in December. It was a very different picture last year and so it was great to be able to celebrate the festive period safely and with more social interaction.

**Farewell to Two Councillors** Lastly, the Local Elections are just around the corner, so I would like to pay tribute to those who will sadly be stepping down from their roles. Councillor John Morgan, who I know was previously Chairman of the Northwood Hills Residents' Association, has been an excellent advocate for the area, as has Councillor Duncan Flynn, and both will be missed. I wish them the very best of luck with their future endeavours.

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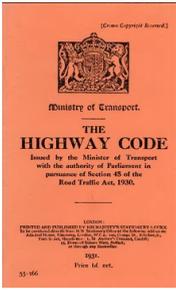
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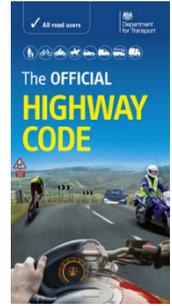
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# Highway Code - New Changes January 2022

Implemented by the Department of Transport to add a *'more mutually respectful and considerate culture of safe and effective road use'*.



**Pedestrians  
Cyclists  
Horse riders  
Motorcyclists  
Cars/taxis/vans/minibuses  
Large passenger vehicles/heavy goods vehicles**

## Rule H1: hierarchy of road users

(above). Road users who can do the greatest harm are identified as large vehicles who have the greatest responsibility to reduce the danger they pose to pedestrians (children, older adults and disabled people in particular) as they are most at risk.



## Rule H2: clearer and stronger priorities for pedestrians

This rule is aimed at drivers, motorcyclists horse riders and cyclists.

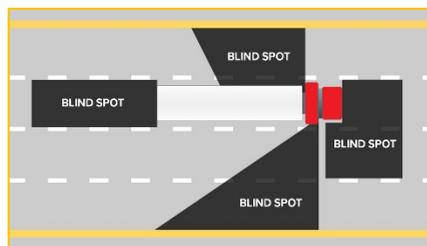
## Rule H3: drivers to give priority to cyclists

Drivers and motorcyclists are not to cut across cyclists plus other rules for waiting, overtaking cyclists (1.5ms) and parking. Also, Dutch Reach\* and Electric Vehicle charging cables.



The changes from 29<sup>th</sup> January are a welcome addition to road safety and a wake-up call to be more aware of others when behind the wheel of a heavy goods vehicle, car or motorbike, or on a horse or cycle.

## Safer Driving:



Learning to drive a vehicle does not take long. However, being able to make safe judgements while on the move, and while being distracted, takes many years to master. The consequences of a bad decision on the road when responsible for a vehicle can be life changing to all involved.

In my professional role as an Approved Driving Instructor and Examiner, I strongly believe that regular updates to the Highway Code represent progress and that regular training for full licence holders should be mandatory.

I took it upon myself to improve my skills as a driver and trained to become a Fellow Advanced Driver. Relearning the importance of being safe on the road and how to handle a vehicle to get the most from it economically, was a crucial and enjoyable improvement to my driving.

Driving is a skill for life. If they are to be more responsible in keeping a more mutually respectful and considerate culture of safe and effective road use, all drivers need to be regularly retrained to maintain high standards of highway code rules thus improving road safety.

*Teji Barnes*

### \* **This tells drivers to open doors with the 'wrong' hand**

ie drivers and passengers should open vehicle doors with the hand farthest from the handle following a safety drive led by cyclists.

Drivers blindly opening their doors have been widely blamed for a spate of collisions with cyclists as more and more Britons use bikes. The 'Dutch reach', is so called as it was first popularised in the Netherlands.

The technique prompts people to turn their bodies towards the door, making them more likely to look into the road behind the vehicle and spot oncoming hazards.

# “My Ally” Support Centre for Women



Are you struggling in your current relationship? Or having a hard time with thoughts and feelings about a past relationship?

**My Ally provides a unique support service for any woman who is struggling or has been impacted by domestic abuse.**

We launched our support in April 2021 after receiving feedback that, although there are many domestic abuse support services around, sometimes all you need is a chat with someone and not necessarily ‘action’ or ‘next step’ advice. Often, even long after the relationship has ended, people still struggle with thoughts and feelings, and we are here for you too.

We have already provided support to over 140 women, with 96% saying that they felt better after speaking with us.

*We offer support face-to-face, by phone, email, or as online groups. Our team of **female volunteers** is here for when you need someone to talk to.*



Call our support line: 01923 927 500



Or email us anytime: [ally@watfordwomenscentre.org.uk](mailto:ally@watfordwomenscentre.org.uk)

**Online support via Zoom** Wednesday's 7.30-8.30pm  
Meeting ID: 884 2695 6234      Passcode: MyAlly01

For more information about My Ally and our support, or to find out more about our face-to-face groups, please contact us.

You can also find us on Facebook, Twitter & Instagram @MyAlly01  
And on our website My Ally Project ([wwcplus.org.uk](http://wwcplus.org.uk))

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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.  
*Please also visit the Northwood Hills Residents' Association Web site.*

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# ST JOHN'S

## Boys join the festivities at the Northwood Hills Big Switch On

In November our Choir and Brass Band joined many children from Hillside Infant, Junior and Harlyn Schools at the Northwood Hills Big Switch On to mark the beginning of the festive season.

*"This wonderful occasion had been much missed during lockdown and was very well attended."*



The event opened with five of our Year 7 choristers singing a solo verse of "Once in Royal David's City." Each school then performed Christmas carols and songs and the St John's School Brass Band expertly

accompanied the community singing. The Mayor then led us all in a rousing countdown to the Big Switch On, which lit up the lovely Christmas tree and all the lights along Joel Street.



NORTHWOOD HILLS  
RESIDENTS' ASSOCIATION



The Queen's Award  
for Voluntary Service  
The Gold for voluntary groups

Notice is hereby given that the

## 83<sup>rd</sup> Annual General Meeting

of Northwood Hills Residents' Association is to be held on

**Wednesday 18th May 2022 at 7:30 pm**

Fairfield Church, Windsor Close

\*\*\*\*\*

Light Refreshments will be served from 7:00pm onwards

\*\*\*\*\*

This is ***YOUR OPPORTUNITY*** as Northwood Hills residents to meet the  
Ward Councilors, Local Police, Residents' Association Committee  
and our guest speaker: **Richard Kornichi CBE DL**

\*\*\*\*\*

If you would like to put your name forward to serve as a member of the Residents' Association Committee, please contact Linda Swan our Hon Secretary, by 11:59pm on 13<sup>th</sup> May 2022. [lindamswan@hotmail.com](mailto:lindamswan@hotmail.com)



**NORTHWOOD HILLS**  
RESIDENTS' ASSOCIATION



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

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